

Seminar On Social Emotional Learning: A Roadmap To Success

A one day seminar on Social Emotional Learning was organised by Ms. Preeti Sinha at CSE department of Maharaja Surajmal Institute of Technology on 24th November 2023 in room no. 410 from 11:00- 12:00 pm. Social and emotional Learning (SEL) provides the structure and process for adults and students to develop fundamental emotional and social competencies and experiences to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and helps to make responsible decisions. She mainly focussed on the following sub topics-

- Problem solving
- Critical learning
- Creativity
- People management (interaction)
- Coordination with others (team work)
- Emotional intelligence
- Service orientation Negotiation skills
- Assertiveness skills
- Cognitive skills
- Non-judgemental skills
- Decision making skills

The session turned out to be an interesting one with highly interactive audience who further added and elaborated on various topics. The seminar was concluded with interactive activities, highlighting the importance of problem solving, patience and emotional intelligence in building a strong relation and maintaining it. It gave entire background of why a relation fails and what steps could be taken to save it. The event was overall a great success and taught students about various life changing skills.

Team FDP/ Seminar Workshop

CSE, MSIT

