



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



DEPARTMENT OF PSYCHOLOGY

**SESSION ON LOVE OR POISON: NAVIGATING HEALTHY AND TOXIC
RELATIONSHIPS**

The Department of Psychology in association with the counselling cell organised an activity based workshop on "Love Or Poison: Navigating Healthy And Toxic Relationships" on 14th July 2023 from 1:00 p.m. to 2:00 p.m., in room no. 218, Dhempe College of Arts and Science, Miramar Goa. The resource person for the same was Ms. Aafreen Khan, counsellor of Dhempe College of Arts and Science, Miramar- Goa. 11 students participated in the session. Dr. Joslyn Henriques coordinated the same.

Objective:

To insight students about the signs of toxic relationships and guide them in nurturing close, meaningful bonds with a partner, family members, a new acquaintance or anyone in between.

Participants' Profile:

The workshop was organised for the students of FY students from the Psychology Department.

Proceedings:

The webinar entailed insightful contributions from Ms. Aafreen Khan who started the session with an introduction to the concept of relationship. The participants were informed about the importance of healthy relationships and the impact of toxic relationships on mental health. The resource person also expressed the negative impact on their physical and mental health. The participants were also taught ways to identify toxic relationships and how to help themselves and others who are in toxic relationships. The resource person also emphasised on the significance of maintaining boundaries and enlightening them with ways to improve relationships. The session ended with a Question-and-Answer round.

Outcome:

People who have healthy relationships are more likely to feel happier and satisfied with their lives. When people maintain healthy boundaries and respect each other in any relationship, it's easier for them to grow in the relationship. The webinar helped in enhancing a positive awareness about the relationship. The session helped participants feel that they are not alone and that there are ways to fight back if dealing with toxic relationships.



Ms. Aafreen Khan
College Counsellor

Dr. Joslyn Henriques
Coordinator