



## Goa University

### D.D. Kosambi School of Social Sciences and Behavioral Studies

#### Social Work Programme

### Report on World Mental Health Day 2024: "Mental Health Champions"

<b>1. Title of the Event</b>	World Mental Health Day 2024: "Mental Health Champions"
<b>2. Date and Time</b>	11th October 2024, 10:00 AM – 3:30 PM
<b>3. Mode of Conduct</b>	Physical
<b>4. School/ Directorate/ Section</b>	D.D. Kosambi School of Social Sciences and Behavioural Studies, Social Work Programme
<b>5. Collaborating Agency</b>	National Service Scheme (NSS) & UGC Centre for the Study of Social Inclusion
<b>6. Detail of the Resource Person (Brief biodata)</b>	<ol style="list-style-type: none"><li>1. Dr. Sneha Kashinath Pokle is a Senior Consultant Psychiatrist at the State TeleMANAS Cell, South Goa District Hospital. With an MBBS and an MD in Psychiatry, she has extensive experience in mental health care. Dr. Pokle has worked as a Senior Resident at the Institute of Psychiatry and Human Behaviour and has presented research at international forums such as the World Psychiatry Association Conference, focusing on topics like</li></ol>

conflict management and intimate partner violence. She has also published a paper on the transition from the Mental Health Act 1987 to the Mental Health Care Act 2017 in Goa. Dr. Pokle is particularly interested in the intersection of technology and mental health, having received specialized training in this area.

2. Richal Fernandes is currently a Psychiatric Nurse at the State TeleMANAS Cell, South Goa District Hospital. She has worked as a clinical nurse at several hospitals, including V. M. Salgaocar Hospital, Gracias Maternity Hospital, and Manipal Hospital Goa. Richal also gained experience working for a US-based psychiatric nursing company. With a focus on mental health services, she brings a wealth of practical experience to her current role at TeleMANAS, where she provides critical psychiatric support.
3. Meghna M. Jadhav is a Clinical Psychologist at the State TeleMANAS Cell, South Goa District Hospital. She has previously worked with the Aarogya Bharti Helpline during the pandemic and served as a clinical psychologist at the Pediatric Neuro Rehab Therapy Clinic in Panjim. Meghna's expertise in therapeutic interventions for children and adults, along with her experience in tele-counseling, makes her an invaluable resource in the field of mental health services in Goa.
4. Dr. Tanvi Pednekar is a Consultant

Psychiatrist currently working as a Programme Officer for the District Mental Health Programme (DMHP) in North Goa. A passionate advocate for breaking the stigma around mental health, Dr. Pednekar is dedicated to providing empathetic care and raising awareness about mental health issues in the community. She holds an MBBS from Goa Medical College and a Diploma in Psychological Medicine (DPM) from the Institute of Psychiatry and Human Behaviour. Her work focuses on making mental health services accessible and effective at the community level.

5. Durga Chari is a Psychologist with the District Mental Health Programme (DMHP) in North Goa. She plays a vital role in providing psychological support and counseling services, working closely with individuals in the community to promote mental well-being. Durga's experience in both individual and group therapy makes her an essential part of the mental health team at DMHP.
6. Pravin Chavan is a Psychiatric Social Worker at the District Mental Health Programme (DMHP) in North Goa. With a strong background in psychiatric social work, Pravin supports patients in managing their mental health conditions, offering therapeutic interventions, and helping them navigate social and emotional challenges. His role in the DMHP is critical in providing holistic mental health care to the community.

7. Number of Faculty attended/participated	8
8. Number of Student Attended / Participated	62
9. No. of external students/faculty/other participants	1
10. Objectives of the Event	<ol style="list-style-type: none"> <li>1. To raise awareness about mental health and its importance in the workplace.</li> <li>2. To equip participants with tools to manage stress, anxiety, and other mental health challenges.</li> <li>3. To promote self-care, problem-solving, and digital well-being strategies for improving mental wellness.</li> </ol>
11. Description of the Event	<p>The World Mental Health Day event titled "Mental Health Champions" was organized to prioritize mental health in professional settings. The event featured two sessions, each led by a team of experienced psychiatrists, clinical psychologists, psychiatric nurses, and social workers. These sessions aimed to break the stigma around mental health, raise awareness about common mental health challenges in the workplace, and offer practical solutions for maintaining mental wellness.</p> <p><b>Session 1</b>  Speaker: Dr. Sneha Pokle – Senior Consultant Psychiatrist, South Goa District Hospital</p> <p><b>Key Points Discussed:</b></p> <p>Dr. Sneha Pokle emphasized the importance of prioritizing mental health in the workplace, discussing how both the left and right sides of the brain play different roles in</p>

our mental well-being. She addressed the stigma surrounding mental health, emphasizing that mental health issues are common and everyone should feel comfortable seeking help. Dr. Pokle discussed the physical and emotional effects of stress, such as heart palpitations, sleep disturbances, and emotional instability, and shared strategies for balancing work and life through mindfulness, decluttering the mind, and engaging in stress-reducing activities.

*Additional Speakers in Session 1:*

- Richal Fernandes – Psychiatric Nurse, State Tele MANAS, South Goa District Hospital
- Meghna H. Jadhav – Clinical Psychologist, State Tele MANAS, South Goa District Hospital

They shared insights into common mental health issues such as anxiety, depression, and burnout, particularly in professional settings.

Richal Fernandes discussed the prevalence of anxiety and stress in workplaces and how poor work-life balance can exacerbate mental health conditions.

Meghna Jadhav outlined strategies that both management and employees can adopt to reduce workplace stress, such as time management, open communication, and regular breaks.

**Session 2**

Speaker: Dr. Tanvi Pednekar – Consultant Psychiatrist, DMHP, North Goa District Hospital

***Key Points Discussed:***

Dr. Tanvi Pednekar highlighted the

importance of breaking the stigma associated with mental health and the need to prioritize mental well-being in professional and academic settings. She provided strategies for managing academic stress, including time management, mindfulness, and creating a conducive study environment.

*Additional Speakers in Session 2:*

- Pravin Chavan – Psychiatric Social Worker, DMHP, North Goa
- Durga Chari – Psychologist, DMHP, North Goa

Pravin Chavan offered valuable insights on maintaining digital well-being, advising participants to take regular breaks from screens and engage in digital detox activities.

Durga Chari introduced the SODA (Situation, Option, Disadvantage, Solution) method as a problem-solving technique that can help individuals manage stress and challenges in both personal and professional environments.

*Activities Conducted:*

- Quiz on mental health awareness
- Film Screening focused on a child facing mental health challenges
- Interactive Activity on relaxation and mindfulness techniques

*Key Takeaways from the Event*

**Breaking the Stigma:** The event underscored the need to normalize conversations about mental health and encourage individuals to seek help without hesitation.

**Workplace and Mental Health:** Speakers highlighted the various causes of workplace stress, such as unhealthy relationships, poor

	<p>communication, and lack of mutual respect. Participants learned practical techniques for managing stress and improving work-life balance.</p> <p><b>Digital Well-being:</b> With the increasing use of digital technology, maintaining digital well-being is crucial. The session on digital detox and mindful technology use provided essential tools for managing digital overload.</p> <p><b>Self-Care and Problem-Solving:</b> Practical strategies like time management, mindfulness, and problem-solving techniques (SODA method) were shared to help participants manage stress effectively in both personal and professional settings.</p>
<p><b>12. Benefit/Key Outcomes of the Event</b></p>	<ul style="list-style-type: none"> <li>• Enhanced awareness of mental health issues and their impact on personal and professional life.</li> <li>• Practical tools and techniques for managing stress, improving digital well-being, and promoting a healthy work-life balance.</li> <li>• Encouraged open dialogue about mental health, contributing to a supportive environment for mental wellness.</li> </ul>
<p><b>13. Enclosures with report</b></p>	<ul style="list-style-type: none"> <li>• Event Flyer</li> <li>• Photos</li> <li>• Attendance Sheet</li> </ul>

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Alisha Dias  
Assistant Professor (Social Work)

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D.D. Kosambi School of Social Sciences  
and Behavioural Studies  
DEAN  
D. D. Kosambi School of Social Sciences  
& Behavioural Studies  
Goa University  
Seal of the School/Directorate/University

Date: 12<sup>th</sup> October 2024







# GOA UNIVERSITY

D.D. KOSAMBI SCHOOL OF SOCIAL SCIENCES AND BEHAVIOURAL STUDIES

## Social Work Programme

IN COLLABORATION WITH NATIONAL SERVICE SCHEME (NSS) & UCG CENTRE FOR THE STUDY OF SOCIAL INCLUSION



Organizes

# WORLD MENTAL HEALTH DAY 2024

"IT IS TIME TO PRIORITIZE MENTAL HEALTH IN THE WORKPLACE"

## "MENTAL HEALTH CHAMPIONS"

<p>SESSION</p> <p><b>1</b></p>	<p><b>Dr. Sneha Pokle</b></p> <p>Sr Consultant Psychiatrist State Tele MANAS Goa- South Goa District Hospital</p> 	<p>TEAM</p> <p><b>RICHAL FERNANDES</b> Psychiatric Nurse State Tele MANAS Goa- South Goa District Hospital</p>  <p><b>MEGHNA M JADHAV</b> Clinical Psychologist State Tele MANAS Goa- South Goa District Hospital</p> 
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<p>TEAM</p> <p><b>PRAVIN CHAVAN</b> Psychiatric social worker DMHP North Goa</p>  <p><b>DURGA CHARI</b> Psychologist DMHP North Goa</p> 	<p><b>Dr. Tanvi Pednekar</b></p> <p>Consultant Psychiatrist DMHP -North Goa District Hospital</p> 	<p>SESSION</p> <p><b>2</b></p>
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**3 GOOD HEALTH AND WELL-BEING**

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



-  11th October 2024
-  10:00am - 3.30 pm
-  Conference Hall-  
Administrative Building



### CONTACT

- VINOD O. KANKONKAR: 8669609105**
- NITIN S. SAWANT:+91-8669609318**
- PRACHI PRABHU: 7030965952**
- ALISHA DIAS: 9762338556**

# Goa University Celebrates World Mental Health Day 2024 with Focus on Holistic Well-Being

## Team Goemkarponn

**PANAJI:** The Social Work Programme at Goa University's D. D. Kosambi School of Social Sciences and Behavioural Studies, in collaboration with the Directorate of Internal Quality Assurance, the National Service Scheme (NSS), and the UGC Centre for Study of Social Inclusion,

celebrated World Mental Health Day 2024 with a series of activities under the theme "It is Time to Prioritize Mental Health in the Workplace."

Held on 7th, 10th, and 11th October, the program aimed to raise awareness about mental health as a crucial component of professional success, blending interactive sessions, competitions,

and expert talks to encourage mental well-being in the workplace.

Alisha Dias, Program Coordinator, emphasized the purpose of the event, stating, "By observing Mental Health Day at the University, we are fostering a culture of support and recognizing that mental well-being is integral to success in any work environment."



# "Mental Health Champions"

Sl	Name	Sex	School	Programme	Contact	Sign	Sl.	Name	Sex	School	Programme	Contact	Sign
1	Shanaya Kaur	F	MSW-11	MSW-11	9249082920		35	Namrata Kishor Dima	F	History MA	History MA	749926542	
2	Yelanka Buite	F	MSW-11	MSW-11	9049670658		36	Shraddha Shrivastava	F	History MA	History MA	8378046372	
3	Shamir J. Samuel	M	MSW-11	MSW-11	9020423164		37	Mansini Bagarwar	F	History MA	History MA	8396018142	
4	Bhupali Gaobar	F	MSW-11	MSW-11	9689747594		38	Renisha Rinks	F	History MA	History MA	9657578964	
5	Shamika	F	MSW-11	MSW-11	7420247556		39	Saakshi Kantkar	F	History MA	History MA	8080072908	
6	Rorimika	F	MSW-11	MSW-11	7025969058		40	Shelina Braganca	F	History MA	History MA	9637265221	
7	medhure	F	Academy Grand	Academy Grand	96310911435		41	Ohruv Halankar	M	History MA	History MA	95299895m	
8	Venu Shetgaonkar	F	MSW-1	MSW-1	7972999136		42	Divyashree Nayak	F	History MA	History MA	9307819756	
9	Shanvi Bhave	F	MSW-11	MSW-11	9619094612		43	Divya Patkar	F	History MA	History MA	7387707535	
10	Vidya Munde	F	MW-11	MW-11	9601221161		44	Vedha Kanchi	F	History MA	History MA	8390162957	
11	Kristi Parag	F	MSW-II	MSW-II	9357222868		45	Vinayak Giridhar	M	MSW-I	MSW-I	9359468849	
12	Dr. Kajal Baid	F	Faculty, DCTS	Faculty, DCTS	9420686397		46	Maadani Aarshi	F	MSW-I	MSW-I	7820827467	
13	Ranali Ganbar	F	MSW-II	MSW-II	7588649844		47	Prasanna Tiwari	F	MSW-I	MSW-I	797204419	
14	Poornima Mah	F	MSW-II	MSW-II	7391835807		48	Bhuvanika K. Chavhan	M	MSW-I	MSW-I	7350930919	
15	Pooje Gupta	F	"	"	8188764682		49	Prachi Gaudkar	M	MSW-I	MSW-I	9737159681	
16	Shreelakshya	F	"	"	9633286546		50	Sanni Shobkar	M	MSW-I	MSW-I	9307367036	
17	Aishwarya Bandekar	F	MA History-I	MA History-I	9579852179		51	Kevin Torato	M	MSW-II	MSW-II	8198582261	
18	Diya Banavliker	F	MA History-I	MA History-I	9511250608		52	Sagar Gaonkar	M	MSW-I	MSW-I	8530695911	
19	Riyan N. Sheikh	M	MA History-I	MA History-I	9764041577		53	NEERU AFONSO	M	MSW-II	MSW-II	93252820463	
20	Manushka Cruz	F	MA History-I	MA History-I	7083642678		54	Yishal Kumar Singh	M	MSW-I	MSW-I	9519250121	
21	Ranjali Bhambhani	F	MA History-I	MA History-I	9423496939		55	Nirvya Kulkarni	F	MA S.W - II	MA S.W - II	9552172625	
22	Smriti Kunkolienker	F	MA History-I	MA History-I	71887575841		56	AKASHA S. Bhatnagar	F	MA Hon - II	MA Hon - II	9765441594	
23	Isha Kavlekar	F	MA History-I	MA History-I	7666588762		57	Hriti Harshe Bichum	F	MA History-I	MA History-I	9767940889	
24	Dulita Dhargalkar	F	MA History-I	MA History-I	7721917236		58	Esha Anand	F	MSW-I	MSW-I	942351091	
25	Seema C. Meip	F	MA History-I	MA History-I	9421416192		59	Pratishtha Shandani	F	MAW - II	MAW - II	9284276724	
26	Shrushti Ghunke	F	MA History-I	MA History-I	8887869985		60	Divyga Chauvi	F	Psychology (NED) MA	Psychology (NED) MA	7499272259	
27	Januse Da Rode	F	MA History-I	MA History-I	9322502657		61	Jayy Manan	F	MA S.W - I	MA S.W - I	9370240482	
28	Eksha Dasa	F	MA History-I	MA History-I	9309790165		62	Kend Nik	M	DOE SWS	DOE SWS	9834222967	
29	Savita Purohit	F	MA History-I	MA History-I	8467290011		63	Rudra Tarkar	M	MA S.W - I	MA S.W - I	9822126981	
30	Makr Bepari	F	MA History-I	MA History-I	8857830136		64	D. Nigita Fernando	F	Social Sci. Programme	Social Sci. Programme	9764923870	
31	Parusika Fernando	F	MA History-I	MA History-I	9507090471		65	Prachi Nair	F	MA S.W - I	MA S.W - I	9602909193	
32	Vibhakarwasi Purohit	F	MA History-I	MA History-I	6830961733		66	Vishalhe Reddy	F	MA S.W - I	MA S.W - I	9309574018	
33	Nathan Colaco	M	MA History-I	MA History-I	7588344109		67	Kajung Anand	F	MA History	MA History	7850747031	
34	Agne Fernandes	M	MA History-I	MA History-I	9145542903		68						

