

**D.K.M COLLEGE FOR WOMEN(AUTONOMOUS), VELLORE-1**



**DEPARTMENT OF PSYCHOLOGY**



**INTERNATIONAL SELF CARE DAY  
AND**

**ARE YOU OKAY DAY**

**Observed through**

**FACULTY SELF ASSESSMENT**

**AND**

**SELF CARE PLAN DEVELOPMENT**



**14.09.2023**

# D.K.M COLLEGE FOR WOMEN[AUTONOMOUS], VELLORE-1



## DEPARTMENT OF PSYCHOLOGY INTERNATIONAL SELF CARE DAY



&

## ARE YOU OKAY DAY

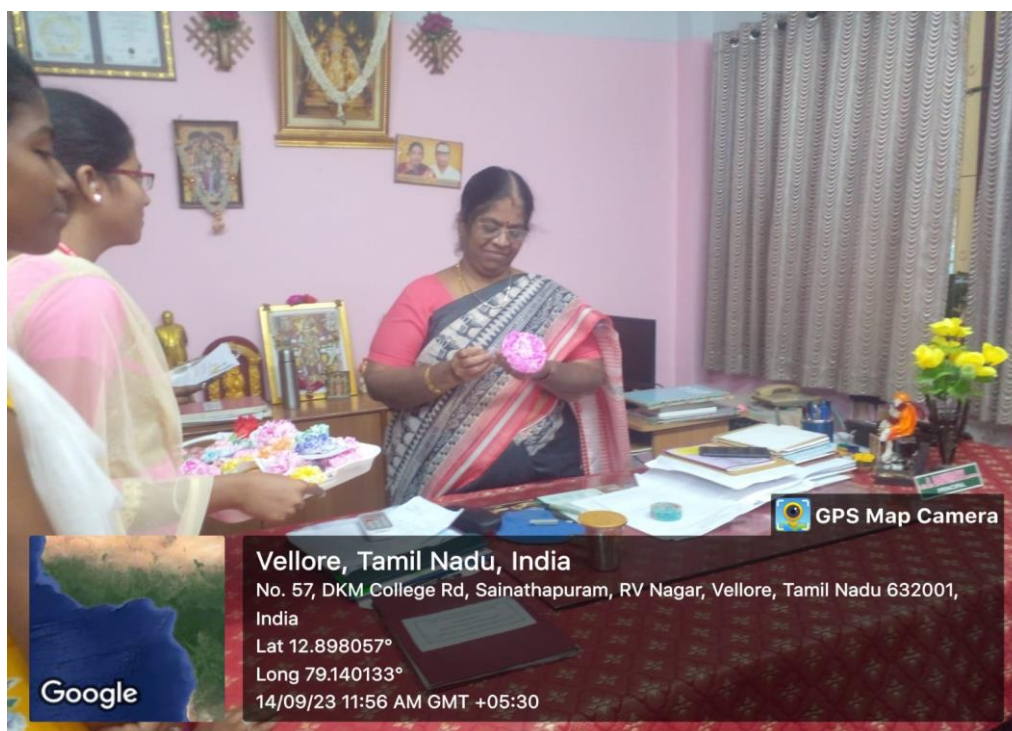
### Program Objective:

An initiative taken to self-assess oneself and develop a self-care plan to follow it eventually. This self-care assessment sheet was circulated to the faculties of aided and unaided stream.

**Date** : 14.09.2023  
**Assessment sheet** : Self-care assessment  
**No of Assessee** : 50 faculties.

### Report:

In view of Are you Okay day and also in association with observing international self-care day, Department of Psychology has prepared Self-care assessment tool produced by therapistaid.com on the theme “I’m here to hear” and circulated to the faculty members. The number of self-assessed were 50 who had taken up the self-care assessment and come up with a self-care plan. The self-assessment had brought questionnaires related to personal, Professional, spiritual, social and emotional aspects of a person. Along with the self-assessment tool, the Department has also offered a DIY art work made by our students and tagged a wording refers as “Self-care is the best care” attached with it.



**Our Principal madam has been one among the self-assessed and she is receiving the art tag and self-care assessment tool from our students on 14.09.2023**

