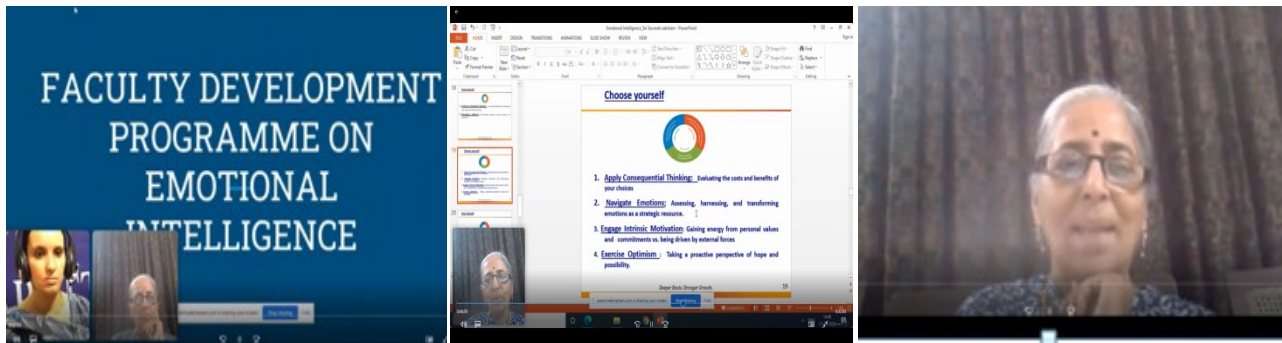


e-FDP on Emotional Intelligence

17.10.2020

Gitarattan International business school organized an E-FDP on Emotional Intelligence on 17.10.2020. The session was conducted by Dr. Kalindi Bhat. She has more than 32 years of experience in the field of Education and Corporate Training. Over the past 8 years, she has been working as a Facilitator and Coach serving a number of industry segments. Dr. Kalindi has facilitated programs across various levels. She has helped participants develop life-transforming skills related to Communication, Assertiveness and Interpersonal skills to increase team-bonding and collaboration.



The session began with the welcome address for the resource person. She began with the importance of Emotional stability in one's life and explained what differentiated the successful people from those who failed and the reason is Emotional Intelligence. She explained eight competencies which are required for EI and would help the individual to play all his roles successfully, whether at home or professionally. Further she emphasized that we need to understand our emotions and convert them from high intensity to lower and finally pleasant. She emphasized that we should not allow the negative emotions to escalate and in fact deviate and change its directions by thinking positive. The E FDP ended with the vote of thanks.

Prepared by: Dr. Ashneet Kaur, Assistant Professor, giBS