



Atharva Institute of Management Studies

Activity / Event report

Name of event	: FACULTY SPEAKS, Episode 7
Date(s) of conduction	: 1 September 2021
No. of participants	: 17
Student coordinator/ committee	: Sneha Kamalpuria (MMS)
Resource person	: Dr. Poonam Patel
Designation	: Assistant Professor
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MUMBAI-95.



DESCRIPTION

Objectives:

• Overview on Emotional Intelligence (EI).

Key Takeaways:

- Initiation of the session with the story of a monk and a scientist.
- Understanding what is Emotional Intelligence.
- Learning how to manage our emotions.
- Being aware of others' emotions as well.
- Relate to others and understand them.
- Educating mind without educating the heart is no education at all.
- Understanding what are emotions.
- An emotion is a complex psychological state that involves three distinct components:
 - A subjective experience.
 - A physiological response.
 - A behavioral or expressive response.
- Six universal emotions:





- Anger
- Disgust
- Fear
- Happiness
- Sadness
- Surprise
- Overview of a story of three ants.
- The story tells us how our brain is connected to our emotions.
- The three brothers are the three parts of our brain:
 - Neo: Neo Cortex (sensory, perception, emotion and cognition).
 - Limbic: Limbic Brain (behavioral and emotional responses).
 - Cere: Cerebellum (voluntary movement, motor skills, emotional responses).
- Learning what is Amygdala hijack.
- Amygdala is responsible for detecting fear and preparing our body for an emergency response.
- When we perceive a threat, the amygdala sounds an alarm, releasing a cascade of chemicals in the body.
- Stress hormones like adrenaline and cortisol flood our system, immediately preparing us for fight or flight.
- The amygdala hijack is an immediate, overwhelming emotional response with a later realization that the response was inappropriately strong given the trigger.
- Understanding amygdala hijack through an example.





- You need to always take a break, stay calm and think logically in adverse situation.
- Learning how can EI help respond to amygdala hijack:
 - Acknowledge that you feel stressed or threatened.
 - Become aware of how your emotions and body react to significant stress.
 - When amygdala is activated, focus on staying calm.
 - Learning why does EQ matter in the work place:
 - People with high EQ make better decision and solve problems.
 - Keeping cool under pressure.
 - Resolving conflicts.
 - Having a grater empathy.
 - Listen, reflex and respond to constructive criticism.
 - Understanding how do we identify if we have higher or lower EQ.:
 - People with low EQ play the role of victim or avoid talking responsibility of errors.
 - Have passive or aggressive communication styles.
 - Refuse to work as a team.
 - Are overly critical of others or dismiss others' opinions.
 - Learning how to become more emotionally intelligent:
 - Become more self-aware.
 - Practice self-regulation.
 - Improve social skills.
 - Become more empathetic.
 - Work on your motivation.
 - A motivational poem by the speaker.





- QUESTIONS AND ANSWERS.
- A few words from Dr. R.G. Ratnawat, Director, AIMS.

FLYER OF THE EVENT



DIRECTOR Atharva Institute of Management Studies MUMBAI-95.





Flyer Designed by: Piyush Chaudhary (MMS)





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GLIMPSES























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AMYGDALA HIJACK	Poonam Patel
 When we perceive a threat, the amygdala sounds an alarm, releasing a cascade of chemicals in the body. Stress hormones like adrenaline and cortisol flood our system, immediately preparing us for fight or flight. The amygdala hijack is an immediate, overwhelming emotional response with a 	Sandeep Rasal Gaanvesh Kulka
later realization that the response was inappropriately strong given the trigger. The amygdala hijack basically equates to "freaking out" or seriously overreacting to an event in your life.	Vaibhav, Patil
The amygdala hijack may leave you regretting your overwhelming emotional response to a situation. Knowing about the amygdala hijack allows you to prevent it by remaining aware of your emotions during potentially triggering events.	Li Vilolidi, Fakir Shubhi Lall Li Vilolidi, Fakir A others Li Vilolidi, Fakir A others Li Vilolidi, Fakir A others A o
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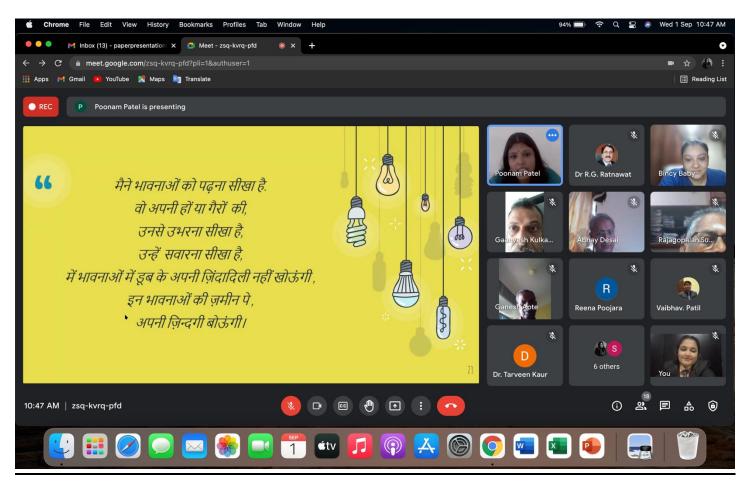


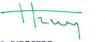
















EVENT REPORT PREPARED BY: SNEHA KAMALPURIA, STUDENT, MMS DIVISION B.

Verified by: Dr. Shubhi Lall Agarwal, Director, IQAC, AIMS.

Submitted to: Dr. R.G. Ratnawat, Director, Atharva Institute of Management Studies.

This video was recorded on the Email ID paperpresentation@atharvacoe.ac.in

Live session was initiated by Sneha Kamalpuria, MMS.



DIRECTOR Atharva Institute of Management Studies MUMBAI-95.

