



GOVERNMENT OF KARNATAKA
GOVERNMENT FIRST GRADE COLLEGE
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Topic: Emotional Intelligence

Date: 10/06/2020

Resource Person: Prof B. Gururaj Rao

On 10/06/2020 the topic of lecture was “**Emotional Intelligence**” by Prof Gururaj Rao Students Counsellor of Sri Devaraj Urs Academy of Higher Education and Research, Kolar, threw a light on the topic “Emotional Intelligence” relevance to the current situation of Covid-19. In this session, he narrated the ability of person to understand and manage own’s emotions and those of the people around and how these emotions can affect other peoples. The outcome of the session facilitated the participants to handle the emotions and to improve them very strongly.



Prof Girish B.N hosting the session, Resource Person addressing the students