

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



**SANDIP**  
FOUNDATION

Organized by ,  
Womens's Grievance Committee  
and  
MACCIA and AIMA, Nashik

Attended by,  
Sandip Foundation's  
Sandip Institute of Technology and Research Center  
Girls Student

**Date:** 12<sup>th</sup> September 2018

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

**Date of Event:** 11<sup>th</sup> 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:



**Guest Speaker Addressing Students**



**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.

**Prof Swati Pawar**  
**Event Coordinator**

**Dr. Gaytri M. Phade**  
**Branch Counselor**