



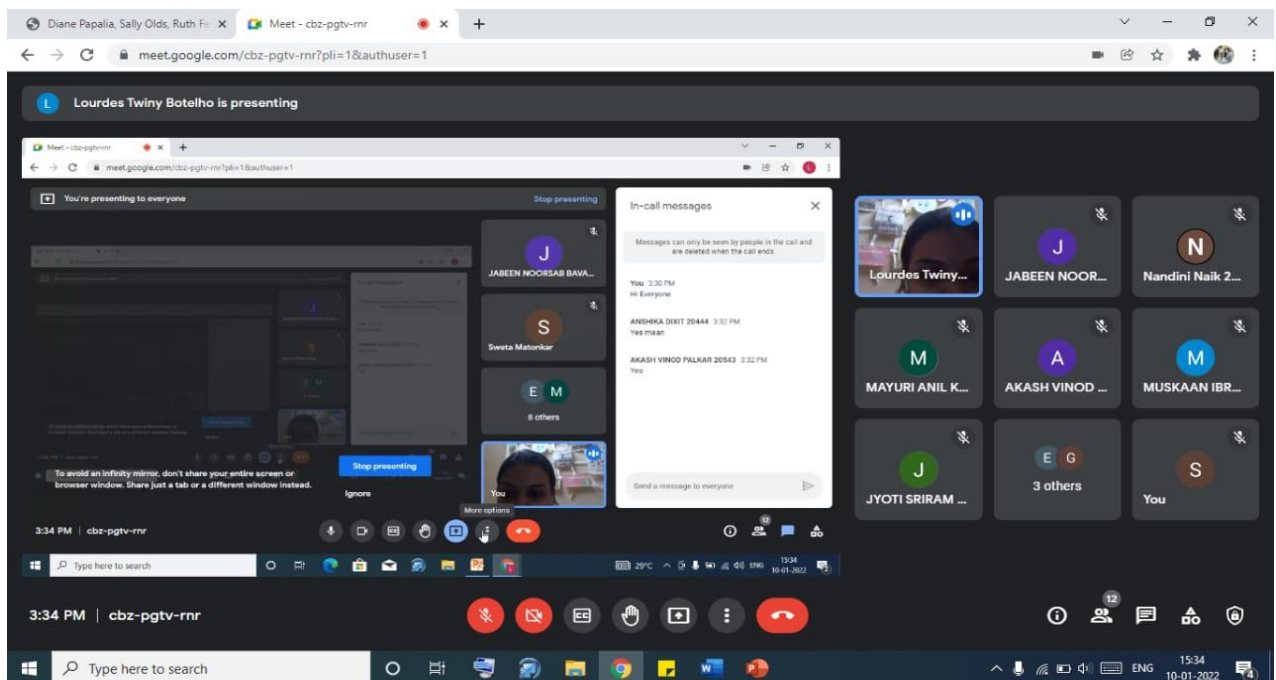
DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2021-2022



SESSION ON ENHANCING OF QUALITY RELATIONSHIP
Organised by Department of Psychology

An online session on 'Enhancing of Quality Relationship' was organized by the Department of Psychology of Dhempe College of Arts and Science, Miramar – Goa on 10th January 2022 at 3 pm to 4 pm for SY.BA Psychology students. It was attended by 28 students along with the 1 faculty member. The main aim of the session was to create awareness on 'Relationships and its types; ill-effects of intimate relationship'. The resource person for the session was Ms. Lourdes T. Botelho, College Counsellor of Dhempe college of Arts and Science.

The resource person spoke about the types of relationships and its significance. She further explained the physical, social and psychological changes that take place as the person grows and spoke about the healthy and unhealthy romantic relationships. She further described the various factors causing youth to have intimate relationships and spoke about the Facts about Technology Abuse. She also explained the Effects of Dating Abuse on Teens and highlighted on the reasons for adolescents reluctant to seek help.



Towards the end of the session students were asked to introspect and ask themselves questions like what is the right age for them to enter into intimate relationship; why they want a relationship in the first place. Is it because they really like the person, or they trying to distract themselves from other problems and so on. Overall the session was very informative and interactive and students got a deeper understanding on dealing with relationship issues and also identifying the various threats faced in an abusive relationship.

A handwritten signature in purple ink that reads "Botelho".

(Mrs. Lourdes Botelho)
College Counsellor