



**DCT's DHEMPE COLLEGE OF ARTS AND SCIENCE
Miramar, Panaji-GOA**

Report on the activities organised by Mentorship Cell during academic year 2022-23

Objectives

The objective of the Mentorship Cell is to assign mentors to the mentees and organise and to guide them, also to organise different programs to motivate students to achieve their goals.

Report

Mentor -mentee list for B.A./B.Sc./M.Sc. was prepared and were distributed to the respective mentors. 41 mentors were assigned to 575 B.Sc. students and 27 mentors were assigned to 511 B.A. students. The overall mentor-mentee ratio for B.A. and B.Sc. students is 1:15. 4 mentors are allocated to 68 M.Sc. students, the mentor-mentee ratio is 1:17.

- **Report on Heritage trail for the BSC students on 27th October 2022**

Objective

To make students aware about the history of Miramar, Goa.

Proceedings

Miramar heritage trail was organised for the F.Y.B.Sc. students on 26th October 2022. Mr. Prajal Sakhardande accompanied students and shared valuable information about the history of Miramar.

Outcome

Students got the knowledge about surroundings of the college premises





- **Mentoring Day celebration on 27th October 2022**

Mentoring day was celebrated by organising talk on - ‘Mentoring and Mental Well-being’ by Mentorship Cell, of DCT’s Dhempe College of Arts and Science, Miramar Goa on 27th October, 2022.

Objective:

The objective of the session was to create awareness among the students about the need to have a mentor and how mentoring can have a positive impact on mental well-being.

Participants’ Profile:

The session was attended by 91 students from both streams –Arts and Science and 09 faculty members

Proceedings:

Mentorship day was celebrated by organizing a talk by Ms. Aditi Tendulkar, founder of ‘Soul Healing- A Counselling Centre in Goa’ on 27th October 2022 for the students on “Mentoring and Mental well-being” organized by Mentorship Cell on 27th October 2022. In the talk, she spoke about how counselling and mentoring help mental well-being. She also said that mentoring is a guidance system where the mentor imparts knowledge, skill, and experience to the mentee. The goal of the mentoring is to help the mentee to plan their lives and learn skills and experience to excel in their future. She described the concept of mental health and highlighted the myths and misconceptions related to mental health. She also explained how these various myths and misconceptions act as barriers from seeking help from mental health professionals and even significant others. She also encouraged the participants to think differently and look at the mentorship programme as a collaborative programme where the mentee along with her/his mentor can explore different paths which will help the mentees to

achieve the desired goals. Further, she also accentuated on how the mentor-mentee relationship can provide emotional support to the mentees. Towards the end of the session, questions posed by the participants were dealt with by the resource person.

Vice Principal Dr. Swati Pawar graced the function and emphasized the need to have a mentor and also encouraged the students to avail the facility so that they can benefit to the maximum. Dr. Miskil Naik introduced the resource person, Dr. Cindy D'silva compared the function and Dr. Svetlana Fernandes proposed vote of thanks. The talk was attended by 91 students

Outcome(s):

Participants were aware of the need to maintain a healthy mental well-being and how mentoring can have a positive impact on the mental wellbeing.

.Organising Committee:

The organizing committee comprised of:

- Dr.Cindy DSilva
- Dr.Miskil Naik- Coordinator
- Dr.Svetlana Fernandes



- **Mentoring Week Celebration from 24th October to 31st October 2022**

Mentoring week was celebrated from 24th October to 31st October 2022 by conducting activities, meets by the mentors with their mentees

Objective:

To make mentees aware of the mentorship programme conducted by the college

Proceedings:

Mentorship week was organised by the mentorship cell from 24th October to 31st October 2022. Activities like, walk through the garden, playing musical instrument, visit to science centre, creating mind map for academics, yoga sessions, brain games, interactions and much more were organised by the mentors for their mentees.

Outcome(s):

Mentees were found enthusiastically participating in the activities.

Department of Biotechnology





Department of Botany



Department of Chemistry





M.Sc -Chemistry



Department of Computer Science



Department of Geology



Department of Mathematics



Department of Physics





Department of Zoology





Department of English



Department of Economics



Department of Philosophy



Department of History



Department of Psychology



Department of Political Science

- **A Talk on ‘Legal and Ethical Aspects of Mental Health and Substance Abuse’**

A talk on ‘Legal and Ethical Aspects of Mental Health and Substance Abuse’ was organized by Mentorship Cell in association with Department of Psychology, of DCT’s Dhempe College of Arts and Science, Miramar Goa on 3rd November, 2022.

Objective:

The objective of the talk was to create awareness about the various legal and ethical aspects of mental health and substance abuse with a belief that knowledge empowers individuals and with this knowledge, the students can safeguard them

selves and assist those in need of help.

Participants’ Profile:

The session was attended by 46 students from both streams –Arts and Science

Proceedings:

Dr.Cindy DSilva, in the introductory note welcomed all those present and briefed them about the programme. The Principal of the Institute, Prof.Vrinda Borker welcomed the resource

person Adv.Aishwarya Sinari, and the participants for the session. In her welcome speech, Prof.Vrinda Borker expressed her concern on how young adolescents get addicted to psychoactive substance and emphasized on the need to educate young adolescents about the substance related issues. Dr. Miskil Naik, Convenor of Mentorship Cell, later introduced the guest to the participants.

Adv.Aishwarya Sinari, in her talk, described the list of substances along with the concept of substance abuse and highlighted on the consequences of abuse. She explained the concept of addiction and expressed her concern on how youth is getting addicted to drugs. Further, Adv.Sinari, explained the drug enforcement law in India and how the legal system operates in the country in controlling drug trafficking and drug addiction.

She also encouraged the participants to be aware and not fall into the addiction trap. Further she also accentuated on how being aware of the legal aspects can help individuals to be on guard and even help those who are victims of substance abuse. Towards the end of the session, questions posed by the participants were dealt by the resource person.

The programme concluded with a vote of thanks which was proposed by Dr. Mukta Karamadi, IQAC coordinator and Head of Department of Psychology.

Outcome(s):

Participants were aware of the various types of psychoactive substances and also legal system and its functioning in the country.

Organising Committee:

The organizing committee comprised of:

- Dr.Miskil Naik
- Dr.Mukta Karamadi
- Dr.Cindy DSilva



Dr. Miskil Naik
Mentorship Cell- Convener