



# ATHARVA EDUCATIONAL TRUST'S ATHARVA COLLEGE OF ENGINEERING

(Approved by AICTE, Recognized by Government of Maharashtra  
& Affiliated to University of Mumbai - Estd. 1999 - 2000)

**Date:** 09/01/2023

**Day:** Monday

## Session on Emotional Intelligence

Emotions play a significant role in building the overall personality of an Individual. The student's life is full of struggle on daily basis, if a person has emotionally strong personality, an individual can survive in the toughest situation.

In the induction session, FE students had a session on Emotional Intelligence which was conducted by **Dr. Ritu Sharma** to enhance and embrace the attitudes, emotions and capabilities of the individual.

Emotional intelligence (otherwise known as emotional quotient or EQ) is **the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict**. The induction session was an interactive session, the activities and quiz conducted during the session were helpful to understand emotional intelligence of an individual.

