

**CRITERION 3** 

# St. Bede's College Shimla

(UGC-NAAC "A+" Grade Re-Accredited)

3.2.2 NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND ENTREPRENEURSHIP DURING THE YEAR



#### WEBINAR ON "EMOTIONAL INTELLIGENCE AND LEADERSHIP SKILLS"



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## WEBINAR ON "EMOTIONAL INTELLIGENCE AND LEADERSHIP SKILLS"

The Department of Commerce and Management in collaboration with NEST (Nurturing their Skills, Talent and Education), organized a webinar on the topic "Emotional Intelligence and Leadership Skills" for Commerce, Management and Psychology students on 23rd October, 2020.

Objective: The objective of the webinar was to make students understand how leadership skills depend on emotional intelligence and it is important to maintain emotional balance to achieve goals in life. The resource person for the webinar was Dr. Shama Hussain, Chairman, Muscat Head, National Institute of Skills Training. Dr. Hussain after introducing the concept of emotional intelligence and its importance in leadership, explained how emotional intelligence helps in controlling emotions thereby helping in making better decisions and strong relations in life. Discussing the five components of emotional intelligence, namely self-awareness, self-regulation, motivation, empathy, and social skills, she explained how these are interlinked.

Dr. Hussain highlighted the role of emotional intelligence in effective communication.

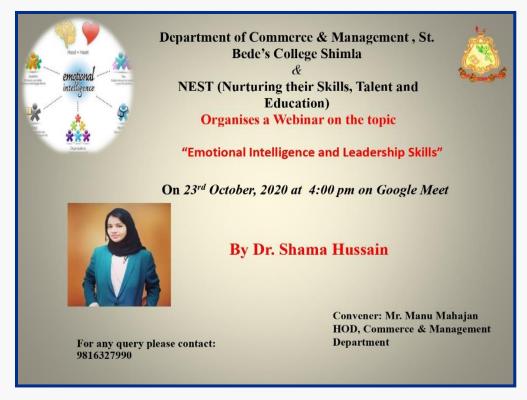
Outcome: The resource person provided practical tips and strategies for managing emotions, which the students found to be very useful.

Manu Makejan.

Officiating Principal St. Mos College Shimla - 2



### St. Bede's College Shimla



Webinar on "Emotional Intelligence and Leadership Skills" on (October 23, 2020)

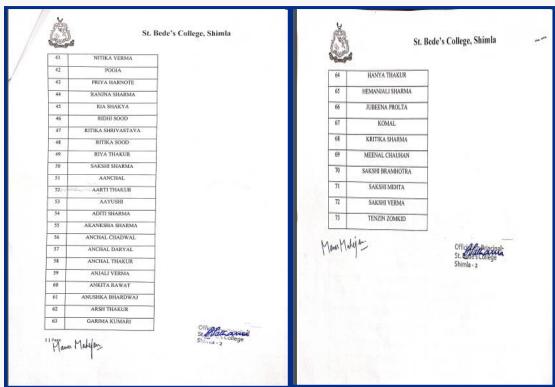


Webinar on "Emotional Intelligence and Leadership Skills" on (October 23, 2020)



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**Attendance Sheets**