



**DCT'S DHEMPE COLLEGE OF ARTS AND SCIENCE**  
**MIRAMAR GOA**

**DEPARTMENT OF BIOTECHNOLOGY**

**REPORT ON MENTAL AWARENESS SESSION ORGANISED ON 'MIND YOUR MIND OR  
MANTRA FOR HEALTH MIND'**

**Introduction:** A mental health awareness session was organized on 'Mind your Mind or Mantra for Health Mind' by the Department of Biotechnology under the DBT Star College Scheme held on 12<sup>th</sup> February 2024 at S.V Hall, DCT's Dhempe College of Arts and Science.

The research person for this seminar was Ms. Ketaki Parob Gadekar. The talk started at 3:30 pm and concluded at 4:30 pm. The event aimed to address the importance of mental health among students and provide practical insights for better understanding.

**Speaker Overview:** Ms. Ketaki Parob Gadekar led the session, captivating the audience with real-life examples. Her engaging approach allowed students to relate personally to each scenario presented during the talk.

**Content Highlights:** Ms. Gadekar emphasized the significance of acknowledging and addressing one's feelings. Through relatable examples, she effectively conveyed the message that neglecting mental health can have adverse consequences. Her real-life anecdotes resonated with the students, fostering a deeper understanding of the importance of mental well-being.

**Audience Engagement:** The audience actively participated in the session, responding positively to Ms. Gadekar's examples. The interactive nature of the talk facilitated an open dialogue about mental health concerns, encouraging students to share their thoughts and experiences.

The outcomes of the talk are as follows

**Importance of Addressing Feelings:** Ms. Gadekar underscored the need for individuals to recognize and address their emotions, emphasizing that doing so is crucial for mental well-being.

**Real-life Relevance:** The use of relatable examples allowed students to connect with the content, creating a more impactful learning experience.

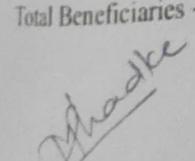
**Encouraging Open Dialogue:** The talk promoted an environment where students felt comfortable discussing mental health concerns openly, reducing the stigma associated with such conversations.

**Conclusion:** The mental awareness talk by Ms. Ketaki Parob Gadekar proved to be a valuable and insightful session for the students. The engaging content and real-life examples effectively

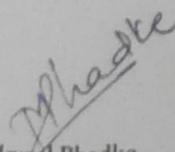
conveyed the importance of prioritizing mental health. The event successfully encouraged open dialogue, contributing to a more supportive and understanding community within the department. We are grateful to Ms. Gadekar for the time and efforts dedicated towards addressing the unique challenges that students face in today's fast-paced environment.

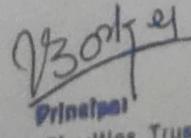


Total Beneficiaries - 42 students and 05 faculty members (males - 06 and females - 36)

  
Mrs. Mrunal Phadke  
Event Coordinator

  
Dr. Niyati Pandurang Hede  
Event Coordinator

  
Mrs. Mrunal Phadke  
Biotechnology Department In-charge

  
Principal  
Dempo Charities Trust  
Demos College of Arts & Sciences  
Panaji, Goa