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**Report: Guest Lecture on "Emotional Intelligence" organized by the Department of Electronics & Communication Engineering**

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Guest Lecture on the topic "**Emotional Intelligence**"  
by **Mrs. Seema Rahman**

The Department of Electronics & Communication Engineering at Integral University organized a captivating guest lecture on March 7, 2024, featuring Mrs. Seema Rahman, a distinguished Psychologist and Counsellor Freelancer, Lucknow. The lecture centered on the intriguing topic, "**Emotional Intelligence**".

**Key Highlights of the Guest Lecture:**

The event began with a welcome address by one of our student coordinator Miss Aiman. She expressed her gratitude to Mrs. Seema Rahman for gracing the occasion and shared the importance of such lectures in enhancing students' knowledge.

Prof T. Usmaani, Dean Engineering emphasize the importance of emotional intelligence.

Mrs. Seema Rahman was introduced by Dr. Saima Beg, Associate Professor to the Electronics students, highlighting her illustrious academic career and her significant contributions to the field of Psychology.

Mrs. Seema Rahman was insightful and comprehensive. She delived into the significance of emotional intelligence. The lecture covered topics such as:

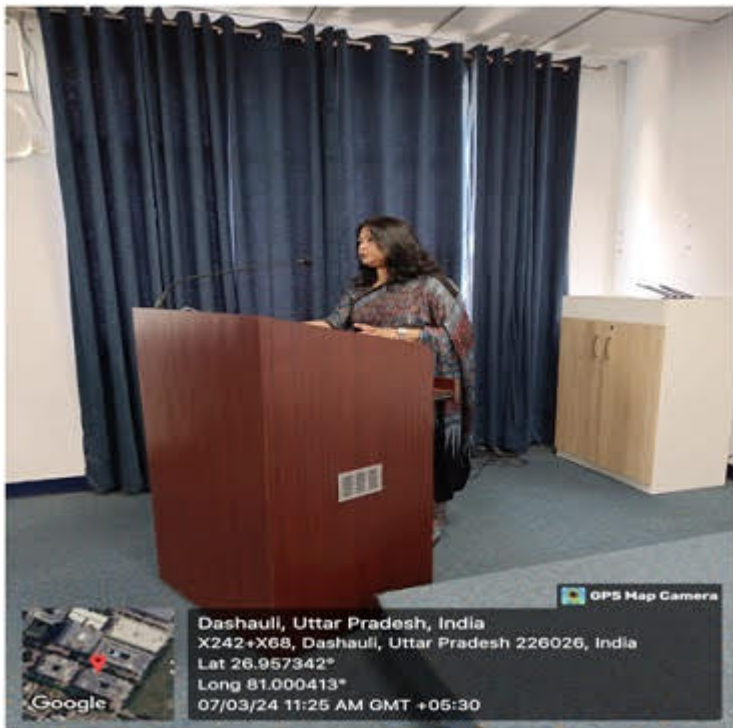
- Self-awareness
- Self-management
- Self-regulation
- Motivation
- Empathy
- Social Skills
- Relationship Management

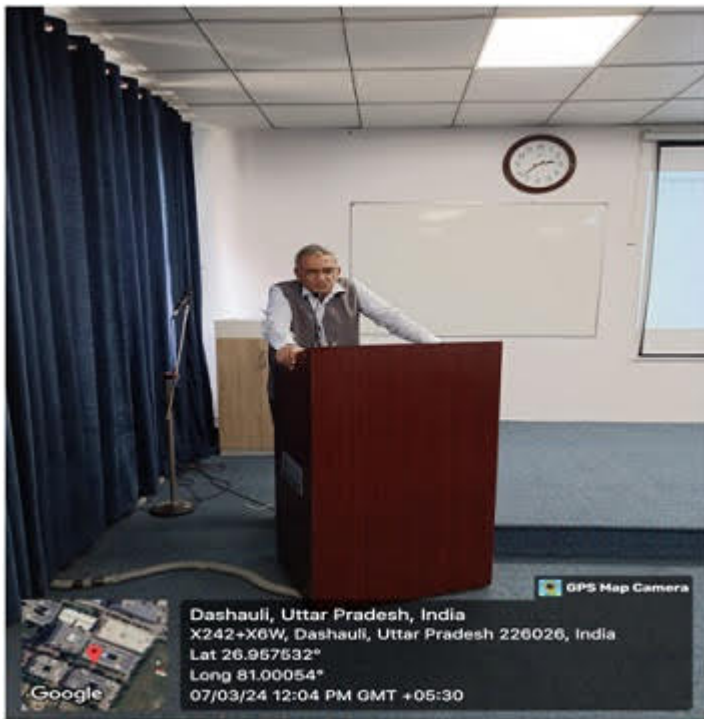
These days, however, we are allowing emotions at work and recognizing the benefits of doing so. And emotional intelligence matters more than it used to because the workplace has changed. Today we work largely in teams, not isolation, for one thing, and savvy companies are realizing that recognizing emotions can exist lead to healthier environments. This doesn't mean it's an emotional free-for-all by any means, but it does mean people are more likely to be aware of their own and others' emotions and act accordingly. People with higher emotional intelligence are also more adaptable to change—a must in our fast-changing digital age.

Prof. Syed Hasan Saeed, Professor, delivered closing remarks, expressing gratitude to Mrs. Seema Rahman for sharing his expertise and insights. He encouraged students to apply the knowledge gained from the lecture in their academic pursuits and research.

The guest lecture by Mrs. Seema Rahman was a significant and enriching experience for the students and faculty members of the Faculty of Electronics & Communication Engineering at Integral University. It provided a deeper understanding of the importance of emotional intelligence modern world. 72 students was participated in this lecture, they are from different streams like from B.Tech ECE, CSE and some of them from BRIT and B.Opt.

The event was coordinated by Dr. Saima Beg, Associate Professor, Department of Electronics & Communication Engineering, Integral University. We express our gratitude to Mrs. Seema Rahman for sharing her insights and knowledge, and we look forward to more such enlightening interactions in the future.





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Thanks & Regards

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