



K L University

(Koneru Lakshmaiah Education Foundation)

Estd. u/s 3 of UGC Act 1956

Green Fields, Vaddeswaram, (via) K.C. Works P.O. - 522 502, Guntur District, A.P.

Phones: 08645-246948, 246615 ' FAX: 08645-247249, 0866-2577902

Constituent College KLCE Accredited by NAAC with CGPA 3.76/4.00

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Academic Staff College

Emotional intelligence -The other side of smart

27.10.2017

One day orientation program on Emotional intelligence – the other side of smart by Prof Rama Patnaik and Ms.M.Usha Rani, ASC, KLU was organized by the Academic Staff college on 27.10.2017 for 30 faculty members of Department CSE from 9.30 am to 4.00 pm in Sun Flower Hall, KL University.

Emotional Intelligence is “the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships. Emotional intelligence describes abilities distinct from, but complementary to, academic intelligence.” Daniel Goleman (1998)

Objectives of the workshop

1. To define emotions and Emotional Intelligence (EI)
2. To list the criticality of emotional intelligence in work, life and relationships
3. To positively reframe our perspective of people and situations in order to operate and adapt more positively
4. To recover from negative experiences with people and situations quicker
5. To enhance working and personal relationships with others
6. To build a mental mechanism of success in work, life and relationships for the future

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.



Resource Person Prof. Rama Patnaik Interacting with Participants



Group Photo of the Participants