

Department of MSW

Report on Emotions Matter-The Wealth Within A Session for Non-Catholic Students On Emotional Intelligence and Self Awareness

Date of Event: 25-02-2025

Faculty In-charge-Dr. V.R. Sitara

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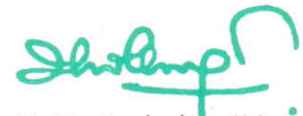
No: NIMIT/COP-SEM/01/2025

Date: 24.02.2025

Circular

Sub: Value Education Session on "Importance of Emotional Intelligence".

The Department of Social Work is organizing a Value Education session on "**Importance of Emotional Intelligence**" for final year students. The session will be held on **25 February 2025**, from **11:00 AM to 12:00 noon** at the **MBA Seminar Hall**. It aims to help students understand the role of emotional intelligence in managing self, relationships, and workplace challenges. Attendance is **mandatory**, and participants are requested to be seated by **10:45 AM**.



Fr. Dr. Paulachan K.J
(Principal)



Report of the Session on Emotional Intelligence for Non-Catholic Students

Title of the Session: Emotions Matter-The Wealth Within

Date: 25 Feb, 2025 11.00am

Venue: MBA Seminar Hall, NIMIT;

Target Audience: Non-Catholic Students

Resource Person: Dr. V R Sitara, Counsellor, Department of MSW, NIMIT

NIMIT organized a session on "Emotional Intelligence and Self Awareness" for the non-Catholic students. The primary objective was to enhance their understanding of Emotional Intelligence (EI) and its role in personal, academic, and social success.

The objectives are as follows:

1. To establish awareness regarding the importance of Emotional Intelligence.
2. To enable students to identify their feelings and regulate them properly.
3. To provide students with practical techniques for enhancing interpersonal relationships and decision-making capabilities.

Session Highlights: The session started by an icebreaker activity to set the rapport. Dr. V R Sitara explained the importance of Emotional Intelligence and its five fundamental aspects:

- Self –awareness
- Self- Regulation
- Motivation
- Empathy
- Social Skills

Importance of self-reflection was emphasized as an initial step towards enhancing emotional intelligence. She spoke about the issues related to low emotional intelligence and its influence on individual and wellbeing of the society. There was an interactive discussion and a number of situations were examined where emotional intelligence was a significant factor, specifically in conflict resolution, stress management and goal setting. Strategies like Mindfulness, breathing exercises, Gratitude Practice were recommended to promote greater emotional awareness and interpersonal relationships.



An Emotional Intelligence Questionnaire was circulated among the students to assess their Emotional Intelligence. The questionnaire contained well-designed questions, which tested different aspects of emotional intelligence, including self-awareness, motivation, empathy and interpersonal skills. Based on the students' answers, information was obtained about their areas of emotional strengths and possible areas of improvement. The key takeaways were as follows: Students acquired insights on ways to manage emotions in positive ways to relieve stress, being aware of what motivates them and using that motivation to achieve goals. Emphasis was placed on empathy as a tool to encourage stronger interpersonal relationships. Techniques like clarifying their own Intentions, Practicing Self Care, reflect before reacting and acknowledge all emotions helped them to accept themselves gracefully.

Students actively participated and sought guidance on applying emotional intelligence in real-life situations. Feedback received from participants was overwhelmingly positive, with students expressing their appreciation for the practical strategies shared during the session.

Prepared by:



Dr V R Sitara
Counsellor

Verified by:



Dr Joy Joseph Puthussery
Dean of Studies

Approved by:



Rev. Fr Dr Paulachan K.J
Principal



BROCHURE



Emotions Matter : The wealth within
Feel Connect Prosper

Date : Tuesday, 25 February 2025
Time : 11.00 am
Venue : MBA Block , Seminar Hall

Resource Person



Dr. V R Sitara
Counsellor, NIMIT

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PHOTOGRAPHS/SCREENSHOTS



(EI) Emotional Intelligence Questionnaire

This self-assessment questionnaire is designed to get you thinking about the various competencies of emotional intelligence as they apply to you.

What to do:

Assess and score each of the questionnaire's statements. Score your assessment, using a scale where

- 1 indicates that the statement **does NOT apply at all**
- 3 indicates that the statement **applies about half the time**
- 5 indicates that the statement **ALWAYS applies to you**

1. Assess and score how much each statement applies to you

How much does each statement apply to you		Mark your score					
Read each statement and decide how strongly the statement applies to YOU. Score yourself 1 to 5 based on the following guide. 1 = Does not apply ~ 3 = Applies half the time ~ 5 = Always applies							
1	I realize immediately when I lose my temper	1	2	3	4	✓ 5	
2	I can 'reframe' bad situations quickly	1	2	✓ 3	4	5	
3	I am able to always motive myself to do difficult tasks	1	2	✓ 3	4	5	
4	I am always able to see things from the other person's viewpoint	1	2	3	4	✓ 5	
5	I am an excellent listener	1	2	3	✓ 4	5	
6	I know when I am happy	1	2	3	4	✓ 5	
7	I do not wear my 'heart on my sleeve'	✓ 1		2	3	4	✓ 5
8	I am usually able to prioritize important activities at work and get on with them	1	2	3	✓ 4	5	
9	I am excellent at empathizing with someone else's problem	1	2	✓ 3	4	5	
10	I never interrupt other people's conversations	✓ 1	2	3	4	5	
11	I usually recognize when I am stressed	1	2	3	4	✓ 5	
12	Others can rarely tell what kind of mood I am in	1	✓ 2	3	4	5	
13	I always meet deadlines	1	2	3	4	✓ 5	
14	I can tell if someone is not happy with me	1	✓ 2	3	4	5	
15	I am good at adapting and mixing with a variety of people	1	2	3	✓ 4	5	
16	When I am being 'emotional' I am aware of this	1	2	3	4	✓ 5	
17	I rarely 'fly off the handle' at other people	1	2	3	4	✓ 5	



18	I never waste time		✓	2	3	4	5
19	I can tell if a team of people are not getting along with each other		1	2	3	4	5
20	People are the most interesting thing in life for me		1	2	✓	4	5
21	When I feel anxious I usually can account for the reason(s)		1	2	3	4	5
22	Difficult people do not annoy me		1	2	✓	4	5
23	I do not prevaricate		1	2	✓	4	5
24	I can usually understand why people are being difficult towards me		1	2	✓	4	5
25	I love to meet new people and get to know what makes them 'tick'		1	2	3	4	5
26	I always know when I'm being unreasonable		1	2	3	4	5
27	I can consciously alter my frame of mind or mood		1	2	3	4	5
28	I believe you should do the difficult things first		1	2	3	4	5
29	Other individuals are not 'difficult' just 'different'		1	2	3	4	5
30	I need a variety of work colleagues to make my job interesting		1	2	3	4	5
31	Awareness of my own emotions is very important to me at all times		1	2	3	4	5
32	I do not let stressful situations or people affect me once I have left work		1	2	3	✓	5
33	Delayed gratification is a virtue that I hold to		1	2	3	✓	5
34	I can understand if I am being unreasonable		1	2	3	✓	5
35	I like to ask questions to find out what it is important to people		1	2	3	✓	5
36	I can tell if someone has upset or annoyed me		1	2	✓	4	5
37	I rarely worry about work or life in general		1	✓	3	4	5
38	I believe in 'Action this Day'		1	2	3	✓	5
39	I can understand why my actions sometimes offend others		1	2	3	4	5
40	I see working with difficult people as simply a challenge to win them over		1	2	✓	4	5
41	I can let anger 'go' quickly so that it no longer affects me		1	✓	3	4	5
42	I can suppress my emotions when I need to		1	2	3	4	5
43	I can always motivate myself even when I feel low		1	2	3	4	5
44	I can sometimes see things from others' point of view		1	2	3	4	5
45	I am good at reconciling differences with other people		1	2	3	4	5



46	I know what makes me happy	1	2	3	4	5
47	Others often do not know how I am feeling about things	1	2	3	4	5
48	Motivations has been the key to my success	1	2	3	4	5
49	Reasons for disagreements are always clear to me	1	2	3	4	5
50	I generally build solid relationships with those I work with	1	2	3	4	5

Total and interpret your results

1. **Record** your 1, 2, 3, 4, 5 scores for the questionnaire statements in the grid below. The grid organizes the statements into emotional competency lists.

Self-awareness		Managing emotions		Motivating oneself		Empathy		Social Skill	
1	5	2	3	3	3	4	5	5	4
6	5	7	5	8	4	9	3	10	1
11	5	12	2	13	5	14	2	15	4
16	5	17	4	18	1	19	4	20	3
21	5	22	3	23	5	24	3	25	5
26	5	27	5	28	5	29	5	30	4
31	5	32	4	33	4	34	4	35	4
36	3	37	2	38	4	39	5	40	3
41	2	42	5	43	5	44	5	45	4
46	4	47	5	48	1	49	5	50	3

2. **Calculate** a total for each of the 5 emotional competencies.

Total = (SA)	44	Total = (ME)	37	Total = (MO)	37	Total = (E)	41	Total = (SS)	35
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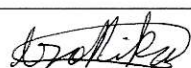
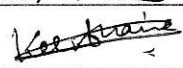
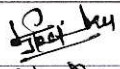
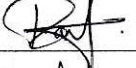
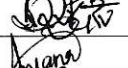
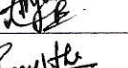
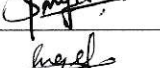
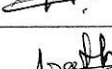
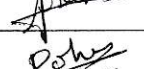
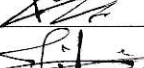


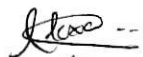
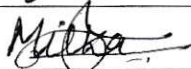
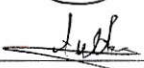
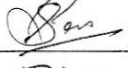
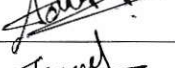
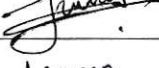
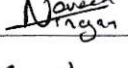
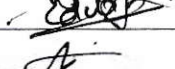
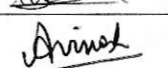
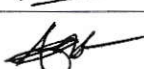
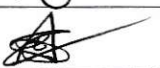
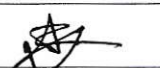
PARTICIPANT'S LIST

Name of the event: EMOTIONS MATTER: THE WEALTH WITHIN, VALUE EDUCATION Session.

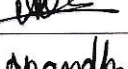
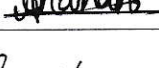
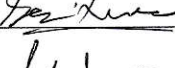
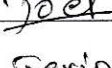
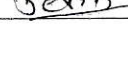
Date: 25-02-2025

Class: FINAL 4R

Sl. No.	Name	Signature
1.	Gopika Ravindran	
2.	H. Keethana	
3.	Devika Sudheer	
4.	Akhila Hari. kv	
5.	Arya S	
6.	Nanda Dilip	
7.	Devika Ajith	
8.	K.A. Parvathy	
9.	Aneesha Ismael	
10.	Anjana	
11.	Erin Mathew	
12.	Saranya S	
13.	Anjana	
14.	Smayitha	
15.	Angel	
16.	Aradh	
17.	Rohan Baburaj	
18.	Jerdin Laleel	

19.	Alexandria Jacob	
20.	Milka Emil Kooran	
21.	Seelam Krishna	
22.	Antony D Davis	
23.	Anyana V P	
24.	Balabhadra T S	
25.	Sreelakshmi S	
26.	Rejija Krishna	
27.	Adithya K prakash	
28.	Jewel Varghese	
29.	Naveen Vineya	
30.	E.M. Anandha Krishnan	
31.	Edwin Varghese	
32.	Ashiq Shaiju	
33.	Adisankar Ramesh	
34.	Nevin Baby	
35.	Sreerag P.	
36.	Animol Anil	
37.	A. Anand	
38.	Adarsh PM	
39.	Unayak Parameshwaram	
40.	Yadhu P J	
41.	Sreehar B Babu	
42.	Abhay KS	



43.	Paul J kottaackal	
44.	Wb pl	
45.	Athul. J	
46.	Ajith K S	
47.	Akash Sasi	
48.	Anandh P.S	
49.	Sh Sreehari Babu for	
50.	Abhay K Shaju (Katta)	
51.	Joel Sashy	
52.	Gerin	
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