



# MES Night College of Arts and Commerce

## Garware College Campus, Karve Road, Pune

Affiliated to Savitribai Phule Pune University, Pune

Recognised by Government of Maharashtra

Accredited by NAAC

### 'EMOTION AWARENESS AND ITS IMPORTANCE IN INTERPERSONAL RELATIONSHIPS'

Organized by: MES Night College of Arts and Commerce in collaboration with Center of Psychological Counseling, Garware Campus.

Date: 28th January 2025

Time: 11:00 AM

Mode: Online

Guest Speaker: Mr. Ajinky Godase, Psychologist

#### INTRODUCTION:

The MES Night College of Arts and Commerce organized an insightful online workshop titled 'Emotion Awareness and its Importance in Interpersonal Relationships' on 28 January 2025 at 11:00 AM. Mr. Ajinky Godase, a renowned psychologist, conducted the session to enhance students' emotional intelligence and interpersonal skills.

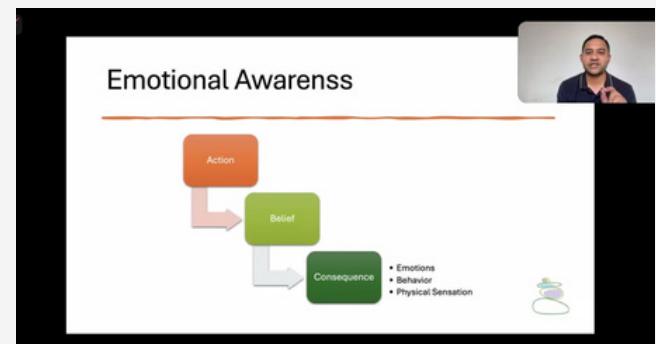


#### OBJECTIVES OF THE WORKSHOP:

- To understand the concept of emotional awareness in daily life.
- To develop better interpersonal relationships through emotional intelligence.
- To identify and manage emotions effectively.
- To improve communication and conflict-resolution skills.

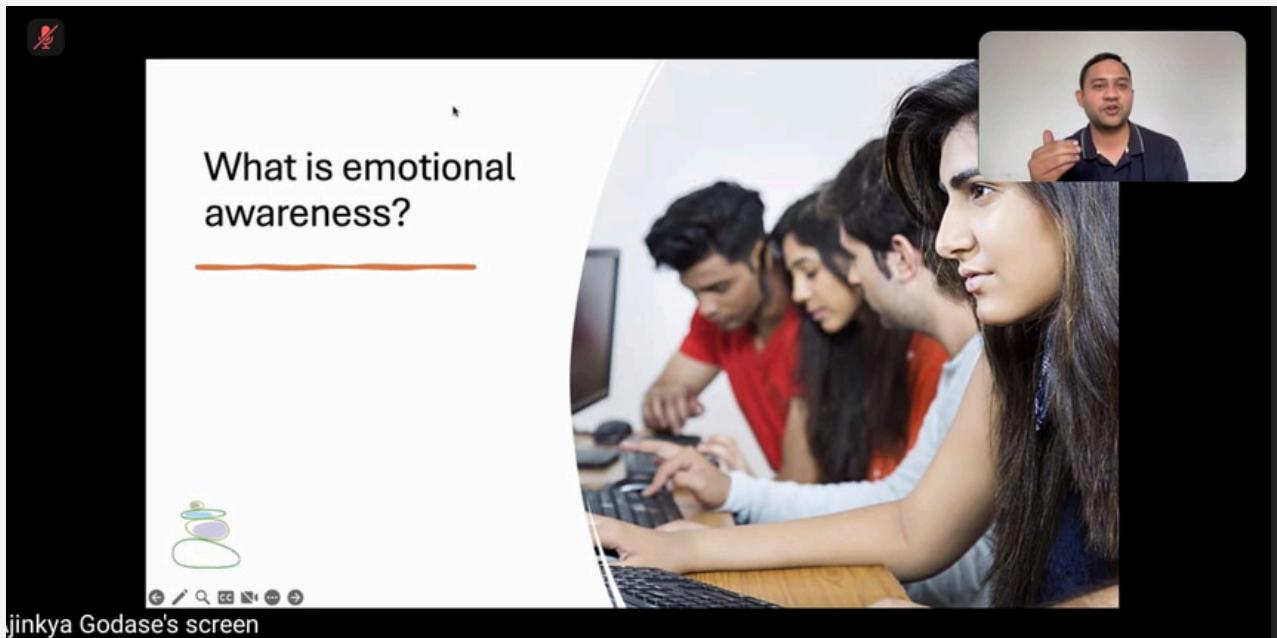
#### PROGRAM DETAILS:

- Mr. Ajinky Godase provided an engaging and interactive session, explaining the fundamentals of emotional intelligence.
- Participants were introduced to various techniques for recognizing and managing emotions.
- Practical examples and case studies were discussed to illustrate the role of emotions in personal and professional relationships.
- The session included self-awareness exercises to help students evaluate their emotional responses in different situations.
- A Q&A session allowed participants to clarify doubts and share personal experiences.



#### OUTCOMES OF THE PROGRAM:

- Enhanced understanding of emotional intelligence and its impact on relationships.
- Improved self-regulation and emotional control among participants.
- Strengthened interpersonal communication and empathy.
- Increased ability to handle stress and conflicts effectively.



- Participants gained a deeper awareness of their own emotions and how they affect their interactions.
- Improved emotional management strategies, leading to healthier relationships.
- Increased confidence in handling interpersonal conflicts.
- Practical application of techniques learned during the session in real-life situations.

The online workshop on 'Emotion Awareness and its Importance in Interpersonal Relationships' was a highly successful event, equipping students with essential emotional and interpersonal skills. Mr. Ajinky Godase's expertise and interactive approach made the session informative and engaging. The feedback from participants was overwhelmingly positive, indicating the workshop's relevance and impact on their personal and social lives.

