



SESSION ON EMOTIONAL INTELLIGENCE: A KEY TO THRIVING IN LIFE AND WORK

19th March 2025 | 02:00 pm to 04:00 pm
Mechanical Seminar Hall, Acharya Campus



About the Program

Objectives of the Program

- Educate participants on the fundamental concepts of emotional intelligence, including self-awareness, self-regulation, motivation, empathy, and social skills.
- Promote techniques for managing stress, maintaining emotional balance, and cultivating resilience during challenging times.
- Encourage attendees to recognize the importance of emotional well-being in achieving a healthy work-life balance and thriving in their personal and professional lives.

Expected Outcome of the Program

- Increased Understanding of Emotional Intelligence
- Improved Emotional Awareness and Self-Reflection
- Enhanced Leadership and Management Skills
- Stronger Relationships and Better Communication
- Improved Problem-Solving and Decision-Making Abilities

Important Dates

Date	19 th Mar 2025
Time	02:00 PM to 04:00 PM
Target Audience	Students and faculty
Type of program	Offline
Venue	Mechanical seminar hall

Resource Persons Detail



Ms. Shivani Mansingh

Empowering individuals and organizations to discover purpose and embrace authenticity | ICF-PCC | Executive and Career Coach | Facilitator | Mentor Coach | Ontological Approach in Coaching |

Committee Members

ADVISORY COMMITTEE

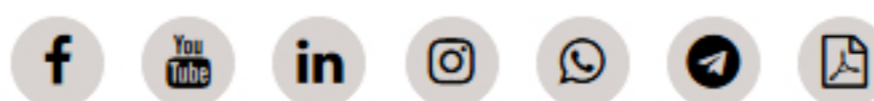
- Dr. C.K. Marigowda Principal, AIT
- Dr. Attel Manjunath Associate Professor, Department of Mechatronics Engineering, AIT IIC- coordinator

CONVENER

- Dr. Shilpa Sivashankar Head of the Department

FACULTY CO-ORDINATOR

- Dr. Ismail Shareef M, Professor, Department of Biotechnology,
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LOCATE US

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