

Seminar on Emotional Intelligence for Success, 23rd April 2024

Report:

MENTORING COMMITTEE SAO CHANG COLLEGE CONDUCTED A SEMINAR

The Mentoring Committee of Sao Chang College recently organized a seminar on 23rd April 2024 on the title "Emotional Intelligence for Success," with Dr. Limamanen Phom, Assistant Professor, Department of Zoology as the keynote speaker.

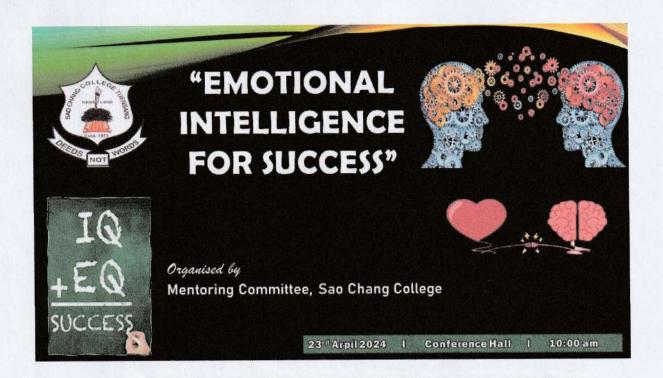
Dr. Phom emphasized how emotional intelligence creates a safer environment and helps individuals stay focused on long-term goals. He highlighted the importance of emotional intelligence in achieving positive outcomes, emphasizing factors like self-awareness, emotion management, motivation, empathy, and social competence. People who possess a keen sense of self-awareness are better equipped to recognize their strengths and weaknesses. Dr. Phom concluded by underscoring that while technical skills and cognitive abilities are crucial, emotional intelligence is a significant predictor of success today.

A total of 59 participants attended the seminar, engaging in discussions and gaining insights into the practical application of emotional intelligence for personal and professional growth.

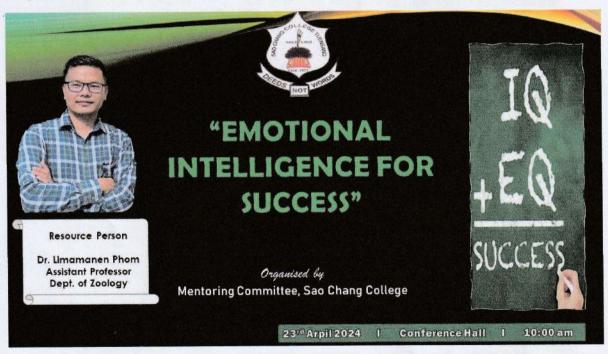
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Sao Chang College

Tuensang: Nagaland



Program:



Keynote introduction: Ms. Rangbenkumla Chang, Co-Ordinator of the Mentoring Committee

Seminar: Resource person Interaction with students

NEWSPAPER COVERAGE (NAGALAND POST AND MORUNG EXPRESS)

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Students of Sao Chang College at the programme.

Tuesday organised a seminar on the title, "Emotional Intelligence for Success," the keynote speaker.

SCC: Mentoring Com- Phom emphasised how mittee of Sao Chang College emotional intelligence creates a safer environment and helps individuals stay total of 59 participants atfocused on long-term goals. with assistant professor, de- He highlighted the imporpartment of zoology, SCC, tance of emotional intel-Dr. Limamanen Phom, as ligence in achieving positive outcomes, emphasising intelligence for personal and In his address, Dr. factors like self-awareness, professional growth.

emotion management, motivation, empathy, and social competence SCC said a tended the seminar, engaging in discussions and gaining insights into the practical application of emotional

SCC organises seminar on emotional intelligence

Dimapur, April 23 (EMN): The Mentoring Committee of Sao Chang College (SCC), Tuensang, organised a seminar titled "Emotional intelligence for success," featuring Dr. Limamanen Phom, assistant professor, department of Zoology at SCC, as the keynote speaker on

Tuesday. According to a press release, Dr. Phom spoke at the event about how emotional intelligence helps people stay focused on long-term goals and creates a safer environment.

He stressed the importance of emotional intelligence in achieving positive results, citing factors such as self-awareness, emotion management, motivation, empathy, and

social competency.
People with a strong sense of selfawareness are better able to identify their own strengths and weaknesses. he said, adding that while technical skills and cognitive abilities are important, emotional intelligence is a significant predictor of success today.



Students and faculty attending the seminar at Sao Chang College on Tuesday.

A total of 59 students attended the seminar, participating in discussions and learning about the practical application of emotional intelligence for personal and professional development.













Seminar on Emotional Intelligence for Success, 23rd April 2024

ATTENDANCE SHEET

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17	Jonaphi B	6th Sem	Hongthi
18	Dr. Halvest Chambra Kumar	Assoc. Prof.	tous
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Seminar on Emotional Intelligence for Success, 23rd April 2024

ATTENDANCE SHEET

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Reported by:

Rangbenkumla Chang,

Coordinator,
Mentoring Committee,

Sao Chang College.

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Principal
Sao Chang College
Tuensang: Nagaland