

The Dept of Psychology, Govt. College of Arts, Science, and Commerce, Khandola in collaboration with Rotary Club, Panjim organised a state-level seminar on the theme "Mental Health is a Universal Human Right" to commemorate World Mental Health Day 2023 on the 13th of October, 2023 from 9:00 am to 5:30 pm at the Multipurpose Hall of Sanskruti Bhavan, Patto Panaji Goa. The objectives of the event were as follows:

1. To spread awareness on cross-cutting issues and research areas related to mental health among young adults and higher education teachers
2. To contribute to a discourse on countering stigma, discrimination and prejudice associated with availing mental health facilities
3. To promote holistic mental health care

A total of 122 participants, including students and teachers from major colleges of Goa registered for the seminar. The seminar started with inaugural function by the hands of Chief Guest: Mr. Sagun Velip-Director of Art and Culture, Govt. of Goa, keynote address was delivered by Prof. Mahesh Pai, Principal of Goa College of Home Science on Need for Mental Health Sensitisation among Youth, Mr. Debojit Majumdar, Sr. Consultant, Kripa Foundation spoke on addiction among youth, Ms. Devika Gupta of Sangath spoke about Countering Violence and Ensuring wellbeing in intimate relationships, Dr. Nandita Desouza, Director and Developmental and Behavioural Pediatrician, Sethu gave her presentation on Being an Ally Ensuring

Developmental and Behavioural Wellbeing among Youth with Disabilities, Dr. Peter Castelino, Psychiatrist and Director, COOJ Goa highlighted participants on Suicide Prevention and Ms. Juliana Lohar, Coordinator,

ARZ spoke on Assuring Mental Health Wellbeing for Victims of Trauma and Abuse. The one day seminar was full of insights and reflections. The seminar concluded with a vote of thanks by Ms. Manjiri Bhakle, Assistant Professor in Psychology with a group photo. The inaugural session and the valedictory function was led by participants from both Govt. College Khandola and Rotary Club of Panaji Midtown such as the Principal of GCASCK, Prof. Purnakala Samant, Coordinator Ms. Asawari Nayak, President of Rotary Club Panaji Midtown Mr. Rajiv Shirodkar; and Secretary of Rotary Club Panaji Midtown Mr. Kedar Kenkre.



