

## Session on Emotional Intelligence and Life Skills : 25/03/2019



### I Basic Details

Date	Faculty	Department/ Committee	Co-ordinator name
25/03/2019	Arts	Education	Dr. Giselle D'souza
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
10.30 A.M. to 12.00 P.M.	St. Teresa's Institute of Education – Lecture Hall	Organised for the student-teachers of both B.Ed. batches and Faculty. Total number of participants - 105	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Dr. Gauri Hardikar	Assistant Professor, Kapila Khandvala College of Education, Santacruz West, Mumbai.	Teaching Staff of St Teresa's Institute of Education	97 B.Ed. student teachers of both the B.Ed. batches.

## II Brief Information about the Activity

<b>Topic/Subject of the Activity</b>	<b>Emotional Intelligence and Life Skills</b>
<b>Objectives for conducting Activity</b>	<ul style="list-style-type: none"><li>• To foster emotional resilience in the student-teachers.</li><li>• To train student-teachers in different life skills such as positive thinking and managing emotions.</li><li>• To teach students how to handle their own emotions and maintain emotionally rewarding relationships with others.</li></ul>
<b>Methodology</b>	<ul style="list-style-type: none"><li>• The program consisted of 1 Interactive Session of an hour and a half duration.</li><li>• The methodology included the use of Presentations, Introspection and Simulation techniques.</li><li>• Topics included: Life skills such as building Emotional Resilience, Managing Emotions and Positive Thinking</li></ul>
<b>Outcome</b>	<ul style="list-style-type: none"><li>• Student-teachers developed a better understanding of their own emotions and triggers.</li><li>• Student-teachers showcased greater emotional resilience.</li><li>• Students –teachers were oriented towards positive thinking.</li><li>• Student teachers learnt how to handle their own emotions and maintain emotionally rewarding relationships with others.</li></ul>