



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



## DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

### MENTAL HEALTH WEEK

#### DAY 2: TALK ON MENTAL HEALTH, A UNIVERSAL HUMAN RIGHT

The second day of Mental Health Week brought forth a thought-provoking talk on the topic “Mental Health, A Universal Human Right”. As part of our commitment to fostering a supportive environment for mental health discussions, these events aimed to educate, engage, and inspire dialogues surrounding mental well-being. The event took place on 10th October 2023.

#### **Objectives:**

To provide insights and awareness about mental health through an informative talk. To engage students and faculty in meaningful discussions on various aspects of mental well-being. To encourage open dialogue and reduce the stigma associated with mental health challenges.

#### **Participants' Profile:**

72 students from various departments attended the talk along with 2 professors

#### **Proceedings:**

The talk commenced at 11:00 AM in the seminar hall. Our resource person for the same Ms. Miriam Sequiera delivered an insightful talk and shared valuable information on mental health, conducted a poll to gauge the audience's perspectives and experiences, and emphasised the importance of reducing the stigma associated with mental health. The talk covered various aspects of mental health, including the importance of seeking help, managing mental health problems, and promoting well-being. The session was followed by a Question and answer segment, allowing the audience to engage with the speaker and seek expert advice on mental health concerns. The talk ended by 12 pm.

#### **Outcomes:**

The talk on mental health provided valuable insights and raised awareness about mental health issues, equipping attendees with a better understanding of its significance. The talk provided valuable insights and increased awareness about mental health, enabling attendees to better understand its significance. Engaging discussions promoted open dialogue on mental health, encouraging a supportive and empathetic atmosphere on campus. The event contributed to reducing the stigma associated with mental health challenges, making it more acceptable to discuss and seek help.



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