

From Emotions Experienced Internally to Aptly Expressing Them Externally: Dr. Bindu Saini Speaks on Emotional Intelligence

Pune, Maharashtra | 26th September, 2024



On 26th September, 2024, principal, Dr. Bindu Saini held a workshop on Emotional Intelligence for the entire school faculty: academic and administrative included.

In the two-hour interactive session, Dr. Saini, who herself has completed a Diploma in Emotional Intelligence from Yale University, USA spoke about the definition of EI and its aspects; the primary and secondary emotions and the dominant emotions; the RULER approach by Prof. Marc Brackett, founder of the Yale Center for Emotional Intelligence; and the skills to become emotionally intelligent.



What grasped the attention of everyone was the fact that Dr. Saini used real-life examples from school to illustrate every topic. This made every word being spoken personally resonate with each and every faculty member.

To illustrate the execution of emotional intelligence specifically with focus on reacting vs responding in conversations, vice principal, Ms. Padmavati Banda; and faculty members, Ms. Anjali Gugale, Ms. Sanjana Sabu, and Ms. Swaleha Mujawar enacted a teacher-student interaction in class. The enactment displayed how one person's reaction vs. response can drastically affect the reaction vs. response of the recipient.



The session was highly lauded by faculty members wherein they conveyed how all that was spoken was relatable both personally and professionally.

Following is a testimonial by faculty member, Dr. Rohit Sarkar who was part of the session:

"Whilst we speak about physical health, and give priority to mental health, little focus is given to the emotional health. One can say that emotions are the synapses between our mind and our body. What we think gives rise to emotions, which, as Dr. Saini so eloquently put it, are expressed externally... and also affect our physical health.

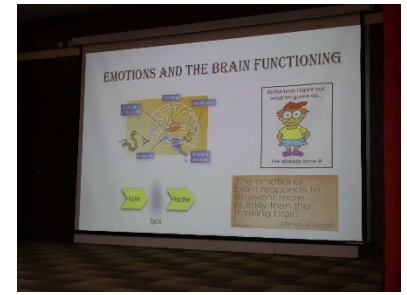


Which is why, it is strictly my opinion, that this was an essential topic that needed to be conducted to help faculty members understand an overview on managing emotions. It was great to see Dr. Saini, the principal of our school, someone whom we revere... become human by giving herself as an example to illustrate real-life situations. The talk struck nerves; and made everyone feel that what they undergo is not something unique; everyone faces it.

Of course, like mental health, emotional health and intelligence is a vast subject and cannot be covered in one session. It would be great if sessions like these could be conducted periodically whilst speaking on specific aspects of emotional health and intelligence.



Thank you, Principal Ma'am for this session! We look forward to more of these." – Dr. Rohit Sarkar, Media and Publishing Department Exec.



The presentation pdf can be found in the Resources section of our school website here: <https://sbpatilschool.com/pdf/Emotional-Intelligence.pdf>