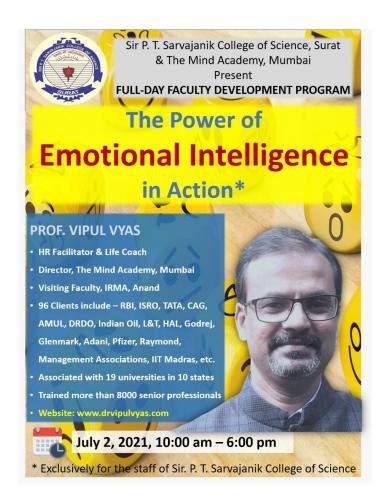
Workshop on "The Power of Emotional Intelligence in Action"

Date: 02nd July, 2021 Participants:32

Dr. Vipul Vyas, The Mind Academy, Mumbai



Brief report

On 2nd July, 2021, a one day workshop for teaching and non-teaching staff of the college was conducted by Dr. Vipul Vyas, The Mind Academy, Mumbai. Dr. Vyas stressed the need of Emotional Intelligence for an Individual to cope up with various stress level generated at the workplace and also life in general. In three sessions of two hours each, Dr. Vyas highlighted the ways in which Emotional Intelligence can help us deal with students and our colleagues so that congenial environment is creating in the organization. Dr. Vyas used different techniques which involved actual demonstration of the ways in which stress levels could be reduced leading to a healthy mind and body. The other advantage of emotional intelligence is the improvement and interpersonal relationships, social interactions, social behavior, ethical living and holistic life in general. In the end all the participant gain a very positive feedback about the entire workshop, suggested that such events should be conducted more often and thanked the speaker for an enriching experience.