



**GOVT. V.Y.T. PG AUTONOMOUS COLLEGE, DURG
491001(C.G.) INDIA**

Department of Psychology

National Workshop

Date: 5 and 6 March 2021

Time: 12.00 to 3.00 pm

Topic: emotional intelligence: key of success

Chief Guest: Dr. Meeta Jha

Recourse Person:

- 1.Dr. Amita Bajpai**
- 2. Dr. Usha Kiran Agrawal**
- 3. Dr. Richa Sharma**

Meditation session: by dr. s.d.deshmukh

Participants: faculty member and students (262 Registered)

Report

Two-day online National Workshop on Emotional Intelligence: Key to Success was organized on 5th and 6th March 2021 under the joint aegis of K.K. The Principal and Patron of the college Dr.RN Singh presided over the workshop. In the inaugural session, the Principal said in his remarks that the topic of the workshop is very relevant. To be successful in life, it is not enough just to be intelligent but one has to be emotionally intelligent. The chief guest of the workshop, Dr. Mita Jha, Head of the Department, Psychology, Pandit Ravi Shankar Shukla University, Raipur, while underlining the doha of Kabir, said that such bani speak, mind ka aapa khoye | auran ko sheetal kare, aaphu sheetal hoye . If you want to be successful in life, you have to show

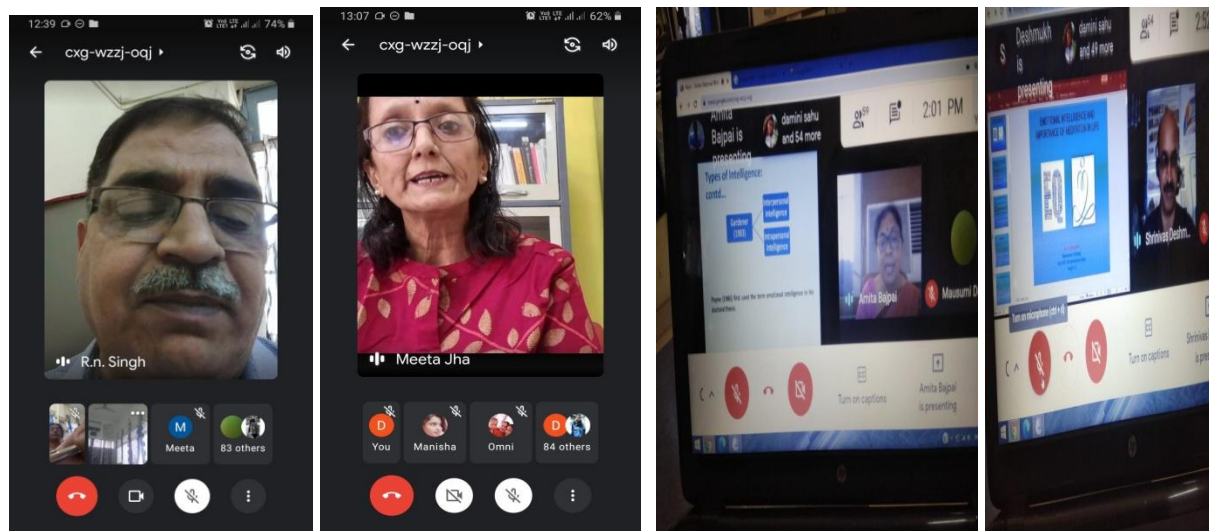
emotional intelligence. Make happiness, humility, and self-control a part of your behavior. He highlighted the importance of self-control with the example of Gita. On the first day of the workshop, Lucknow University professor Dr. Amita Bajpai, as the keynote speaker and trainer, explained the components of affective intelligence through PPT. He said that development of affective or emotional intelligence does not happen in isolation. Social Emotional intelligence develops in us only by taunting. We are able to understand the feelings of others better. And also able to understand their feelings and emotions. He said that a person can use his emotional understanding to communicate with the person in front.

On the second day of the workshop, Dr. Ushakiran Agrawal, Head of the Department of Psychology of DB Mahila Mahavidyalaya, Raipur gave training on emotional intelligence by presenting lectures in interactive mode. He provided opportunity to the participants to express themselves. During the training, Dr. Ushakiran Agrawal while emphasizing on empathy and para-empathy said that people with emotional intelligence express empathy with those people by listening to the feelings of others. admit your mistakes and learn from them. Professor Dr. Richa Sharma, Professor of Psychology of DB Mahila Mahavidyalaya, Raipur, presented her statements as the guest of the closing ceremony.

Dr. SD Deshmukh, trainer of Heartfulness Meditation and Professor of Geology and Head of the Department conducted the meditation session, highlighting the importance of meditation in the development of emotional intelligence.

Participants are joined from Bengal, Chhattisgarh, Delhi, Uttar Pradesh, Madhya Pradesh, and Tamil Nadu connected online. Dr. Suchitra Sharma, Dr. Mousami Dey, Dr. Vijay Lakshmi Naidu, Dr. Anshumala and Dr. Pratibha Sharma etc. remain actively connected.

At the end of the workshop participants presented oral feedback. Assistant Professor of Banaras Hinhu University said that this workshop was very beneficial. The lectures of both were very important for the development of emotional intelligence.





BSNL office, Deepak Nagar, Malviya Nagar, Chhattisgarh
491001, India

Latitude
21.1969307°
Local 01:10:43 PM
GMT 07:40:43 AM

Longitude
81.2995366°
Altitude 0 meters
Saturday, 03-06-2021