

Activity Report
Of
" Emotional Management – Key to successful Entrepreneurship "



SANDIP
FOUNDATION

Organized by ,
MACCIA and AIMA, Nashik
Attended by,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Girls Student

Date: 28th August 2018

Name of Event: " Emotional Management – Key to successful Entrepreneurship "

Date of Event: 11th September 2018

Duration of Event: 3 Hrs

Name of resource person: Ms. Biji Tushar

Name and Address of Company: Life designer, Mumbai.

Name of Event Coordinator: MACCIA and AIMA, Nashik

Detail of Participant with Count: 30

Revenue Generated Details: Nil

Objectives: To aware Girls students about how to manage emotions, how to use emotions for improving positive thinking.

About the Event: Sandip Foundation's Sandip Institute of Technology and Research Center, Nashik Girls Student has attended the event " Emotional Management – Key to successful Entrepreneurship " at AIMA reveration hall, Nashik. Ms. Biji Tushar is the keynote speaker. She has started the session with basketball game through newspaper. This game has taught the importance of team managemt. Then some important points discussed on soft skills. She asked difference between IQ and EQ. In this program one turning point towards the process is Marshmallow Test. In this activity focused on main four emotions. Becuase life is made up with 1. Scared 2. Sad 3. Anger 4. Happiness. Some few points discussed on how to develop interpersonal skill as well public speaking skill. She has discussed on emotional intelligence. The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically. *Emotional intelligence* (EI), *Emotional leadership* (EL), *Emotional quotient* (EQ) and *Emotional Intelligence Quotient* (EIQ), is the capability of individuals to recognize their own *emotions* and those of others

Photographs:



Interaction with students by Ms. Biji Tushar, Life designer

Outcome: Helpful to improve strength of emotions and focused on interpersonal skill. It has also helpful for development of public speaking skill.