

1. Title of the Program: Positive living through emotional intelligence

2. Name of the Coordinator /s: Theertha Joy

3. Organising Department/cell: Commerce

4. Date: 22/02/2022

5. No. Of participants: 22

6. Venue: Seminar hall

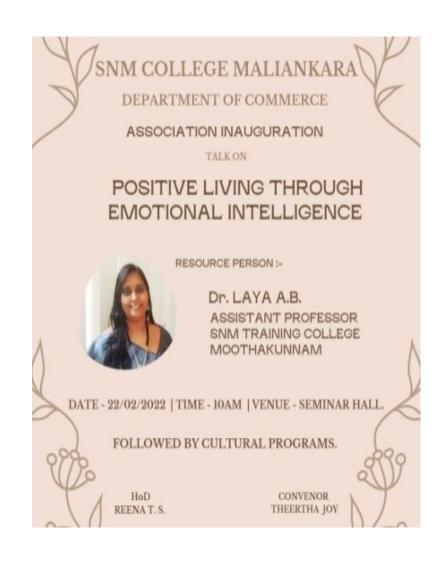
7. Resource person/s: Dr.Laya James

8. Objective of the Program: To generate positive emotions and help the students respond to challenging life situations with a calm, clear and happier mind.

9. Detailed description of the event: On 22-2-2022, as a part of Commerce Association inauguration, a talk on 'positive living through emotional intelligence' was conducted. The resource person for the same was Dr. Laya James, Assistant professor, SNM Training College. Based on the principles of positive psychology, positive intelligence, the session gave insights, motivation and structure needed to make lasting changes in our lives.

10. Outcome of the event/Evaluation by program coordinator: The students generate the capacity to respond to life's challenges with a positive rather than a negative mind set. The results are that we feel positive emotions and improve our performance and happiness in response to life challenges.

11. Brochure:



12. Photos:



13. List of Participants:

