



St. Clare College

AUTONOMOUS | BENGALURU

NAAC A+ Accredited | AICTE Approved | Affiliated to Bangalore University

NURTURING VALUES AND EXCELLENCE

CARE – Claret Centre for Mental Wellbeing is organising

LIFE SKILLS DEVELOPMENT PROGRAM

For II Year UG Students

Empowering Minds. Enriching Lives.

TOPICS & RESOURCE PERSONS

	Success in Unity – Team Building	Mr. Roshan, Mr. Gourav, Dr. Sneha, Mr. Shamanth
	Setting & Respecting Boundaries	Dr. Sharmila, Ms. Diana, Mr. Samuel, Mr. Jose, Ms. Suneetha
	Count your Blessings – Gratitude the Greatest Virtue	Fr. Thomas, Fr. Joseph, Mr. Amith, Ms. Sherin, Ms. Athira
	Guide to Emotions – Self & Others	Ms. Bernice, Ms. Shivani, Ms. Arsha
	Conflict Resolution – Accepting Criticism & Negotiation	Ms. Beulah, Ms. Charumathi, Ms. Nikita, Ms. Joyce



DATES

**31 AUGUST &
1 SEPTEMBER 2026**



TIME

9:30 AM – 3:00 PM



Event Coordinators:

Ms. Angelin Roja & Ms. Arsha Maria Benno