

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES
(DEEMED UNIVERSITY)**

ONE-DAY WORKSHOP AND RESOURCE TALK

on

A JOURNEY OF INTELLIGENCE QUOTIENT TO EMOTIONAL QUOTIENT

Organised by:

School of Education/Centre for Teacher Education

Central Institute of Higher Tibetan Studies, Sarnath,

Under PMMMNTT Scheme of MHRD, Govt. of India

A one-day workshop on the administration and assessment of Emotional Intelligence Scale and a resource talk on “A Journey of IQ to EQ” was held at CTE on 25 October 2019. The resource talk and workshop were organized for the students of Two-year B.Ed. programme. The resource person for both the session was Dr Sunita Singh, Associate Professor from Faculty of Education, Banaras Hindu University. The Director/In-charge, CTE/SoE Dr Himanshu Pandey honoured and felicitated the eminent resource person Dr Sunita Singh.



Dr Huma Kayoom, the organizer of the workshop introduced to the students about the objectives of the workshop and the resource talk.



Resource person Dr Sunita Singh in the first session delivered a lecture on the topic “A Journey of Intelligence Quotient to Emotional Quotient”. She began the session with a short video loaded with emotional values and then began her discussion with the students. The session was an interactive one as the students actively participated in the discussion.





The second session was based on the administration and assessment of the Emotional Intelligence Scale prepared by Dr Singh and Dr Oza. Students of the two-year B.Ed. programme got their first-hand training on using a psychological test, the administration and the assessment of the same. Again, the resource person Dr Sunita Singh explained to the students the various precautions that must be taken before the implementation of any psychological test and as why psychological test are important.



The different queries and questions of the students were answered by the resource person after which the session finally ended on a good note.



This report is prepared by Dr Huma Kayoom, Organizer of the workshop and the resource talk.