



St. Claret College

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

NURTURING VALUES AND EXCELLENCE



LIFE SKILLS DEVELOPMENT PROGRAM

For 1 year UG Students

Topics	Resource Persons
Turning a New Leaf - Dealing with Life Transitions	Ms. Chaithra, Ms. Akhila, Ms. Angelin, Ms. Suha, Ms. Ann
Looking Beyond - Accepting Failure & Seeking Help	Ms. Lakshitha, Mr. Rohit, Ms. Sharmila, Ms. Preethi, Ms. Neeharika, Ms. Meghana Vasudevan
Mind Gym - Building Confidence	Mr. Saptarshee, Mr. Arul, Ms. Sujatha, Ms. Kavya
Looking into the Mirror - Self-Awareness	Ms. Akhila, Ms. Beulah, Ms. Noopura, Ms. Lidia
Writing your Story - Past Regrets & Future Plans	Fr. Joseph, Mr. Rony, Mr. Rudresh, Mr. Sachin

Coordinated by:

CARE - Claret Centre for Mental Well-being



11th & 12th December. 2023