



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



DEPARTMENT OF PSYCHOLOGY

WORKSHOP ON BOOSTING OF SELF-ESTEEM AND SELF-CONFIDENCE

The Department of Psychology in association with the counselling cell organised an activity based workshop on "boosting self-esteem and self-confidence" on 22nd July 2023 from 11:00 am to 12:00 am, in room no. 205, 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. 17 students participated in the same.

Objective:

To create awareness among students with ds to the importance of self esteem to help the students to boost their self-esteem and self-confidence.

Participants' Profile:

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

Proceedings:

The webinar included insightful contributions from Ms. Aafreen Khan who started the session with an introduction to the concept of self esteem and self confidence. The participants were informed about the importance of self esteem and the factors that affect self esteem. The resource person also expressed the negative impact of low self esteem on their physical and mental health. The participants were also taught ways to improve one's self-esteem and self confidence i.e. to understand one's strengths and weaknesses, practising self-acceptance, reprogram your thinking, be more assertive, working on constructive criticism and how to be mindful of the words that one uses in everyday life. The webinar ended with a Question-and-Answer round. Overall the session was interactive and enjoyed by the students.

Outcome:

When people understand themselves better, it's easier for them to build positive self-esteem. The webinar helped in enhancing a positive self awareness. It was an opportunity to upskill students and expand their capabilities. The session helped participants recognize their potential and feel inspired to take on new challenges.



Ms. Aafreen Khan
College Counsellor