

Sri Vishnu Engineering College for Women (Autonomous)

Bhimavaram

Department of Psychology and Life skills

Department of Psychology and Life skills

## Workshop on

# Emotional Intelligence & Relationship Management



#### Speaker:

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



- 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 <sup>st</sup> year students of B.Tech (SVECW)	
Venue	B – Block ECE seminar hall	
Intake V	60 students	

E – certificates will be given

### 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 imbed them into daily life.

"3 – Day Workshop"



## DEPARTMENT OF PSYCHOLOGY AND LIFE SKILLS



# Emotional intelligence and relationship Management Workshop

3- day workshop

Emotional intelligence and relationship management workshop (3 – day workshop) (1<sup>st</sup> batch) was conducted offline to 1<sup>st</sup> 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.





This workshop made me to think about my and behaviour-After this workshop I can find a new me, by just changing my behaviour by balancing my emotions. I came to a conclusion that the emotions I potray are the major ones which decides my behaviour and my relations with my closes ones. I think that I could handle things from the other kide even

> R. Bhavara 5-32D

emotions

Enjoyed a lot these three days Intially I am an emotionally weak person but now I decided to start a new life with fully balanced emotions. This workshop made me realize who actually 9 am. Considerly you had such a cute friendly nature mam, wish u a good health and wealth.

> М. Sasi Shara 21801A 5462. AI OS-A

K. Stytli Ramus ROLL no- 57 it is neally untited for me because of this workshop I learn't have to understand others emotions and I learn't how to traper my feeling and how to know toppy with this workshop before landing to this work shop I was literally suffering with according to the stand and the others aliterary thank you man

Sage No: Date:

Thankyon Man for all your Coopersion and support I learned really something new from this workship and I promise that I will tay to implement all the lessons That you taught . I am Seally Thankful That U are Providing This applicantly for is with good nutrion \*If you know why then is Easy! and Feeling down a accident but being there is our choice and the differences between responding and Reacting and becamp and lettering all these things that I learnt from you are Really helful the me Thank you Man

wishing you the bost from the bostom of my beart

like it the problem is from the other kide, I have to understand