



ATHARVA EDUCATIONAL TRUST'S
ATHARVA COLLEGE OF ENGINEERING

(Approved by AICTE, Recognized by Government of Maharashtra
& Affiliated to University of Mumbai - Estd. 1999 - 2000)

BRANCH: EXTC 2 (3.00 PM – 4.00 PM)

DATE : 06/01/2023

FACULTY INVOLVED: Dr. Abhilasha Saini

NUMBER OF STUDENTS PARTICIPATED: 52

ACTIVITY: Importance of Emotional quotient.

The focus of session was to understand the “Importance of Emotional quotient” in one’s life. A mythological story was told to students about Bhagwan Shrikrishna. Students interpreted the story and explained their own learnings from the story. The moral of the story was to make them apprehend the prominence of EQ along with IQ. This can help them to overcome with the emotional issues they used to face in this particular phase of age, and how can they channelize their energy to the positive aspects of life. Students shared their personal experiences how they used to cope up with such situations.



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Photos of the session





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BRANCH: CMPN-1 (3:00 PM to 4:00 PM)

DATE: 06/1/2023

FACULTY INVOLVED: Priyanka Sulakhe

NUMBER OF STUDENTS PARTICIPATED: 63

The outcome of the Session: A session was conducted on Gratitude & Thanksgiving for First Year students as a part of the Induction Program. A total of 63 students from CMPN were present. Teach them the importance of Gratitude & Thanksgiving in our daily life and explain that it makes us appreciate what we have in life, or where we are. Students were asked to share their personal experiences regarding gratitude and Thanksgiving. Overall session was interactive and students considered it as a fruitful session.

Photos of the Session:





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