



## **MURGAON EDUCATION SOCIETY'S COLLEGE OF ARTS & COMMERCE**

Zuarinagar, Goa – 403726

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

### **COUNSELLING CELL ORGANISES**

**“INTROSPECTION ON ONE’S SELF – CARE”**

**For the Students of our College**

**DATE:  
12<sup>th</sup> - 15<sup>th</sup>  
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](mailto:mescollegecounselor2020@gmail.com) by 10a.m on Tuesday, 15<sup>th</sup> February 2022.

### **Example for reference**



**SELF CARE WHEEL**

**For More Details Contact College Counselors: 7798108479/ 9545850600**