



RUKMINI DEVI

Institute of Advanced Studies

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Web report of the session on “Lead with Emotional Intelligence”

Title	Special talk on “Lead with Emotional Intelligence” Organized by Women’s Cell @ RDIAS
Date	February 27,2018
Resource Person/Facilitator	Dr. Aparna Sethi, Director- Pace Career Academy & Founder member-Protouch
Summary	<p>Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills: emotional awareness; the ability to harness emotions and apply them to tasks like thinking and problem solving. Dr. Aparna Sethi addressed the students regarding how to deal with the situation by learning more about the emotion of self and others. Research has consistently demonstrated that when clear goals are associated with learning, they are achieved more easily and rapidly. This session was designed to help students to define and practice self-management, self-awareness, self-regulation, self-motivation, and empathy for effective management of their career goals.</p> <p>After elaborating upon the conceptual aspects, the speaker explained in detail about emotional intelligence quotient (EQ test which is helpful to recognize, understand and influence the emotions of others.</p> <p>Further, Madam discussed that how we can increase our Emotional Intelligence. The communication between our emotional and rational “brains” is the physical source of emotional intelligence and it requires effective communication between the rational and emotional centers of the brain. This fascinating session enabled the students to understand the importance of emotions management of self and people around you. The session will also facilitate the students to manage their inter-personal relationships in a better way.</p>