

EMO Verse

The Department of Psychology and Counselling, under the guidance of Faculty Coordinators Prof. Neha J. and Prof. Reghunath P., along with Student Coordinators Angel and Sammita, hosted an engaging workshop titled "EMO Verse: Navigating Your Emotional Landscape" on November 8th, 2023. The event took place from 12:50 to 13:50 in the AV Room, A209, St. Joseph's University.

This workshop was a part of Miraki, an academic fest organized by the School of Humanities, where Consilium, a segment of the department, orchestrated an insightful session on understanding and navigating emotions. Ms. Zehra Ahmed, a seasoned Counselling Psychologist from St. Joseph's University, facilitated the Emo Verse workshop.

The workshop comprised two activities. First, participants engaged in a hidden word puzzle worksheet, challenging them to identify various names of emotions and feelings. The second part involved identifying and acknowledging emotions that participants often try to suppress or 'bottle up.' In the second activity, participants tore out the identified emotions, folded them, and placed them inside a wish bottle. To personalize the experience, participants then painted the wish bottle.

The primary objective of these activities was to encourage participants to explore and recognize their emotions. The workshop aimed to shed light on how individuals manage their emotions, whether through suppression or by actively working through them. This innovative and interactive session provided valuable insights into emotional self-awareness and expression, contributing to the holistic development of the participants.

For the Images of the EMO VERSE, kindly refer to the Photo Gallery:
<https://www.sju.edu.in/gallery/73>