



The Department of English

Swarnamoyee Jogendranath Mahavidyalaya

*(A Govt.-Aided General Degree College, Affiliated to Vidyasagar
University, West Bengal)*

Invites you to

A One Day Online Skill Enhancement Workshop

On

Soft Skills: Emotional Intelligence and Personality Development

Date: 11.10.2022

Time: 11 am-5 pm

Platform: Google Meet

Resource Persons:

*Dr Rangeet Sengupta, Assistant Professor, Department of English,
Khejuri College, Purba Medinipur, West Bengal*

*Taniya Neogi, Assistant Professor, Department of English, Mugberia
Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal*

Chief Patron:

*Dr Ratan Kumar Samanta,
Principal,
Swarnamoyee Jogendranath Mahavidyalaya.*

Organizing Committee:

*Hiya Chatterjee
Course Co-ordinator,
Assistant Professor
Department of English*

*Dr Durba Basu
Assistant Professor and Head,
Department of English*

*Swagatalakshmi Basu
State-Aided College Teacher
Department of English*

Course Layout:

Emotional Intelligence

- **Fundamentals of Emotional Intelligence**
- **Intrapersonal Awareness**
- **Social Intelligence**
- **Importance of emotional intelligence and social intelligence for work performance and productivity**

Personality Development

- **Introduction to Personality Development**
- **Attitude & Motivation**
- **Self-esteem**
- **Conflict and Stress Management**

For registration please contact Hiya Chatterjee, workshop co-ordinator.

SCHEDULE

10.30 am-11.30 am	Welcome address and Introduction
11.30 am-1.15 pm	Lecture 1: Emotional Intelligence Speaker: Dr Rangeet Sengupta, Assistant Professor and Head, Department of English, Khejuri College
1.15-1.30 pm	Question answer session
1.30 pm-2.30 pm	Lunch
2.30 pm-4.30 pm	Lecture 2: Personality Development Speaker: Ms Taniya Neogi, Assistant Professor, Department of English, Mugberia Gangadhar Mahavidyalaya
4.30 pm-4.45 pm	Question answer session
4.45 pm-5.30 pm	Vote of thanks

REPORT

Title: Soft Skills: Emotional Intelligence and Personality Development

Date: 11.10.2022

Time: 11 am-5 pm

Platform: Google Meet (<https://meet.google.com/ubu-ieak-jdz>)

Introduction: The workshop on Personality Development and Emotional Intelligence was organized by the Department of English, Swarnamoyee Jogendranath Mahavidyalaya with the aim of equipping participants with essential skills to enhance their personal and professional lives. The event sought to provide practical insights and strategies to cultivate self-awareness, emotional regulation, and interpersonal effectiveness.

The programme begun at 11 am with a Welcome Address by the Principal Dr Ratan Kumar Samanta and an introductory lecture by Dr Durba Basu, Head of the Department of English, Swarnamoyee Jogendranath Mahavidyalaya.

Objectives of the workshop:

1. Understand the fundamentals of personality development.
2. Explore the significance of emotional intelligence in personal and professional contexts.
3. Acquire practical techniques to enhance emotional intelligence.
4. Foster a supportive environment for self-reflection and growth.

Workshop Structure: The workshop comprised presentations by Dr Rangeet Sengupta, Assistant Professor and Head, Department of English, Khejuri College; and Taniya Neogi, Assistant Professor, Department of English, Mugberia Gangadhar Mahavidyalaya. The speakers also conducted interactive sessions with the students.

1. **Introduction to Personality Development:** The workshop commenced with an overview of personality development theories, emphasizing the role of genetics, environment, and personal experiences in shaping individual traits and behaviors.
2. **Understanding Emotional Intelligence (EI):** Participants delved into the concept of emotional intelligence, learning about its components—self-awareness, self-regulation, social awareness, relationship management—and their implications for personal and professional success.
3. **Role of EI in Leadership and Team Dynamics:** An interactive session explored the importance of emotional intelligence in leadership roles and collaborative environments. Case studies and role-playing exercises enabled participants to apply EI principles to real-world scenarios.

4. **Personal Development Planning:** Participants were encouraged to formulate personalized action plans for ongoing self-improvement, incorporating insights gained from the workshop. Peer feedback and guidance from facilitators enriched the planning process.

Outcomes:

The workshop on Personality Development and Emotional Intelligence provided a valuable platform for individuals to cultivate essential life skills and foster personal growth. By fostering self-awareness, empathy, and effective communication, participants are better equipped to navigate the complexities of modern life and thrive in both personal and professional domains. Moving forward, it is imperative to continue investing in initiatives that promote holistic development and emotional well-being.

The workshop ended with a Vote of Thanks from Swagatalakshmi Basu, SACT, Department of English, Swarnamoyee Jogendranath Mahavidyalaya.

18.10.2022



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SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

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Ref. No.: 107(b) 22



Date: 20.09.2022

NOTICE

Students are hereby notified that a one-day online workshop on "Soft Skills: Emotional Intelligence and Personality Development", will be organized by the Department of English under the Capacity Building and Skills Enhancement Initiative of our college on 11 October 2022, 11 am to 5 pm, via Googlemeet. The workshop is designed to enhance the employability of students, and students who are about to graduate are particularly encouraged to register. *Registration is free for the workshop. Attendees are required to arrange for their own internet connectivity.* For registration, and any queries, please contact the Workshop Coordinator, Prof. Hiya Chatterjee, Department of English.

Raman 20/09/2022
Dr Ratan Kumar Samanta
PRINCIPAL
Principal

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-721650

Hiya Chatterjee 20/09/22
Hiya Chatterjee
Workshop Coordinator, and
Assistant Professor, Department of English
Department of English
S.J. Mahavidyalaya