



Goa University

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

Social Work Programme

Report on Interactive Session on "Workplace & Mental Health"

1. Title of the Event	Interactive Session on "Workplace & Mental Health"
2. Date and Time	7th October 2024, 11:30 AM – 1:30 PM
3. Mode of Conduct	Physical
4. School/ Directorate/ Section	D.D. Kosambi School of Social Sciences and Behavioural Studies, Social Work Programme
5. Collaborating Agency	Directorate of Internal Quality Assurance & Centre for Study of Social Exclusion & Inclusive Policy
6. Detail of the Resource Person (Brief biodata)	<ol style="list-style-type: none">1. Mr. Vithoba Narayan Mhalkar is an Assistant Professor at the Institute of Psychiatry and Human Behaviour, Bambolim, Goa, and a Ph.D. scholar at Bharati Vidyapeeth, Sangli Campus. With over a decade of clinical experience and another decade in teaching, Mr. Mhalkar specializes in mental health and emotional intelligence. He is the creator of the EMOVAC®

	<p>(Emotional Vaccination Programme) and a certified emotional intelligence trainer, recognized with the ASKMi Innovation Award and India Prime Quality Education Award in 2021. His work focuses on building emotional resilience, managing stress, and fostering well-being in various sectors, including healthcare, education, and corporate environments.</p> <p>Mr. Mhalkar has trained government officials, medical professionals, and educators across India, and his contributions to mental health extend to published research and workshops on emotional intelligence and workplace well-being.</p>
7. Number of Faculty attended/participated	22
8. Number of Student Attended / Participated	62
9. No. of external students/faculty/other participants	0
10. Objectives of the Event	<ol style="list-style-type: none"> 1. To raise awareness about the importance of mental health in the workplace. 2. To equip participants with strategies for managing stress and improving their mental well-being in professional settings. 3. To promote open discussions on mental health challenges faced by individuals in the workplace.
11. Description of the Event	The interactive session, organized on World Mental Health Day 2024, aimed to emphasize the importance of prioritizing

mental health in the workplace. The session was led by Mr. Vithoba Narayan Mhalkar, who engaged the participants with insightful discussions on mental health challenges commonly faced in professional settings.

Mr. Mhalkar began by highlighting the significance of mental well-being, explaining how it affects overall health, productivity, and personal relationships. He invited the audience to share their personal experiences of workplace stress, which included heavy workloads, lack of organization, and emotional struggles such as phone addiction.

Key strategies for managing mental health in the workplace were discussed, with a focus on the following:

Self-awareness: Understanding one's likes, dislikes, and emotional triggers is key to maintaining mental well-being.

Open communication: Encouraging a culture of transparency in the workplace allows employees to express their concerns and seek support.

Managing emotions: Participants were encouraged to develop emotional intelligence, particularly in preventing "emotional hijacking," where strong emotions such as anger take over decision-making.

Cultivating optimism: The distinction between optimistic and pessimistic attitudes was explored, with Mr. Mhalkar explaining how optimism can foster resilience in the face of challenges. Optimistic individuals view success as permanent and failures as temporary, which contributes to a healthier

	<p>mental outlook.</p> <p>The session also included interactive activities on self-awareness and miscommunication, allowing participants to reflect on their mental health practices and understand the consequences of poor communication in professional settings.</p> <p><i>Key Takeaways from the Event</i></p> <p><i>Emotional Well-being:</i> Emotions play a crucial role in our daily decision-making and overall well-being. Understanding and managing emotions can help reduce stress and improve mental health in the workplace.</p> <p><i>Workplace Stress:</i> Common causes of workplace stress, such as heavy workloads and emotional challenges, were addressed with practical strategies for better management.</p> <p><i>Optimism vs. Pessimism:</i> Cultivating an optimistic outlook is essential for mental resilience. Optimistic individuals are more likely to view challenges as temporary and manageable, which promotes long-term mental well-being.</p> <p><i>Practical Strategies:</i> The session provided actionable strategies such as self-awareness, open communication, and emotional regulation, all of which can contribute to a more supportive and productive workplace environment.</p>
<p>12. Benefit/Key Outcomes of the Event</p>	<ul style="list-style-type: none"> • Enhanced awareness among participants of the brain-gut connection and its impact on mental health. • Encouraged social work students to

	<p>consider the role of nutrition in mental health advocacy and intervention.</p> <ul style="list-style-type: none"> • Fostered a creative, health-conscious environment, where participants experimented with various ingredients to create dishes that support mental wellness. • Promoted the idea that simple, everyday actions—such as preparing nutritious meals—can have a profound effect on one's mental health, reinforcing a social work perspective that small interventions can lead to significant community impact.
<p>13. Enclosures with report</p>	<ul style="list-style-type: none"> • Event Flyer • Photos • Attendance Sheet

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Seal of the School/Directorate/University

Date: 12th October 2024

GOA UNIVERSITY

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



Social Work Programme

IN COLLABORATION WITH
THE DIRECTORATE OF INTERNAL QUALITY ASSURANCE
& CENTRE FOR STUDY OF SOCIAL EXCLUSION & INCLUSIVE POLICY

Organizes

WORLD MENTAL HEALTH DAY 2024

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

INTERACTIVE SESSION ON

"WORKPLACE & MENTAL HEALTH"

RESOURCE PERSON

MR. VITHOBA NARAYAN MHALKAR

ASSISTANT PROFESSOR DPN-
INSTITUTE OF PSYCHIATRY AND
HUMAN BEHAVIOUR BAMBOLIM



7th October 2024



11.30am - 1.30 pm



Seminar Hall Block B



PROGRAM COORDINATOR

ALISHA DIAS 9762338556

3 GOOD HEALTH
AND WELL-BEING



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



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."



SESSION ON WORKPLACE & MENTAL HEALTH
by Mr. VITHOBA MAHALKAR

DATE - 14 October 2024
TIME : 11:30 a.m to 1:30 p.m

Sl.No.	NAME	SEX	STUDENT/FACULTY	Contact-	Sign	Sl.No.	Name	SEX	STUDENT/FACULTY	Contact-	Sign
01	SHRIN. SANGI SAMUEL	M	student	960443104		34	Akramha Maldar	F	Student	914524518	
2	Kevin Konth	M	student	869858724		35	Shelji Fernandes	F	Student	8623962235	
3	Ponima Praadeep	F	student	7025969058		36	Neha Shetty	F	Student	9323365187	
4	Beeekala krp	F	student	9633286545		37	Rachel Rodrigues	F	Student	9130870266	
5	Rani Gupta	F	student	8788756682		38	Muskan Nadaf	F	Student	1109427266	
6	Ranje Kerkar	F	Student	9552192605		39	Paiza Barcar	F	Student	7391937196	
7	skshriya	F	student	7420892576		40	Devinz Pearl Fernandes	F	Student	945953401	
8	NERV AFONSO	M	Student	9325829468		41	shreya Gaonkar	F	student	8767377656	
9	Chaitra Tiwari	F	Student	7172044619		42	Siya Naik	F	Student	7198686639	
10	Nula Miranda	F	student	9601824161		43	Munira de Souza	F	Faculty	9689157028	
11	Krushni Parat	F	student	9325922868		44	Loeavis Azevedo	F	Faculty	4587280420	
12	Ranali Gaonkar	F	student	7588649844		45	Sainya Dalim	F	Faculty	881653052	
13	Elvia Fernandes	F	Student	9429870194		45	Vaibhavi Girap	F	Student	1219162121	
14	Divid Fernandes	F	Student	965778857		47	Saswada Morgikar	F	Student	9325454515	
15	Shravyashree	F	Student	7249032920		48	Varshika Reddy	F	Student	9309545551	
16	Velantica Brito	F	Students	9049667065		49	Nishal Kumar Singh	M	Student	151725071	
17	Nenu Shetyekar	F	Student	7972889136		50	Shraddha Kumar Chavara	M	Student	73500930919	
18	Sagar Gaonkar	M	Student	8530695911		51	Ashia Jawli	F	Student	7883579470	
19	Rukto Nondkar	F	Student	7030404170		52	Mangima Maundani	F	Student	9433371255	
20	Tasleem Bhaikhatthi	F	student	74982331829		53	Babaji Sawade	M	Student	963716181	
21	Isha Desai	F	student	7378432135		54	Noobid Jannardan	F	Student	8007463186	
22	Diya G. Gaonkar	F	student	8464808397		55	Vinisha Fernandes	F	Student	9067804532	
23	Romana P. Saurus Desai	F	student	9309950444		56	Asha C. Raoool	F	Student	9322067995	
24	Mamata Rajyak Vaidkar	F	Faculty	7499129281		57	Sidhi Y. Atkonkar	F	Student	93227571489	
25	vaishali Dhoplekar	F	Student	8081454435		58	payella.muradesa	F	Student	9922086103	
26	Aniqa Tawi	F	Student	7039632144		59	Ashik Kumar	M	Student	8521755176	
27	Yelani Fernandes	F	Student	70214461929		60	Anil B. Bagayat	M	Student	12642011832	
28	Vaishnavi Far Desai	F	Student	9284952950		61	Sulochana Pedvator	F	Faculty	9850438215	
29	Ajayta Kumbhar	F	Student	8605358871		62	Ra. Kajal Raviar	F	Faculty	9420686393	
30	Laxmi Sutar	F	Student	8763386612		63	Sadha B. Chachi	F	Faculty		
31	Kajolita Velip	F	Student	8459265038		64	Rajani Naik	F	Faculty		
32	Shashik Velip	F	Student	9120144791		65	Ar. Aparna Laksheta	F	Faculty		
32	Ganayana Velip	F	Student	9356156211		66	Rubica Collo	F	Faculty	91141372516	
33	Aaryana G. Asant	F	Student	8110963561		67	Dr. Alakshanda Shrivastava	F	Faculty		

S.No.	NAME	SEX	Student / Faculty	Contact	Sign
68	Ms. Sidellesh V. Kotekar	M	Faculty	9310706480	
69	Dr. Mubinka Fernandes	Female	Faculty	9764923876	
70	Ms. Nhatika Nandur	Female	Faculty	922304917	
71	Dr. Sunil Francis	Male	Faculty	866822874	
72	Ms. Saksham Thacker	Female	Researcher	8668253282	
73	Sudhix Kumar	Male	Postgraduate (PhD)	7352173026	
74	Keval Naik	M	Faculty	9834229681	
75	Peter F. Bergy	M	Faculty	9923700242	
76	Jigy Manjun	F	Faculty	9970840483	
77	Sangeta Tate	F	Faculty	8600804675	
78	Shantosi Bhave	F	Student	9616024610	
79	Pooam Malik	F	Student	7391833807	
80	Bhupali Gaundkar	F	"	9689741578	
81	Pratiksha Bhandari	F	"	9284220724	
82	Prachi Prabhu	F	Faculty	7174441017	
83	Jigy Manjun	F	"	9920840483	
84	Amruta Das	F	"	9762338557	