

Technical Talk on “Empower Women: Emotional Intelligence at workplace”.

Organized: WIE Affinity Group IEEE UP Section in association with Kanpur Institute of Technology

Date: June 4, 2021

Speaker: Dr. Pragya Singh, AP Indian Institute of Information Technology, Allahabad, India

Coordinator: Dr. Sweta Tripathi, WIE Chair, IEEE UP Section India

Host: Ms. Pooja Ramesh Ahirwaar

Facilitated by: Ms Shanu Patel, Mr. Prabhat Gupta

Inaugural Speech by: Prof. Brajesh Varshney (Director, KIT Kanpur, Kanpur)

Organizing Committee Member: Dr. R. K. Pandey, Dr. N.K. Pandey, Dr. Atul Makrariya, Mr. Shashank Srivastava, Mr. Prabhat Gupta

Number of registered participants: 81

Attended: 45

Objectives:

This technical event was aimed to Empower Women , impart the knowledge *Emotional Intelligence, Decision Quotient, self awareness at workplace.*

Report:

Self-awareness is important for better understanding, experience as unique and separate individuals. This empowers to make changes and identify areas of strength. Also, it raises happiness levels by proper alignment of ideas with actions. Managing emotions can also strengthen work and personal relationships thereby enhancing leadership qualities. Lack self-awareness leads to imbalance in emotional reaction verses the situation..

The interactive live session on Empower Women explored the Emotional Intelligence (EI), **Emotional Quotient (EQ) , Intellegince Decision Quotient (DQ)** particulary EI with **Dr. Pragya Singh**, who mentored in gaining an intuitive understanding of the concepts and tools for building intelligent being. Defensive qualities are established after receiving feedback leading to repeat negative emotional patterns. The inability to create an accurate picture of self-awareness is a feature in many mental illnesses, such as **schizophrenia, autism, ADHD,**

personality disorders and substance abuse. Attendees Learnt techniques for training and scaling themselves and also explored and identified their areas of their strength and weakness.

In order to know the depth of knowledge of participants, the live survey was conducted during the session. To make the program more effective & interactive, it had included **recent trends in personality, real time examples, question hour section, suggestions from attendees.**

This talk was unfolded with a welcome note to all participants from all over India and abroad. Director of Kanpur Institute of Technology, Kanpur, Dr. Brajesh Varshney has elaborated the objectives & importance of Emotional Intelligence.

Dr. Sweta Tripathi, WIE Chair, IEEE UP section India, has also highlighted the role of having high EQ to be successful. Ms Pooja Ramesh Chandra Ahirwaar, AP Kanpur Institute of Technology has coordinated and hosted the event till end. Mr. Prabhat Gupta and Ms. Shanu Patel of Kanpur Institute of Technology, Kanpur, facilitated the whole event. Dr. Atul Makraria and Mr. Shashank Srivastava of Kanpur Institute of Technology, Kanpur, has monitored and helped in the smooth conduction of the event.

The webinar series ended up with distribution of E- Participation Certificate followed by thanks mails to all the participants.

Program Outcome & Achievements:

- Faculty members, research scholars, industry professionals, post graduate and graduate WIE students has got this opportunity for the first time to attend such a interactive program on EI. It was a practical interactive learning experience for them.
- Around 81 participants of various fields from all over India and abroad have registered and more than 45 has participated in this episode of the Empower Women series.

Scope of Improvement:

In future, we may conduct a 1 week workshop on EI.

In the end this certificate was distributed





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REC

P Pragya Singh is presenting

- We as Human Resource know how to read , write and report on bodies of knowledge, but we lack the skills to manage our emotions in the heat of the challenging Problems we face.
- Your reaction to your triggers is shaped by your Personal history, which includes your experience with similar situation.

IMPACT ON PROFESSIONAL SUCCESS

PERFORMANCE IN THE WORKPLACE

HIGH EI MEANS

- Calm under pressure
- Effective at managing conflict resolution
- Empathetic to team members
- Thoughtful decision maker

THE SCHOOL VALUES

EI > IQ

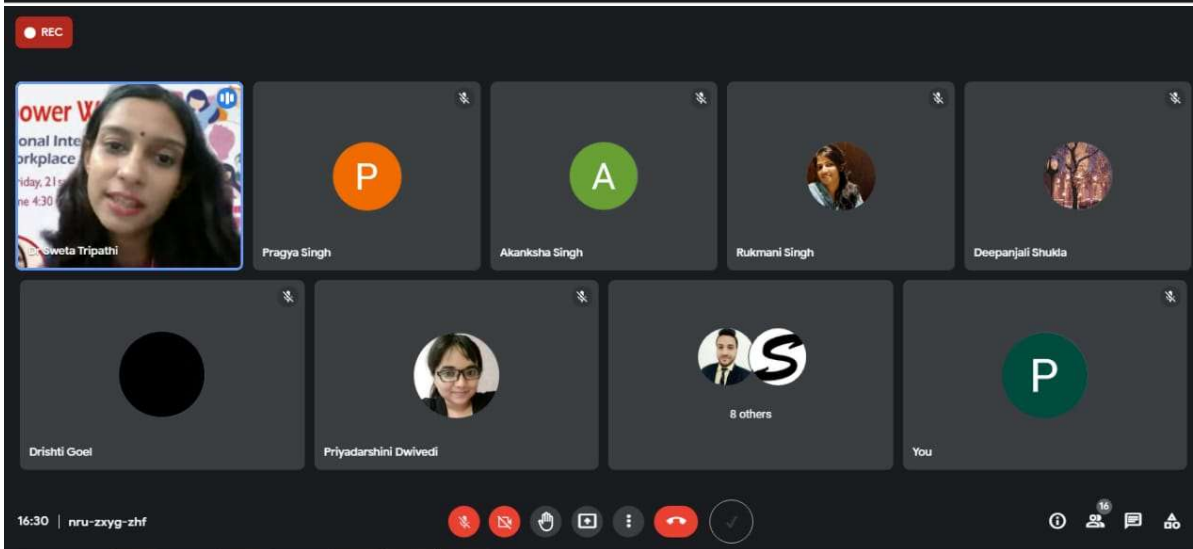
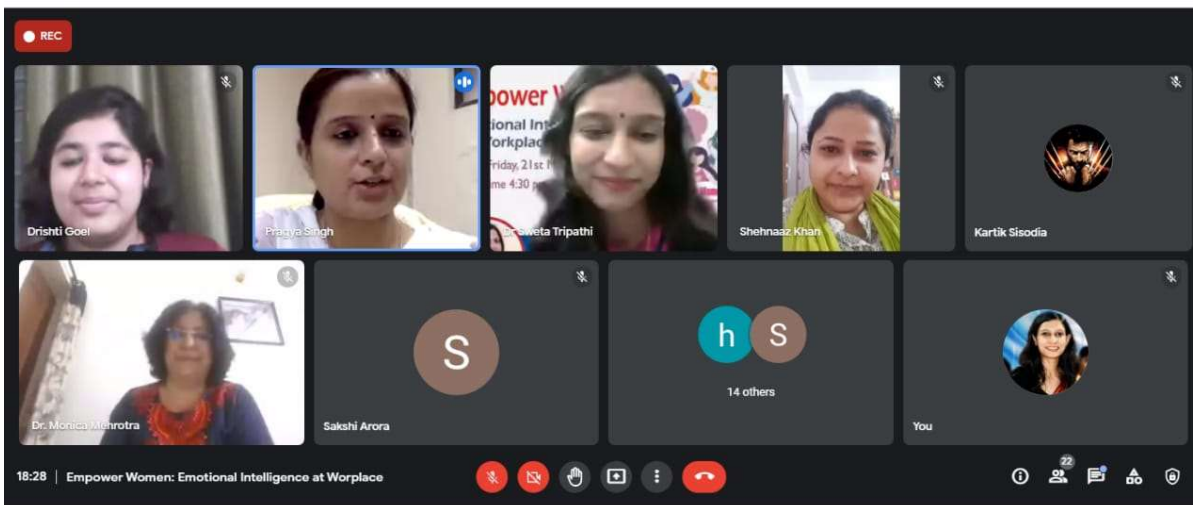
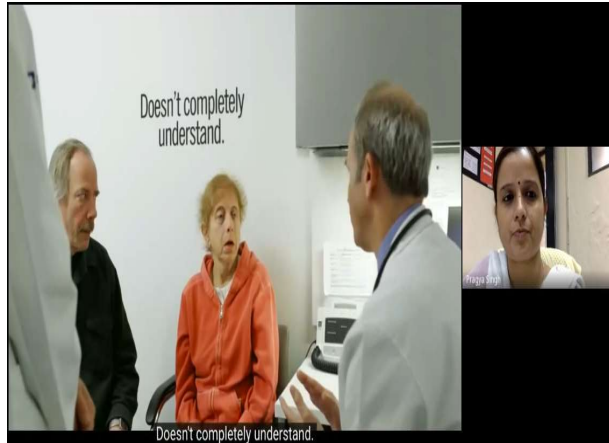
THE MOST DESIRED QUALITIES

- Ability to admit and learn from mistakes
- Ability to keep emotions in check
- Listening as much as or more than talking
- Taking criticism well
- Showing grace under pressure




- Social Awareness in its purest form is being like an **ANTHROPOLOGIST** ; Watching others in their natural state without letting their own thoughts and feelings disturb the observation even while being in the middle of them.





REC Pragya Singh is presenting




- EMOTIONS ARE DERIVATIONS OF FIVE CORE FEELINGS:
- HAPPINESS
- SADNESS
- ANGER
- FEAR &
- SHAME
- EMOTIONAL AWARENESS & UNDERSTANDING ARE NOT TAUGHT IN SCHOOL.

16:37 | nru-zxyg-zhf

Participants: Dr. Sweta Tripathi, hemendra sharma S..., nikita kumari, Prof. Neha Gupta A..., Drishti Goel, Rukmani Singh, Pragya Singh, 17 others, You.

REC Pragya Singh is presenting



16:51 | nru-zxyg-zhf

Participants: Dr. Sweta Tripathi, hemendra sharma S..., nikita kumari, Rukmani Singh, Pragya Singh, Drishti Goel, SHASHANK SRIVAST..., 22 others, You.






This certificate is proudly presented to

Mr/Ms

of for successful completion of Lecture series on

Emotional Intelligence at the Workplace for Women by Dr. Pragya Singh, AP, Department of

Management Studies IIITA in June 2020 conducted by **Department of Electronics and**

Communication Engineering, Kanpur Institute of technology Kanpur in association with **IEEE**

UP Section India.


(Dr. Sweta Tripathi)
 IEEE- WIE Chair UP Section India


(Dr. Brajesh Varshney)
 Director KIT, Kanpur