

Rukmini Devi Institute of Advanced Studies

Madhuban Chowk, Rohini, Delhi-110085

(Approved By AICTE & Affiliated With GGSIP University)

DOSSIER

on

Special Talk

on

“Lead with Emotional Intelligence”

Organized by

Women’s Cell

On

February 27, 2018



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Ms. Akanksha Bhardwaj

Faculty Incharge

Dr. Irameet Kaur

Chairperson, Literary Club

Prof. (Dr.) Raman Garg

Director, RDIAS

FORM A

Proposal:

- **Name of the event to be organized:** Special talk on “Lead with Emotional Intelligence”
- **Date:** February 27, 2018
- **Venue:** Lecture Theatre, B Block, RDIAS
- **Expert :** Dr. Aparna Sethi, Founder Pro Touch services

Motivation for the activity: Emotional intelligence is the ability to combine thinking with feelings in order to build strong relationships and quality decisions. It is fundamental to leading a full, rich and rewarding life. A special talk on this theme was organized to clarify the concept of emotional intelligence and how students can make the maximum of it in achievement of their personal and professional goals.

- **Organized by:** Women’s Cell, RDIAS

FORM B

Part I

Aim of the event:

The session was organized to explain the concept of Emotional Intelligence/Emotional Quotient, how it is different from IQ and how to develop emotional stability. The session was designed to help students understand and practice the concept of self-management, self-awareness, self-regulation, self-motivation, and empathy. The objective of the session was to encourage students to work with various dimensions of emotions and respond with various emotions. The session was taken by Dr. Aparna Seth, Founder Pro Touch services.

Part II

Abstract:

Dr. Aparna Sethi started her talk by explaining that Emotional Intelligence is the ability to identify and manage your own emotions and the emotions of others. She discussed about emotional stability and emphasized upon the fact that for every emotion we always tend to respond instead of react. During her lecture she also discussed about three types of brains as studied in the subject of Psychology - thinking brain, emotional brain and action brain. Whenever we see something, our emotional brain gets activated first followed by thinking brain and lastly action brain. She gave key solutions for stress management to students for effectively managing their own self. Furthermore, she emphasized on five essential Emotional Intelligence constructs:

- 1) Self Awareness – recognizing one's own emotions, strengths and weaknesses.

2) Self-Regulation – recognizing one’s own negative/disruptive emotions and redirecting them to be productive and positive.

3) Social Scale – Utilizing the first two to secure and maintain relationships,

4) Empathy – The ability to personally identify with the challenges of another. Not to be confused with Sympathy,

5) Motivation – it is theorized that a person with a high EQ will be able to successfully motivate themselves to achieve goals.

Within each construct, she discussed listed capabilities that can be achieved in order to reach new levels of performance.

1. Emotional Perception – recognizing emotions of others through facial expressions/body language
2. Use of Emotion – ability to use emotions to achieve desired outcomes
3. Understanding Emotions – Understanding the complexity of emotions. E.g. conflicting emotions
4. Managing Emotions – ability to regulate emotions

Dr. Aparna Sethi delivered through the lectures that emotional intelligence is your responsibility! How you react and respond to events is governed by your emotional intelligence.

Everyone can work to develop your emotional intelligence, but this is not easy. The lecture also covers the advantages and disadvantages of emotional intelligence, ways it can be improved and some do's and don'ts of working with emotional intelligence. Madam has also covered mainly five emotions which lie in every individual and known to be as FLASH (fear, love, anger, sadness and happiness). She discussed that each emotion under FLASH is positive and required in every individual to deal with situation or circumstances. Changing the way that you work with

your emotions is not easy. The lecture gave insights about emotional intelligence and defined how to develop and deal with varied emotions.

Part III

Conclusion:

It was really a wonderful lecture. Students participated with variety of questions and in the interaction with the expert. The valuable insights were really splendid and provided audience with clarity over myths and assumptions already created by the minds of the individuals.

Glimpse of the session!



“When awareness is brought to an emotion, power is brought to the life”



“Experience is not what happens to you -- it's how you interpret what happens to you. “



Token of appreciation to Dr. Aparna Sethi by Women's Cell chairperson Ms. Akanksha Bhardwaj