



# St. Claret College

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NURTURING VALUES AND EXCELLENCE

## LIFE SKILLS DEVELOPMENT PROGRAM

FOR II YEAR UG STUDENTS

Date: 03rd & 04th May 2023

Topics	Resource Persons
Conflict Resolution	Ms. Mridulla, Ms. Sherin Jacob, Ms. Buela
Team Building	Ms. Preethi, Ms. Neeta, Ms. Anulla, Ms. Chaitra, Ms. Ann
Setting & Respecting Boundaries	Ms. Sharmila, Mr. Rohit, Ms. Chinmayi, Ms. Anulla
Count Your Blessings	Rev. Fr. Joseph, Mr. Rudresh, Dr. Arijith, Mr. Rony, Rev. Dr. Thomas T.
Guide to Emotions	Ms. Sruthy, Mr. Sachin, Ms. Lidia, Ms. Anulla

Coordinated by - UG & PG Departments of Psychology