

# **SREE NARAYANA TRAINING COLLEGE**

**Nedunganda , Varkala**

**Affiliated to the University of Kerala, Recognized by UGC, NCTE, Re-Accredited by  
NAAC with A Grade**



## ***NATIONAL WEBINAR SERIES***

**"INTELLIGENTIA BEYOND DISCIPLINES: CROSS-DISCIPLINARY  
COLLABORATION IN EDUCATION 2024-25."**

**REPORT**

## SESSION 2

# THE WINNING EDGE: MOTIVATION TO EXCEL PERSONALLY AND PROFESSIONALLY

**Date & Time:** 03/05/2025 | 7:00 P.M.

**Session:** National Webinar Series – Phase IV, Session 2

**Resource Person:** Prof. (Dr.) Prakash Ramakrishnan, Soft -Skill Trainer & Success Coach

As part of its ongoing National Webinar Series - Phase IV under the cross-disciplinary initiative “*Intelligentia Beyond Disciplines: Cross-Disciplinary Collaboration in Education 2024–25*,” the Internal Quality Assurance Cell (IQAC) of Sree Narayana Training College, Nedunganda, Varkala, organized an enriching and interactive national webinar on May 3, 2025, at 7:00 PM. The session was titled “The Winning Edge: Motivation to Excel Personally and Professionally” and was conducted on a virtual platform to ensure broad participation across geographic locations.

The program began with an invocation rendered by Ms. Praveena V. from the Department of Mathematics, which created a serene and positive atmosphere. The formal welcome was delivered by Dr. Sangeetha N.R., Associate Professor and IQAC Coordinator, who introduced the significance of the session in the context of 21st-century education and personality development. Principal Prof. (Dr.) Sheeba P. delivered the presidential address, emphasizing the college’s commitment to holistic student development, including motivation, character building, and lifelong learning competencies.

The highlight of the evening was the theme presentation by **Prof. (Dr.) Prakash Ramakrishnan**, a renowned Soft-Skill Trainer and Success Coach. His session focused on distinguishing soft skills and hard skills and how they function as critical components of personal and professional success. He defined *hard skills* as technical and job-specific abilities like computer programming, accounting, or data analysis, which are typically acquired through formal education and training. In contrast, *soft skills* were explained as interpersonal and

cognitive abilities such as communication, emotional intelligence, time management, and adaptability—skills that are increasingly valued by employers and society alike.

A major portion of the presentation centered around the 10 Core Life Skills as identified by the World Health Organization (WHO). Dr. Prakash elaborated on each skill with practical examples relevant to both students and educators:

1. Self-awareness – Understanding one’s strengths, weaknesses, and emotions. He cited an example of a student recognizing their stress triggers during exams and planning accordingly.
2. Empathy – The ability to imagine oneself in another's situation. Real-world classroom conflicts were discussed to illustrate how empathy defuses tension.
3. Critical Thinking – Analyzing information logically. He referenced how students can evaluate media messages before accepting them as truth.
4. Creative Thinking – Generating innovative ideas, demonstrated through brainstorming sessions in project-based learning.
5. Decision-Making – Making constructive and informed choices, such as selecting subjects or careers.
6. Problem-Solving – Addressing challenges methodically. For example, resolving peer conflicts or academic challenges.
7. Effective Communication – Expressing oneself clearly and respectfully. The trainer modeled techniques like active listening and assertive speech.
8. Interpersonal Relationships – Building healthy relationships. He emphasized collaboration and group dynamics in classrooms.
9. Coping with Stress – Managing stress in a healthy way, with suggestions like mindfulness, breathing exercises, and journaling.
10. Coping with Emotions – Recognizing and regulating emotional responses. He discussed strategies like emotional labeling and seeking support.

Dr. Prakash also presented strategies for developing life skills, emphasizing experiential learning methods, role plays, reflective practices, and real-life problem-solving tasks. He encouraged teachers to incorporate life skill training into their everyday pedagogy and to act as role models in managing emotions and demonstrating empathy. He highlighted that in an age of rapid technological change and social media influence, life skills are essential for protecting mental well-being and promoting responsible digital citizenship.

Though the program was conducted online, the session was highly interactive, with enthusiastic participation from students. Participants shared their views through insightful questions, and reflected on personal challenges and learning experiences. The speaker responded with warmth and clarity, creating an engaging learning environment that transcended the digital medium.

The session concluded with a vote of thanks delivered by Mrs. Rakhi P. R. from the Department of Malayalam, who acknowledged the resource person's dynamic presentation, the institutional leadership, and the participants for their energetic involvement.

In summary, the webinar was a successful and inspiring experience that not only enlightened the attendees on the significance of life skills in the modern world but also offered practical tools for self-improvement and motivation. It reinforced the college's vision to prepare educators and students who are emotionally intelligent, socially responsible, and professionally capable.



**PRINCIPAL**  
Sree Narayana Training College  
Nedunganda, Pin: 695307