

Workshop on Animal Assisted Therapy - Pawsitive Vibes: How Dogs Sense and Respond to Human Emotions

A workshop on Animal Assisted Therapy titled "Pawsitive Vibes: How Dogs Sense and Respond to Human Emotions" was conducted on Friday, December 20, 2024, from 10:30 AM to 12:30 PM. This was a collaborative effort by the Department of Psychology and Samvedana Counseling Centre of Smt. Maniben M. P. Shah Women's College of Arts & Commerce (Autonomous), in collaboration with the Bombay Psychological Association Trust and the Student Council.

The workshop's primary objective was to explore the fascinating ways dogs support our well-being and learn about their role in promoting mental health. The session was led by Ms. Mehar Sahgal, a guest speaker and PG student passionate about animals. She interacted with the therapy dog, Dora who was brought on campus by the BPA members. Ms. Meher, along with Dora's trainer Mr. Madhav showed us how Dora had been trained and shared some stories about her. The workshop aimed to delve into the emotional intelligence of dogs, understand the human-dog bond and its benefits, and illustrate how dogs can be an integral part of our support system.

The event was attended by numerous students and faculty members eager to learn about animal-assisted therapy. Ms. Meher and Mr. Madhav shared insights on how dogs can sense and respond to human emotions, emphasizing their unique ability to understand and react to human emotional cues. The session was interactive, with demonstrations and discussions that highlighted the profound impact dogs can have on human mental wellness. Attendees gained new perspectives on the human-animal connection and enhanced their knowledge of dog behavior and emotions.

The workshop was an enriching experience for all attendees. It shed light on the incredible emotional intelligence of dogs and their significant role in promoting mental well-being.




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HOST A WORKSHOP ON
ANIMAL-ASSISTED THERAPY

Animals are such agreeable friends — they ask no questions, they pass no criticism.



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