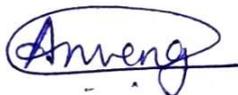


M.E.S COLLEGE OF ARTS & COMMERCE, ZUARINAGAR – GOA
ACADEMIC YEAR 2021- 2022
COUNSELLING CELL

Date: 16th February 2022

Report on Introspection on One's Self- Care

The Counselling Cell of M.E.S College of Arts & Commerce organized an activity for the students on “**Introspection on One's Self- Care**”. The students had to draw a Self-Care Wheel, the wheel consist of Physical Care, Emotional Care, Spiritual Care and Psychological Care. The main aim of this activity was how do students take care of them or wish to take care. The students had to draw wheel and write down how they take care of themselves in the self-care wheel in each area, and click a photo and mail it to mescollegecounselor2020@gmail.com from 12th February 2022 to 15th February 2022. A total of 6 students participated.



Ms. Ankita Vengurleker
College Counselor



Ms. Swizel Fernandes
College Counselor



Dr. Freda Cota e Pereira
Chairperson Counselling Cell



Dr. Manasvi M. Kamat
Principal



MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE

Zuarinagar, Goa – 403726

Affiliated to Goa University Accredited by NAAC with B+ Grade (4th cycle)

COUNSELLING CELL ORGANISES

“INTROSPECTION ON ONE’S SELF – CARE”

For the Students of our College

**DATE:
12th - 15th
February
2022**



Dr. Manasvi Kamat
Principal

Dr. Freda Cota e Pereira
Chairperson Counselling Cell

Ms. Ankita Vengurleker
College Counselor

Ms. Swizel Fernandes
College Counselor

Instructions:

Students have to Create a **SELF CARE WHEEL**

A self care wheel consists of

- ✓ Physical Care
- ✓ Emotional Care
- ✓ Spiritual Care
- ✓ Psychological Care

- Students have to draw a self care wheel as shown for reference and write one line how are they taking care or wish to take care of themselves in the wheel itself.
- Students have to click a photo of the self care wheel drawn and email to mescollegecounselor2020@gmail.com by 10a.m on Tuesday, 15th February 2022.

Example for reference



SELF CARE WHEEL

For More Details Contact College Counselors: 7798108479/ 9545850600

Images of Students participation in the activity Introspection on one's Self – Care

