



SAO CHANG COLLEGE MENTORING COMMITTEE

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.

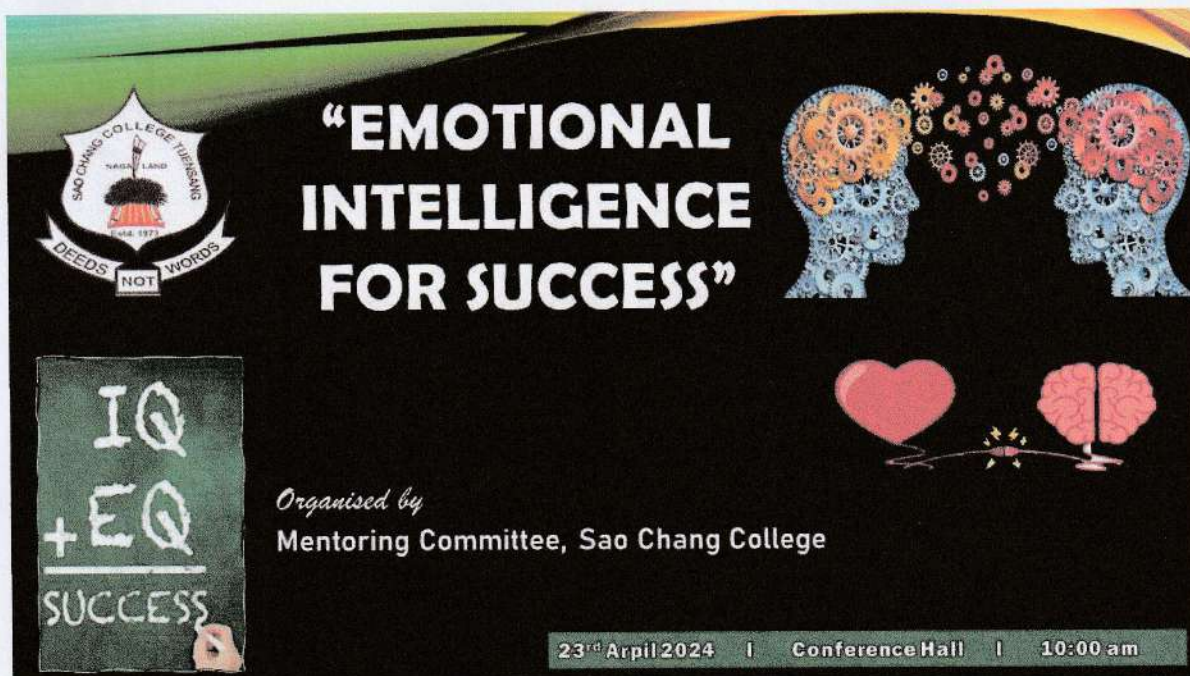
Dr. Phom emphasized how emotional intelligence creates a safer environment and helps individuals stay focused on long-term goals. He highlighted the importance of emotional intelligence in achieving positive outcomes, emphasizing factors like self-awareness, emotion management, motivation, empathy, and 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.

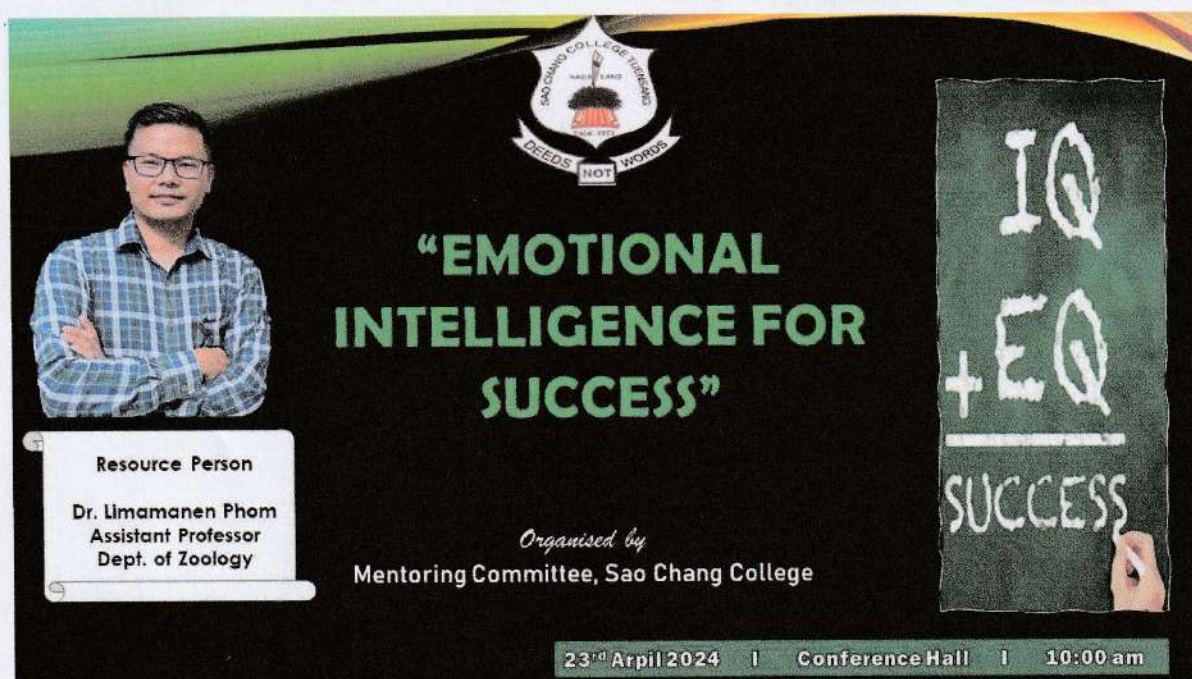
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M. K. De

Principal
Sao Chang College
Tuensang : Nagaland



Program:



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

Seminar: Resource person

Interaction with students

SEMINAR AT SAO CHANG COLLEGE



Students of Sao Chang College at the programme.

SCC: Mentoring Committee of Sao Chang College Tuesday organised a seminar on the title, "Emotional Intelligence for Success," with assistant professor, department of zoology, SCC, Dr. Limamanen Phom, as the keynote speaker.

In his address, Dr.

Phom emphasised 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, emphasising factors like self-awareness,

emotion management, motivation, empathy, and social competence. SCC said 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.

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 self-awareness 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 ap-

plication of emotional intelligence for personal and professional development.

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SAO CHANG COLLEGE MENTORING COMMITTEE

Seminar on Emotional Intelligence for Success, 23rd April 2024

ATTENDANCE SHEET

SL NO	NAME	SEMESTER/DESIGNATION	SIGNATURE
1	SID B Pharas	6 th Sem	[Signature]
2	Khumjela T. Kuesunth	6 th Sem	Khumjela
3	Kerula	8 th Sem	[Signature]
4	Pangam	6 th Sem	[Signature]
5	Akambo	6 th Sem	Akua
6	Tinolemba	6 th Sem	[Signature]
7	Takum S Chang	6 th Sem	[Signature]
8	Jaran C Chang	6 th Sem	[Signature]
9	Akram Uddin	6 th Sem	Campbell
10	CHANGKHAN K. CHANG	6 th Sem	Chang
11	Gulimaa Chang	"	[Signature]
12	YANGSALA T. SANGTAM	"	Yangtala
13	Rakhi Das	"	Rakhi
14	CHEMSHE H	"	Chemshe
15	Sangyang	"	[Signature]
16	Yimamonga	6 th Sem	[Signature]
17	Sothela L	6 th Sem	[Signature]
18	Tanjila Timchungen	6 th Sem	Tanjila
19	Sentisangla	6 th Sem	Sentis
20	Lithila Sanglam	6 th Sem	[Signature]
21	Lankio P	4 th Sem	[Signature]
22	Dr. LIMAMANEY Phom	Asst. Professor	[Signature]
23	ALLOK V Surri	Asst. Prof.	[Signature]

Reported by:

Rangbenkumla Chang,
Coordinator,
Mentoring Committee,
Sao Chang College.

Authenticated

[Signature]
Principal
Sao Chang College
Tuensang : Nagaland