



## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 1. Report on "Soft Skill Training on Emotional Intelligence"

Programme Details in a Nutshell	
Name of the Event	Soft Skill Training on Emotional Intelligence
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>• To enhance participants' self-awareness of their own emotions.</li><li>• To develop participants' ability to manage their emotions effectively, promoting resilience and stress management.</li><li>• Build empathy and strong connections.</li></ul>
Resource Person	Mr. Abhilash Joseph, Director, LifeTech Solutions, Training team head, IPCAI
Date and Time	09-03-2023 to 10-03-2023 10.00 AM to 04:30 PM
Duration	12 Hrs
Beneficiaries	32 Students
Venue or Platform	Auditorium, RVCAS
Organising Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Sreekala M.M, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"><li>• Participants will demonstrate increased self-awareness</li><li>• Participants will exhibit improved emotional regulation skills</li><li>• Participants will develop stronger interpersonal relationships.</li></ul>



## Detailed Report

On 9<sup>th</sup> and 10<sup>th</sup> March 2023, the Dept. of Commerce in association with IQAC at RVCAS organized a comprehensive workshop titled "Soft Skill Training on Emotional Intelligence". The workshop aimed to equip students with essential emotional intelligence skills to enhance their personal and interpersonal lives. A total of 32 students participated in this day-long event. The workshop commenced with a warm welcome address by Ms. Sreekala M.M., Assistant Professor in the Department of Commerce, setting a positive tone for the day. This was followed by an inspiring inaugural address from Fr. Dipin Karingen CMI, Associate Director, who emphasized the significance of emotional intelligence in today's world. Mr. Abhilash Joseph, the esteemed workshop facilitator, then delivered a captivating keynote address, providing a foundational understanding of emotional intelligence and its relevance to students' lives.

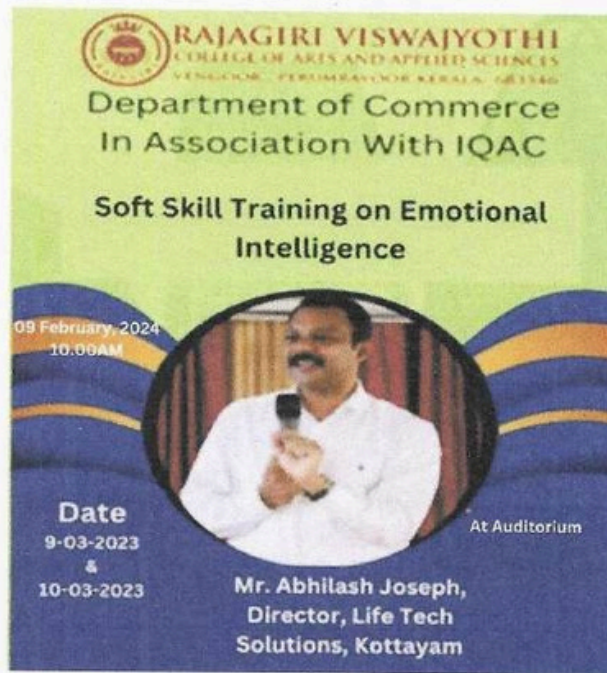
The core of the workshop consisted of two interactive sessions conducted by Mr. Abhilash Joseph. These sessions delved into practical strategies for self-awareness, emotional regulation, and empathy development. Participants actively engaged in group discussions, role-playing activities, and case studies to reinforce their learning. The workshop fostered a supportive environment where students could openly share their experiences and insights. A concluding session featured a vote of thanks delivered by Abhinav Krishna, expressing gratitude to the organizers, facilitator, and participants. The workshop concluded with a prayer, leaving participants inspired and equipped to apply the newly acquired emotional intelligence skills in their personal and academic journeys.



## Feedback Report

The " Soft Skill Training on Emotional Intelligence " workshop on emotional intelligence was met with positive feedback from participants. They found the sessions on self-awareness, emotional regulation, and empathy to be highly relevant and beneficial to their personal and academic lives. The interactive nature of the workshop, including group discussions and role-playing activities, enhanced learning and engagement. Participants expressed appreciation for the facilitator's expertise and supportive teaching style. While the overall feedback was positive, some suggestions for improvement included deeper dives into specific topics and the provision of additional resources for continued learning.

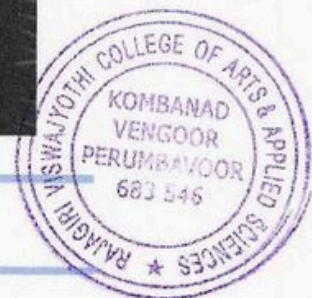




Poster of the Workshop "Feel the Power: A Workshop on Emotional Intelligence"



Illuminating Session of the Workshop



## Participant's List



### RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

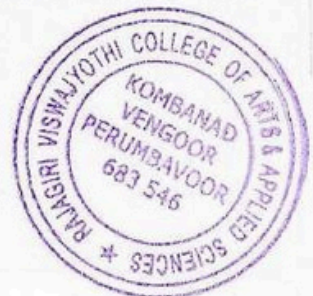
Name of the Program: Soft skill Training on Emotional Intelligence

Date: 09/03/2023

Sl No	Name of Student	Department	Signature
1.	Ebin Binu Thottungal	Bcom Logistic	
2.	Mumthas S	III Bcom model 1	
3.	Sooraj Simil	Bcom	
4.	ARUN PS	III Bcom model 1	
5.	Kuriam Vincent Thapett	B com model 1	
6.	Mathew Jose	Bcom model 1	
7.	Tharshika Nisha	III Bcom model 1	
8.	SRUTHI KIRAN SETHU MADHAV	Bcom	
9.		Bcom	
10.	Tom Jose	III Bcom model 1 finance & Taxation	



11	Muhammed Amal	B.com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P X	B.com	Nandana P X
14	NAVAMI VIJIKUMAR	B.com	Navami
15	Thanshu Nisaku 1	B.com	Thanshu
16	TOM Jase	B.COM	T.J
17	Avin Anil	B.com	Avin
18	Noun P S	B.com	Noun P S
19	Munthas S	B.com	Munthas S
20	Angul Miryan Mammen	B.com	Angul
21	Jandara Senthak	B.com	Jandara
22	Vidhath Akump	B.com	Vidhath
23	Sivathmika TS	B.com	Sivathmika
24	Syanna C S	B.com	Syanna C S
25	Soraj Sunil	B.com	Soraj
26	Abhinav Gopi	B.com	Abhinav



27	Abraham V Koruvila	III BBA	Abraham
28	Anjali Sattan	III BBA	Anjali
29	Calvin Thomas	III BBA	Calvin
30	Gautham Shaji	III BBA	Gautham
31	Joseph Mathew	III BBA	Joseph M.
32	Kevin Masman	III BBA	Kevin

Principal

Joy P. Joseph, Ph.D.  
PRINCIPAL

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Faculty Coordinator