World Mental Health Day Celebrat on at DBCE

Theme: Caring for Ourselves and Caring for Others

Don Bosco College of Engineering (DBCE) celebrated World Mental Health Day with great enthusiasm, embracing the theme “Caring for Ourselves and Caring for Others.” The celebrat on highlighted the importance of priorit sing personal well-being while extending care, kindness and understanding to those around us, especially within the workplace.

The celebrat on was organised across the various departments of the college, with each department adding its own creat ve touch to the init at ve.

A common feature across all departments was the exchange of appreciat on notes. Faculty members enthusiast cally wrote messages on Post-it notes, expressing grat tude and appreciat on for their colleagues. This simple yet meaningful act vity encouraged posit ve interact ons and reminded everyone of the importance of feeling valued and acknowledged. Another highlight was the potluck, with faculty members contribut ng snacks, cof ee and homemade dishes. Sharing food created opportunit es for informal conversat ons and strengthened the spirit of camaraderie and togetherness.

The celebrat on began at the **Computer Department**, where two mental health awareness posters were displayed to highlight the importance of emot onal well-being. The faculty part cipated wholeheartedly, set ng a posit ve tone for the day’s act vit es.

The **Electronics and Computer Science (ECS) Department** welcomed the team into a warm circle that encouraged connect on and ref ect on. The gathering provided an opportunity for faculty members to come together, share experiences and strengthen their bonds with one another.

The **Civil Department** stood out for its creat vity, with mental health posters, cheerful smiley displays and thought ul decorat ons. Green ornamental plants, incense and soothing background music created a calm and welcoming atmosphere. A green-themed grazing table and fresh guavas added a special touch to the welcome. The department also enjoyed a team lunch, ref ect ng their unity and togetherness.

At the **Mechanical Department**, the faculty members extended a warm welcome and part cipated enthusiast cally in the session. Their act ve involvement reinforced the importance of creat ng a support ve and caring workplace.

The f nal visit was to the **Science and Humanit es Department**, where colourful paper decorat ons in various designs and soothing background music created a cheerful and invit ng atmosphere. The session concluded on a heartwarming note, with faculty members sharing warm hugs and enjoying the sense of connect on fostered throughout the day.

The celebrat on was a meaningful reminder that mental well-being is nurtured through self-care, appreciat on and support ve relat onships. The creat vity and wholehearted

part cipat on of every department brought the theme to life, strengthening the spirit of care, connect on and belonging at DBCE.

SATURDAY
10th
OCTOBER
2026

Serenity

Health and Well-being Club
of Don Bosco College of Engineering
Fatorda

organises

DON BOSCO COLLEGE OF ENGINEERING
Excellence in Education

WORLD MENTAL HEALTH Day Celebration

2026

Caring for ourselves, caring for each other ♡

DEPARTMENT WISE CELEBRATIONS

COME IN
Green
COLOUR DRESS

Let's fill the day with Hope, Kindness & Well-being!

GET ONE DISH YOU WOULD LOVE TO SHARE WITH YOUR COLLEAGUES

Food brings people together, and so does kindness.

DRESS YOUR DEPARTMENT WITH CLEANLINESS AND YOUR
Creativity

A healthy mind creates a happy workplace!

3 GOOD HEALTH AND WELL-BEING







