



**DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2022-2023
DEPARTMENT OF PSYCHOLOGY**

Workshop on Mental Health in an Unequal World

The Department of Psychology in association with the Counselling Cell organized a workshop on mental health in an unequal world on 10th October 2022 from 3:00 p.m. to 4:00 p.m. at Swami Vivekananda Hall of DCT's Dhempe College of Arts & Science. The resource person for the same was Ms. Mariah Lobo, Clinical Psychologist at Antarman Centre & Manipal Hospital, Goa.

Objective: The main objective of the workshop was to raise awareness of mental health issues and to mobilize efforts in its support.

Participants' Profile: The workshop was organized for the students of TYBA, SYBA & FYBA of the college.

Proceedings:

The Workshop was organized in order to commemorate the World Mental Health Day celebrated on 10th of October every year all across the world. The workshop entailed valuable inputs from Ms. Mariah Lobo, she started the session with a brief introduction on what is health and she further spoke about mental health, and explained the concept of goal formulation in an individual's lives. She also spoke about conscious mind vs. unconscious mind and demonstrated it with an activity with the students and further explained how a person's thoughts, emotions and behavior was interrelated with each other and emphasized the role of Self talk- language in day to day lives and also encouraged the students to seek out professional help in distress. The event culminated with a vote of thanks proposed to Ms. Mariah Lobo for gracing us with her presence and giving us her time. A total of 180 students and teachers participated in the program.





Outcome: Overall the session was very interactive and students enjoyed the session. The workshop helped in enhancing the understanding of the participants with regard to pertinent topics such as mental health issues. It also promoted the importance of mental health and well-being.

(Ms. Sweta Matonkar)
Activity Co-ordinator

(Mrs. Lourdes Botelho)
Activity Co-ordinator

(Dr. Mukta Karamadi)
HOD Department of Psychology