

REPORT ON

GUEST SESSION ON “EMOTIONAL INTELLIGENCE “

Day: Wednesday **Date:** 11th October, 2023 **Time:** 10.30 AM-12.30 PM

Total Number of Participants: 86 **Class:** MBA I

Category: Institute Level

Objectives:

- To provide knowledge for students and teachers about importance of emotional intelligence in organizational behavior.
- To introduce students and teachers about important topics that would otherwise be omitted from the classroom experience.
- To enhance employability and advisory exposure of students in their corporate career by high EQ.
- To provide students with real-life insights into emotional intelligence, and help them understand the relation between theory and practice.

Resource Person:

Name- Dr. Nusrat N. Khan
Designation- Associate Professor
Organization Name- Sinhgad Institute
Contact No.-9823377161
Email id-nusrat.khan@sinhgad.edu

Session Summary:

Guest lecture on emotional intelligence was arranged on 11th October 2023 ,Wednesday at 10:30 am. Session speaker Dr. Nusrat N. Khan was arrived in RMD Sinhgad School of Management Studies, seminar hall at 10:30 am. Student Co-ordinator Nihal Prasad from MBA-I welcome Dr. Nusrat Khan and felicitation by Dean, Dr. Swati Vijay.

Later on, **Shripad Sir** has taken charge and proceeded the session. She has share about her qualification and professional experiences. She has given introduction of emotions and emotional intelligence with day to day life examples. She has also thrown lights on increased need of emotional intelligence at professional workplace across the globe. Also, recent need of organisations and employers from employees about their behaviour. She has spotlighted on:

- Emotional intelligence or emotional quotient.
- Positive emotions
- Negative emotions
- How to improve EQ
- Benefits of high EQ

She has assigned different situational problems in the 14 groups and given 15 minutes to prepare role play or find different solutions on the basis of emotional intelligence. Students were prepared solutions for given situation and group wise they came forward to present solution. During group presentation Dr. Nusrat Khan added more solutions and given feedback of their solutions and presentation.

At the end question and answer session conducted by guest for students. This session has completed at 12:45 pm. Student co-ordinator Rahul Monothiya has given vote of thanks for guests.

Outcome of the session:

After the session on emotional intelligence, participants gained valuable insights into the evolving landscape of emotions and emotional intelligence.

The key outcomes of the session were:

- Importance of emotional intelligence in organizational behaviour.
- Real-life insights into emotional intelligence.
- Effect of low and high EQ during working in the organisation.
- Insights for building strong relationships while working and healthy personal relationships.
- Advantages of better empathy skills.
- Presence of emotional intelligence helps for meaningful communication.
- Also set clear, meaningful and manageable goals with firm emotional intelligence.

Overall, the outcome of the session empowered participants with valuable knowledge and insights into the emotional intelligence. They left with a clear understanding of how emotional intelligence is beneficial in working and healthy personal life. Also adapted to meet the needs of a rapidly changing workforce behaviour and support organizational, team success in the modern business environment.

Name of Student Coordinators:

Roll No.	Name of the Students
125	Nihal Prasad
132	Rahul Manothiya
90	Asmita More

Name Faculty Coordinators:

Mrs. Komal Bankar

Mr. Sarvesh Rasal

Event photos :



Session speaker Dr. Nusrat Khan delivering session to students and faculty members.



Session speaker Dr. Nusrat Khan sharing knowledge to students and faculty members.



Students presenting solutions of assigned situation with emotional intelligence to Session speaker Dr. Nusrat Khan.



Students presenting solutions of assigned situation with emotional intelligence to Session speaker Dr. Nusrat Khan .

Dr. Swati Vijay

Dean(RMDSSOMS)