



Workshop on Emotional Intelligence & Relationship Management

Speaker:

Dr. Bhavani Prakash, PhD
HOD, Department of Psychology
and Life skills



Bond
beautifully
with self
and others

- ❖ Do you want to stop worrying and start living?
- ❖ Do you want positive and conflict free relationships?
- ❖ Do you want to achieve emotional freedom?
- ❖ Do you want to improve your persona and excel in everything that you do?
- ❖ Do you want to overcome anger issues?

Details of the workshop

What is Emotional Intelligence?

Emotional intelligence (EI) is the ability to identify and regulate one's emotions and understand the emotions of oneself and others.

DETAILS		
Date and Time	27.06.2022	2:00 pm – 4:00 pm
	28.06.2022	10:00 am – 12:00 pm 2:00 pm – 4:00 pm
	29.06.2022	10:00 am – 12:00 pm 2:00 pm – 4:00 pm
Participants	1 st year students of B.Tech (SVECW)	
Venue	B – Block ECE seminar hall	
Intake	60 students	

➤ Benefits of learning Emotional Intelligence

- Will be able to identify unhelpful emotions and blind spots.
- Will be able to get insights over the negative patterns of emotional expression.
- Will be able to learn emotional regulation strategies.
- Will be able to develop skills like self awareness, empathy, self-motivation, social emotional awareness and relationship management.
- Will be exposed to positive emotions and learn the strategies to imbibe them into daily life.

***E – certificates
will be given***

***“3 – Day
Workshop”***

Emotional intelligence and relationship Management Workshop

3- day workshop

Emotional intelligence and relationship management workshop (3 – day workshop) (1st batch) was conducted offline to 1st year B.Tech students of Shri Vishnu Engineering College for Women from 27.06.2022 – 29.06.2022 at B – block ECE seminar hall. Total of 61 students registered and on average 56 students attended successfully and gained insight. Feedback was excellent.





Q. Blomana
225-5

זינגער א יוד האט געזאגט אז ער וויל נישט
 קומען צום שול פאר די חתונה ווייל ער
 וויל נישט זעהן דעם ברויט.

Mr. J. A. Jones
2101A 245
A-21A

Thank you for your letter of 11th Nov. I have received it and I am sorry that I have not been able to write to you more often. I have been very busy with my work and my family. I have been thinking of you and your family and I hope you are all well. I have been thinking of you and your family and I hope you are all well. I have been thinking of you and your family and I hope you are all well.