

Report on Faculty Development Programme On

Enhancing emotional intelligence... Creating a balance in life

Bharati Vidyapeeth Deemed to Be university College of Nursing Sangli organized faculty development programme from 04/03/2024 to 09 /03/2024 on **Enhancing emotional intelligence.. Creating a balance in life** for its faculty. The subject matter was important within the academic community. Students come in all different shapes and sizes, willing to learn and ones that need to be pushed to learn, attentive students and absent ones, cooperative and non-cooperative students. In order to deal with all of these varying types of students it's necessary for a teacher to have a firm grasp on their emotions to help maintain the utmost level of expected professionalism. Mr. Vithoba Narayan Mhalkar Asst. Professor Institute of Psychiatry and Human behaviour Bambolim-Goa and Emotional Intelligence Trainer, Life Coach, Motivational Speaker, Team Builder was the resource person for the programme. Session started with a warm welcome to the resource person by Dr(Mrs) Nilima Rajan Bhore ,Dean & Principal. Introduction of the speaker was done by Dr.Bhahubali Gedgoal,Asso.Professor ,Mental Health Department. The event commenced on 04 /03/2024 Monday at 9am with introduction of ABCs of emotion, intelligence and emotional intelligence .The question posed to the audience was why human's as the supervisors of our environment still suffered the most? It was an interactive session which stimulated the participants learning process. Second secession was on the topic of Building self-awareness and being emotionally literate.He has made the members to participate in situation in which the beneficiaries understood the concept very easily. In third scession he discussed the theories of emotion in brief and also emphasized that EQ should guide IQ.Second day started at 2pm with the topic creating emotional intelligence on leadership. He discussed the importance of emotional control for a good leader with practical examples of today. The topic for the third day was Cultivating optimism with emotional intelligence. Had a practical session on what is pessimist and what is optimist. Handling relationship:-the emotionally intelligent way was the next topic of discussion . It was an eye opener for everybody in the field of nursing and in personal life. Also had a lecture on Strategies to develop mindfulness, which gave an insight about the importance of setting a target, learn to work with limited resources and appreciating our own work .

The following talk was held on the need to apply emotional intelligence in daily situations to help manage stress. This included tips such as guiding your emotions through understanding rather than reactions and also how to help develop a positive outlook towards the whole of life.

The final topic was an offshoot the last point and talked about the need to make sure every aspect of your life was well taken care of, including your relationships, diet, health, a peaceful mind, and other social interactions. The entire talk was beneficial and helped the faculty gain a whole new perspective in their outlook on how to maintain an equilibrium their mental battles and how much other external factors limit from achieving that ideal equilibrium.





RJV9+9HW, Vijaynagar, Sangli, Sangli Miraj Kupwad, Maharashtra 416416, India

Latitude
16.8427516°

Longitude
74.6188879°

Local 10:13:44 AM
GMT 04:43:44 AM

Altitude 564 meters
Monday, 11.03.2024

Note : FDP- Enhancing Emotional Intelligence



RJV9+9HW, Vijaynagar, Sangli, Sangli Miraj Kupwad, Maharashtra 416416, India

Latitude
16.842761°

Longitude
74.6189146°

Local 12:30:19 PM
GMT 07:00:19 AM

Altitude 564 meters
Monday, 11.03.2024

Note : FDP- Enhancing Emotional Intelligence



GPS Map
Camera Lite

RJV9+9HW, Vijaynagar, Sangli, Sangli Miraj Kupwad, Maharashtra 416416, India

Latitude
16.8427556°

Longitude
74.6189158°

Local 02:21:43 PM
GMT 08:51:43 AM

Altitude 564 meters
Monday, 11.03.2024

Note : FDP- Enhancing Emotional Intelligence



GPS Map
Camera Lite

RJV9+9HW, Vijaynagar, Sangli, Sangli Miraj Kupwad, Maharashtra 416416, India

Latitude
16.8427502°

Longitude
74.6188695°

Local 02:27:57 PM
GMT 08:57:57 AM

Altitude 564 meters
Monday, 11.03.2024

Note : FDP- Enhancing Emotional Intelligence

Nilima
Dr. (Mrs.) Nilima Rajan Bhole
Dean, Faculty of Nsg. / Principal
BVDU, College of Nsg. Sangli.

