

## RISE AND LEAD

**DATE: 22/07/2021**

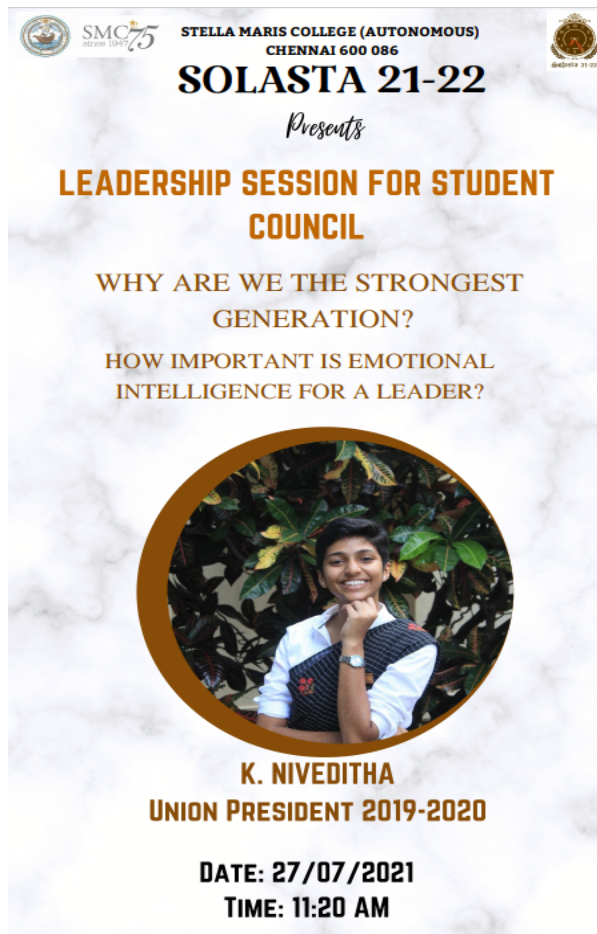
**TIMING : 11:20 AM - 12:30 PM**

**PLATFORM :**

- **ZOOM MEETINGS**

**PARTICIPANTS OF THE MEET:**

- Student union members
- Class representatives and Assistant class representatives
- Club office bearers



**SMC** 75  
Stella Maris College (Autonomous)  
CHENNAI 600 086

**SOLASTA 21-22**  
*Presents*

**LEADERSHIP SESSION FOR STUDENT COUNCIL**

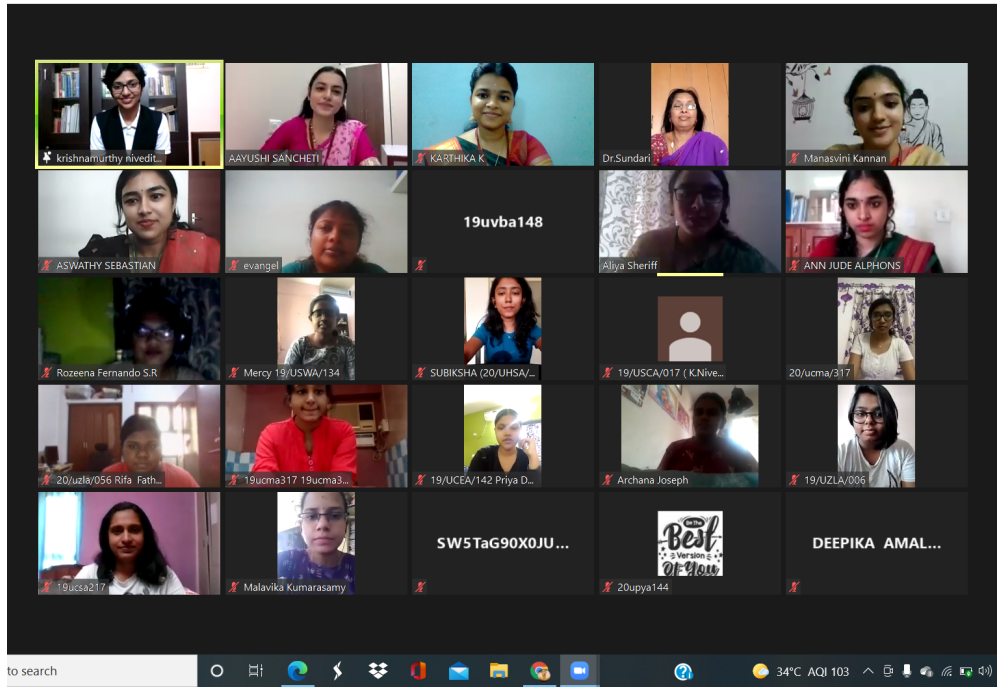
WHY ARE WE THE STRONGEST GENERATION?  
HOW IMPORTANT IS EMOTIONAL INTELLIGENCE FOR A LEADER?

**K. NIVEDITHA**  
**UNION PRESIDENT 2019-2020**

**DATE: 27/07/2021**  
**TIME: 11:20 AM**

The students union SOLASTA 21-22 organised a leadership session for the student council of the academic year 21-22. The topic of the session was “Why are we the strongest generation?”, “How important is emotional intelligence for a leader?”

The resource person for the leadership session was Ms.K.Niveditha , the Union President of 2019-2020.



A presentation slide with a white background. At the top center is a lightbulb icon with a brain inside, symbolizing ideas and emotional intelligence. Below the icon, the text "6 Principles of Emotional Intelligence" is written in a black serif font, underlined with a thin orange line. On the right side of the slide, there is a small video feed of a woman with dark hair, wearing a white shirt and a dark vest, speaking. The name "krishnamurthy niveditha" is visible at the bottom of the video feed.

This session helped us gain insight on one of the most valuable skills of leadership which is emotional intelligence. The four skills of emotional intelligence which start from identifying , using , understanding and managing emotions helped us become more aware of our emotions and helped us correlate those emotions in our daily life largely . The little life examples, activities and the role play made the session very lively and interesting.

At the end of the session the resource person answered the queries that were put up on the chat box by the student council members. A feedback form was put up on the chat box for attendance.