



MDP on 'Emotional Intelligence & Social Psychology in day to day life

TITLE	MDP on 'Emotional Intelligence & Social Psychology in day to day life'
Date	Nov 28, 2020 - Nov 28, 2020
Summary	<p>E-MDP on 'Emotional Intelligence and Social Psychology in Day to Day Life' was organized on 28 November 2020 from 11:00 am to 1:30 pm through google meet. The e-MDP aimed at facilitating better understanding of different emotional states and enhanced understanding of social psychology to the participants.</p> <p>Dr. Neha Yadav, Associate Professor, RDIAS, explained about different emotions, bringing clarity on emotional intelligence competencies and also highlighted the need to control the heightened emotions in different phases of life. Ms. Anjali Vij, Assistant Professor, RDIAS, brought into picture the dire need to gain cognizance of the difference in our behavior when we are surrounded by others. Other vital aspects of Social Psychology such as cognitive dissonance, heuristics and schemas were also deliberated upon during the course of discussion.</p> <p>The session saw an array of experiences as speakers quoted multiple real-life examples to make these concepts aligned with what we face practically. E-MDP also witnessed participants from different professions such as teaching, corporate and students also enthusiastically attended the event. The event concluded with vote of thanks to the participants by Ms. Anjali Vij.</p>