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# Islamia College of Science & Commerce

NAAC Re-Accredited Grade 'A'  
UGC -Autonomous, Affiliated with University of Kashmir  
Hawal, Srinagar, Jammu & Kashmir -190002



## Islamia College Conducts Seminar on Emotional Intelligence Under Jan Bhagidari, Azadi Ka Amrit Mahotsav - G-20 Celebrations.

Since the whole country is organizing various programmes & events to celebrate 75<sup>th</sup> Year of Independence under Azadi Ka Amrit Mahotsav, in this backdrop a day-long seminar was held in Islamia College. Seminar was also in the backdrop of G-20 Summit & Jan Bhagidari celebration held in the college to sensitize students & masses to overcome stress levels. Principal of the College, Professor (Dr.) Khursheed A. Khan in his inaugural address expressed that several events and seminars were carried out within and outside the college campus to promote students personality. Prof. Khan who was also chief guest in the seminar said that, emotional intelligence is the ability to identify and regulate one's emotions and understand the emotions of others. High emotional intelligence helps you to build relationships, reduce stress, defuse conflict and improve job satisfaction, he added. While sharing his experiences Prof. Khan shared that, if a student is



feeling stressed, annoyed, uninspired or deflated in his/her role, then it's important to take time to check-in with yourself and investigate why he/she might be feeling this way. Dr. Zahoor Ahmad Jhat, chief coordinator of the G-20 events in the college in his address said that how such seminars will help our student's personality. Coordinator of today's seminar Dr. Seema Bashir, HOD Commerce in her lucid presentation beautifully explained how relationship management is all about interpersonal skills, one's ability to build genuine trust, rapport and respect from colleagues. She added that emotional intelligence is about more than the cliché of a trust fall during a team building exercise, it's about trusting and being trusted in a team. Overwhelming response was seen in the seminar which was attended by large number of students besides, Dr. Taroq A Ganjee, HOD Management Studies Dr. Shamema Akhtar Kamli, Dr. Tabasum Nazir, Dr. Nusrat Parveen, NSS officer Unit-3 & Ms. Bisma Shafi, Dr. Zubair, Dr. Mushtaq, Dr. Umer Shareef, Dr. Mir Javaid, faculty from Commerce Department also attended the seminar. The series of events and question/answer sessions were anchored by Miss Shaima, BBA 6<sup>th</sup> Sem, student of the college. Daylong seminar conclude with a formal vote of thanks presented by Dr. Syed A Untoo , Media Secretary, of the College.

Sd/-

**Dr. Syed A. Untoo**

**Media Secretary**

**ICSC, Srinagar.**

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