



K L University

(Koneru Lakshmaiah Education Foundation)

Estd. u/s 3 of UGC Act 1956

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Constituent College KLCE Accredited by NAAC with CGPA 3.76/4.00

Approved by A.I.C.T.E ± Accredited by N.B.A.± ISO 9001-2000 Certified

Academic Staff College

Report on FDP on “Emotional Intelligence – The other side of smart”

07.11.2017

One day FDP on “Emotional Intelligence – the other side of smart” by Ms..Rama Patnaik, ASC was organised by the academic Staff College on 07.11.2017 in the classroom E-104 from 10.00 am to 4.00 pm for 25 faculty members of Dept. CE, EEE, ECSE and PE.

The objectives of the program are:

1. To understand difference between EQ & IQ
2. To comprehend the components of emotional intelligence
3. To apply techniques for reframing how to view events
4. To integrate emotional intelligence into daily thinking

Emotional intelligence is the ability to recognize and manage emotions. By understanding emotional intelligence we are more likely to avoid misunderstandings, manage stress, and address conflicts more effectively.

The session began with a definition of emotional intelligence and orienting them to realise the necessity of identifying the emotions, so that the managing of emotions i.e the later stage becomes easy. The participants led through the process of knowing the difference between the emotions, thinking and behaviour with Active Learning Methods.

The emotional intelligence includes four important components of self awareness, self management, social awareness and social management. The self awareness is to identify the basic emotions and to know the difference between primary emotions, secondary and the outcomes of the emotions. The participants understood the four key factors and later went through certain tools to understand the levels of one's own emotional intelligence.

Group Photo of the Participants



Participants receiving Certificates

