

MANAGEMENT DEVELOPMENT PROGRAMME (MDP) ON
EMOTIONAL INTELLIGENCE

27th July 2023, Thursday | Philip Kotler Hall

In Association with
Faculty of Management Studies and Commerce
University of Jaffna, Sri Lanka



Sri
SAI RAM INSTITUTE OF MANAGEMENT STUDIES
Sri
SAI RAM ENGINEERING COLLEGE

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution

&
Department of Management Studies

Sri
SAI RAM INSTITUTE OF TECHNOLOGY

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ABOUT US

SIMS was established with the motto of "Prosperity through Innovative Management" by the Founder Chairman Shri. MJF Ln. Leo Muthu. The offers the post graduate programme leading to the award of MBA degree by the Anna University, approved by AICTE and the government of Tamilnadu. The department is well equipped with modern facilities such as syndicate room, seminar hall, computer center, department library, audio and video facilities and a central library with latest books, national and international journals. The highlights of the institute are that, it was rated with prestigious AAA status by Career 360 during 2017, and also categorized as A+ Grade Institution by Business India, A3 rated B school by AIMA, Platinum category for past 4 years by AICTE-CII survey, Business Today India's Best B-School survey rated among Top 150 B-Schools, and Business Standard rated our institution with A4 category. We engage our students in various societal development activities to provide them the overall exposure to world of business and management by regularly organizing National level seminars, International conferences, and Conduct Workshops and International Student Exchange programs. We also arrange Faculty Development Programs and Workshops sponsored by AICTE and leading well known management associations.

ABOUT MDP

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

It is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal..

OBJECTIVES

- ◆ To understand difference between EQ & IQ
- ◆ To comprehend the components of emotional intelligence
- ◆ To apply techniques for reframing how to view events
- ◆ To integrate emotional intelligence into daily thinking

PROGRAMME SCHEDULE:

Session – FN – Emotional Intelligence

Session – AN – Self-Awareness & Empathy

WHO WHOM ?

Middle Level & Operational Level employees of all functional areas and exclusively for Sri Lanka corporate people

VENUE: Philip Kotler Hall.

REGISTRATION FEE:

Rs.1,000/- per participant. (The DD/Cheque to be drawn in favor of "SAIMAN ASSOCIATION" payable at CHENNAI)

Convenor

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