



Shri Mohatadevi Shikshan Sanstha, Aurangabad.

PRAGATI MAHAVIDYALAYA

Sawkheda, Tq. Sillod, Dist. Aurangabad.

Affiliated to: S.N.D.T. Women's University, Mumbai

College Code: 442 Exam. Center Code: 291

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President

Mrs. Archana Mukhekar
Secretary

Dr. Varsha Phalke
Principal

Ref No.: PMS/2023-2024 / -

Date : 01/01/2024



Report on the Online Workshop: Emotional Intelligence

Introduction: On January 1, 2024, Pragati Mahavidyalay, Sawkheda, Sillod, Aurangabad, organized an insightful online workshop titled "Emotional Intelligence." The workshop aimed to enhance participants' understanding of emotional intelligence (EI) and its significance in personal and professional settings. The session was led by Prof. Markad K., an esteemed educator from New Bhagwan Arts Commerce and Science College.

Details of Workshop:

Date: January 1, 2024

Mode: Online

Hosted by: Pragati Mahavidyalay, Sawkheda, Sillod, Aurangabad

Coordinator: Prof. Chandranayan K. Waghmare

Principal: Dr. Varsha S. Phalke

Guest Speaker: Prof. Markad K. (New Bhagwan Arts Commerce and Science College, Tanpurwadi)

Objectives of the Workshop: The primary objectives of the workshop were:

1. To define emotional intelligence and its key components.
2. To explore the impact of emotional intelligence on interpersonal relationships and workplace dynamics.
3. To provide practical strategies for improving emotional intelligence.

Key Highlights

Guest Speaker Session: Prof. Markad K. presented a comprehensive overview of emotional intelligence, covering its essential aspects. Key highlights from his presentation included:

- **Understanding Emotional Intelligence:** Prof. Markad defined emotional intelligence as the ability to recognize, understand, and manage our emotions

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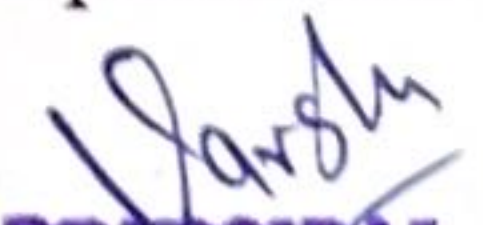
and the emotions of others. He outlined the five key components of EI: self-awareness, self-regulation, motivation, empathy, and social skills.

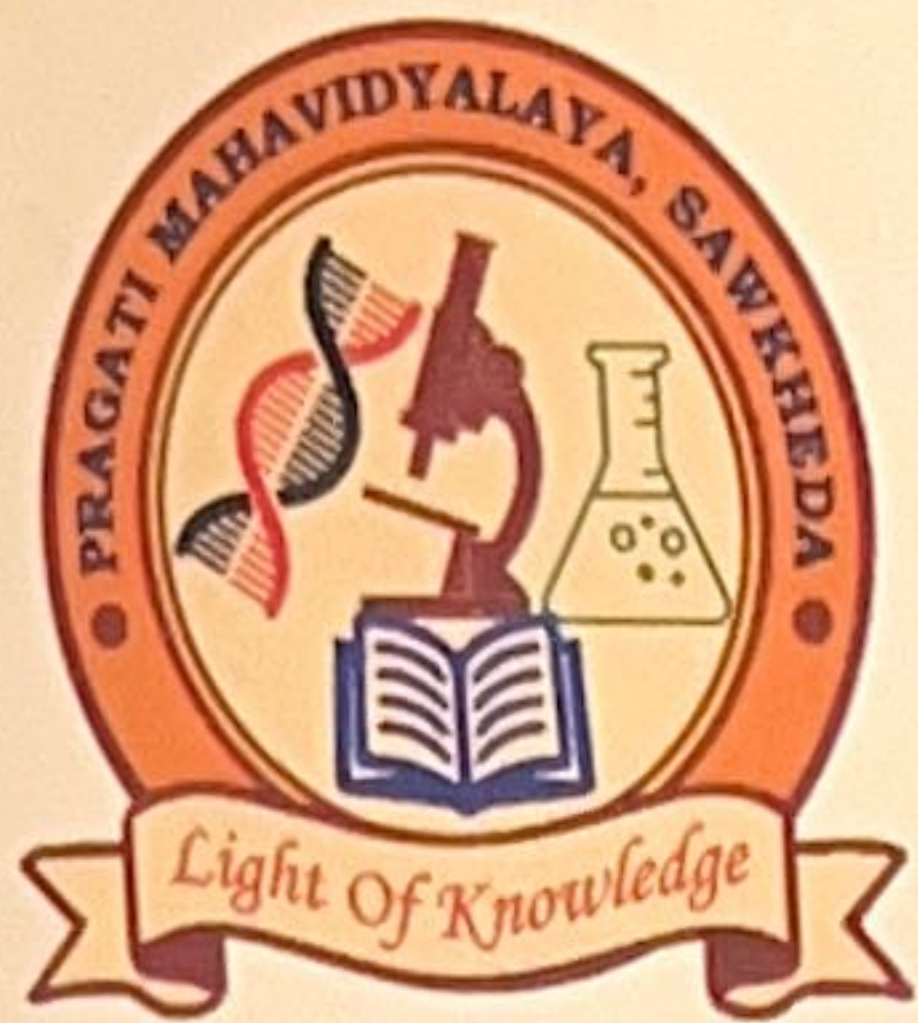
- **Importance of EI:** The speaker emphasized that emotional intelligence plays a crucial role in effective communication, conflict resolution, and leadership. He provided examples of how high EI can lead to better teamwork, enhanced decision-making, and improved mental health.
- **Developing Emotional Intelligence:** Prof. Markad shared practical strategies for enhancing emotional intelligence, including:
 - Practicing mindfulness and self-reflection to increase self-awareness.
 - Developing active listening skills to better understand others' emotions.
 - Engaging in empathy exercises to improve interpersonal relationships.
- **EI in the Workplace:** The speaker highlighted the growing importance of emotional intelligence in the workplace, particularly in fostering a positive work culture and enhancing employee engagement and productivity.

Interactive Q&A Session: An interactive Q&A session followed the presentation, allowing participants to ask questions and share their experiences related to emotional intelligence. Prof. Markad addressed various queries and provided personalized advice on improving EI in different contexts.

Participant Engagement: The workshop attracted a diverse group of participants, including students, educators, and professionals. Their active involvement demonstrated a strong interest in understanding and applying emotional intelligence in their lives.

Workshop Summary: The online workshop on "Emotional Intelligence" successfully achieved its objectives, offering valuable insights into the importance and application of EI in personal and professional settings. Participants left with


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actionable strategies to enhance their emotional intelligence, which will undoubtedly contribute to their overall development.

We extend our sincere gratitude to Prof. Markad K. for his enlightening presentation, to the coordinators and organizers for their efforts, and to all participants for their enthusiastic engagement.


Coordinator

Principal


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