

## **Lecture series #02: 'Heal-thy Self, Heal-thy Community'**

The Department of Psychology of M.E.S College of Arts and Commerce, Zuarinagar-Goa organized its second lecture series on 'Community Resilience', the topic being 'Heal-thy Self, Heal-thy Community' on 21<sup>st</sup> March 2022 in the M.S. Kamat Seminar Hall of the College. The Principal Dr. Manasvi M. Kamat welcomed the gathering and emphasized on the importance of 'Community Resilience' during pandemic times. She also stressed that the students should avail of the opportunities when the Department organizes these lecture series as experts share their valuable experiences with them. Ms. Cedila Pereira e Gomes, the event co-ordinator introduced the guest speaker, Ms. Noela Fernandes, a psychologist and Vice-President of W.O.W Foundation (Wonders of Outstanding Women). The speaker of this session explained that resilience was a skill that one needed to develop through inculcating a flexible attitude, building on inner strength, 'taking in the good' and having a good sense of humour. She also practically demonstrated certain tools to enhance one's resilience such as the visualization technique, mindfulness, self-compassion, positive self-affirmations, building focus through deep breathing, gratitude and forgiveness. The session was attended by an enthusiastic crowd of thirty-nine participants. The program was compeered by the Ms. Maria Fatima D'Costa, faculty in the Department of Psychology while Dr. Freda Cota e Pereira, the head of the department proposed the vote of thanks.



**Ms. Noelsa Fernandes addressing the Audience**



**Principal and faculty along with participants**



**Ms. Cedila Gomes, the event co-ordinator, introducing the guest speaker**