



DCT'S

DHEMPE COLLEGE OF ARTS AND SCIENCE

MIRAMAR PANAJI GOA

2022-2023



**SESSION ON SELF-LOVE, SELF-COMPASSION AND SELF-CARE**

**Organised by Psychology Department**

A session on 'self-love, self-compassion and self-care' was organized by the Psychology Department of Dhempe College of Arts and Science, Miramar – Goa on 23<sup>rd</sup> February 2023, at 1 pm to 2 pm for SY.BA Psychology students. It was attended by 26 students. The main aim of the session was to help the students to know the essence of loving, forgiving, and treating oneself with compassion. The resource person for the session was Ms. Lourdes T. Botelho, College Counsellor of Dhempe college of Arts and Science.

The resource person started the session with an activity explaining the meaning of self-love, self-compassion and self-care. She further spoke on how to stop being so hard on oneself; how to handle difficult emotions with greater ease; and motivate oneself with kindness rather than criticism. She also highlighted the difference between self-love and narcissism. She also gave various tips to practice self-love, self-compassion and self-care. The session was ended with an interesting activity of being compassionate and appreciating each other, where in they had to share the positive views about themselves and others.



Overall the session was very informative and interactive and students got a better understanding on self-love, self-compassion and self-care that helped them in strengthening their mental well-being.

A handwritten signature in blue ink, appearing to read "Botelho", with a long horizontal flourish underneath.

(Mrs. Lourdes Botelho)  
College Counsellor