

# SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant, Dehradun, 248016, Uttarakhand, India

**Date:** 09<sup>th</sup> March 2024

## NOTICE

The Centre for Professional & Communication Enrichment is organizing a **Personality Development Workshop** for the students of **HSBS**.

### Workshop Details:

- **Topic:** Emotional Intelligence
- **Date:** 19<sup>th</sup> March 2024
- **Time:** 11:00 AM – 1:00 PM
- **Venue:** HSBS Seminar Hall
- **Resource Person:** Ms. Garima Kapoor and Mr. Ayush Sharma

All the concerned participants are encouraged to attend and enhance their professional and soft skills through this engaging session.

**Co-ordinated & Organised by C-PACE**

  
**Ms. Garima Kapoor**  
*Career Counsellor,*  
*C-PACE, SRHU*

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## REPORT ON PERSONALITY DEVELOPMENT WORKSHOP

### THEME: EMOTIONAL INTELLIGENCE

The Centre for Professional & Communication Enrichment of Swami Rama Himalayan University organized a Personality Development Workshop on 19<sup>th</sup> March 2024 on the theme "*Emotional Intelligence*". The session was conducted by Ms. Garima Kapoor and Mr. Ayush Sharma, who engaged students in an insightful and interactive session focused on enhancing self-awareness, empathy, and interpersonal skills.

Ms. Kapoor highlighted the significance of Emotional Intelligence (EI) as a crucial skill for personal growth, professional success, and effective leadership. She explained the five key components of EI—self-awareness, self-regulation, motivation, empathy, and social skills—and demonstrated how these traits positively influence decision-making, conflict resolution, and stress management.

Through real-life scenarios, group activities, and reflective exercises, she encouraged students to understand and manage their emotions while being sensitive to the emotions of others. The interactive nature of the workshop created a lively environment, enabling students to learn by sharing experiences and perspectives.

The session concluded with Ms. Kapoor motivating students to consciously practice emotional intelligence in their academic, professional, and personal lives, thereby nurturing resilience, teamwork, and holistic personality development.

A total of 47 students participated in the workshop, making it a highly engaging and impactful learning experience.



**Bridging the gap between education  
Employability**



**Empowering students with essential and  
Professional skills**

  
**Ms. Garima Kapoor**  
Career Counsellor,  
C-PACE, SRHU