



St. Clare's College

AUTONOMOUS | BENGALURU

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

NURTURING VALUES AND EXCELLENCE

CARE- Claret Centre for Mental Well-being

Organizes

LIFE SKILLS DEVELOPMENT PROGRAM

For 1 year UG Students

Empowering Minds. Enriching Lives.

TOPICS & RESOURCE PERSONS

	Turning a New Leaf – Dealing with Life Transitions	Ms. Ann, Ms. Angelin, Mr. Pruthvi, Ms. Mridula
	Looking Beyond – Accepting Failure & Seeking Help	Ms. Vaishnavi, Mr. Rohit, Dr. Radha, Ms. Preethi Jose
	Mind Gym – Building Confidence	Mr. Niranjan, Ms. Lalitya, Ms. Kamathenu
	Looking into the Mirror – Self-Awareness	Ms. Manaswini, Ms. Nice, Mr. Saptarshee
	Writing your Story – Past Regrets & Future Plans	Mr. Manoj, Mr. Sachin, Mr. Rudresh, Ms. Jeslin



DATES

31 AUGUST &
1 SEPTEMBER 2026



TIME

9:30 AM – 3:00 PM



Coordinated by:

CARE – Claret Center for Mental Well-being