

## DETAILS OF ACTIVITY CONDUCTED

Name of the college	: SRI DURGA MALLESWARA SIDDHARTHA MAHILA KALASALA
Organised by	: Sensitizer (Personality development club)
Title of the programme	: <b>EMOTIONAL INTELLIGENCE</b>
Date of the programme	: 04-04-2023
Resource person	: Mr. L.Jaya Chandra Raju, C.E.O. – Mind your Phantoms
Brief Report of the Programme	: Personality Development Club organized a guest lecture on “EMOTIONAL INTELLIGENCE”. Mr. Jaya Chandra Raju in his deliberations briefly explained the process of human evolution took three lakh years and its impact on the emotional change that originates mainly in the human brain. Our brain has three main layers as Reptile layer, Limbic layer and Neural Cortex layer. He explained it through live examples. The hormonal changes also affect the human behavior especially in the age of 18-24 years. These age group people will commit mistakes as they are not able to control their emotions and stress. He also suggested some activities to overcome the emotions and stress. He advised the students to wake up early in the morning by 4 o’ clock, to improve and enhance your memory and practice puzzles like Sudoku, drawing etc to control emotions and stress.



