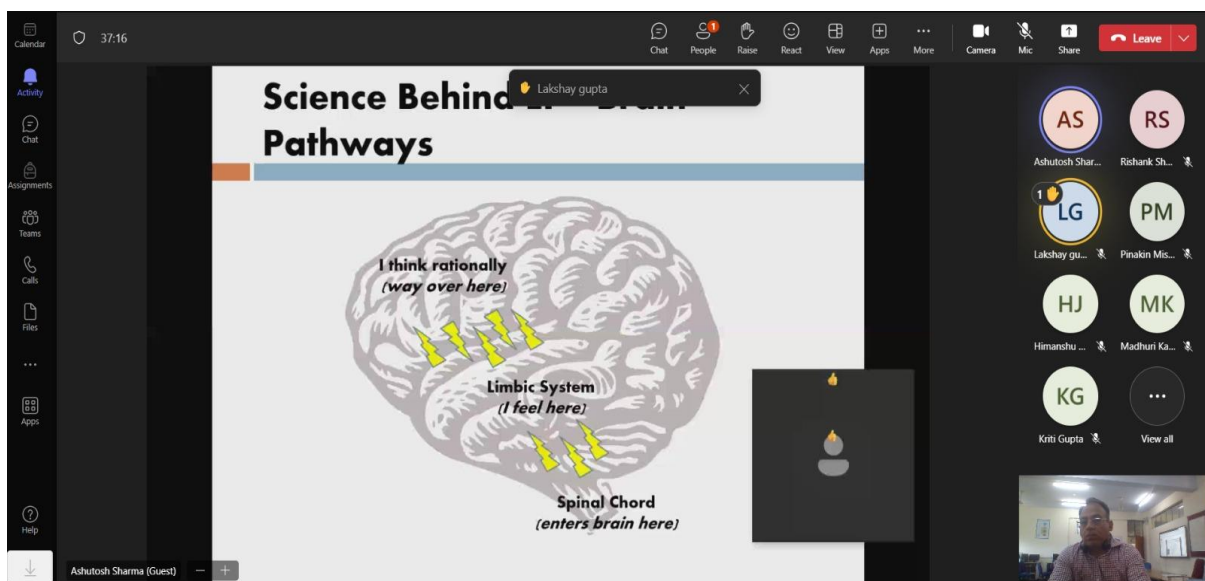


Department of Electronics and Communication Engineering

Report of Session on “Emotional Intelligence”

ECE Department, MSIT organized a Seminar on “**Emotional Intelligence**” on May 06, 2024 at 10 am, in association with ICT Academy under Information technology and Digital Services Department, Govt. of Tamilnadu. The first talk was delivered by **Mr. Ashutosh Sharma**, an entrepreneurial Business HR Leader & Tech Enthusiast with two decades of cross-cultural expertise of steering transformation and delivering Business & strategic HR value, Management/Stakeholders Advisory, towards curating People & Tech solutions, for immediate and long term success ratios. He is currently associated with **HR Technology, SaaS Organization** and is an alumnus from **Management Development Institute, Gurgaon**. The second speaker was **Mr. Anjani Kumar Sinha**, who is an **Entrepreneur and CEO of AdCanyon Technologies**, a data analytics firm. He is an Alumnus of IIM Indore and of the University of Texas. With over 15 years of corporate experience holding positions as CIO, Head Marketing, Business Head with Leading firms such as Karvy, Manipal Group and Aditya Birla Group, he has received Export Excellence Award from FICCI and have won data analytics competition in the US. He has also been a faculty of data analytics and entrepreneurship at the YMCA-Delhi. The session was attended by Prof. Archana Balyan, Director, MSIT, Prof. Neeru Rathee, HOD, ECE, Prof. Puneet Azad and students of B.Tech ECE (4th and 6th Sem).

The session started with a general thought of defining emotional intelligence and its ability to recognize and understand emotions. This awareness can be used to manage yourself and relationships with others.



As per Aristotle, Anybody can become angry – that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody’s power and is not easy.

What does EI have to do with ECP? Individual & Organizational Performance

Individual Performance Organizational Performance

Emotional Intelligence Organizational Engagement

Source: The Amadori Case | www.6seconds.org

What does EI have to do with ECP? Organizational Engagement – Vital Signs

- Trust: People have a sense of safety & assurance to share and go beyond their comfort zones
- Motivation: People feel energized and committed to doing more than the minimum
- Change: Employees and institutions are adaptable and innovative
- Teamwork: People collaborate and communicate to take on challenges
- Execution: Individuals are both focused and accountable

Motivation Change
Teamwork Execution

Trust

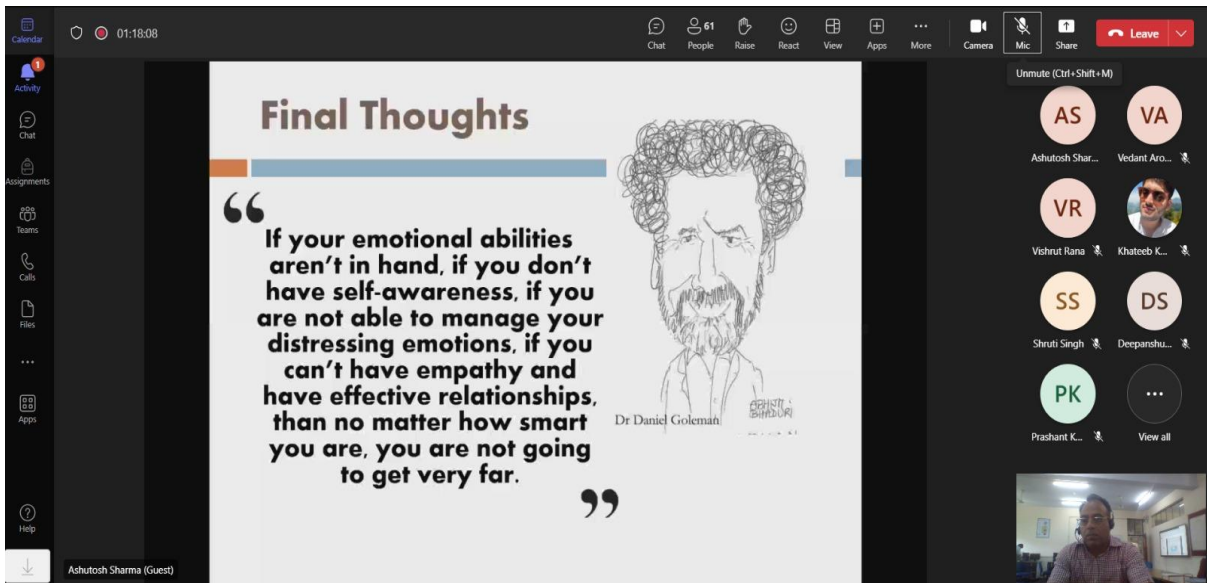
PEOPLE STRATEGY NATURAL/PHYSIO

OPERATIONS

Fariselli, L., Freedman, J., & Ghini, M. (2013). White Paper: Linking bottom line performance to emotional intelligence and organizational climate. Retrieved September 18, 2014 from 6seconds.org.

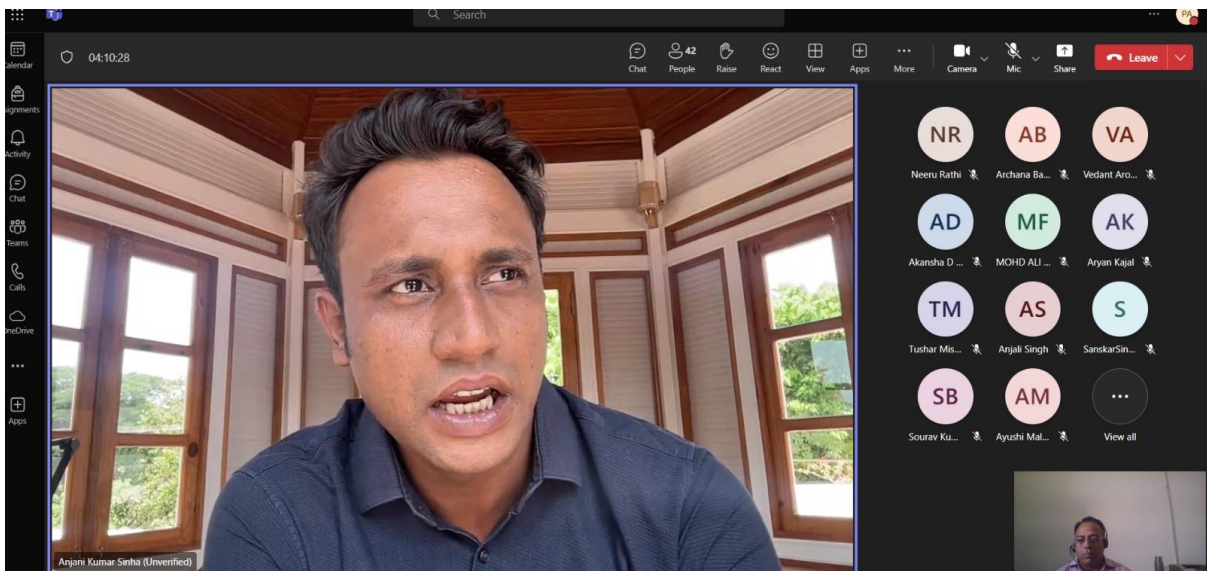
To improve yourself, one should see yourself for who you are, what you think and feel, Watch your emotions like a hawk (even physiological signs). Track & backtrack your emotions in a difficult conversation or meeting – learn your tendencies in emotionally arousing situations Use paired sharing (peer or supervisor). Own your actions – take full responsibility for what you say and do.

If your emotional abilities aren’t in hand, if you don’t have self-awareness, if you are not able to manage your distressing emotions, if you can’t have empathy and have effective relationships, than no matter how smart you are, you are not going to get very far.



Some of the important points on relating Emotional Intelligence with Emotional Competency Profiler were also shared such as

- Trust:** People have a sense of safety & assurance to share and go beyond their comfort zones
- Motivation:** People feel energized and committed to doing more than the minimum
- Change:** Employees and institutions are adaptable and innovative
- Teamwork:** People collaborate and communicate to take on challenges
- Execution:** Individuals are both focused and accountable



Mr. Anjani Sinha during his talk

The session was concluded with a vote of thanks from Prof. Puneet Azad, coordinator of this seminar.