



DCT'S

DHEMPE COLLEGE OF ARTS AND SCIENCE

MIRAMAR PANAJI GOA

2022-2023



**SESSION ON ENHANCING OF SELF-ESTEEM AND SELF-CONFIDENCE**

**Organised by Department of Psychology**

A session on enhancing of self-esteem and self-confidence was organized by the Department of Psychology of Dhempe College of Arts and Science, Miramar – Goa on 27th August 2022 at 1 pm to 2 pm for FY.BA Psychology students, 20 students attended the session. The main aim of the session was to help the students to boost their self-esteem and self-confidence. The resource person for the session was Ms. Lourdes T. Botelho, College Counsellor of Dhempe college of Arts and Science.



The resource person spoke how healthy self-esteem and self-confidence can help an individual lead a more fulfilling life. She further described how low self-esteem or low self-confidence can affect an individual. She also explained the Ways to improve one's self-esteem and self-confidence i.e. get to know yourself, practise self-acceptance, reprogram your thinking, be more assertive, make changes in your life, surround yourself with positive influences, reward yourself and share with others. Overall the session was interactive and enjoyed by the students.

(Mrs. Lourdes Botelho)

College Counsellor