



ST. FRANCIS DE SALES COLLEGE

A FRANSALIAN INSTITUTE OF HIGHER EDUCATION

NAAC ACCREDITED • PERMANENTLY AFFILIATED TO BANGALORE UNIVERSITY • AICTE APPROVED • RECOGNISED UNDER SECTION 2(F) & 12 (B) OF THE UGC ACT • ISO 9001:2015 CERTIFIED

WORKSHOP ON EMOTIONAL INTELLIGENCE

Title	Workshop on Emotional Intelligence
Date of Event(s)	12.01.2024
Department/Association/ Cell/Committee	Department of Business Administration
Venue <i>(Mention the platform if it is online)</i>	AC Seminar Hall
Number of Participants	110
Target Audience	MBA,B.Sc Psychology and BA Psychology

Resource Person(s) with qualification (if applicable):	Dr. Philip Laird, M.A. in Social/Developmental Psychology and a Ph.D. in Psychology.
Place of visit/ details of Industrial Visit place (if applicable):	NA
Event Coordinator	Mr.Kevin Rozario

The objective of the Program:

- To understand the importance of Emotional Intelligence.
- To gain insights on Emotional Quotient (EQ).
- To learn the significance and benefits of self-awareness, self-regulation, empathy, relationship management and effective communication.

Report:

About the event:

1. The workshop was conducted for MBA, B.Sc Psychology and BA Psychology students on January 12, 2024. The workshop started by welcoming the resource person, Dr. Philip Laird. It was followed by a dance performance that showcased the cultures of India. The performance was done by a group of students who were part of the college cultural committee. The main focus of the workshop was on self-



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awareness and self-regulation. In addition, the workshop also depicted the impact of empathy and the need for relationship management. Then the workshop concentrated on the effective communication required for students. They were given an opportunity to learn about emotional control. They were involved in activities aligned with these elements of emotional intelligence. Students actively participated in the activities and interacted with the resource person. They were also exposed to preparing a quality resume.

Details of the resource person:

Dr. Philip Laird serves as the Vice President of Innovation, Global & Academic Partnerships, as well as the Vice Provost at Trinity Western University in British Columbia, Canada. With academic achievements including an M.A. in Social/Developmental Psychology and a Ph.D. in Psychology, Dr. Laird brings a wealth of knowledge to his role. His scholarly pursuits encompass diverse areas such as Jury analysis, Juror decision making, Psychology and the law, Psychology and theology, Self-deception (lying), Technology and education, Emotional intelligence, and Moral reasoning.

The outcome of the program:

1. Students were able to understand the practical applications of emotional quotient.
2. Students were also able to apply aspects of emotional intelligence and acquire knowledge on life skills.
3. In addition, students were also able to gain input on the benefits of self-awareness, self-regulation, empathy, relationship management, and effective communication.

Report Prepared by:
(Event Coordinator)
Mr. Kevin Rozario

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Principal





