

Workshop on Emotional Intelligence

30th July, 2019

On 26th July, 2019 a workshop was organized by the Department of Psychology on Emotional Intelligence in the Central hall of the college. The resource person for the event was Dr. Sudha Srikanth, a certified trainer and coach in Emotional Intelligence, from Equipose learning. It was a one- day workshop in which 70 students had participated.

The workshop consisted of many activities which made it interesting. The concepts which were discussed in the workshop was such that it could be applied in real life. Facts such as emotions are contagious and non - biodegradable were known. Concepts like emotional skills, emotional hijack, empathy, emotional literacy, correct understanding and interpretation of emotions were introduced to us. The importance of 6 second pause and optimism skill were discussed in the first session.

The the second session, anger management skills, reaction cycles, problem solving skills, love letter technique, motivation and many such related topics were discussed. The biological factors of these emotions were discussed which made it more clear to understand.

The fact that emotional intelligence is not to minimize your emotions or not showing what you actually feel, but it is to direct your emotions correctly in a right manner, at the right time, in the right place and very importantly, in front of the right person.

The workshop was a success as there was active participation and every student gave positive feedbacks. They were happy to know about their emotions and ways to emotionally handle them.



