

SVKM's Narsee Monjee Institute of Management Studies

(Deemed-to-be University)

MUKESH PATEL TECHNOLOGY PARK - SHIRPUR CAMPUS

TWO-DAY WORKSHOP ON “EMOTIONAL INTELLIGENCE & WORK-LIFE BALANCE” REPORT

MPTP, NMIMS, Shirpur campus organised **“TWO-DAY WORKSHOP ON “EMOTIONAL INTELLIGENCE &WORK-LIFE BALANCE” FOR THE FACULTY & SECTION HEADS.**

Date & Time of the event: 4th & 5th July 2025. 10am-5pm.

Spokesperson: Dr. Poonam Ojha

Co-Ordinator: Kiran Kalyani Akasapu

Venue: C- wing, II Floor, Seminar Hall

Summary report:

MPTP, NMIMS, Shirpur campus had organised **““TWO-DAY WORKSHOP ON “EMOTIONAL INTELLIGENCE &WORK-LIFE BALANCE” FOR THE FACULTY & SECTION HEADS** on 4th & 5th July 2025. The primary objective of the workshop was to enhance participants' understanding of emotional intelligence and equip them with strategies to maintain a healthy work-life balance, ultimately leading to improved personal well-being and professional performance. This intensive program aimed to equip attendees with essential skills to thrive in their academic, professional, and personal lives. The workshop combined theoretical insights with practical activities to ensure comprehensive learning.

Workshop Objectives

- ✓ To build a strong foundation in emotional intelligence (EI)
- ✓ To promote self-awareness and identify emotional triggers
- ✓ To enhance emotional regulation, adaptive thinking, and mental toughness
- ✓ To improve time and stress management for better work-life balance

Key Sessions:

1. Foundation of Emotional Intelligence

- Understanding EI and its significance in personal and professional domains
- Five core components of EI: self-awareness, self-regulation, motivation, empathy, social skills

2. Self-Awareness and Emotional Triggers

- Recognizing internal emotions and their impact on decision-making
- Identifying common emotional triggers and patterns

Interactive Activities: Self-assessment tools and reflection exercises

3. Stress Mindset and Mental Toughness

- Understanding different stress mind-sets (threat vs. challenge)
- Building resilience and psychological flexibility

4. Emotional Regulation and Adaptive Thinking

- Techniques for managing intense emotions and cognitive reframing
- Mindfulness practices for emotional control

5. Work-Life Balance and Time Management

- Tools to balance professional duties and personal life effectively
- Prioritization strategies and time-blocking techniques

6. Stress Management for Daily Life

- Breathing exercises, relaxation techniques, and habit building
- Developing a personal stress management plan

Outcome:

- ✓ Increased emotional self-awareness and understanding of emotional patterns
- ✓ Enhanced ability to regulate emotions and maintain composure under pressure

- ✓ Practical tools for time management and work-life balance
- ✓ Improved stress-coping skills and mental toughness

Conclusion:

The two-day workshop effectively empowered staff and faculty with essential emotional and psychological tools, encouraging resilience, balance, and professional growth. The interactive and engaging format ensured that learning was impactful and memorable. Sessions were well-received, interactive, and highly relevant to workplace challenges

Sincere thanks to Dr. Sunita Patil, Campus Director, for her invaluable guidance and unwavering support in organizing sessions aimed at the development of faculty and staff and also extend my thanks to Mr. Sivaji Gaikwad, administrative officer for his support in ensuring the smooth execution of the program.

Report Submitted by

Mrs. Kiran Kalyani Akasapu (Counsellor)

MPTP, NMIMS, Shirpur Campus