

Workshop for Adolescents on Emotional Intelligence



1st year MSc Human Development students conducted a workshop on 15/02/2024 at 9.30 AM for 8th standard students of Ramanashree Udaya School, Kilari road, Bengaluru. Students had the learning from conducting this workshop the importance of effective communication and collaboration. As a class, students had to work together closely to plan and coordinate various activities, ensuring that each aspect of the workshop aligned with our objectives. Through this collaborative effort, we honed our communication skills, learned how to delegate tasks effectively, and gained a deeper appreciation for the value of teamwork. Additionally, the process of planning and executing different activities for the workshop has provided us with practical insights into emotional intelligence and its significance in adolescent development. By carefully selecting activities such as the "emotion wheel," "vision DIY board," and "relationship enactment," we were able to create meaningful learning experiences for the school children.