



	<u>Report</u>
<b>Name of Workshop</b>	<b>“MANAGEMENT ON EMOTIONAL INTELLIGENT”</b>
<b>Date of Workshop</b>	<b>18<sup>th</sup> APRIL,2023</b>
<b>Time</b>	<b>11:20 AM ONWARDS,</b>
<b>Venue</b>	Classroom
<b>Beneficiaries</b>	BBA STUDENT
<b>No. of Participants</b>	57 STUDENTS
<b>Resource Person</b>	Mr Vibhanshu (Assistant Professor, MIMT)
<b>Co-ordinator</b>	Ms. Neha Dhingra(Assistant Professor, MIMT)
<b>Objective</b>	<ul style="list-style-type: none"><li>• Developed self-awareness and self-management of personal emotions.</li><li>• Recognized emotions in others, responding to those emotions in order to inspire high performance.</li></ul>
<b>Overview</b>	<p>Grievance Redressal Committee (GRC) of MIMT conducted one day workshop on” <b>Management on Emotional Intelligence</b>” for the students of BBA program. The resource person for the workshop was Mr Vibhanshu (Assistant Professor, MIMT). The aim of conducting said workshop was to preparing the students to develop self – awareness and self-management of personal emotions. He timely started the workshop at 11:20 AM in classroom. Initially, he briefed the concept of Emotions and its importance to students. He highlighted the objective and why we develop emotions. Mainly, he thought student’s types of emotions and how to tackle with all kind of emotions like anxiety, stress and recognized emotions in others, responding to those emotions in order to inspire high performance.</p>
<b>Outcomes</b>	<ul style="list-style-type: none"><li>• Managing your own emotions to positive outcomes.</li><li>• Understanding change &amp; others – difference in communication and decision-making.</li></ul>



A group photograph of the Resource Person Mr Vibhanshu (Assistant Professor, MIMT) along with the students attending the session.



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