



**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 - MANDALA ART THERAPY SESSION**

The Mandala Workshop, held on October 11, 2023, at 2:30 PM, marked the third activity of Day 3 during Mental Health Week for the students of the 201 class of Dhempe College of Arts and Science. Mandala art, known for its therapeutic and meditative qualities, was chosen as an engaging and creative way to address mental health and well-being. The workshop aimed to offer students a unique and artistic approach to explore and enhance their mental health.

#### **Objectives:**

The objectives of the Mandala Workshop were to offer students a creative outlet for self-expression and relaxation, aiding their mental well-being; to impart stress-reduction techniques through mandala art for managing stress and anxiety; to enhance students' focus and concentration by immersing them in the intricate details of mandala creation; to encourage self-expression and individuality, facilitating the conveyance of emotions and thoughts through art; and to foster a supportive and inclusive environment that allowed students to bond and share their experiences during the workshop.

#### **Participants:**

The workshop was attended by 59 students. The participants came from diverse backgrounds, bringing a variety of perspectives and experiences to the event.

#### **Proceedings:**

The Mandala Art Therapy Session unfolded as follows: The session began with an introduction to the history and therapeutic aspects of mandala art. The college counsellor Ms. Aafreen Khan and Assistant Psychology professor Ms. Shweta Matonkar provided guidance and support as students created their mandalas. The simplicity of the exercise allowed for

easy engagement. Participants shared their experiences, feelings, and any insights that arose during the session. This open dialogue promoted a sense of community. Students displayed their mandalas, and their efforts were appreciated and acknowledged by peers. The session concluded with a reflection period where students could discuss their experiences and provide feedback.

### **Outcomes:**

Participants reported reduced stress levels and feelings of calmness after the session. Students felt empowered to express their emotions and thoughts creatively, which added to their sense of well-being. The presence of the counsellor and psychology professor ensured that students received psychological support, making the session especially beneficial. The session strengthened the sense of community among the students, as they shared their experiences and mutual support. The students expressed satisfaction with the simple yet effective therapeutic approach of mandala art in promoting mental health and well-being.



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