

DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2023-2024



DEPARTMENT OF PSYCHOLOGY AND HEALTH & COUNSELLING CENTRE

SEMINAR ON AWARENESS ON MENTAL HEALTH BY TELE-MANAS

The Department of Psychology and Health & Counselling Centre in association with the Tele-MANAS organised an awareness seminar on “mental health” on 23rd August 2023 from 12:00 p.m to 1:00 p.m, in Seminar Hall, Dhempe College of Arts and Science, Miramar Goa. The resource people for the same was Dr. Sneha Pokle (Consultant Psychiatrist at Tele-Manas Goa), Ms. Vidita Naik (Psychiatric Social Worker) and Meghana Jhadhav (Clinical Psychologist). In total 121 participants attended the seminar.

Objective:

To create awareness among students with regards to the importance of mental health and to aid them with information regarding the help available.

Participants' Profile:

The seminar was organised for the students and staff members. In total 121 participants attended the seminar. Out of which 111 were students and 10 were staff members.

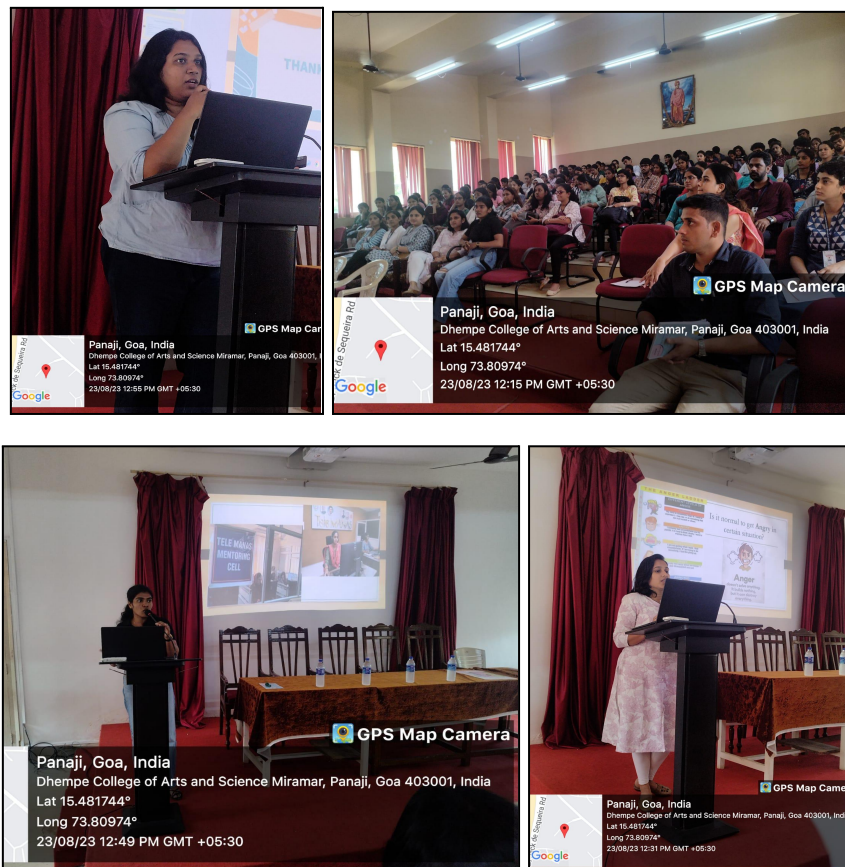
Proceedings:

The seminar started with the welcome and introduction by Ms. Shweta Matonkar followed by the insightful contributions from speakers. Beginning with the basic prospect of mental health, the speakers explained the reasons why students in Goa are unhappy which included relationship issues, family problems, addictions, career, identity crisis, etc. They threw light on the types of addictions and the role of the brain in addiction. They also spoke about various mental health issues and conducted a balloon activity which emphasised on the pressure we feel when we are stressed. The speakers informed the students about Tele-MANAS that aims to provide free tele-mental health services all over the country round the clock, particularly catering to people in remote or under-served areas. The programme includes a network of 38 tele-mental health centres of excellence spread across 27 States and

UTs, providing mental health services in over 20 languages and over 1600 trained counsellors running the first-line services. They also shared about a toll-free, 24/7 helpline number (14416) which has been set up across the country allowing callers to select the language of choice for availing services. Service is also accessible with 1-800-891-4416. It was a very interactive seminar and it ended with a Question-and-Answer round. Overall the seminar was enjoyed by the students.

Outcome:

The session led to an informed and empathetic audience that recognized the importance of mental well-being. Participants gained understanding about common mental health issues, destigmatizing them and encouraging open conversations. The session has led to improved access to mental health resources, including therapy, counselling, helplines, and support for those in need of help. This session has made it easier for individuals to find appropriate help when they need it by providing them information about the helplines.



Dr. Joslyn Henriques
Convenor, Health Centre

Ms. Aafreen Khan
College Counsellor