



**SRR & CVR GOVERNMENT DEGREE COLLEGE  
(AUTONOMOUS)  
MACHAVARAM, VIJAYAWADA-520004  
DEPARTMENT OF ZOOLOGY**

<b>Name of the Activity</b>	<b>Guest lecture on Emotional Intelligence on</b>
<b>Resource person</b>	<b>Sr. Lavanaya Maris Stella College (A) Vijayawada</b>
<b>Place</b>	<b>Department of zoology, SRR &amp; CVR GDC (A)</b>
<b>Date</b>	<b>21/12/2017</b>



- Emotional intelligence is the ability to identify and regulate one's emotions and understand the emotions the others.
- A high EQ helps you to build relationships, reduce team stress, defuse conflict and improve job satisfaction.
- Emotional intelligence helps students better analyses situations. It not only helps students interact with others better but also helps them tackle academic issues with greater panache.
- The better a student is able to come to grips with a situation, the more in control they are of it.

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