



A Report on One-Day FDP on "Functions of Emotional Intelligence in Inculcating Universal Human Values"

Date: 25-02-2023

Venue: The Learning Hub, Bangalore

Resource Persons: Dr. I Pavan Kumar, Professor Incharge, Legal Cell KLEF.

Introduction:

The Faculty Development Program on "Functions of Emotional Intelligence in Inculcating Universal Human Values" was held on 25th February 2023 at ERLT Lab L 414, . The FDP was organized by the Academic Staff College of KLEF, with the aim of equipping faculty members and educators with the necessary knowledge and skills to understand the role of emotional intelligence in fostering universal human values with special reference to educational settings.

Objectives:

The key objectives of the FDP were:

1. To explore the concept of emotional intelligence and its relevance in promoting universal human values in academic settings.
2. To understand the different functions of emotional intelligence and their impact on personal and professional development of academic staff and faculty.
3. To identify effective strategies to incorporate emotional intelligence in the educational curriculum to foster cooperation, Collaboration, empathy, compassion, and inclusivity.
4. To provide participants with practical tools and techniques for enhancing their emotional intelligence of faculty members.
5. To encourage a spirit of interdisciplinary discussions and academic collaborations among educators to create a nurturing environment for students and develop universal human values.

Session Highlights:

Session 1: Introduction to Emotional Intelligence and Universal Human Values

The FDP began with an opening address by Dr. Jayaprakash Jala, who provided an overview of emotional intelligence and its significance in cultivating universal human values. Dr. Jala introduced the resource person. The participants actively engaged in discussions to share their perspectives on the topic.

Session 2: The Functions of Emotional Intelligence

In this session, [Speaker/Trainer Name] delved deeper into the functions of emotional intelligence, including self-awareness, self-regulation, motivation, empathy, and social skills. Case studies and real-life examples were used to illustrate the practical application of these functions in an educational context.



Session 3: Integrating Emotional Intelligence in the Curriculum

The third session focused on strategies for integrating emotional intelligence into the curriculum across different disciplines. Participants were encouraged to brainstorm ideas and design sample lesson plans that incorporated activities promoting emotional intelligence and universal human values.

Session 4: Building Emotional Resilience: Understanding the importance of emotional resilience for educators, this session provided techniques to cope with stress and challenges in the teaching profession. Mindfulness exercises and self-care practices were introduced to help participants foster their emotional well-being.



Session 5: Panel Discussion: Fostering a Culture of Inclusivity

A panel discussion was held with prominent educators and experts in emotional intelligence and human values. The panelists shared their insights and experiences in creating an inclusive and emotionally supportive learning environment.

Key Takeaways:

- Emotional intelligence is the ability to understand and manage your own emotions, and to be aware of and understand the emotions of others.
- Emotional intelligence is important for success in both personal and professional life.

- Emotional intelligence can be improved through practice and training.
- Universal human values are values that are shared by all people, regardless of their culture or background.
- Emotional intelligence can help us to live in accordance with universal human values by helping us to:
 - Understand and manage our own emotions
 - Be aware of and understand the emotions of others
 - Build strong relationships
 - Resolve conflict peacefully
 - Make ethical decisions

Conclusion:

The Faculty Development Program on "Functions of Emotional Intelligence in Inculcating Universal Human Values" was a pleasant success. The participants gained valuable insights into the areas of importance like the significance of emotional intelligence in promoting universal human values among students and within themselves. It has been noted that the participants were able to apply the discussion to their personal lives and day to day experiences. The FDP encouraged fruitful interactions among the participants, fostering an environment of collaborative learning and united effort for personal growth.

By incorporating emotional intelligence practices into the curriculum, educators will certainly be better equipped to create a cooperative, compassionate, empathetic, and inclusive atmosphere, enabling students to embrace universal human values and contribute positively to society.

Topics Covered:

- Definition of emotional intelligence
- Importance of emotional intelligence
- Functions of emotional intelligence in inculcating universal human values
- Different ways to improve emotional intelligence

Acknowledgments:

Dr. Jala on behalf of Academic Staff College thanked all the participants for active interactions during the training. Dr. Jala Thanked the valuable contribution of the resource person for the

success of the Faculty Development Program. Special thanks to the organizing committee, volunteers, and management for their tireless efforts in making this event possible.

Recommendations:

- The participants were encouraged to continue learning about emotional intelligence and to practice the skills they learned during the FDP.
- The participants were also encouraged to share their knowledge of emotional intelligence with their colleagues and friends.

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