



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Title	Skill Development session on Emotional Intelligence
Date of Event(s)	04-05-2023
Department/Association/Cell/Committee	BA-Humanities
Venue <i>(Mention the platform if it is online)</i>	Business Lab
Number of Participants	23
Target Audience	BA-IV SEM
Event Coordinator	Prof Deepa

The objective of the Program:

Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals.

It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

Report

The Department of Humanities in Association with Placement Cell Organizing a session on **Emotional Intelligence**. With the aim of generating critical thinking on given topic. It also aimed to provide a platform for students to develop their communication skills and how to find errors and build rational skill development for future career opportunities. The Skill development on the topic of '**Emotional Intelligence**'.

The Department of Humanities in Association with Placement Cell Organizing a session on **Emotional Intelligence** organized on 04-05-2023 at 12.30 PM in Business Lab. This report describes competencies key to the development of Emotional Intelligence (EI), which can be defined as how well we understand our own feelings and emotions as well as those of others, and how well we manage our relationships with others

The event was successful in attaining the objectives. Students presented logical and intellectual through creative arguments throughout the event through displaying their proper understanding of the topic and clarity of their argument without leading to any confusion.

The outcome of the program:

*Emotional intelligence is the ability to identify and regulate one's emotions and understand the emotions the others.

*A high EQ helps you to build relationships, reduce team stress, defuse conflict and improve job satisfaction.

Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

Report Prepared by: *Deepa*

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