

ST.JOSEPH'S COLLEGE (AUTONOMOUS) , IRINJALAKUDA

DEPARTEMTN OF PSYCHOLOGY

INTERNATIONAL WEBINAR ON EMOTIONAL INTELLIGENCE FOR POSITIVE  
MENTAL HEALTH

Date: 1/10/2021

Department of Psychology, St.Joseph's college (Autonomous) , Irinjalakuda in association with Mindcraft – eQ4Peace World wide Inc USA, organized an international webinar on “ Emotional Intelligence for Postive Mental Health” via Google Meet. Around 100 students attended the webinar. During the webinar attendees shared their openions,thoughts and suggestions on emotional intelligence. Ms. Femi Francis: Head of the department, department of psychology, Mr. Matt Perelstein: CEO EQ4Peace Worldwide Inc USA, Mr. Jayan Namboothiri and Pratiksha Rajani: CEO, Mindcraft, India were on hand to open the webinar.

The keynote speaker was Mr. Matt Pereslstein, CEO EQ4Peace Worldwide Inc, USA. He has been teaching emotional intelligence for over 35 years to both students and facilitators. He is on a mission to teach the world how to successfully manage our inner world , our inner peace, interpersonal peace and social peace.

At the beginning of the webinar, prayer was sung by Nimmy , second year B.Sc. Psychology student which was followed by the welocm speech by Ms. Femi Francis, Head of the department. Asha Therese, Principal, St. Joseph's College (Autonomous) Irinjalakuda delivered the presidential address. The felicitation was given by Sr. Rose Bastin, Self financing Co-ordinator, St.Joseph's College(Autonomous) Irinjalakuda. Aiswarya Gouri Laju, third year B.Sc. Psychology student introduced the resource person.

The webinar was very interactive and informative. Once the sessions was over a question and answer session was conducted. The session ended with the vote of thanks by Aneesa M.H student co ordinator of department of Psychology.

Google Meet link:

<https://us02web.zoom.us/j/82683712700?pwd=RlVFUGtvMGo0RFBpWWxvdXBtMjAyUT09>



## Emotional Intelligence

Jointly organizing in collaboration with Mindcraft-EQ4Peace Worldwide Inc, USA In association with department of Psychology, St. Joseph's College, Irinjalakuda, Thrissur, Kerala



# INTERNATIONAL WEBINAR

## TITLE : EMOTIONAL INTELLIGENCE (EQ) FOR POSITIVE MENTAL HEALTH



Speaker: Mr. Matt Perelstein,  
CEO EQ4Peace Worldwide Inc-USA



**Femi Francis**  
Head of the department



**Jayan Nambodiri**  
CEO, Mindcraft India



**Pratiksha Rajani**  
CEO, Mindcraft India

**Event Coordinator:**  
**Meghna Ghosh**

**Date: 01st October 2021**  
**Time: 06:30PM - 08:30PM IST**  
**Platform: Zoom**

## Attendance Report

No	Participant name	Attendance
1	ANGEL MARY SOJAN	
2	DHAYA GEORGE	
3	GAYATHRI NARAYANAN	
4	HANNA NAZRIN	
5	HARITHA VASUDEVAN	
6	HRIDYA SUDHEER	
7	LAKSHMI SARMA	
8	MAJITHA NASREEN K V	
9	MAZNA MAJEED	
10	MINUTHOMAS	
11	NIHALA YASMIN P S	
12	NIKHILA M S	
13	SREELAKSHMI	
14	AISWARYA GOURI LAIJU	
15	AISWARYA P R	
16	AISWARYAMOL K B	
17	ALIYA P A	
18	ATHIRA T R	
19	AYANA P R	
20	AYSHA NASAR	
21	DEVA REGHUCHANDRAN NAIR	
22	DRISHYA DINESH	
23	EVA MARIA THERESA	
24	JOVINA WILSON	
25	KRISHNA C GIRIJAN	
26	KRISHNAPRIYA S	
27	LENA T B	
28	MARIA SUSAN PAUL	
29	REVATHY T A	
30	ROSEMOL T J	
31	S VARSHA	
32	SANFIYA A S	
33	SAYEEDA M M	
34	STELLA MARIA JOMI	
35	VANDANA SREEVALSAN	
36	VIJAYALAKSHMY T J	

37	BLESSY BEJOHN	
38	ATHULYA SUNIL	
39	STALIA SABU	
40	ANILA DASAN P	
41	V M SALIMA HABEEB	
42	SNIGDHA SUNIL	
43	SREELAKSHMI A R	
44	SMANNYA DAVIS	
45	ANETT THOMAS	
46	GOPIKA G KRISHNAN	
47	ALEENA ROSE STANLY	
48	ANGEL MARIYA	
49	GEENA MARY THARIYAN	
50	MIYA MARY JOHNSON	
51	SHRAVANI VINODH	
52	AISWARYA O S	
53	ANETT THOMAS	
54	SANIYA PAUL	
55	NAHAAN ZEAHBA RASHEED	
56	KRISHNAPRIYA M R	
57	HADHIYA P N	
58	NAYANA M	
59	LAKSHMIPRIYA K K	
60	ASHITHA K A	
61	SANGEERTHANA VINOD	
62	SREELAKSHMI N R	
63	NIMMY ANN BIJU	
64	FATHIMA NOURIN E N	
65	ANLINE MARIA JOSE	
66	ALISHA SAGEER	
67	ANSA NISHIM P A	
68	ANGEL CECIL M	
69	ANGELIN MARIYAM SAJU	
70	ANNA LEGIN	
71	<i>IRIN ROLLY</i>	
72	SOMIYA ELSON	
73	RHISHIPRIYA K	
74	ANGELA PAUL	
75	RIZANA N K	
76	DANISHA AUGUSTY	
77	ALMAS SHIRIN P S	
78	ANARGHA B	

79	NISARI	
80	NAHALA LATHEEF	
81	ALGI ROSE K ANTO	
82	ANFY MARIYA BABY	
83	JITHI SUGTHAN	
84	ANEESA M H	
85	FATHIMA RABEEA A M	
86	MAHIRA K M	
87	MARIYA BABU M	
88	MARIYA GIFTY THOMAS	
89	MARWA RASHEED K	
90	MITHA MURALI	
91	NASEEHA FARSANA C S	
92	RIYAGOPI A	
93	SHANI SHAJI	