



EKNM GOVERNMENT COLLEGE ELERITHATTU
(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

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DOCUMENTARY EVIDENCE FOR

5.1.2. Capacity development and skills enhancement activities are organised for improving students' capability

LIFE SKILL PROGRAMME ON

'EMOTIONAL INTELLIGENCE FOR ACADEMIC SUCCESS AND BEYOND'



**Report on "Emotional Intelligence for Academic Success and Beyond"
Life Skill Programme Organised by Jeevani**

Date: November 29, 2022

Venue: College Seminar Hall, EKNM Government College, Elerithattu

The Jeevani Cell of EKNM Government College, Elerithattu organised a seminar titled "Emotional Intelligence for Academic Success and Beyond" on November 29, 2022, at the college seminar hall. The program aimed to enlighten students about the importance of emotional intelligence in achieving academic success and its relevance in broader life contexts. The resource Person for the programme was Dr. Sunny Mathew P, Consultant Psychiatrist, District Hospital Kanhangad. The targeted students were the first year students from various departments.

The session commenced with an inaugural address by the College Principal, Dr. Solji K Thomas, who emphasised the significance of emotional intelligence in navigating academic challenges and thriving in personal and professional spheres. Jeevani Coordinator Nithya delivered a warm welcome speech, expressing gratitude to the resource person, Dr. Sunny Mathew P, for his valuable insights, and encouraging students to actively engage in the session to gain maximum benefit.

Following the inaugural address, Dr. Sunny Mathew P, a distinguished consultant psychiatrist from District Hospital Kanhangad, delivered an insightful presentation on the concept of emotional intelligence and its practical applications. Dr. Sunny elaborated on various facets of emotional intelligence, including self-awareness, self-regulation, empathy, and social skills, illustrating their importance in academic settings and beyond.

The presentation was followed by an engaging interactive session, during which students actively participated, asking questions and sharing their perspectives on emotional intelligence. Dr. Sunny adeptly addressed the queries, providing practical strategies and advice for enhancing emotional intelligence and managing stress effectively.

The "Emotional Intelligence for Academic Success and Beyond" programme organised by the Jeevani Cell of EKNM Government College, Elerithattu proved to be highly informative and beneficial for the attending students. Dr. Sunny Mathew P's expertise and engaging presentation style, combined with the active participation of students, made the session enriching and insightful. The event concluded on a positive note, with participants leaving with a deeper understanding of emotional intelligence and its pivotal role in achieving academic excellence and holistic personal development.





**E.K.N.M GOVT. COLLEGE, ELERITHATTU
ATTENDANCE DETAILS OF THE PROGRAMME**

'Emotional Intelligence for Academic Success'

Organised by Jeevani, EKNM Govt. College Elerithattu

29 November 2022

Sl. No	Name	Class	Admission no.	Signature
1	AMRUTHA M	I B.A. Economics	7927	
2	ARUNIMA RAJAN K T	I B.A. Economics	7752	
3	ASWATHI P S	I B.A. Economics	7795	
4	BELLA JERIN	I B.A. Economics	7633	
5	KARTHIKA RATHEESH	I B.A. Economics	7660	
6	NIRUPAMA S	I B.A. Economics	7775	
7	THEERTHA ANILKUMAR	I B.A. Economics	7695	
8	VARSHA K	I B.A. Economics	7741	
9	ABHAY P P	I B.A. Economics	7852	
10	ADITHYA T	I B.A. Economics	7690	
11	ADITHYA V	I B.A. Economics	7740	
12	AKASH V V	I B.A. Economics	7888	
13	AKSHAY P P	I B.A. Economics	7838	
14	AMAYA SHAJI N	I B.A. Economics	7709	
15	AMAYA T P	I B.A. Economics	7682	
16	AMITHA P V	I B.A. Economics	7926	
17	AMRUTHA T K	I B.A. Economics	7869	
18	ANAGHA M	I B.A. Economics	7725	
19	ANILA BHASKARAN	I B.A. Economics	7837	
20	ANSHIYA NASAR	I B.A. Economics	7887	
21	ANURSREE K	I B.A. Economics	7671	
22	ARCHANAMOL P M	I B.A. Economics	7918	
23	ATHUL K K	I B.A. Economics	7893	
24	ATHULRAM K	I B.A. Economics	7758	
25	DARSHAN N K	I B.A. Economics	7840	
26	MANJIMA A	I B.A. Functional English	7921	
27	SEHALA K K	I B.A. Functional English	7689	
28	SURABHI SURENDRAN	I B.A. Functional English	7879	
29	ADARSH T RAVEENDRAN	I B.A. Functional English	7900	
30	ADITHYAN T	I B.A. Functional English	7705	
31	AKHIL M V	I B.A. Functional English	7859	
32	AKSHAYA SANTHOSH	I B.A. Functional English	7620	

33	ALFIN ANTONY	I B.A. Functional English	7902	
34	ASWIN MARTIN	I B.A. Functional English	7911	
35	JISHNU M	I B.A. Functional English	7789	
36	RAJASREE K S	I B.Com	7822	
37	SAYANTH K	I B.Com	7815	
38	SHIVANYA BABU	I B.Com	7666	
39	SNEHA V	I B.Com	7636	
40	THOMASKUTTY	I B.Com	7688	
41	VEENA NARAYANAN	I B.Com	7800	