

Dr S.C. Gulhane Prerna College of Commerce, Science and Arts



Run by Prerna Sewa Mandal
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)
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REPORT ON Extra-curricular Activities Committee & Counselling Cell Jointly Organizing A Seminar On 'Emotional Intelligence'

Title of the Program: -Emotional Intelligence.

Guest Speakers: Dr. Manoj Salpekar, Motivational Speaker & Corporate Trainer.

Compeering :- Pooja Vyawhare, **Vote of Thanks :** Rajashri Akare

Date and Time: Tuesday, 6th march 2025, 10.30am.to 12.00 pm.

Objectives:

1. To define emotions and Emotional Intelligence (EI).
2. To distinguish emotional intelligence from other forms of intelligences.
3. To list the criticality of emotional intelligence in work, life and relationships.
4. To recover from negative experiences with people and situations quicker.
5. To increase awareness of others and social situations.
6. To build a mental mechanism of success in work, life and relationships for the future.

Highlights:

1. Dr. Pravin Joshi sir introduced the guest speaker, Dr. Manoj Salpekar and he is welcomed him.
2. Dr. Manoj Salpekar said Key Components of Emotional Intelligence (EI).
3. Sir explained the what emotion actual working in our mind Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills.
4. Sir explained Ways to Improve Emotional Intelligence.
5. Sir also informed Improve communication and conflict resolution skills.
6. Sir informed students Stay motivated and cultivate a positive attitude.



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Outcomes:

1. Students can learn about their emotions leads to improved self-confidence and decision-making.
2. They also learned about their rights and responsibilities as citizens and how to be active participants in a democracy.
3. They also learned about the ability to recognize and understand one's own emotions and their impact on thoughts and behaviour.
4. The students are now well aware of Managing emotions in a healthy way, controlling impulses, and adapting to changing circumstances.
5. Students learned Effective communication, conflict resolution, and relationship management skills.

Number of Beneficiaries:

61 Students of Commerce and Management Department.

Glimpses of the Program:



Dr. Manoj Salpekar sir being welcomed by Dr. Pravin Joshi sir

Program Coordinator

Ms. Neha Samundre

Extra-curricular activities committee

Program Coordinator

Ms. Pooja Gadwe

Counseling Cell