



Goa University


GOA BUSINESS SCHOOL

Discipline of Financial Services

Report on Learn More and Beyond (Capacity Building and Skill Enhancement Series) – A session on “Holistic approach to Mental health through the lens of Psychological, Emotional and Social well-being”

1. Title of the Event/Activity/program	Holistic approach to Mental health through the lens of Psychological, Emotional and Social well-being
2. Date and Time	12 th March 2024, 10.30am to 11.30am
3. Mode of conduct (Physical/Online)	Online mode via Google meet platform
4. School/ Directorate/ Section	Goa Business School
5. Collaborating Agency/School/Directorate	Nil
6. Detail of the Resource Person (Brief biodata)	Ms. Tanya Keni Ms. Tanya Keni, a Ph.D. candidate at the University of Bremen, Germany, specializing in cross-cultural psychology. She holds a Master's in Counseling Psychology from the University of Mumbai and has served as a college counselor at Don Bosco College of Agriculture, Sulcorna and an Assistant Professor at Parvatibai Chowgule College of Arts and Science, Margao. With a license in intercultural training, Ms. Keni offers valuable insights into cross-cultural psychology.

7. Number of Faculty attended/participated	4 Faculty
8. Number of Student attended / participated	22
9. No. of external students/faculty/other participants	1
10. The objectives of the Program/activity/event	The main aim of the session was to create awareness about being mental healthy and to attain the state of psychological, social and emotional well-being.
11. Description of the Program/activity/event	The speaker of the session was successful in briefing the audience on myths about mental health and different dimensions of well-being. Subsequently, she informed the participants on the 10 Core skills provided by W.H.O. on the ways to take care of the mental health. The speaker highlighted on each of the skills incorporating emotional, cognitive and social skills to be developed by everyone.
12. Benefit/Key outcomes of the Program/activity/event	The key outcome of the program were as follows: 1. Being mentally healthy does not mean the absence of mental illness. It is a state of well-being in different domains of life (Emotional, Social, Occupational, and Spiritual). 2. Well-being is a state of contentment/satisfaction as well as the experience of happiness. 3. To enhance all the dimensions of well-being and eventually mental health, W.H.O. has recommended a set of 10 skills that encompass emotional, cognitive, and social development.
13. Enclosures with report	Brochure, Notice, Geo-tag photos, Attendance of students/faculty/external participants, Bio Data of resource person (if applicable), Any other information.

Signature: 
12/3/2024


Name of coordinator: Dr. Pournima Dhume

Designation: Assistant Professor


22/3/2024
Vice-Dean (Academic), ABS Signature

Dean/Director/Head

Seal of the School/Directorate/University


22/3/2024





Goa Business School
Goa University
presents

LEARN MORE AND BEYOND

[Capacity Building and Skill Enhancement Series]

A Holistic approach to mental health through
the lens of



**PSYCHOLOGICAL,
EMOTIONAL &
SOCIAL WELL-BEING**



**March 12, 2024
10.30am - 11.30am**



Google meet link:

[HTTPS://MEET.GOOGLE.COM/TRA-DDWU-MWB](https://meet.google.com/TRA-DDWU-MWB)



TANYA KENI

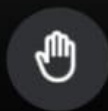
About the speaker

Ms. Tanya Keni, a Ph.D. candidate at the University of Bremen, Germany, specializing in cross-cultural psychology.

She holds a Master's in Counseling Psychology from the University of Mumbai and has served as a college counselor at Don Bosco College of Agriculture, Sulcorna and an Assistant Professor at Parvatibai Chowgule College of Arts and Science, Margao. With a license in intercultural training, Ms. Keni offers valuable insights into cross-cultural psychology.

Convener - Dr. Harip Khanapuri
Programme Director, Financial Services

Session Coordinator - Dr. Pournima Dhume



LMB

		Date of lectures	12/3/24
		Time of lectures	
		No. of lectures	1
Seat No.	Name of the Student		
23P0300001	Aarya Rajendra Naik	Aarik	
23P0300002	Ahren Clementius Braganca	Braganca	
23P0300003	Akshata Ashok Kalgutkar	Akshata	
23P0300004	Arya P	Arya	
23P0300005	Ashish Kumar	Ashish	
23P0300006	Lotliker Dattaraj Sachin	DL	
23P0300007	Girish Rajendra Pawshe		
23P0300008	Hemangi Mahadev Gawas	Hemangi	
23P0300009	Jotiba Biro Pavane	Jotiba	
23P0300010	Shreya Kamble		
23P0300011	Lakhani Yash Sunil	Yash	
23P0300012	Mansi Hanumantraya Biradar	Mansi	
23P0300013	Pradnya Pawan Natekar	Pradnya	
23P0300014	Renuka Gurram	Renuka	
23P0300015	Riddhi Khandeparkar	Riddhi	
23P0300016	Saivinayak Sagun Parker	Saivinayak	
23P0300017	Gauri Kishor Sangodkar	Gauri	
23P0300018	Sidhi Kamalakant Keluskar	Sidhi	
23P0300019	Sneha Anand Naik	Sneha	
23P0300020	Ujwala Mahato	Ujwala	
23P0300021	Yasmin Saved	Yasmin	

Asad