



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



## DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

### MENTAL HEALTH WEEK

#### DAY 4: DANCE AND MOVEMENT THERAPY

The final day of Mental Health Week celebrated at Dhempe College of Arts and Science marked the culmination of a week dedicated to raising awareness about mental well-being and promoting emotional support. On the 13th of October 2023, a Dance and Movement Therapy Session was organised to conclude the week's activities. This event aimed to use the power of dance and movement as a therapeutic tool to enhance mental health.

#### **Objectives:**

To promote mental well-being through the therapeutic benefits of dance and movement. To provide students with a creative and physically engaging way to express themselves and release stress. To conclude the Mental Health Week on a positive and invigorating note.

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

The dance and movement therapy session garnered participation from a total of 26 individuals, comprising 21 students and 5 staff members.

#### **Proceedings:**

The Dance and Movement Therapy Session took place at the Gymkhana of the college, which commenced at 11:00 AM and ended at 12:00 PM. The resource person for the session was Ms. Surabhi Thakur, a certified dance and movement therapist who led the session. The session involved various dance movements and exercises that encouraged participants to express their emotions, reduce stress, and promote a sense of well-being.

#### **Outcomes:**

The Dance and Movement Therapy Session on the final day of Mental Health Week yielded the following outcomes:

Students had the opportunity to express their emotions and release stress through the therapeutic and expressive power of dance and movement. The event provided a positive and invigorating closure to the Mental Health Week, leaving participants with a sense of well-being and accomplishment. The session emphasised the importance of mental well-being and offered a practical way to manage and improve mental health through movement and self-expression.



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