



ACS College of Engineering

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SelectSmart Activity Report

On

Emotional Intelligence
By Veena Jain
Founder, Jagruth
Counselling Psychologist

ACTIVITY REPORT

Activity Name & Date	Emotional Intelligence on 04-Jul-2020
Activity Type	Lecture
Conducted By	CTDS Bangalore

About the Activity:

When emotions run high, we do and say things we normally would not. This is what a young child does all the time. This just needs to be handled properly

Emotional self-regulation is the ability to manage one's experience and expression of emotions. We need to teach this also to the children. As handling emotions is going to be a part of their lives always so they need to know how to deal with it.

Today, we focus on academic achievement in childhood, emotions have been largely ignored. This is a poor strategy, as emotional sound people remain happy and content and this surely is an important factor in life.

Children who handle their emotions well have good self-control and are therefore healthier, made more money, and were less likely to have criminal records or trouble with alcohol or any other addiction.

Feelings serve a purpose

The import aspect of emotional intelligence is awareness and understanding of emotions. We have to understand anything to solve it and the same is true of emotions too.

For instance, sadness is an emotion uniquely capable of slowing us down, both in thought and motor activity. Anger increases our energy sending blood to our extremities. Now, extreme anger was perhaps necessary in an era where we have to fight to survive but this is certainly not relevant anymore. Hence, anger now needs to be handled and controlled.

Basically, children need the experience of feeling all emotions and practice handling them as appropriate.

Increasing your child's emotional intelligence

How parents respond to their children's emotions is important to understand. Let us examine some of them

1. Dismissing parents see children's emotions as unimportant and attempt to eliminate them quickly, often through the use of distraction.
2. Disapproving parents see negative emotions as something to be squashed, usually through punishment.
3. Laissez-faire parents accept all emotions from child, but fail to help the child solve problems or put limits on appropriate behaviors.
4. Parents who understand emotions are not impatient with a child's expression of them, and use this an opportunity for bonding by offering guidance through labeling emotions and problem-solving the issue at hand.

Suggestions for teaching emotional intelligence to children

We all must see emotions as an opportunity for connection and teaching. This is not an inconvenience but offers possibilities. It is an opportunity to connect with the child and coach them to handle a challenging feeling.

With complete listening, we shall be able to make them feel no emotion is bad but they need to know how to handle it. They need to know all emotions are acceptable but all reactions are not. For instance, anger cannot result in violence. Here, patience is important. We could teach them all of this as this is indeed an important lesson they surely need to learn.

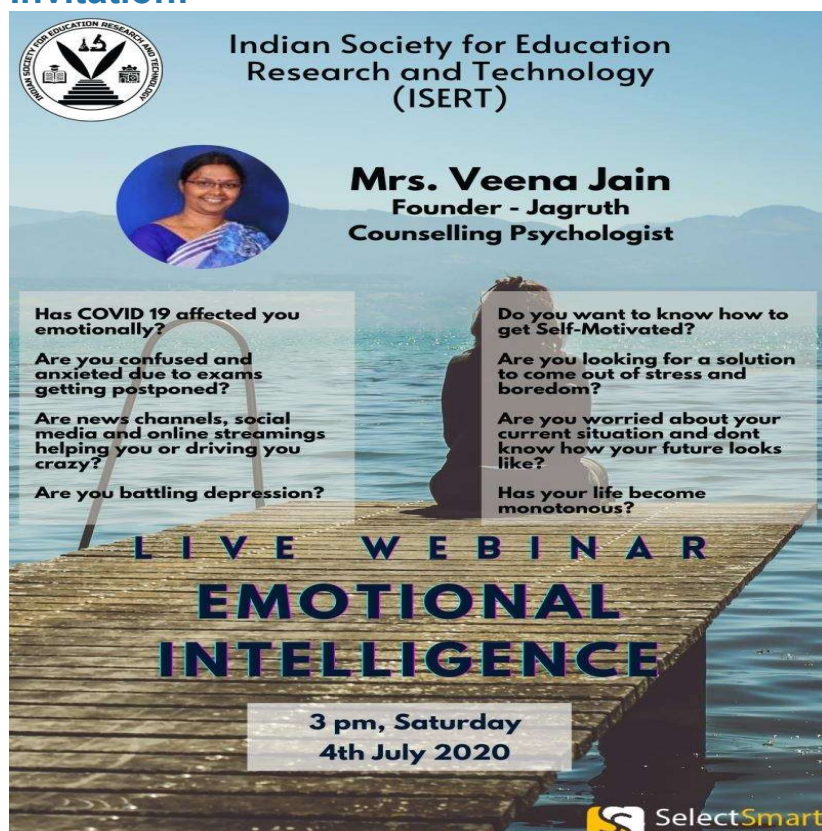
Conclusion

Emotions are an important part of life and we all surely need to make this a part of life's education to lead a complete and holistic life.

Video Link of the Activity:

<https://drive.google.com/file/d/1NFHmrdwJDdGxLONcbZXcG5l0Mk6LS9Z1/view?usp=sharing>

Invitation:



The poster features a background image of a person sitting on a wooden pier looking out at the ocean. At the top left is the logo of the Indian Society for Education Research and Technology (ISERT). The text on the poster includes:

Indian Society for Education Research and Technology (ISERT)

Mrs. Veena Jain
Founder - Jagruth
Counselling Psychologist

Has COVID 19 affected you emotionally?
Are you confused and anxieted due to exams getting postponed?
Are news channels, social media and online streamings helping you or driving you crazy?
Are you battling depression?

Do you want to know how to get Self-Motivated?
Are you looking for a solution to come out of stress and boredom?
Are you worried about your current situation and dont know how your future looks like?
Has your life become monotonous?

**LIVE WEBINAR
EMOTIONAL
INTELLIGENCE**

**3 pm, Saturday
4th July 2020**

SelectSmart
Digital Collaboration Platform

Mentor Profile:

Counselling Psychologist and Qualified Relationship Coach and Emotional Intelligence Coach.

Founder of Jagruth, a unique platform to train empower and promote positive mental well being

Earlier worked as Head HR for IT companies in various domain. She was tagged as a Start-up Specialist with her experience in Start-ups and Joint Ventures

Contributes to empower INNER-SELF by Personalized Coaching Sessions, Counselling on Inner Freedom, Anxieties Management, Vision Board.



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Founder - Jagruth
Counselling Psychologist



Photo Gallery:

