



Speaker

Dr. Neeta Tatke

Vice Principal and Head,
Dept. of Psychology,
D. G. Ruparel College, Mumbai

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A Webinar on

Emotional Intelligence

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Emotional Intelligence is the awareness of and ability to manage one's own emotions to facilitate thinking and attaining specific goals, the ability to understand what others feel, and to be socially skilled. It is viewed to have powerful influence on success in life. It promotes resilience and helps to bounce back from bad experiences and adapt flexibly to the changing demands of stressful situations.



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