

## **Workshop on Emotional Intelligence**

Date:27-07-2019

Time:10.30 AM

Venue: Seminar Hall

Participants: 250 Students

Batch MBA 2018-20

Section: CHR, MHR, FHRM

Faculty Name: Dr. Uma Warriar– Area Chair OB & HRM

Topic: Emotional Intelligence- The X Factor for Success

Summary: Yes

Photos: Yes

**Half day workshop on Emotional Intelligence- The X factor for success on 27-07-2019 at  
CMS B school for final year students of CMS B school**



**Objective:**

The session on Emotional Intelligence was planned for the passing out batch of B school to equip them to be better managers in near future. Around 250 final year MBA students attended the program at B school. The session was conducted by Professor and Area coordinator of OB & HR, Dr Uma Warriar.



**Fig1.1: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**

Session started with an icebreaker activity of watch and observe the emotions in a particular video clipping. Students were able to identify almost all emotions depicted, barring a few micro expressions in the clipping. Students were asked to share their opinion about the triggers of those emotions depicted.



**Fig1.2: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**

**Summary:**

The concept of Amygdala hijack was explained with examples. It's significance and implications in real life were discussed. Companies that use the concepts of EI in different HR functions were discussed.

The five EI dimensions as explained by Daniel Goleman was discussed. Rationale behind hiring employees with high EI was explained. Students were asked to share their opinion about signs of poor emotional intelligence.

Different video clips were used as video quiz to reinforce the learning of EI dimensions. Students were very participative throughout the session .

Strategies for Self-awareness were discussed. How to perceive and name emotions in others were also discussed. Barriers to perceiving emotions in others like Self reference, lack of empathy etc. were discussed. Strategies for developing social awareness was discussed. Session concluded with summarizing and reinstating the learning.

Students gave oral feedback. They Opined that sessions on Emotional intelligence was need and very helpful to them to understand situations and face challenges

Outcome.

Students learnt how emotional intelligence is useful for their personal and professional lives

The barriers of perception and how to overcome them in real life were highlighted.

**Photographs:**



**Fig1.3 : A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**



**Fig1.4: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**



**Fig1.5: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University , Students interaction after the session for Final Batch MBA students 2019.**



**Fig1.6: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**





**Fig1.7: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**



**Fig1.8: A workshop on Emotional Intelligence – The X factor for Success was conducted on 27 – 07-2019 by Dr. Uma Warriar, Chief Counsellor, Jain University for Final Batch MBA students 2019.**

## Feed Back analysis

### Feedback analysis for Workshop 27 7 2019

The workshop overall was well received by the 250 PARTICIPANTS.

	Wt Score	5	4	3	2	1				
Questions to Map Pos	List of Pos & PSOs	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total	Wt. Score	Max score	%age
The Workshop helped me to learn new / Improve new skill and competency	PO1 PO5 PO7	61	90	33	55	11	250	885	1250	71%
The workshops objectives were clearly stated and achieved	PO1 PO5 PO7	56	101	22	49	22	250	870	1250	70%
The workshops content & coverage was relevant	PO5 PO7	83	92	22	30	23	250	932	1250	75%
The time was well managed during the workshops		82	104	11	53	0	250	965	1250	77%
The facilitator of the workshop was knowledgeable & resourceful	PO1	95	91	33	20	11	250	989	1250	79%



**Attainment Calculation:**

<b>POs</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>	<b>Captured By</b>	<b>Total Attainment Score</b>	<b>Level Achieved</b>
PO1	71%	70%			79%	Q1 Q2 Q5	73%	<b>3</b>
PO2								
PO3								
PO4								
PO5	71%	70%	75%			Q1 Q2 Q3	72%	<b>3</b>
PO6								
PO7	71%	70%	75%			Q1 Q2 Q3	72%	<b>3</b>
PSO1								
PSO2								
PSO3								