

REPORT ON THE EMOTIONAL INTELLIGENCE WORKSHOP:-



On 1st August 2024, a day long National Workshop on Emotional Intelligence (EI) was organised by the Department of Psychology at Gokhale Memorial Girls' College. The speakers of this workshop were Dr. Deepshikha Ray, Associate Professor (Dept. of Psychology, University of Calcutta), Dr. Sreemoyee Tarafder, Assistant Professor (Dept. of Psychology, West Bengal State University) and Ms. Semanti Mukherjee, Assistant Professor (Dept. Of Psychology, Scottish Church college). It aimed at enhancing the participants' understanding and management of emotions in personal and professional settings. The session focused on key theories, techniques for managing emotions, and critical aspects of EI.

The workshop began with an overview of prominent EI theories, including Daniel Goleman's model, which emphasizes self-awareness, self-regulation, motivation, empathy, and social skills. Salovey and Mayer's ability model, which views EI as the ability to perceive, use, understand, and manage emotions, was also discussed. The workshop also covered Bar-On's model of emotional intelligence, which emphasizes a range of competencies and skills that influence one's ability to succeed in coping with environmental demands and pressures. Key components include intrapersonal skills, interpersonal skills, adaptability, stress management, and general mood.

Participants engaged in exercises designed to improve emotional self-regulation. Techniques such as mindfulness, and stress reduction strategies were explored. These activities aimed to help attendees recognize their emotional triggers and develop healthier responses.

At the end of the workshop, the Vote of Thanks was delivered by Dr. Leena Nair Sengupta, Associate Professor (Dept. of Psychology, Gokhale Memorial Girls' College) and certificates of participation were distributed to the participants.

The workshop provided valuable insights into the theories and practical applications of emotional intelligence. Participants left with a deeper understanding of EI and equipped with tools to manage their emotions effectively, fostering better personal and professional interactions.



