



LIONS QUEST IN INDIA FOUNDATION

EMEL

Empowering Mind · Enriching Life



PROGRAM FOR ADULTS

Being → Growing → Becoming

A program to strengthen Social Emotional Learning (SEL) competencies — deepening self - understanding and aligning thoughts, feelings, and actions for greater harmony and resilience. EMEL empowers to build meaningful relationships, live more fulfilling lives, and grow emotionally

SEL COMPETENCIES DEVELOPED

Self-Awareness

Building a clear understanding of your own emotions, values, and inner world.

Self-Management

Strengthening ability to regulate thoughts, emotions, and behaviours effectively.

Social Awareness

Enhancing empathy and capacity to understand others' perspectives.

Healthy Relationships

Developing and sustaining meaningful, balanced, and

Responsible Decisions

Improving thoughtful, ethical, and constructive decision making daily.

Personal Growth

Growing from Being to Becoming - unlocking your fullest potential

PROGRAMME FORMATS

Choose the format that best suits your group

IN - PERSON · PHYSICAL

₹20,000

per batch · venue & logistics extra

- 2 full days of immersive learning (8 hours/day)
- Batch size: 30–35 participants
- Hands-on, experiential activities

ONLINE · VIRTUAL



₹1,000

per participant

- 6 interactive virtual sessions (90 min each)
- Ideal batch size: 25–30 participants
- Interactive, live facilitator-led sessions

WHO CAN PARTICIPATE



Professionals



Homemakers



Families



Friends



Educators



Entrepreneurs



Teenagers



Lions & Leos