



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



DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

MENTAL HEALTH WEEK

DAY 3: MINDFUL MOMENTS -GRATITUDE WALK

Day 3 of the Mental Health Week brought a unique blend of activities focusing on gratitude and mindfulness. The centrepiece of the day was the Gratitude Walk, complemented by other mindfulness-based activities. This day aimed to promote mental well-being through reflection, appreciation, and mindfulness.

Objectives:

To introduce students to the concept of gratitude and its positive impact on mental health. To provide opportunities for students to engage in mindfulness-based activities, including laughter sessions and expressive art. To create an atmosphere of relaxation and self-reflection.

Participants' Profile:

14 students participated in the gratitude walk along with 3 faculty members from the psychology department.

Proceedings:

The day commenced with a Gratitude Walk at 8:30 AM, attended by numerous students. This activity took place at Miramar beach, creating a serene backdrop for reflection and gratitude. The event began with a brief orientation on the importance of gratitude and mindfulness in daily life. Participants were encouraged to embrace the spirit of gratitude and mindfulness throughout the session. Participants embarked on a guided gratitude walk and were encouraged to reflect on the things they were grateful for, both big and small. The serene environment and natural surroundings provided a conducive atmosphere for mindful reflection. Following the gratitude walk, participants engaged in a mindfulness session. They

were guided through various mindfulness techniques like focusing on the present moment. The aim was to cultivate a state of mindfulness and inner peace.

Outcomes:

Participants reported feeling more grateful for the simple joys in life. The gratitude walk helped them appreciate the beauty of nature and the blessings in their lives. Mindfulness techniques taught during the session were effective in reducing stress and promoting relaxation. Participants felt calmer and more centred. Many attendees reported an overall improvement in their sense of well-being. The combination of gratitude and mindfulness enhanced their emotional and mental states. Participants noted an increased ability to concentrate on the present moment and reduce distractions. This mindfulness practice had a positive impact on their focus and productivity. The event fostered a sense of community among participants, as they shared their gratitude reflections and mindfulness experiences.



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