

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



DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

MENTAL HEALTH WEEK

Mental health is an integral part of our overall well-being, and it deserves attention, awareness, and support. In recognition of this, The Department of Psychology and the counselling cell organised the Mental Health Week from 9th October to 13th October 2023. The primary aim of this week was to create a safe and open space for students and faculty to discuss and understand mental health, break the stigma surrounding it, and provide resources for support and self-care.

DAY 1: MOVIE SCREENING

Celebrating Mental Health Week, the Department of Psychology and the Counseling Cell joined hands to organise a Movie Screening event. This event was designed to promote mental well-being and awareness. The screening took place in the seminar hall of our college on the 9th October 2023, from 11:00 am to 12:00 pm." Our commitment to creating an open and supportive environment for mental health discussions and well-being led us to curate a selection of short films that explore various facets of mental health. These films aim to inspire introspection, promote understanding, and break the stigma associated with mental health challenges. This event served as a vital component of our mission to raise awareness and encourage meaningful dialogue about mental health. Thank you for being a part of this journey towards a healthier and more empathetic campus community.

Objective:

The primary aim of this event was to create a safe and open space for students and faculty to discuss and understand mental health, break the stigma surrounding it, and provide resources for support and self-care.

Participants' Profile:

The participants in the session on movie screening were a gathering of 69 students and 4 professors assistants, representing a diverse spectrum of interests and backgrounds.

Proceedings:

The event began with a brief welcome address by Ms. Aafree Khan the counsellor of Dhempe College of Arts and Science, who emphasised the importance of the Mental Health Week and the role of such activities in destigmatizing mental health issues. Following the welcome address, the short films were screened. The event presented a curated selection of five short films. These films covered a range of topics related to mental health, providing diverse perspectives and stories. The short films chosen for the screening were "half full", "Overcomer", "bloom", "But milk is important", and "the rabbit listened".

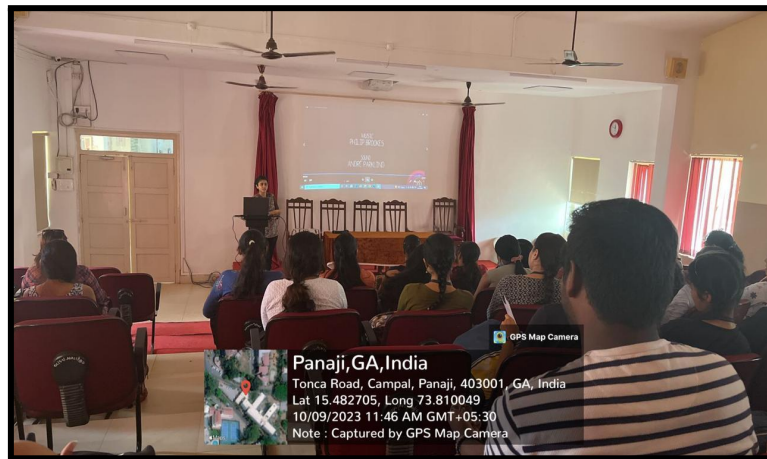
1. **"Half Full"**: A chance encounter with an older individual leads a man to reevaluate his perspective on life and self at a crucial crossroads.
2. **"Overcomer"**: This film explores the transformative power of self-love and acceptance, emphasising resilience against societal labels and external judgments.
3. **"Bloom"**: Small acts of kindness and nature's beauty offer hope and renewal, depicting personal growth amid mental health challenges.
4. **"But Milk is Important"**: Delving into social anxiety, this film highlights the struggles and triumphs of its relatable protagonist, stressing self-care and understanding.
5. **"The Rabbit Listened"**: A touching short film emphasising the importance of being there for someone in times of need, particularly through the power of listening and emotional support.

The audience was captivated by the storyline, which cleverly personified emotions and encouraged viewers to embrace their own feelings. Discussion event: After the movie, there was a facilitated discussion event led by Ms. Aafreen Khan, our college counsellor. The discussion allowed attendees to share their thoughts, ask questions, and discuss how the film related to their own experiences.

Outcome:

The movie screening was a tremendous success in several ways. The event successfully raised awareness about the importance of understanding and discussing mental health. Students and faculty actively participated in the discussion event, sharing personal experiences and insights, which promoted a more open dialogue about mental health. Attendees expressed a greater understanding of the significance of acknowledging and discussing emotions, thereby helping to reduce the stigma associated with mental health

issues. The event also provided valuable information about the mental health resources available at our college and outside, ensuring that individuals in need know where to seek support.



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