




Govt. College Sainj (H.P.) College Activity



Sr. No.	Particular	Remarks
1	Date / दिनांक	25.10.2024
2	Name of Activity	Mentor-Mentee Interaction
3	Name of Department Organizing the Activity	Department of Commerce
4	Name of Collaborating Agency (If Any)	B.A. 3 rd Year
5	No. of Student Participants	25
6	No. of Teacher Participants	01
7	Brief Report सांक्षिप्त प्रदिवेति	<div></div> <p>On Dated: 25.10.2024, Dr. Vandana Arya, AP Commerce, has conducted a mentor-mentee session and interacted with students on topic “Leadership Skills and Emotional Intelligence”. In this session students were informed about qualities of effective leaders and the importance of emotional intelligence. Students asked about the difference between emotional intelligence and mental intelligence. Then the speaker told them that the terms emotional intelligence (EI) and mental intelligence (IQ) refer to different types of abilities, though they are both crucial for personal and professional success. Emotional Intelligence is the ability to understand, manage, and use your own emotions and the emotions of others in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict while Mental Intelligence, or Intelligence Quotient (IQ), refers to a person’s ability to reason, solve problems, think critically, and apply knowledge to different situations. It's generally measured through standardized tests that assess various cognitive abilities, including logical reasoning, mathematical skills, spatial visualization, memory, and verbal ability. The speaker clarified their doubts by providing various examples. This was a very useful session.</p>

Organizer

Principal
Govt. College Sainj (H.P)