



WOMEN CELL

Report Submission: 18-02-2026

Semester: EVEN Academic Year: 2025-26 Venue: Main Auditorium, Acharya Institute
Date:12/02/2026 Time: 10.00AM -12.00PM Duration: 2 hours

TYPE OF EVENT: “AWARENESS PROGRAM”

EVENT NAME: Sustaining the Educator: Building Resilience and Selfcare

Target Audience: Teaching and non-teaching female faculties Number of Participants: 80

Objectives

- To create awareness about emotional well-being and mental health among women teaching and non-teaching staff.
- To help participants identify signs of workplace stress and burnout.
- To provide practical tools for stress management and emotional regulation.
- To promote resilience-building strategies for long-term professional sustainability.
- To encourage self-care practices as an essential part of personal and professional life.
- To foster a supportive and empathetic institutional environment.

Program Introduction:

The Women Cell of Acharya Institute of Graduate Studies organized an awareness program titled “*Sustaining the Educator: Building Emotional Resilience and Self-Care*” for women teaching and non-teaching staff. The workshop was designed to acknowledge the emotional demands placed on educators and administrative staff who consistently balance professional responsibilities with personal commitments. Recognizing that educators often prioritize students and institutional goals over their own well-being, the program aimed to create a reflective and supportive space for self-care and emotional strengthening.



Theme of the Event:

The theme centered on sustaining educators by strengthening emotional resilience and integrating self-care into daily life. of recognizing stress triggers, practicing mindful coping mechanisms, and building emotional endurance to navigate professional challenges effectively.

Resource Persons:

- Dr. Mamatha Satish, Founder, The Inner World Counselling Centre for Mental Well-being.

Detailed Report

The workshop was facilitated by an experienced team of mental health professionals from Inner World Counselling Centre, led by Dr. Mamatha Satish, Founder and Psychologist, along with Ms. Kumari Rashmi G, Ms. Priya N, and Ms. Kshithi Nagaraj. The session commenced with a warm introduction to the concept of emotional resilience and the significance of self-care in sustaining long-term professional engagement, particularly in academic environments where emotional demands are high.

Dr. Mamatha Satish addressed the participants on understanding workplace stress, identifying burnout symptoms, and recognizing signs of emotional fatigue. She emphasized the importance of early identification of stress indicators and maintaining psychological balance to prevent long-term mental health concerns. The discussion highlighted how unmanaged stress can impact both personal well-being and professional performance. The session included practical techniques such as guided breathing exercises, cognitive reframing strategies, grounding methods, and boundary setting practices to help manage stress effectively in day-to-day life.

The resource team conducted interactive discussions, group activities, and reflective exercises that encouraged participants to share their experiences and explore individual coping strategies. The session also focused on emotional regulation, healthy communication patterns, assertiveness skills, and maintaining a sustainable work-life balance. Real-life case examples and evidence-based therapeutic approaches were discussed to provide deeper insights into common mental health challenges faced by educators and working women.

Participants actively engaged in the activities and shared positive feedback, expressing that the workshop provided clarity, reassurance, and practical strategies they could immediately implement. The supportive and non-judgmental environment fostered open dialogue, empathy, and peer connection among the participants.

The program concluded with a collective reflection on prioritizing mental health within academic institutions. The initiative was highly appreciated, and participants acknowledged the Women Cell's efforts in organizing a meaningful and empowering session that reinforced the institution's commitment to promoting emotional well-being and fostering a nurturing work culture for women staff members.

PHOTOS:



Ms. Mamatha Satish, introducing about importance of mental health



Teaching and Non-teaching faculties taking part in the program



Faculties participating in the discussion



Discussion about Emotional Well



Interacting session with faculties

Outcomes

- Enhanced awareness about emotional resilience and mental well-being among women teaching and non-teaching staff.
- Improved understanding of workplace stress, burnout indicators, and emotional fatigue.
- Acquisition of practical stress-management techniques such as breathing exercises, emotional regulation, and boundary setting.
- Increased confidence in handling professional and personal challenges effectively.
- Strengthened peer support and open communication among participants.
- Reduced stigma associated with seeking psychological help and counseling support.

Conclusion

The workshop “Sustaining the Educator: Building Emotional Resilience and Self-Care” successfully emphasized that educators can effectively nurture others only when they nurture themselves. By addressing emotional well-being, stress management, and resilience-building, the program reaffirmed the institution’s commitment to holistic staff development. The initiative served as a reminder that self-care is not an indulgence but a professional responsibility. Overall, the session was impactful, empowering, and aligned with the vision of fostering a supportive, empathetic, and emotionally healthy academic community.