



# **S.N.M COLLEGE MALIANKARA**

**(Affiliated to Mahatma Gandhi University, Kottayam)**

**1. Title of the program :** Webinar on the topic ‘Emotional Intelligence’ in association with Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Human Resource Development, Hyderabad

**2. Name of the Coordinator:** Ms. Saipriya Sudarsan

**3. Organizing Cell:** Youth Red Cross Society

**4. Date :** May 11th, 2021

**5. Number of participants:** 50

**6. Venue:** Google meet

**7. Resource Person :** Saipriya Sudarsan

**8. Objective of the Program :** The webinar is organised to give insights to the red cross volunteers about the importance of emotional intelligence during the covid pandemic.

**9. Detailed description of the event:**

A live webinar was conducted to give an awareness for the Red Cross volunteers about the importance of Resilience during Covid period in association with Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Human Resource Development, Hyderabad. And also shared some videos about the topic ‘Emotional intelligence’, and did some exercises in order to balance our emotions. The webinar speaker was Ms.Saipriya Sudarsan. And announced the new initiative of the Red Cross : The Resilience. Meeting Link: <https://meet.google.com/yjk-zbbs-gug>

**10. Evaluation by Program Coordinator:**

The "Emotional Intelligence" webinar provided a comprehensive overview of the multi-faceted nature of resilience in the face of the covid pandemic. The insights shared in the webinar highlighted the importance of a holistic approach in the mental well-being of the students to effectively navigate the challenges posed by COVID-19. The event served as a platform for the students to exchange knowledge and experiences, offering attendees a deeper understanding of the strategies and insights needed to build and sustain resilience in these trying times.

11. Brochure

**LIVE WEBINAR**

**Topic: The Resilience**

**SNM College, Maliankara  
Ernakulam, Kerala**

In association with  
Mahatma Gandhi National Council of Rural Education  
Department of Higher Education, Ministry of Human  
Resource Development, Govt of India, Hyderabad

**TUESDAY 11 MAY 2021 • 5:30- 6:30 PM**

 **Saipriya Sudarsan**  
Assistant Professor, Department of Economics, SNM  
College, Maliankara

**Targeted Audience: Red Cross Volunteers, SNM College**

