



kamp
KNOWLEDGE & AWARENESS
MAPPING PLATFORM

PRESENTS
47th Fortnightly Workshop on

THE POWER OF SELF-AWARENESS

DEVELOPING EMOTIONAL INTELLIGENCE IN STUDENTS

By **Ms. Ankita Joshi** (Consultant Clinical Psychologist)

For Students from Classes 5th to 12th
(Parents/Teachers can also Participate)

JOIN US

MARCH 14TH, 04:00 PM IST

zoom **LIVE** **STREAM**

www.kamp.org.in | +91 - 8130757123

KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2024: EPISODE 47

Organised By: Knowledge & Awareness Mapping Platform (KAMP)
In Knowledge Alliance with CSIR -NIScPR and M/s NCPL

Topic: The Power of Self Awareness; Developing Emotional Intelligence in Students

Category: Scientific and Life Skills

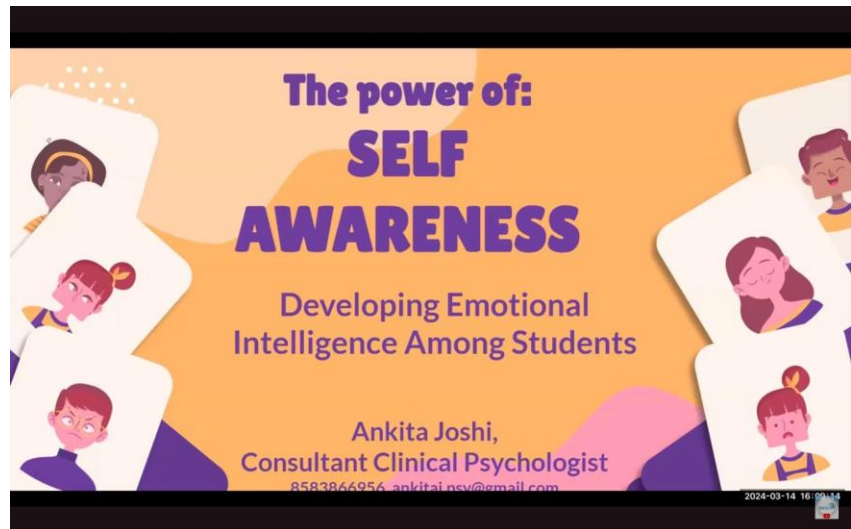
Speakers/Presenters: Ms Ankita Joshi

Organized for: Students from classes 5 - 12 **Date:** March, 14th, 2024

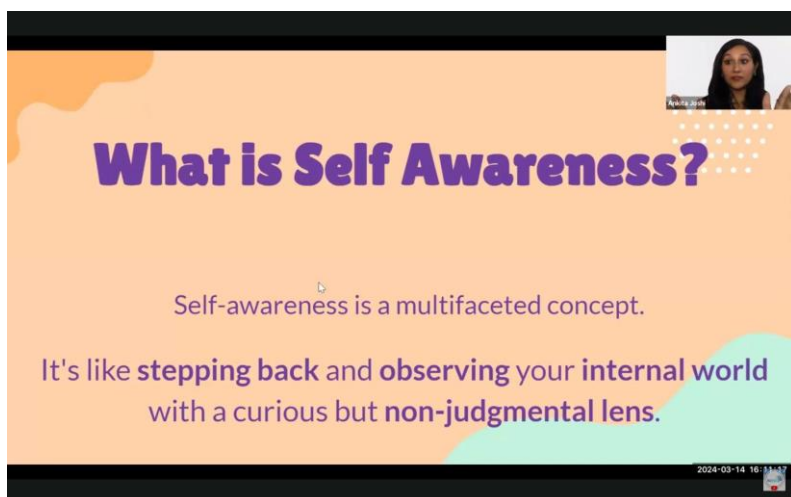
No. of Participants: 500+ students from different schools across India

Overview:

On the 14th of March 2024, the Knowledge and Awareness Mapping Platform (KAMP) successfully orchestrated its 47th knowledge-sharing session, titled "The Power of Self Awareness: Developing Emotional Intelligence in Students." This exclusive workshop witnessed an enthusiastic participation of over 500 students from classes 5th to 12th, representing various CBSE, KV, JNV, EMRS schools across India.



The workshop, led by Mr. Aniket Arora, the convener, proved to be a pivotal event, not only in terms of its organization but also in emphasizing the profound significance of its theme. Mr. Aniket's dedicated commitment set the stage for a comprehensive exploration of strategies that extend beyond academic excellence, aiming to equip students with essential life skills.

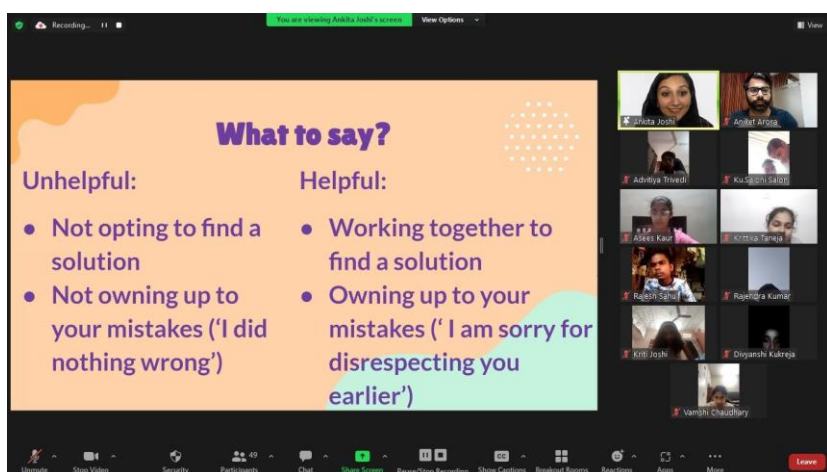


The primary goal of the workshop was to serve as a guiding beacon for students, empowering them with effective tools to navigate their emotional landscapes. With a focus on fostering self-awareness and emotional intelligence, the session aimed to equip participants with practical skills essential for personal and academic success.

Driving the expert facilitation of this transformative session was Ms. Ankita

Joshi, a distinguished clinical psychologist. Ms. Joshi adeptly guided participants through practical strategies and techniques aimed at cultivating self-awareness and emotional resilience. Throughout the workshop, Ms. Joshi immersed participants in a wealth of invaluable insights, expert advice, and engaging interactive discussions.

Key topics covered during the session included Emotional Intelligence, Self-Awareness, understanding emotions, coping mechanisms, the importance of emotional expression, and strategies for appropriate emotional regulation. Through a blend of theory, interactive exercises, and real-life examples, participants gained a deeper understanding of their emotional selves and acquired practical tools to effectively manage their emotions.



In conclusion, the workshop served as a platform for students to enhance their self-awareness and emotional intelligence, essential skills that are foundational for personal growth and success. The collaborative efforts of KAMP and Ms. Ankita Joshi ensured that participants departed with a renewed sense of self-awareness and equipped with valuable strategies to navigate the complexities of their emotional landscapes.

Noteworthy in the session was Mr. Aniket Arora's announcement regarding upcoming Scientific Excursions and Teacher Training programs organized by KAMP at various CSIR Labs and ISRO Centers throughout the year, emphasizing KAMP's commitment to providing unique opportunities for both students and teachers.

KAMP's fortnightly workshops aim to help students develop creativity, meaningful learning, and critical reading and thinking skills, bringing out their inherent abilities. The vision of KAMP is to identify and capture the Scientific and Technological temperament in students, contributing to making India a Global Leader in the fields of science, technology, and the humanities.

These workshops, conducted by KAMP, cover various topics falling under the categories of science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that exposure to such topics from experts within specific fields helps students become aware of real-life situations and challenges, develop a problem-solving nature, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

Organized By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Moderated By:
Mr. Aniket Arora
(Outreach Coordinator, KAMP)

Team Credits:
Ms. Arika Mathur
(Member, KPMC)

Ms. Kavita Tripathi
(System Analyst)