



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved | Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Faculty Enrichment Cell

is Organizing

"A SESSION ON EMOTIONAL INTELLIGENCE"

Resource Person



Venue : Business Lab

Date : 29/05/2023

Time : 02:00pm -
03:00pm

Dr. RAGHAVENDRA P.S

Founder & CEO, ChisselCraft, which offers Training, Coaching and Mentoring services, Inventor of Success Engineering System Mission Director & Chief Curator, Project VISTAARA L&D Consultant, Dr. Reddy's Foundation for Health Education

FOR ANY QUERIES PLEASE CONTACT :

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Management Development Program on Emotional Intelligence

Title	"Emotional Intelligence"
Date of Event(s)	29/05/2023
Department/Association/Cell/Committee	Faculty Enrichment Committee
Venue (Mention the platform if it is online)	Business Lab
Number of Participants	30
Target Audience	Non-Teaching Staff

The objective of the Program:

Dr. Raghavendra P S has taken the session Emotional Intelligence. It was informative and interesting for the audience. He had explained Emotional intelligence, or EI, refers to perceiving, controlling, and evaluating emotions. Some researchers propose that emotional intelligence can be learned and strengthened, while others argue it is an inborn characteristic.

The ability to express and manage emotions is essential, but so is the ability to understand, diagnose, and react to the emotions of others. Imagine a world in which one could not understand when a friend felt sad or a classmate was angry. Psychologists refer to this knowledge as emotional intelligence, and some experts even suggest that it can be more significant than IQ in one's overall success throughout one's life. And also, he had given some tips on improving one's self-awareness on Emotional Intelligence.

The outcome of the program:

Audience came to know that distinguish emotional intelligence from other forms of intelligences, criticality of emotional intelligence in work, life and relationships, raise

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personal awareness, positively reframe our perspective of people and situations in order to operate and adapt more positively, recover from negative experiences with people and situations quicker, increase awareness of others and social situations, enhance working and personal relationships with others, build a mental mechanism of success in work, life and relationships for the future

Report Prepared by:

**Roopa J
(PG-Mathematics)**



PRINCIPAL
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Coordinator
Internal Quality Assurance Cell
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Bangalore - 560 100.

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