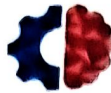




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**Report: Session on Self-Care and Mental Wellness for Future Educators**

**Date:** November 5, 2024

**Participants:** B.Ed. Students

**Conducted By:** Sneha Anna Manuel, Wellness Counselor and Educator, RCOE

**Objective:** The session aimed to educate future educators on the importance of self-care and mental wellness, providing practical strategies to manage stress, prevent burnout, and build resilience in their professional and personal lives.

## Key Highlights

### 1. Introduction to Self-Care

- o Explained the concept of self-care as deliberate actions to maintain physical, mental, and emotional well-being.
- o Discussed the significance of self-care for teachers due to the high-impact nature of the profession.

### 2. Benefits of Self-Care for Educators

- o Preventing burnout and managing stress.
- o Enhancing focus, patience, and resilience in the classroom.
- o Setting a positive example of balance for students.

### 3. Quick Self-Care Assessment Activity

- o Participants rated themselves on aspects such as sleep, relaxation, breaks, nutrition, and time spent with supportive people.
- o This activity encouraged self-reflection and helped identify areas needing improvement.

### 4. Building Resilience as Educators

- o Provided practical tips to integrate self-care into daily life:
  - Managing workload and avoiding over commitment.
  - Practicing mindfulness through short, focused breathing exercises.
  - Establishing consistent routines for better habits.
  - Reflecting and recharging weekly.
  - Staying connected with a supportive network of friends and colleagues.

### 5. Mindfulness Practice

- o Led participants through a simple breathing exercise to demonstrate mindfulness as a stress-relief tool.

### 6. Weekly Self-Care Plan for Teachers

- o Discussed creating personalized weekly plans to prioritize self-care.



**Takeaway Message:** “You cannot pour from an empty cup. Take care of yourself first.”

The session emphasized the necessity of self-care for maintaining wellness and effectiveness in the teaching profession.

**Feedback and Observations:** Participants were highly engaged and appreciated the practical approach of the session. The self-assessment and mindfulness exercises received positive feedback, with many expressing interest in adopting these strategies.

**Conclusion:** The session successfully equipped future educators with essential tools to prioritize their well-being, ensuring they can thrive personally and professionally.

