

## Event/Activity Report

<b>Name of the Department</b>	<b>Sandip Institute of Pharmaceutical Sciences</b>
<b>Title of the event</b>	<b>Soft skill in emotional intelligence</b>
<b>Date of event organized</b>	<b>23/06/2019</b>
<b>Name of the coordinator of event</b>	<b>Mr. Vasim Pathan</b>
<b>No. of Participants</b>	<b>59</b>
<b>Name of the expert/ Chief Guest of the event</b>	<b>Mrs. Manmeet Kaur</b>
<b>Objective of the event</b>	<ul style="list-style-type: none"> <li>• Pharmacy Network Security Enhancement</li> <li>• Data Privacy and Compliance Training</li> <li>• Pharmacy Cyber Incident Response Preparedness</li> </ul>
<b>Outcome of the event</b>	<ul style="list-style-type: none"> <li>• Participants demonstrate an improved ability to understand, manage, and effectively use their own emotions, contributing to increased self-awareness and emotional regulation.</li> <li>• Observable improvement in participants' interpersonal communication, empathy, and relationship-building capabilities, fostering positive connections with others.</li> <li>• Application of emotional intelligence principles leads to a more harmonious and collaborative work environment, resulting in increased teamwork, reduced conflicts, and improved overall workplace dynamics.</li> </ul>

### Event/Activity Report

**Introduction:** On 27/09/19, Mrs. Manmeet Kaur, an esteemed Associate Professor at Delhi Metropolitan Education, conducted a comprehensive program on Emotional Intelligence for college students specializing in pharmacy. The event, held at [Event Venue], aimed to equip students with essential skills to enhance their emotional intelligence and contribute to their personal and professional development.

Program Highlights:

1. Understanding Emotional Intelligence:
  - Mrs. Manmeet Kaur commenced the program by providing a thorough understanding of emotional intelligence, emphasizing its significance in personal and professional success.
  - The session explored the five components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills.
2. Application in Pharmacy Education:
  - Tailoring the content to the specific needs of pharmacy students, Mrs. Kaur illustrated the practical applications of emotional intelligence in the pharmaceutical field.
  - Discussions included the role of emotional intelligence in patient interactions, teamwork within healthcare settings, and effective communication with colleagues.
3. Interactive Workshops and Activities:
  - To reinforce theoretical concepts, interactive workshops and activities were integrated throughout the program.

- Students actively participated in exercises designed to enhance self-awareness, practice empathy, and develop strategies for managing emotions in high-pressure situations commonly encountered in the pharmacy profession.

**Outcomes:**

1. Increased Emotional Literacy:
  - Participants demonstrated heightened emotional literacy, showcasing a better understanding of their own emotions and the ability to recognize and interpret the emotions of others.
2. Improved Communication and Teamwork Skills:
  - Observable improvement in participants' communication skills, fostering effective collaboration and teamwork within the pharmacy context.
  - Enhanced empathy contributed to a more patient-centric approach in their future healthcare interactions.
3. Personal and Professional Growth:
  - The program served as a catalyst for personal and professional growth, empowering students with tools to navigate the complex emotional landscape of their academic and future pharmacy careers.

**Conclusion:** Mrs. Manmeet Kaur's Emotional Intelligence program proved to be a valuable and enriching experience for the college students of pharmacy at Delhi Metropolitan Education. The practical and tailored approach to emotional intelligence education has equipped students with essential skills that will undoubtedly contribute to their success in both academic and professional realms.

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**Event/Activity Photographs:**





**Signature (Principal):**

**Signature coordinator**