

Bunts Sangha's
S. M. Shetty College of Science, Management Studies, Powai
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

SESSION ON

EQ



NSS Programme Officer



NSS Programme Officer



PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel: 022-6132 7352
Email: college@smshettyinstitute.org

Principal

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Approval Form – Session on EQ

Department: NSS UNIT

Program: session on EQ

Objectives: This Webinar helped the students to know about the General knowledge on EQ

Content: On 24th February 2022, the NSS Unit of S.M. Shetty had organize a Webinar on 'Session on EQ' for the NSS Volunteers

Date: 24th February, 2022

Cost/Budget: Nil / Not Applicable

Resources person:- Ms Natasha Mehta

Proposed By:- Sushant Shetty

Verified by:- Dr. Vijay Vishwakarma



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Minute of the meeting:- Session on EQ

- To allot work to social media team and leaders.
- To discuss about the documentation work.
- To allot leaders to prepare for the WhatsApp message to participate



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Notice (WhatsApp Message):

Greetings to All ✨

The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and management Studies, Powai Is organising _CERTIFICATE COURSE On STUDENT DEVELOPMENT PROGRAM ON CAPACITY BUILDING_

TOPIC- Session on EQ

Resource Person : Ms. Natasha Mehta

📅 Date:- 24nd February ,2022

🕒 Time:- 12:30 PM

📍 Venue:- Zoom Meeting

Zoom Link 🖱️ 🖥️

<https://us02web.zoom.us/j/83036003164?pwd=RFMxMHArlL3NuZXkvejVuQllkb0pYdz09>

Meeting ID: 830 3600 3164

Passcode: x63HzL

Certificate will be provided to all the participants only after attending all the Sessions 📄

For any queries Call:

Snehal Rai:- 9082362400

Sushant Shetty:- 7738813869



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Report –session on EQ

Event: Session on EQ

Date: 24th February, 2022

Objective: This Webinar helped the students to know about the General knowledge on EQ

Highlights: This event was organized by the NSS Unit of S.M.Shetty College Of Science, Commerce & Management Studies, Powai .The webinar started with introduction of resources person Ms. Natasha Mehta (Psychologist BSSMSEI)

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

The webinar ended with the vote of thanks by NSS volunteers

There were around 73 participants in the session.



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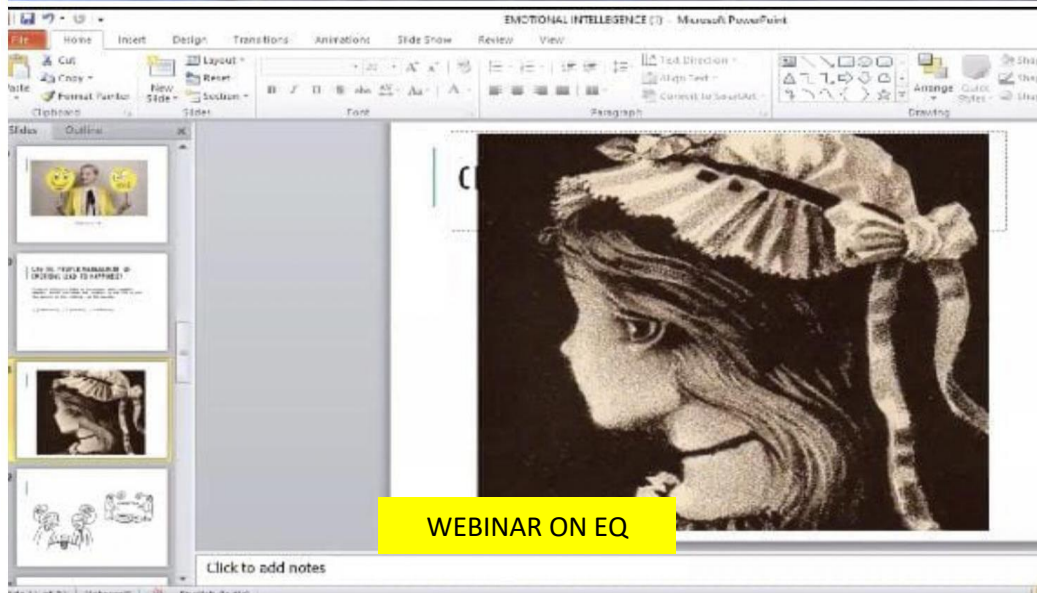
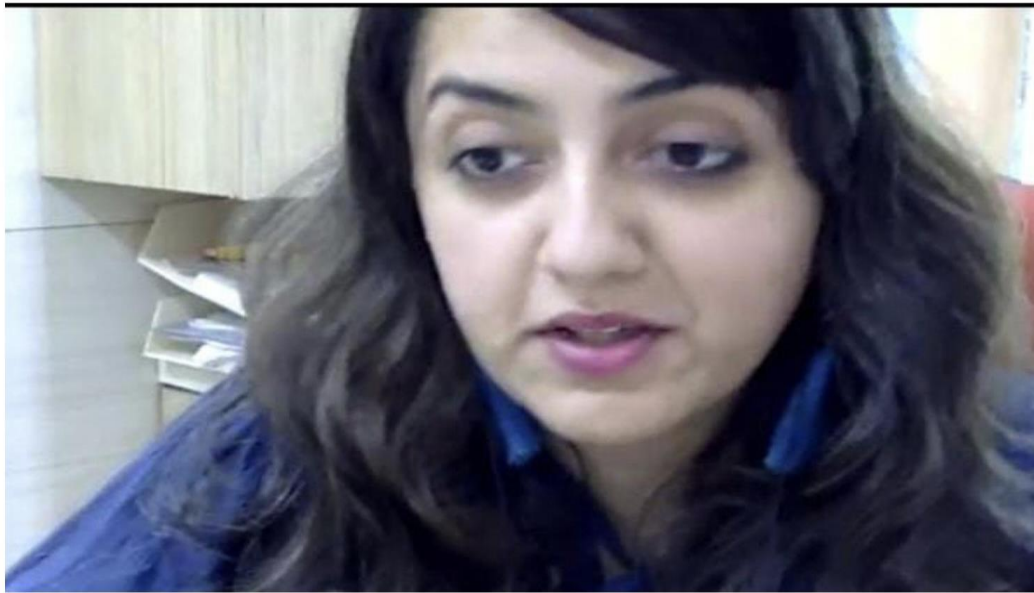
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Dijay Chishwatpama

NSS Programme Officer

John Pienzo

NSS Programme Officer



Shetty
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Thank You Letter – Session on EQ

SMS/

22th February , 2022

To,
Ms Natasha Mehta
S.M Shetty Degree College,
Powai.

Dear ma'am,

It was truly a pleasure to have you with us

On behalf of our college, we'd like to thank you for the generous gift of your time and making people aware about the session on EQ Your time and dedication made this session successful.

Yours faithfully,
Dr. Sridhara Shetty
PRINCIPAL



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