

TWO-DAY WORKSHOP ON 'EMOTIONAL INTELLIGENCE AMONG YOUNG-GRADUATES

Organized by: Department of English

29th & 30th April, 2022

Department of English conducted a Two Days Work shop on developing “Emotional Intelligence among Young-Graduates” with Dr M. Raja Viswanathan, Asst. Prof of English, NIT, Warangal on 29-0-2022 & 30-02022 for I B.com (T.P, Logistics and BBA).

Objectives:

After this workshop, students will be able to:

- Define 'Emotional Intelligence'.
- Outline the levels of Emotional Intelligence.
- Discuss the implications and application of Emotional Intelligence.
- Developed self-awareness and self-management of personal emotions.
- Explored ways to advance personal Emotional Intelligence.
- Recognised emotions in others, responding to those emotions in order to inspire high performance.
- Understood the consequences of behaviour and weigh decisions before action.

Day 1- Session 1: Resource person have shared a questionnaire among students before going into the discussion of Emotional Intelligence. Two different questionnaires were given to students with certain instructions. These questionnaires help students to understand their Responses to certain Emotions.

Tick the box you think applies to you

A.

My feelings are clear to me at any given moment.	0	1	2	3	4
Emotions play an important role in my life.					
My moods impact the people around me.					
I find it easy to put words into my feelings.					
My moods are easily affected by external events.					
I can easily sense when I am going to be angry.					
I readily tell others my true feelings.					
I find it easy to describe my feelings.					
Even when I am upset I am aware of what is happening to me.					
I am able to stand apart from my thoughts and feelings and examine them.					

B.

I accept responsibility for my reactions	0	1	2	3	4
I find it easy to make goals and stick to them.					
I am an emotionally balanced person					
I am very patient.					
I can accept critical comments without getting angry.					
I maintain my composure even during stressful times.					
If an issue doesn't affect me directly, I don't let it bother me.					
I can restrain myself when I feel anger towards someone.					
I control urges to overindulge in things that would damage my well-being.					
I direct my energy into creative work or hobbies.					

C.

	0	1	2	3	4
I consider the impact of my decision on other people					
I can tell easily if the people around me are annoyed.					
I sense it when a person's mood changes.					
I am able to be supportive when giving bad news to others.					
I am generally able to understand the way people feel.					
My friends share their secrets with me.					
It bothers me to see other people suffer.					
I usually know when to speak and when to be silent.					
I care what happens to other people.					
I understand when other people's plans change.					

D.

	0	1	2	3	4
I am able to show affection.					
My relationships are safe places for me.					
I find it easy to share my deep feelings with others.					
I am good at motivating others.					
I am a fairly cheerful person.					
It is easy for me to make friends.					
People tell me I am very sociable.					
I like helping people.					
Others find me dependable and trustworthy.					
I am able to calm someone down if they are upset.					

Questionnaire

	Please read each statement below carefully and rate how frequently you feel or act in the manner described. Circle your answer on the response form. There are no right or wrong answers or trick questions. Please answer each question as honestly as you can	0 Never	1 Rarely	2 Sometimes	3 Often	4 Always
1	When someone else is feeling excited, I tend to get excited too.					
2	Other people's bad luck do not disturb me a great deal					
3	It upsets me to see someone being treated disrespectfully					
4	I remain unaffected when someone close to me is happy					
5	I enjoy making other people feel better					
6	I have tender, concerned feelings for people less fortunate than me.					
7	When a friend starts to talk about his\her problems, I try to steer the conversation towards something else.					
8	I can tell when others are sad even when they do not say anything.					
9	I find that I am "in tune" with other people's moods.					
10	I do not feel sympathy for people who cause their own serious illnesses.					
11	I become irritated when someone cries.					
12	I am not really interested in how other people feel.					
13	I get a strong urge to help when I see someone who is upset.					
14	When I see someone treated unfairly, I do not feel very much pity for them.					
15	I find it silly for people to cry out of happiness.					
16	When I see someone being taken advantage of, I feel kind of protective towards him\her.					

PHOTO GALLERY



Students at the Workshop

Day1- Session 2:

After a thorough understanding and response to the questionnaire Resource Person began explaining, what Emotional Intelligence is all about. He stated that Conflicts need resolving as amicably and humanely as possible as and when they occur so that we don't aggravate them. This is the only way to have a harmonious and sustainable relationship with everyone.

He also helped them to understand importance of 'Self-awareness'. 'Self-management'

- Identifying and managing one's emotions.
- To know our strengths and weakness
- Happiness
- Contentment
- Generosity
- Co-operation
- Healthy Friendships etc.



Day2 – Session 1.

After recollecting what was learnt in the first day. Resource person started with ‘ How to be a Responsible decision maker’.

- Learning to analyse and justify your ideas and actions
- Searching before you form an opinion
- Accepting the consequences of your actions
- Demonstrating critical thinking skills
- Promoting personal and community wellbeing.



Outcome:

Emotional intelligence helps students better analyse situations. It not only helps students interact with others better but also helps them tackle academic issues with greater panache. The better a student is able to come to grips with a situation, the more in control they are of it. Emotional intelligence allows them to understand a situation better instead of getting overawed by it and upending the metaphorical cart entirely.

Principal Dr. V. Narayana Rao, Vice-Principal Sri P.L Ramesh, M. Venkateswara Rao, Ms. S. Santha Kumari, Mr B Mohan Teja, Mr. Tilak, Mrs K. Radha and Dr. H. Narendra Kumar, Head Department of English, along with 100 students have participated in this workshop.