



# EMOTIONAL INTELLIGENCE – BRING OUT THE BEST IN YOU



Gyan Setu Scheme  
In collaboration with the  
Department of Commerce of

**Hansraj College, University of Delhi**

(NAAC A+ Grade CGPA 3.62)

Invites you to  
A Workshop



**SPEAKER:**  
**MINAKSHI BANSAL,**  
LIFE ADVISING AND  
IMAGE CONSULTANT,  
OWNER OF "LIFE  
ESSENCE: CREATING  
VALUE IN YOUR LIFE"

**DATE: AUGUST 27, 2021**  
**TIME: 4PM TO 5.30PM**  
**PLATFORM: GOOGLE MEET**



**Patron:**  
**Prof. (Dr.) Rama**  
Principal Hansraj College

## Why this workshop?

1. Struggle with emotion
2. Being reactive
3. Challenges in relationships with people around you
4. Emotional Outbursts
5. Not receptive to feedback(s)

## Key Takeaways

1. Know the real you
2. Manage your Emotions and learn from the Past Life Events.
3. Better Understanding of Others' Emotions.
4. Improve Your Personal and Professional Relationships.
5. Effective Stress Management.

To register:  
<https://bit.ly/3jXABWO>

Gyan Setu Convener:  
Dr. Beauty Das

Event Convener:  
Ms. Sonal Gupta

Teacher-in-charge  
Dr. Preetinder Kaur

Student Coordinators:  
Abhilash Chetia  
Sankritya Sarma