

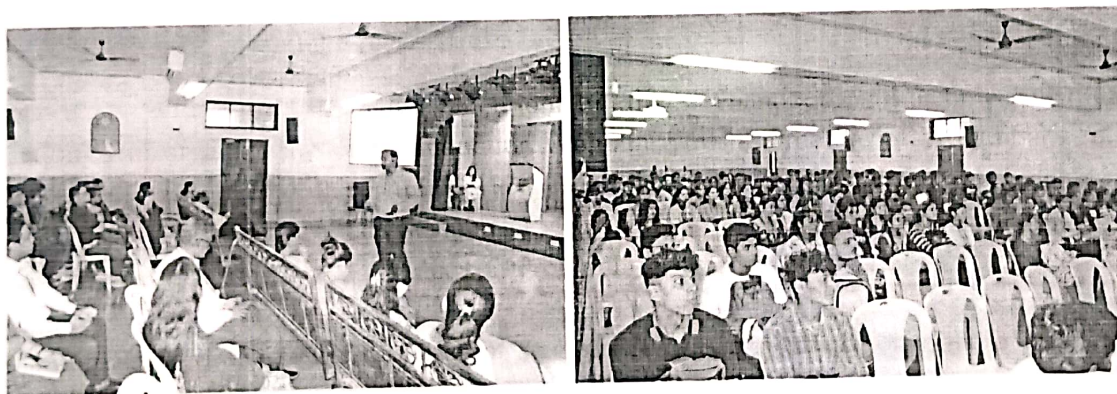
St. Francis Institute of Technology, Borivali West
Department of Basic Science and Humanities

FE Student Induction Program for Academic Year 2023-24

Final Report

In accordance with AICTE guidelines mentioned in the SIP handbook, all technical institutions are required to organize a Student Induction Program, with the motive of providing a smooth transition from school to college life and to facilitate the holistic development of students. With this aim, the Department of Basic Science and Humanities of St. Francis Institute of Technology, planned a two-week long Student Induction Program.

As the admission process was in different stages, SIP was conducted for initial classes from 9 August to 19 August 2023. The SIP started on 9 August with a welcome program from 9:30 am onwards. Thereafter, regular SIP sessions followed from 10th of August from 9:00 am - 4:00 pm. From the positive feedback received by the students, we were able to gather that the SIP 2023 was indeed successful in meeting the aims of this program.



Sessions like Subject introductory lectures, yoga and meditation, creative arts, literary activities, sports, lectures by eminent people, campus tour, extra-curricular activities were conducted during SIP 2023.

Both the introductory sessions as well as the Maths proficiency test served to introduce the students to the course, its expected outcomes, and also to check their level of proficiency so that they could seek help in the subject areas where they feel they are lacking.

Day 1: 09 August 2023

The SIP started on 9th August with a welcome program from 9:30 am onwards, wherein the HOD of the FE Department, Dr Hariprasad welcomed the students and introduced them to institutional policies, processes, practices, culture and values. A brief introduction to the SIP program was given by the SIP coordinator Ms. Arti Bhatnagar, followed by a musical performance by the college band.

Campus Tour

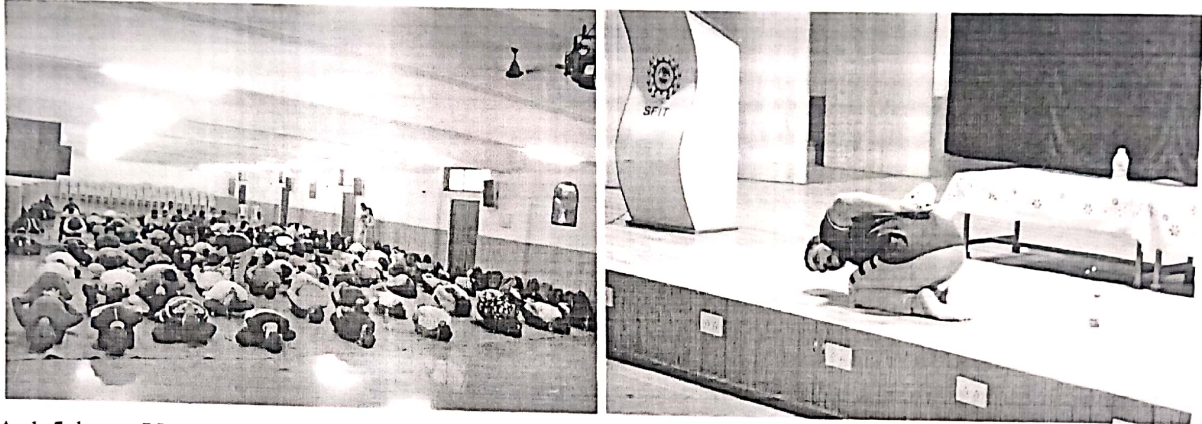


A campus tour was arranged for the students from 2:00 - 4:00 pm. Students were divided into groups of 30 with 2 teachers in charge of each group. They were taken around the campus and shown the important labs, office, library, canteen and other services provided. After the internal tour, students were taken outside the campus to familiarize them with the neighbouring locality. This included the ITI, St. Francis Art and Design college, Printing Press, service centres, MBA college, ICSE/SSC school, CSB bank, Chapel, monastery and St. Francis ground.

Following this, the students were asked to fill a Preference Form indicating their choice of extra-curricular activity that they wished to be a part of. They were asked to give one preference for each activity, ranging from Fine arts, Music and Performing Arts, Literary Club Activities and Sports Activities.

Day 2: 10 August 2023

Yoga Session by Mr. Harish Arekar



A 1.5-hour Yoga session was conducted for students by our faculty member, Mr. Harish Arekar. He explained the different yoga asanas and highlighted the importance of doing yoga for overall health and physical fitness. He also demonstrated various yoga asanas to overcome different health problems. Students were asked to follow all the poses demonstrated by Sir. Students reported that they felt fitter and more agile at the end of the session.

Expert Lecture by eminent personalities: Lecture 1: Soft Skills by Dr Muktha Manoj Jacob



Dr Muktha Manoj Jacob, a retired professor and recognized expert in the field of soft skills and interpersonal development, talked about the basics of soft skills for first year students. The session was conducted from 2:00 - 4:00 pm at the college auditorium. Firstly, Dr. Muktha emphasized the importance of effective communication in the workplace. She provided practical tips for improving both verbal and non-verbal communication. She covered the sub-topics like leadership skills, self motivation, decision making and time management. The session included a Q&A segment where participants could seek clarification on specific topics. Dr. Muktha Manoj's soft skill session was a tremendous success, providing our students with valuable insights and practical tools to improve their interpersonal skills.

New Dimension Introduction of Student Council and Student Chapters

The Student Council and members of various committees, both technical and non-technical, were invited to introduce the various Student Chapters at SFIT. Ms Deepa Panakkal coordinated the session.

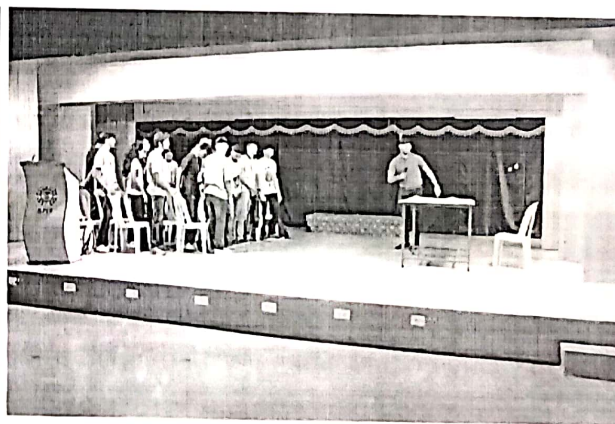
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Day 3: 11 August 2023

Yoga Session by Mr. Harish Arekar

Yoga session was continued on the 3rd day of SIP for better understanding and practices of Yoga Asanas under the able leadership of Mr Harish. He suggested that it would be great if students continue basic yoga sessions on a daily basis to boost their concentration.

Counseling session by Dr. Merle Coutinho



The students had a counseling session by Dr. Merle Coutinho from 10:45 to 12:15 pm. During this session students were divided into groups of twenty in circles and given riddles to solve for the first ten minutes. The riddles were in relation to emotions and mental states. For example, fear, empathy, acceptance, etc. After this activity, the students were given sheets with situations and questions related to the solution of the situation. After reading the scenario, they had to divide the group into half and find the problems and solutions with reference to the scenario. They were also allowed to perform a skit on it. All the students enthusiastically participated and displayed their skits on stage. After every skit, Dr. Coutinho explained the situations and explained what could be done in those scenarios.

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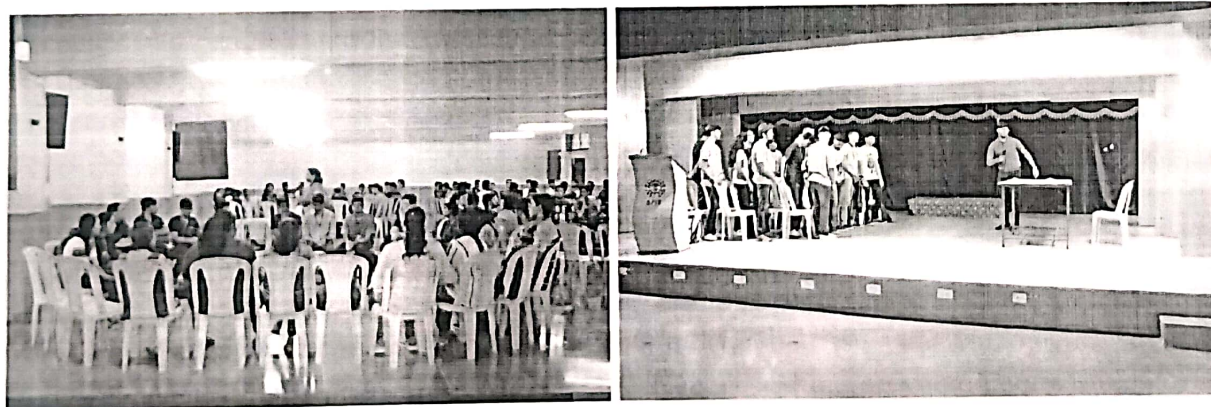
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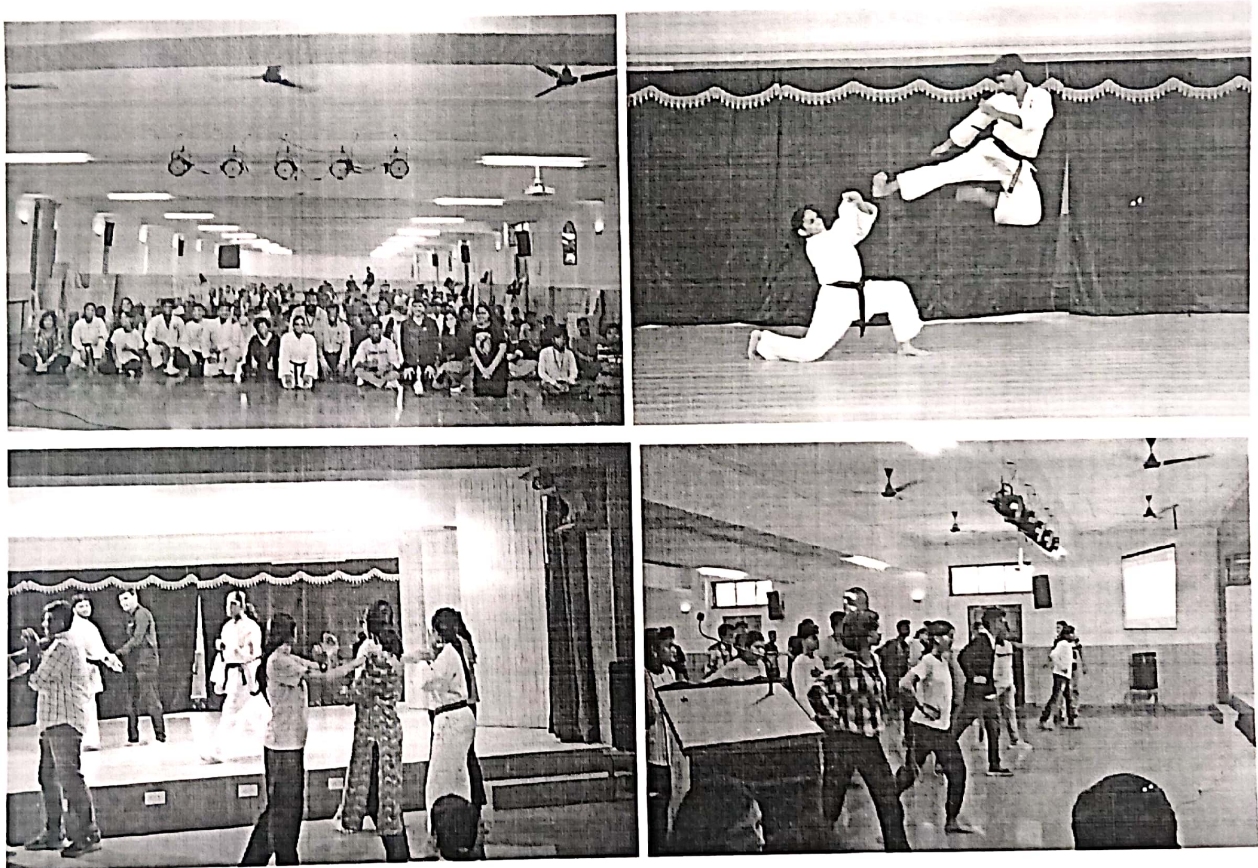


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Scholarship Awareness Session

Mr Edmund Thomas conducted a scholarship awareness session to guide students regarding various scholarship schemes and procedures to apply for the same.

Self Defence Program



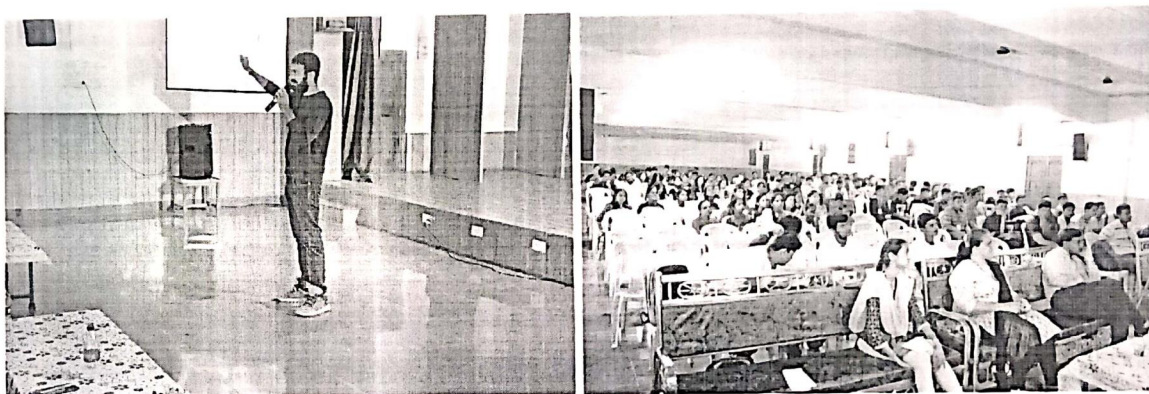
In collaboration with the SFIT NSS unit, a Self Defence Program was conducted from 2:00 to 4:00 pm. NSS volunteers and SE students, Ms Gauri Salvi, Hrushikesh Auti, Sailee Chavan, Hrushikesh Pandit handled the session.

Day 4: 14 August 2023

Maths Session

Class-wise Maths session on the use of calculators was conducted from 9:00 to 10:30 pm.

Expert Lecture by eminent personalities: Lecture 2: Environment Issues and Sustainable Development by Mr Gopal Raithatha.



On 14 August 2023, from 10:45 to 12:15 Mr. Gopal Raithatha, a distinguished environmentalist and sustainability expert, delivered an informative presentation on environment issues and sustainable development. The session provided valuable insights into the pressing challenges the environment faces and the strategies required for achieving sustainable development. He demonstrated the activities of Go Shoonya Private Ltd, a start up for plastic recycling managed by the NSS unit of Thakur Ramnarayan College of Arts and Commerce, Mumbai.

After lunch break, Maths Proficiency Test was conducted from 1:00 pm to 2:00 pm

Group Activity



Based on the preferences given by students via the Google Form, students were divided into different activities as per their interest. The activities ranged from Pencil Drawing, sketching,

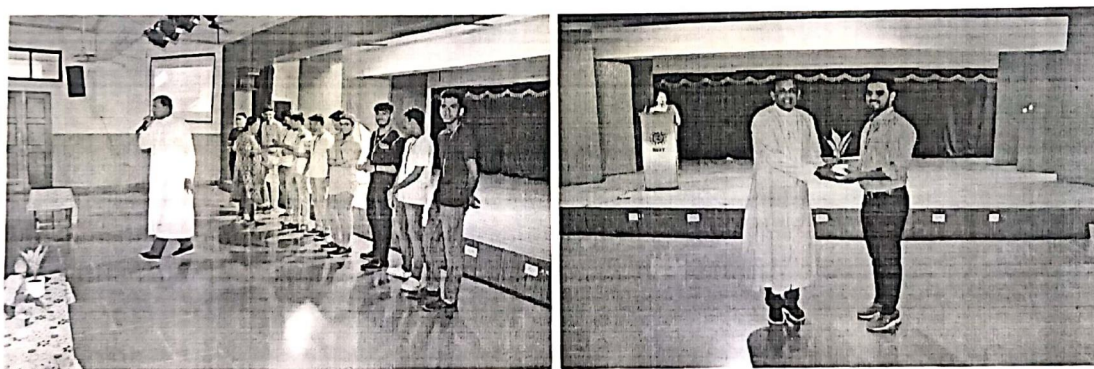


Painting, Craft, Rangoli, DIY/ Crafts, Photography and various sports activities. Faculty with aligned interests were kept in charge of each of these activities and they encouraged students to create something unique and creative, according to their own interests. These activities took place in different locations around the campus from 2:00 - 4:00 pm.

Day 5: 17 August 2023

Prerequisite sessions on Engineering Maths were conducted from 9:00 am to 10:30 am in respective classes.

Expert Lecture by eminent personalities: Lecture 3: Session on Ethics by Fr David Michele.



On Day 5, from 10:45 to 12:15 pm, a profound ethics session conducted by the distinguished Fr. David Michele. The session was an enlightening experience, aimed at discussing ethical principles and their relevance in our personal and professional lives. Fr. David delved into the foundational principles of ethics, emphasizing the importance of distinguishing right from wrong. The speaker presented real-life ethical dilemmas and encouraged participants to engage in thoughtful discussions. This allowed students to explore the complexities of ethical decision-making in practical scenarios. Fr David incorporated various interactive activities and role-play scenarios to engage the participants actively. The session was a remarkable and thought-provoking experience, leaving a lasting impact on the students.

After lunch break, class wise Technical session on Basic Electrical Engineering was conducted from 1:00 pm to 2:00 pm.

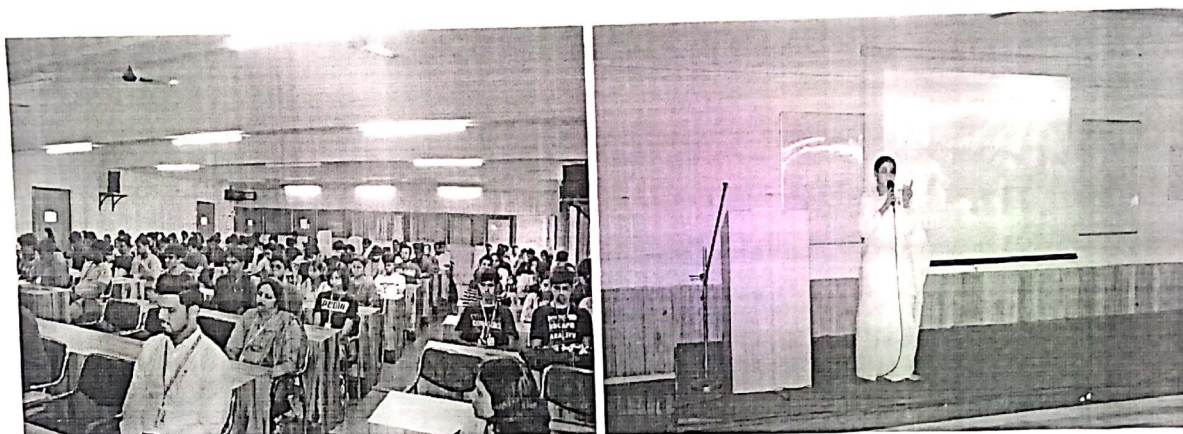
Movie Screening

We had a movie screening for students from 2:00 - 4:00 pm, where the film Pursuit of Happiness was shown with a view of providing basic understanding of the UHV concepts.

Due to unavoidable reasons Library and ERP orientation sessions converted to Movie Screening.

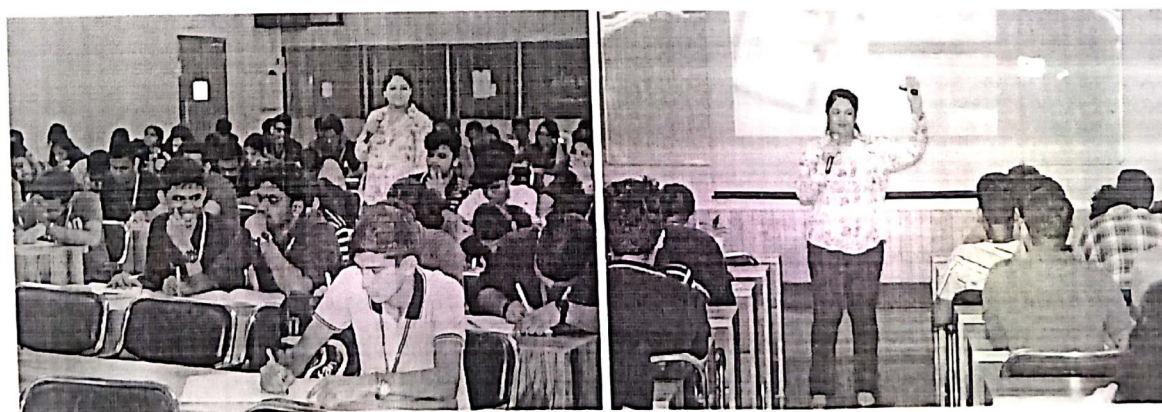
Day 6: 18 August 2023

Meditation Session by Sr Diraj Ben



Sr Diraj Ben, Brahma Kumaris Meditation trainer conducted a session on Rajayoga meditation from 9:00 am to 10:30 am. The session aimed to introduce meditation as a powerful tool for improving mental and emotional well-being, reducing stress, and enhancing overall productivity. Sr. Dhiraj Ben, with her extensive experience and deep understanding of meditation techniques, created an environment of tranquility and mindfulness. Her guidance was instrumental in making the session meaningful. Participants were led through a series of guided meditation exercises. These included mindful breathing, body scan, and visualizations. These exercises encouraged participants to focus on the present moment and promote a sense of inner peace.

Expert Lecture by eminent personalities: Lecture 4: Session on Stress Management by Dr Kushboo A. Trehan.



The students had an expert session on Stress Management by Dr Kushboo A. Trehan, Asst Professor, DJ Sanghvi College of Engineering, Mumbai from 10:45 am to 12:15 pm. The session was a valuable opportunity to learn about effective stress management techniques and

strategies. Her engaging presentation style and practical approach made the session both informative and interactive. The session began with an exploration of the concept of stress. Dr. Trehan explained the physical and psychological aspects of stress, highlighting its impact on overall well-being. Dr. Trehan introduced various stress reduction techniques, including deep breathing exercises, mindfulness, progressive muscle relaxation, and time management strategies. These practical tools empowered participants to manage stress in their daily lives.

After lunch break, class wise Technical session on Engineering Mechanics was conducted from 1:00 pm to 2:00 pm.

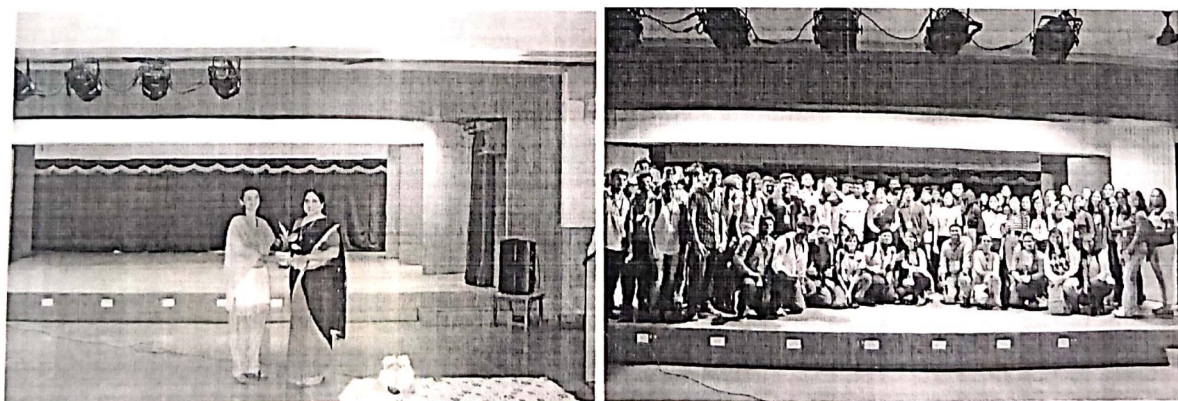
Group Activity

Group activities like Pencil Drawing, sketching, Painting, Craft, Rangoli, DIY/ Crafts, Photography and various sports activities were continued on day 6 as well. 2:00 pm to 3:00pm students did craft and creative activities and from 3pm to 4pm they participated in various sports activities.

Day 7: 19 August 2023

Dr Deepak Jayaswal took a session on Academic Practices from 10:00 am to 11:00 am. He highlighted the rules and regulations related to teaching learning process, attendance, exams and criterias for placement.

Expert Lecture by eminent personalities: Lecture 5: Awareness Session on Adolescent Psychology by Ms Helen Fonseca.



Ms Helen Fonseca, the Ex Member, Bench of Magistrates, Child Welfare Committee, Mumbai City conducted an Awareness session on Adolescent Psychology. She spoke about various relationship problems faced by Adolescents and guided students regarding the solution to these problems. She elaborated the legal side of the topic with help of some real life examples that

came to the Child Welfare Committee. The session reaffirmed the significance of these awareness in our lives and its role in creating a more just and virtuous society.

After lunch break, class wise Technical session on Engineering Maths was conducted from 1:00 pm to 2:00 pm followed by the session on Music for all by Ms Yashada Agarkar, lab assistant of EXTC department. She presented the importance and impact of music in our daily life and how music can be used in reducing stress in our life. The session concluded at 4 pm.

Day 8: 02 September 2023

FE Orientation and SIP Celebrations

FE Orientation was conducted from 1:30 pm to 3:00 pm for both students and parents followed by SIP Celebrations from 3pm onwards. The aim of the final day celebration was to provide for the students, a platform for them to showcase the talents they were able to nurture over the course of the two weeks of the SIP. With this aim in mind, the entire program was devoted to the students' performances. Students put up various programs like dance, music, drama, beatbox, poetry recitations, etc. The various artworks, photographs and rangoli done by students were also displayed all over the auditorium, making it a sight worth watching. The program as a whole was evidently a success as students were encouraged to showcase their talents, irrespective of whether they were professionally trained for their performances or not. The program ended at 5:00 pm with a group photograph of all the participants.

Conclusion

SIP Program 2023 was successful in meeting all the aims and objectives set behind it. The positive feedback of our students is a motivation for the department of Basic Science and Humanities to organize more such events in the future. SIP 2023 would not have been possible without the dedicated support and teamwork of the entire FE staff, under the guidance of the HOD, Dr. C. Hariprasad and Asst. HOD, Ms. Grishalda D'souza. As SIP is a semester-long program, it was decided to conduct Library and ERP orientation and Motivational talk or any other session required for students later.



Ms. Arti Bhatnagar & Mr Praveen Kurien

Coordinators, SIP 2023



Dr. C. Hariprasad

HOD, Dept of BSH