



St. Joseph's University



School of Humanities

Department of Psychology and Counseling
Consilium & Sumana

MERAKI
an academic fest

Presents

EMOVERSE

Navigating Your Emotional Landscape



A workshop lead by Ms. Zehra Ahmad
(Counseling psychologist, SJU)
to increase awareness of emotions.
Participants hunt words, reveal
emotions, bottle them, and wear
feelings with colorful pride.

Date:

08.11.2023

12.50– 1.50 pm

Venue:

AV room A209

Register here:



NOTE: Pens, color paints, brushes 🖌️, bottles will be provided.