



Goa University
School of Chemical Sciences
In Association with
Internal Quality Assurance Cell (IQAC)

REPORT on a talk on '*Emotional Intelligence and Its Importance in Professional Excellence*'
by Prof. Vithoba Narayan Mhalkar, Assistant Professor at the Institute of Psychiatry &
Human Behaviour (IPHB), Bambolim Goa.

Activity	A talk on ' <i>Emotional Intelligence and Its Importance in Professional Excellence</i> ' Prof. Vithoba Narayan Mhalkar, Assistant Professor at the Institute of Psychiatry & Human Behaviour (IPHB), Bambolim Goa.
Date and time	14/08/2024 at 3.30 pm
Faculty attended	15
Students attended	115
Participants	130
The objective/description of the activity	<p>Objective: The primary objective of the talk was to enhance awareness and understanding of Emotional Intelligence among students and staff, and to highlight its critical role in achieving professional excellence. The session aimed to equip participants with practical tools to recognize, manage, and effectively utilize emotions in academic, research, and workplace settings, thereby improving communication, collaboration, stress management, and leadership capabilities.</p> <p>An email informing all the students and teaching staff about the talk at the Auditorium of SCS building of Goa University was sent.</p> <p>A lecture on "<i>Emotional Intelligence and Its Importance in Professional Excellence</i>" was delivered by Prof. Vithoba Narayan Mhalkar, Assistant Professor at the Institute of Psychiatry & Human Behaviour (IPHB), Bambolim, for the students and staff of Goa University. The session was organized as part of a broader initiative to enhance emotional well-being and soft skills among the academic community. Prof. Mhalkar introduced the concept of Emotional Intelligence, elaborating on its core components such as self-awareness, self-regulation, motivation, empathy, and social skills. He emphasized the crucial role EI plays in managing stress, improving communication, and maintaining healthy interpersonal relationships in both academic and professional environments.</p> <p>The talk was highly engaging and interactive, with real-life examples and practical techniques such as emotional self-assessment, reflective journaling, and active listening exercises. Prof. Mhalkar highlighted how emotional intelligence contributes</p>

	<p>to better teamwork, leadership, and adaptability, especially in high-pressure fields like scientific research. The audience appreciated the relevance of the topic and found the session insightful and thought-provoking, with many expressing a desire for more such programs that bridge the gap between emotional well-being and professional success.</p> <p>The talk was followed by interactive session with active participation from students and faculty members. The seminar concluded with Q&A session where students clarified their doubts.</p>
Benefit/Key outcome of the event	The session equipped attendees with actionable tools to manage emotions, foster teamwork, and pursue excellence in their professional journeys at the School of Chemical Sciences.



Dr. Prachi Torney
Convenor



Dr. Deepika Karmalkar
Co-convenor



Prof. V. M. S. Verenkar
Dean, SCS

Dean
School of Chemical Sciences
GOA UNIVERSITY





Durgavado, Goa, India
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Lat 15.458974°
Long 73.827941°
14/08/24 03:56 PM GMT +05:30



Durgavado, Goa, India
FR5H+M64, Durgavado, Goa 403206, India
Lat 15.458973°
Long 73.827941°
14/08/24 03:58 PM GMT +05:30



Google

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FR5H+M64, Durgavado, Goa 403206, India
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Long 73.827941°
14/08/24 03:58 PM GMT +05:30

GPS Map Camera

14/08/2024

Invited Talk

Title: Emotional Intelligence and its Importance
in Professional Excellence

By Prof. Vitthoba Narayan Mhalakar, SCS Auditorium

Time: 3:30 to 4:30 pm

Sr. No.	Name	Signature
1.	Vitthoba N. Mhalakar	Mhalakar
2.	S. N. Dhruv	Dhruv
3.	Deepika Kasmalkar	Deepika
4.	Amrita N. Vekurkar	Vekurkar
5.	Purvi Palkar	Palkar
6.	Sneha Harijan	Harijan
7.	Madhumita Das	Das
8.	Pallavi R. Gaonkar	Gaonkar
9.	Nikshita Narasimha Naik	Naik
10.	Dinva Dilip Naik	Naik
11.	Sharvari. S. Borkar	Borkar
12.	Riddhi A. Naik	Naik
13.	Rachana. R. Raut	Raut
14.	Conrad Coelho	Coelho
15.	Aachal Gawandi	Gawandi
16.	Rupit Bhandari	Bhandari
17.	Ramakant Kautankar	Kautankar
18.	Vanshita P. Jalmi	Jalmi
19.	Siya S. Shirodkar	Shirodkar
20.	Sneha S. Velip	Velip
21.	Amisha Shirvoikar	Shirvoikar
22.	Sourmya Harchinamani	Harchinamani
23.	Vaishnavi V. Nadkarni	Nadkarni
24.	Aditya Dial	Dial
25.	Anagha Chavan	Chavan
26.	Aniket S. Mandrekar	Mandrekar
27.	Shubham Kharwat	Kharwat

28) Yesharvi Rohuldar Ganuekar

29) Smriti Kirlapalkar

30) Charvi Rajesh Lotlikar

31) Manita Juliet Rebelle

32) Akshara Babu

33) Richa Rajesh Bandodker

34) Riya S. Nanvenkar

35) Sushmita U. Kumbhar

36) Shrutika Sanjay Fadte

37) Richa D. Kashalkar

38) Gopal Sawant

39) Sarunish Sataskar

40) Nikhil Naik

41) Keshav Naik

42) Sahil S. Komarpant

43) Kishu The

44) Larman Panyekar

45) Kuldeep Lotlikar

46) Sourav Naik

47) Pratik Naik

48) Mark Rodriguez

49) Akash Oreonkar

50) Sujay Faldessai

51) Sankalp Naik

52) Anvita Naik

53) Swarna Velip

54) Nikita Naik

55) Jocelyn Furtado

56) Bhagyashri Gaudle

57) Sanghavi Parab

58) Aneesha Nagarskar

59) Goutami Pilankar

60) Divya Solanki

~~Yesharvi~~
~~Smriti~~

~~Charvi~~

~~Manita~~

~~Akshara~~

~~Bandodker~~

~~Riya~~

~~Sushmita~~

~~Fadte~~

~~Kashalkar~~

~~Sawant~~

~~Sataskar~~

~~Nikhil~~

~~Keshav~~

~~Sahil~~

~~Kishu~~

~~Larman~~

~~Kuldeep~~

~~Sourav~~

~~Pratik~~

~~Mark~~

~~Akash~~

~~Sujay~~

~~Sankalp~~

~~Anvita~~

~~Swarna~~

~~Nikita~~

~~Jocelyn~~

~~Bhagyashri~~

~~Parab~~

~~Aneesha~~

~~Goutami~~

~~Divya~~

61) Aditya Pali	Amil
62) Aditya Morajkar	ADM
63) Siddhi Naik	Saak
64) Diya Voingankar	Sa
65) Samruddhi Dessai	Sprasi
66) Neomi Falcao	falcas
67) Chaitanya Naik Gaonkar	Datras
68) Sayukta Chari	Shari
69)	
70) Welanny Costa	Samy
71) VEDDHANT PARAB	Parab
72) Harshit Vengurkhar	Harshit
73) DEEPTANSHU PRADHAN	Pradhan
74) Saleel Mujawar	Saleel
75) Pragati Naik	Pragati
76) Poochi Govenkay	Poochi
77) Ashweta U Patsekay	Ashweta
78) Deepam A Mulekar	Deepam
79) VISHNU . SAWANT	Vishnu
80) Ashwin Naik	Ashwin
81) Ishhaddeep Parsetkar	Ishhaddeep
82) Laxman Stetye	Laxman
83) Abhishek Kudav	Abhishek
84) Keshav Naik	Keshav
85) Avishkar Sarmalkar	Avishkar
86) Shubham Gavade	Shubham
87) Kanvi Mayanikar	Kanvi
88) Karti Mayanikar	Karti
89) Manjusha Gaonkar	Manjusha
90) Crecia Oliveira	Crecia
91) Upma Gaonkar	Upma
92) Namrata Kumeni	Namrata
93) Shyali Ainkar	Shyali

94. Dr. Minal Shirodkar	<u>Mhishodkar</u>
95. Ms. Shresha Bhomkar	<u>afhomkar</u>
96. Rachael Rodrigues	<u>R</u>
97. Meghana Th Prabhu	<u>MP</u>
98. Saloni Naik	<u>Naik</u>
99. Amrita A. Naik	<u>Naik</u>
100. Khushi Naik	<u>Khushi</u>
101. Khushboo Naik	<u>Khushboo</u>
102. Vishali Gaude	<u>Gaude</u>
103. Samruddhi Adkankar	<u>Adkankar</u>
104. Kedari Jalmi	<u>Jalmi</u>
105. Pritesh P. Khobrevkar	<u>NK</u>
106. Sonali S. Guonkar	<u>Guonkar</u>
107. Apetsha H. Naik	<u>Naik</u>
108. Sweety S. Pagui	<u>Pagui</u>
109. Yuga V. Phadte	<u>Phadte</u>
110. Sanjali Kavelkar	<u>Kavelkar</u>
111. Manasi Ugvekar	<u>Ugvekar</u>
112. Sanjana Manemkar	<u>Manemkar</u>
113. Gauranga Chodankar	<u>Chodankar</u>
114. Harumant H. Redkar	<u>Redkar</u>
115. Saurav Sattarker	<u>Sattarker</u>
116. Varada S. Damare	<u>Damare</u>
117. Sandesh T. Bunde	<u>Bunde</u>
118. Prajesh S. Volvika	<u>Volvika</u>
119. Rupesh A. Kuntekar	<u>Kuntekar</u>
120. Samata Shetgaonkar	<u>Shetgaonkar</u>
121. Dr. Nitish Joshi	<u>Joshi</u>
122. Akshita Aai	<u>Aai</u>
123. Prachi Prabhu	<u>Prachi</u>
124. Sangeeta Naik	<u>Naik</u>
125. Ayzel D'souza	<u>Ayzel</u>
126. Samiya Kortankar	<u>Kortankar</u>

127. Misba

Misba

128. Saisha Naik

Naik

129. Prajakta Chari

Chari

130. Kartik Sawant

Sawant



**Goa University
School of Chemical Sciences**

in association with

Internal Quality Assurance Cell (IQAC)

Organizes a talk on the topic

***Emotional Intelligence And It's
Importance In Professional Excellence***



Date: 14th August, 2024

Time: 3.30 pm

Venue: Auditorium, SCS, GU.

Speaker: **Mr. Vithoba L. Mhalkar,**

Assistant Professor, Institute of Psychiatry
& Human Behaviour, Bambolim Goa

All are Cordially Invited!!

Dr. P. S. Torney,
Convenor

Dr. D. G. Karmalkar,
Co-convenor

Prof. S. N. Dhuri,
Director, IQAC

Prof. V. M. S. Verenkar,
Dean, SCS