



St. Vincent College,
(Affiliated to Savtribai Phule Pune University)
Pune -411037

Title of Event	Connect and Create: Managing Emotions.		
Date of Event	31 st of August, 2024	Place of Event	St. Vincent College
Objective of the event	To teach the students to understand and manage emotions		
Name of the resource person	Brother Liban, John and Irivo		
A short narration of the program			
Connect and Create: Managing Emotions. On 31 st of August, 2024, AICUF along with brother Liban, John and Irivo conducted a session on managing emotions for the students. The main goal of this event was to manage emotions as well as understand what its origins are. The program was broken down into 3 different seminars. The first seminar was taken by Br. Liban, talking about friendship, it's needs and requirements to give us proper guidance and support. The second seminar was on the topic of leadership, conducted by Br. John. He discussed in depth about what makes a great leader and then moved on to the need for teamwork and its importance. The final seminar was taken by Br. Irivo and was on the topic of ‘Emotions’ and how to control, manage and differentiate between good and bad emotions. The event concluded by a guide on how to control and understand negative emotions, instead of suppressing it.			
Name of the Collaborating Agency	AICUF		
Learning Outcomes of the Event for the Participants	The students learnt how to effectively understand and manage emotions		
Learning Outcomes for the Organizing team	To teach the students to understand and manage emotions		
Participants	Students of the AICUF unit		
Faculty in Charge	_____		
Documents Attached	Photographs		



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Photographs

