

TECHNICAL ACTIVITY CARRIED OUT BY CENTRES / OVERSEAS CHAPTERS

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| Name of Centre / Overseas Chapter: | Durgapur Local Centre |
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| Title of Activity: | Lecture on ' Emotional Intelligence ' |
| Activity under Divisional Board (delete which are not applicable): | ICC |
| Date: | 30/12/2018 |
| Venue: | Visvesvaraya Auditorium, Durgapur Local Centre |



Mr Parasuram Shaw delivering his presentation

A view of Audience

The Institution of Engineers (India), Durgapur Local Centre organized a lecture meeting on 'Emotional Intelligence' on 30th December 2018. Mr Parasuram Shaw, Dy. General Manager (HRD), SAIL, Durgapur Steel Plant gave the presentation.

Mr Shaw in his presentation described vividly about the meaning of Emotional intelligence and narrated on the topic EQ vs IQ, different frame works and its domains of Emotional Intelligence e.g. self awareness, self regulations, motivation, empathy and social skills. He also highlighted nicely taking some examples and work of Peter Salovey who was the colleague of John Mayer. As per them the ability to recognize, understand, utilize and regulate emotions effectively in everyday life. Judging by the proliferation of books, studies, and research questions centering on emotional intelligence, Salovey and Mayer truly struck a chord with their theory of emotional intelligence. He also discussed and emphasized a look at Daniel Goleman and his renowned book. Daniel Goleman was one such psychologist; who published the national bestselling book Emotional Intelligence in 1995, which helped to introduce emotional intelligence into the mainstream. Goleman saw emotional intelligence as a vital factor of success, especially for children. He proposed that promoting "social and emotional learning" in children to boost their emotional intelligence would not only improve their learning abilities, it would also help them succeed in school by reducing or eliminating some of the most distracting and harmful behavioral problems (Goleman, n.d.). Schools, educators, and education researchers have also heartily welcomed the idea that emotional intelligence is not simply a genetic, "you have it or you don't" sort of trait, but a set of skills that can be learned and improved upon.

Vote of thanks was given by Honorary Secretary, Mr M K Biswal after a question and answer session.