

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


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

- 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:

SNM COLLEGE MALIANKARA  
DEPARTMENT OF COMMERCE  
ASSOCIATION INAUGURATION  
TALK ON  
POSITIVE LIVING THROUGH  
EMOTIONAL INTELLIGENCE

RESOURCE PERSON :-



Dr. LAYA A.B.  
ASSISTANT PROFESSOR  
SNM TRAINING COLLEGE  
MOOTHAKUNNAM

DATE - 22/02/2022 | TIME - 10AM | VENUE - SEMINAR HALL.

FOLLOWED BY CULTURAL PROGRAMS.

HoD  
REENA T. S.

CONVENOR  
THEERTHA JOY

**12. Photos:**



### 13. List of Participants:

1. Nandana . P . S	Nandana
2. Sandra manukan	Sandra
3. Aparna Thambi	Aparna
4. Rakhi NR	Rakhi
5. Anamika Sarju	Anamika
6. Sethalakshmi . AS	Sethalakshmi
7. Anjali R . S	Anjali
8. Sneha . P . J	Sneha
9. Ananya Santhosh	Ananya
10. Sreenandana . P . S	Sreenandana
11. Amitha . V . A	Amitha
12. Sreelakshmi . C . S	Sreelakshmi
13. Akshay . K . S	Akshay
14. Surya . Kiran S	Surya
15. Apswarya . K . V	Apswarya
16. V . S . Upendra Sarma	V . S . Upendra Sarma
17. Abhisith . K . S	Abhisith
18. Vibitha . P . V	Vibitha
19. Abirami shibu . P	Abirami
20. Arsha . P . Rajan	Arsha
21. Devaraj . K . S	Devaraj
22. Diya . P . S	Diya

