



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



NSS REPORT

- 1. Title:** "Talk on Mental Health Awareness in Adolescence"
- 2. Date:** 05th August 2023
- 3. Name of the college:** DCT's Dhempe College of Arts and Science, Miramar, Panaji Goa
- 4. NSS Program officer:** Dr. Shilpa Bhonsle
Dr. Palia Pandit
Dr. Raghav Gadgil
- 5. Number of participants:** 80 students (M=27 /F=53)

Dhempe College of Arts and Science, Miramar, NSS unit organised an awareness talk on the topic "Mental Health Awareness in Adolescence" by Aafreen Khan, College counsellor on 05th August 2023 at 10.00 am onwards in the Swami Vivekananda Hall of the college.

Objective:

To destigmatize mental health issues and promote understanding, empathy, and proactive self-care.

Proceedings:

The programme started with welcome and introduction by Principal, Prof. Vrinda Borker. Then guest were welcomed with flowers and memento prepared by NSS volunteers. Followed by the talk by Aafreen Khan, College counsellor, she spoke on how mental health is important for well-being. Total 80 volunteers benefitted from this programme from 10.00 am to 12.00 pm. The program ended by vote of thanks by NSS program officer, Dr. Shilpa Bhonsle.

Outcome:

The outcome of an awareness session on mental health was a more informed and empathetic audience that recognizes the significance of mental well-being. Participants gained an understanding of common mental health issues, destigmatizing them and encouraging open discussions. They learnt about available resources, support systems, and self-care techniques, empowering them to take proactive steps towards maintaining good mental health for themselves and supporting others in their communities. This awareness session contributed to a more compassionate and mentally healthy society overall.



Sd/-
Dr. Shilpa Bhonsle
NSS Program officer

Sd/-
Prof. Vrinda Borker
Principal