



**NEW HORIZON
COLLEGE OF ENGINEERING**

New Horizon Knowledge Park, Ring Road, Marathalli
Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

Quality Assurance and Skill Development Center

Training Report for ECE Dept

on

Stress Management

and

Emotional Intelligence



**NEW HORIZON
COLLEGE OF ENGINEERING**

Quality Assurance and Skill Development Center

organizes

Soft Skills Training

On

Stress Management /Emotional Intelligence

Presented by

Dr. Glory Mercy C

HR Trainer (QASDC)



Executive Summary

- ❖ This report gives an overview and insights of two hour training session on stress management and emotional intelligence conducted for ECE Department personnel on May 19th , 2023, led by HR Trainer Dr. Glory Mercy C. The training session aimed to enhance participants' understanding of stress, its impact on well-being and performance, and techniques for managing stress effectively. It also focused on developing emotional intelligence skills to better navigate challenging situations and improve interpersonal relationships. Here is a summary of the training session
- ❖ The ECE faculty gained confidence and learned new skills and methods that they can use to manage day-to-day tasks successfully.

Objectives

At the end of the session, the participants would be able to:

- ❖ Identify appropriate situations and techniques in Emotional Intelligence.
- ❖ Determine the proper circumstances and Emotional Intelligence methods.
- ❖ Assist the HR team in developing their self-awareness, stress and anger management skills.
- ❖ Be aware of the elements that influence how the HR team performance

Methodology

The training program that focused solely on activity-based trainings for stress management and emotional intelligence can provide an immersive and experiential learning experience for participants. Here are some benefits and considerations related to activity-based trainings

- Enhance social and relationship management, self-control, self-motivation, self-awareness, and self-regulation.
- Create and keep a positive frame of mind.
- Thought control: master your thoughts and reduce stress using quick and uncomplicated methods.
- Use the ultimate success formula for holistic wellness and conversation control to take command of the language and communication abilities.

At the conclusion of the Training program, the participants would be better prepared to:

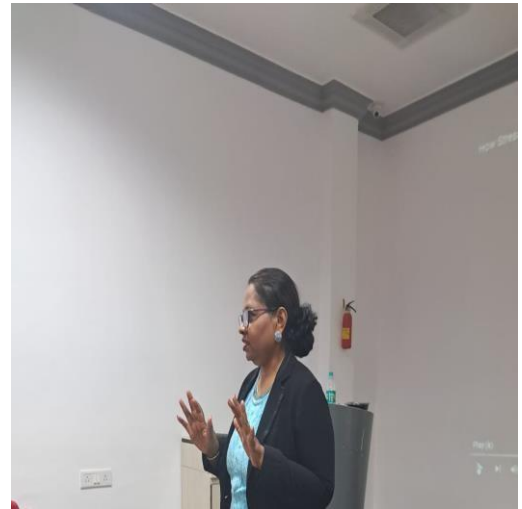
- ❖ Being more conscious of one's own abilities, motivations, and adopting new learning approaches and techniques that promote holistic wellness.
- ❖ Develop self-assured abilities to successfully manage day to day functions.
- ❖ Know how to manage all themselves and all tasks effectively.

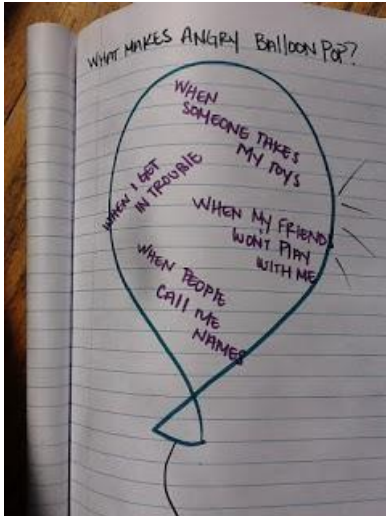




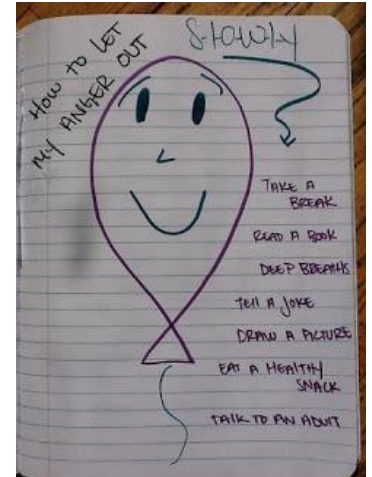
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Glimpses of the Training





Icebreaker One: Angry Balloon Activity



Here are some strategies that can help in letting go of anger:

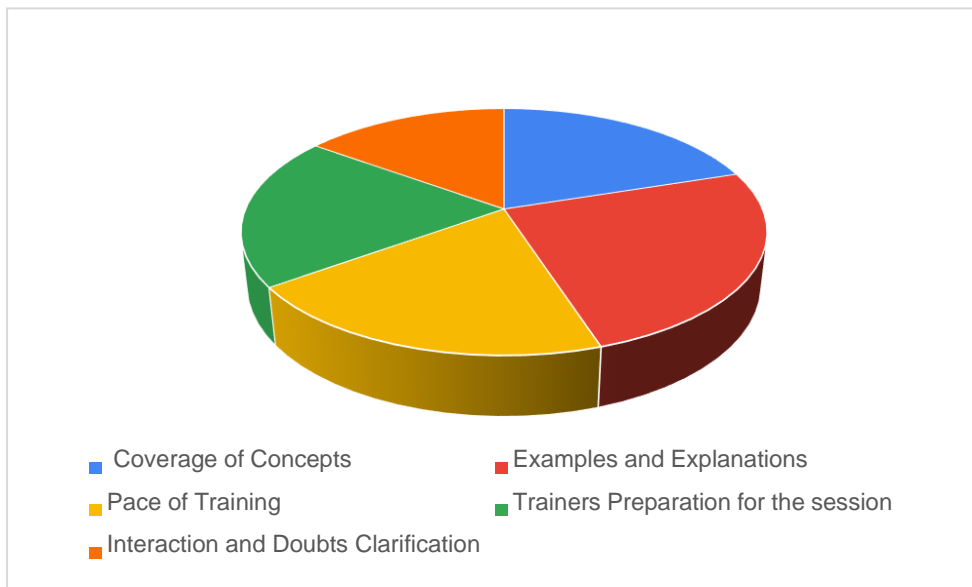
1. Blow up a balloon
2. While holding the balloon, talk to your client about the balloon representing their anger (or anxiety, etc.) and brainstorm with them, what they presume that would happen when those feelings build up.
3. Now the fun part! Either pop the balloon, or let go of the balloon.
4. Blow up a balloon
5. While holding the balloon, talk to your client about letting the anger in the balloon out slowly. Review coping skills and anger management techniques, while letting the air out of the balloon slowly.

It's important to recognize the potential consequences of allowing feelings to build up and take proactive steps to address and manage anger in healthy ways. Seeking support from loved ones, practicing self-care, and utilizing effective anger management techniques can help prevent the negative outcomes associated with suppressed or escalating anger



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Feedback:





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Attendance:

NEW HORIZON COLLEGE OF ENGINEERING

Quality Assurance and Skill Development Center

Attendance Sheet

Stress Management

Date: 19-05-2023

Time:

| Sl.No | Department | Name of the Staff | Mobile Number | Mail id | Signature |
|-------|------------|---------------------|---------------|-------------------------------------|-----------|
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| 10. | | | | | |

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Attendance:

NEW HORIZON COLLEGE OF ENGINEERING
Quality Assurance and Skill Development Center
Attendance Sheet
Stress Management

Date: 19/05/2023

Time: 3:30-4:30

| Sl.No | Department | Name of the Staff | Mobile Number | Mail id | Signature |
|-------|------------|-------------------|---------------|--------------------------------------|-----------|
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Conclusion

The one-hour training session aimed to increase participants' trust in their ability to apply new knowledge of stress management and emotional intelligence

Recommendations

To enhance their performance and receive more accolades and recognition, the management must facilitate more training sessions for all the ECE teaching Staff.