



## Atharva Institute of Management Studies

### Activity / Event report

Name of event	: <b>FACULTY SPEAKS, Episode 7</b>
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
Contact no.	: 9428159401
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## 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 greater 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

  
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**ATHARVA INSTITUTE OF MANAGEMENT STUDIES**  
(Affiliated to Mumbai University)



**07**

#facultyspeaks

*presents*

# FACULTY SPEAKS



LIVE

Sept 1st, 2021  
10 - 11 AM (IST)

EVERY WEDNESDAY



**Prof. Dr Poonam Patel**  
(Ph.D , MBA , B.COM)

Emotional Intelligence



[www.atharvaims.edu.in](http://www.atharvaims.edu.in)

Flyer Designed by: Piyush Chaudhary (MMS)

*Henry*  
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# GLIMPSES



  
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“a) Anger  
b) Disgust  
c) Fear  
d) Happiness  
e) Sadness  
f) Surprise

10:12 AM | zsq-kvrq-pfd

  
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The screenshot shows a Google Meet interface on a Mac. The main window displays a presentation slide titled "Analogy of the Story". The slide content is as follows:

### Analogy of the Story

The 3 brother ants are the three parts of our brain :

1. Neo - Neo Cortex
2. Limbic - Limbic Brain
3. Cere - Cerebellum

The 5 Friends to Neo cortex are our 5 sense organs : 1. Ear, 2. Eyes, 3. Nose, 4. Tongue, 5. Skin

The Eagle in the story is the Amygdala Gland which is present in Limbic brain.

The function the 3 parts of our brain perform are :

1. Neo cortex : The neocortex is a complex brain structure that commands higher functions, such as sensory perception, emotion, and cognition.
2. Limbic Brain : The limbic system is the part of the brain involved in our behavioral and emotional responses, especially when it comes to behaviors we need for survival: feeding, reproduction and caring for our young, and fight or flight responses
3. Cerebellum : This part of the brain is responsible for coordinating voluntary movements. It is also responsible for a number of functions including motor skills such as balance, coordination, and posture. It contributes to emotional responses, helps us discriminate between different sounds and textures, and is important in learning

The slide is decorated with illustrations of light bulbs. To the right of the slide is a grid of 12 participant video thumbnails. The participants are: Poonam Patel, Dr. Tarveen Kaur, Abhay Desai, Sandeep Rasal, Ganvish Kulka..., Rajagopalan Su..., Vaibhav. Patil, Bincy Baby, Dr R.G. Ratnawat, Shubhi Lall, 4 others, and You. The bottom of the screen shows the Mac dock with various application icons.

  
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**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.
- ✦ The amygdala hijack basically equates to “freaking out” or seriously overreacting to an event in your life.
- ✦ 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.

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10:18 AM | zsq-kvrq-pfd

Participants: Poonam Patel, Dr. Tarveen Kaur, Abhay Desai, Sandeep Rasal, Ganayesh Kulka..., Rajagopalan Su..., Vaibhav. Patil, Bincy Baby, Dr R.G. Ratnawat, Shubhi Lall, 4 others, You

  
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meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1

REC P Poonam Patel is presenting

### HOW TO BECOME MORE EMOTIONALLY INTELLIGENT?

- Become More Self-Aware
- Practice Self-Regulation
- Improve Social Skills
- Become More Empathetic
- Work on Your Motivation

Participants: Poonam Patel, Dr R.G. Ratnawat, Bincy Baby, Gaanyesh Kulkarni, Abhay Desai, Rajagopalan Suresh, Ganesh Apte, Reena Poojara, Vaibhav. Patil, Dr. Tarveen Kaur, 6 others, You

10:46 AM | zsq-kvrq-pfd

System tray: Calendar (SEP 1), Apple TV, Music, Podcasts, App Store, Settings, Chrome, Word, Excel, PowerPoint, Photos, Mail, Messages, Safari, Spotlight

  
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Inbox (13) - paperpresentation Meet - zsq-kvrq-pfd

meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1

Apps Gmail YouTube Maps Translate Reading List

REC P Poonam Patel is presenting

“  
 मैंने भावनाओं को पढ़ना सीखा है,  
 वो अपनी हों या गैरों की,  
 उनसे उभरना सीखा है,  
 उन्हें सवारना सीखा है,  
 में भावनाओं में डूब के अपनी जिंदादिली नहीं खोऊंगी,  
 इन भावनाओं की ज़मीन पे,  
 अपनी जिन्दगी बोऊंगी।

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10:47 AM | zsq-kvrq-pfd

Microphone Video Chat Hand Point Share More Call

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Spotlight App Store Messages Mail Photos Calendar 1 Apple TV Music Podcasts App Store Settings Chrome Word Excel PowerPoint Photos Camera

Poonam Patel Dr R.G. Ratnawat Bincy Baby  
 Ganesh Kulkarni Abhay Desai Rajagopalan S...  
 Ganesh Apte Reena Poojara Vaibhav. Patil  
 Dr. Tarveen Kaur 6 others You

  
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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](mailto:paperpresentation@atharvacoe.ac.in)*

Live session was initiated by Sneha Kamalpuria, MMS.

  
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