

Interactive session on "Emotional Quotient and Life Skills" by Dr. Aradhana Sharma

On 3rd October 2019, the student branch of IEEE IGDTUW organized a very important session on the topic "Emotional Quotient and Life Skills". Dr. Aradhana Sharma, Doctorate in Psychology from Delhi University and a life skills trainer was invited to enlighten the students about this important topic. Throughout the talk, Dr. Aradhana talked about how one can know their EQ, how they can analyze it and how can they work towards its betterment accordingly, not only emotionally but also physically.

All the 80+ students that attended the session were encouraged and mustered by Dr. Aradhana to come up with their personal problems and issues. Overall the session definitely helped the students get to know a lot about EQ and they felt very satisfied after knowing much more about their own self.

