



Event Report

Academic Year 2022-23

School/Department Name: School of Engineering and Technology/ Department of English and Languages

Event Title: Expert Lecture on 'Emotional Intelligence'

Event Date: 31/01/2023

Time: 8:30 AM to 10:00 AM

Duration in days: One Day

Mode of conduction: Offline

Level of Program: University Level.

Faculty Convener: Dr. Mohini Gurav

Faculty Organisers: Nithish Nair, Pradnya Dongardive, Dr. Namdev Suryawanshi, Anish Shintre

Distinguished Resource Person: Mrs. Ashwini Deshpande

Distinguished Guests: Dr. Prakash Burhade, Dr. Mahendra Shinde, Dr. Premanand Naktode and Dr. Vishal Sulakhe

Students: First Year B.Tech

Event Outline, Objective and Outcome of the event: Department of English and Languages organised an Expert Lecture on 'Emotional Intelligence' for students of First Year B.Tech students from School of Engineering and Technology. The event focused on providing information to students on what Emotional Intelligence is and how to tackle emotional stress and manage one's emotions during difficult times.

Outline of Program: A program on 'Stress Management' was organized by the Department of English and languages, SOET and was conducted by eminent

guest Mrs. Ashwini Deshpande. She enlightened the students about 'Emotional Quotient' and why EQ is as important, if not more important than IQ. She discussed different kinds of mental pressures people go through, and ones that students are especially prone to. She provided methods to control and manage such mental stress and emotional issues.

Outcome: Students and faculty understood the methods with which one can understand their feelings, emotions and tackle stress by themselves. The speaker also focused on venting one's emotions for mental stability.









