

Gandhi College holds webinar on Emotional Intelligence

Excelsior Correspondent

JAMMU, Aug 22: Gandhi Memorial College of Education organised a national webinar on Emotional Intelligence and Personality.

Dr Archana Shukla, Professor and Head of Department of Psychology University of Lucknow and Dr Seema Vinayak Professor Department of Psychology Punjab University, Chandigarh were the resource persons.

The welcome address was made by Satish Talashi, Principal of the College.

Dr Archana Shukla discussed the significance of Emotional Intelligence (EI) in personnel and professional life. She elaborated

the components of Emotional Intelligence and how it affect conflict resolution, decision making and time management. She also discussed managing conflicts among teenagers.

Dr Seema Vinayak another resource person emphasized on importance of E I in leadership which is affecting the personnel and inter-personnel success. She highlighted the importance of empathy in communication and relationships and mentioned that EI can be learned and is beneficial in various aspects of the life.

Prof B L Zutshi, president Hindu Education Society Kashmir (HESK) also spoke on the occasion and expressed his gratitude to resource persons and participants.