

News & Events

• [Print](#)

• [Download](#)

• [Share](#)

16/Mar/2021

WEBINAR ON THE “EMOTIONAL INTELLIGENCE”

The Department of Psychology had organized a webinar on the “Emotional Intelligence” on 16th, March 2021. Dr. Salome Divya Joseph, Assistant Professor, Department of Psychology, SRM University, Andhra Pradesh was invited as a guest speaker to conduct this webinar.

The students and Faculties of PERI College of Arts and Science and other colleges had participated in this Webinar. A total of 60 participants attended this webinar. The program commenced at 11 AM. The Program started with a welcome address given by Mrs. Aruna J, Assistant Professor, Department of Psychology, Peri College of Arts and Science. A special and warm welcome was conveyed to the chief guest, for her presence. Then Mrs. Aruna J introduced the speaker Dr. Salome Divya Joseph, Assistant Professor, Department of Psychology, SRM University, Andhra Pradesh. Dr. Salome is a passionate teacher and a Psychologist. Her Research interests includes Positive psychology and promoting mental health, Developing Effective modules for vocational development, guidance, counselling and mentoring, Education – Improvement of curriculum, methods & policy structures, Culture/ contest – specific assessments and interventions.

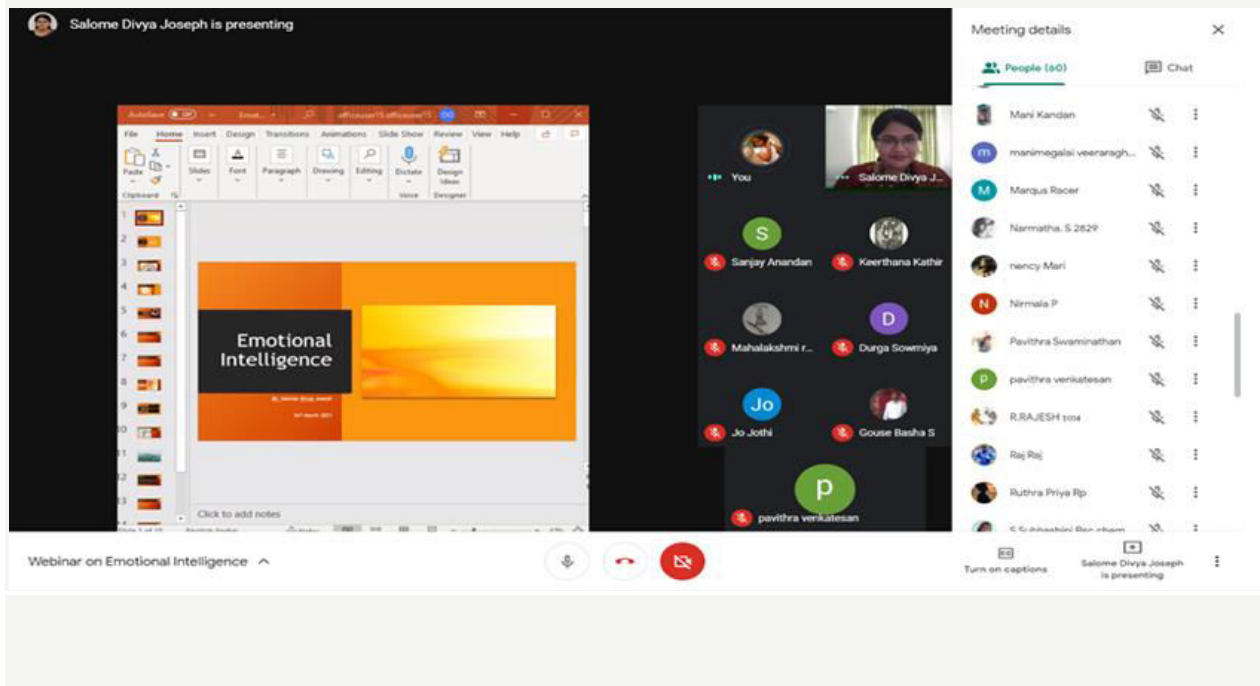
Our speaker, Dr. Salome Divya Joseph greeted the gathering. During this webinar, the speaker gave an overview about

- Emotional Intelligence
- Sensations and emotions
- Identifying and accepting emotions
- Emotional Intelligence Assessment
- Emotional Intelligence Theory
- Cultivating Emotional Intelligence
- Self: mindfulness and bodywork
- Others: empathy and boundaries
- The speaker had also presented some videos on the Marshmallow Experiment; to explain on how well one could delay immediate gratification to receive greater rewards in the future—an ability that predicts success later in life.

- Emotional Intelligence Assessment link has been shared among the students and they actively participated in filling the questionnaire. Based on the assessment scores, the speaker discussed upon the importance of being emotionally intelligent

In depth explanation on the Science of Meditation : How it works in positive ways was demonstrated by engaging the students in instructed meditation for about some 10 minutes. The webinar was concluded with vote of thanks by Ms. Abirami S, Student, Department of Psychology, Peri College of Arts and Science. Heartfelt thanks extended to the Chairman, Mr. Saravanan Periyasamy and COO, Mr.Sasi Veerarajan, and the Principal, Dr. A. Gunasekaran and Vice Principal Dr. V. Simson Rajkumar. Special thanks conveyed to the guest of honor, Dr. Salome Divya Joseph, who accepted to deliver the lecture and graced the event. She also thanked her faculties and the administrative staffs for the grand success of the event. Feedback link was sent to the participants and recorded.

Chief guest Dr. Salome Divya Joseph interacting with participants



meet.google.com/mpp-pjmn-kkw

Salome Divya Joseph is presenting

HOW IT WORKS: THE SCIENCE OF MEDITATION

MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON'S MEDITATIVE STATE OF SELF-AWARENESS.

Mindfulness

Changes the brain in positive ways!

- ATTENTION REGULATION
- EMOTION REGULATION
- PRO-SOCIAL BEHAVIOR (A SENSE OF EMPATHY FOR OTHERS)
- EXTINCTION & RECONSOLIDATION (CHANGING BEHAVIORS OR ATTITUDES)
- NON-ATTACHMENT & DECENTERING (LETTING GO OF THE EGOT)
- MOTIVATION & INHIBITION

Webinar on Emotional Intelligence

Turn on captions

Salome Divya Joseph is presenting

Video played by Chief Guest

youtube.com/watch?v=Yo4WF3c5dIQ

Sharing this tab to meet.google.com

The video shows a young child wearing a white and black spotted Dalmatian dog costume, sitting at a desk. The child is looking down at a book or paper on the desk. The background shows a bookshelf filled with books.