

The Matrix Educational Foundation's
Matrix School of Management Studies, Pune
Survey No. 9/1/5, 9/2/4 & 9/1/4, Near Westernly Bypass Road, Next to Sinhgad Science
College Wadgaon, Ambegaon (BK), Pune- 411 041

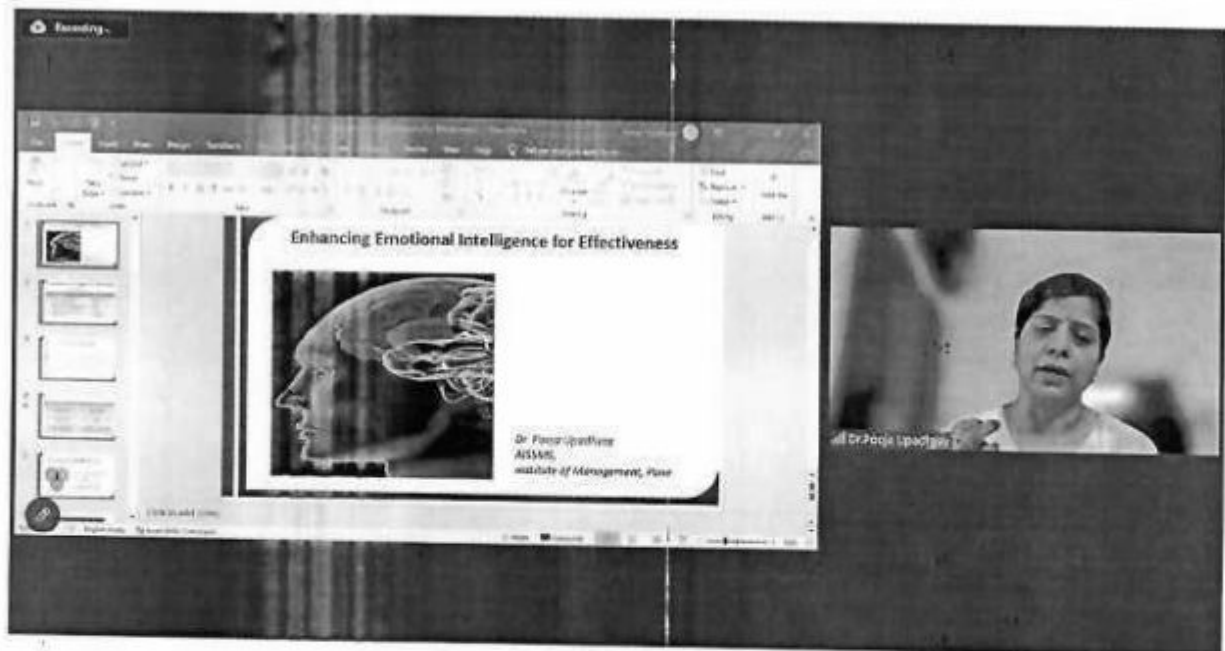
Title of the Activity:	Session: "Enhancing Emotional Intelligence for Effectiveness"
Day & Date:	4 th November-2023 (Saturday)
Category of Activity:	Curricular/Co-curricular/Extra-curricular activity
Organized Under:	IQAC, NDLI ,4 th Dimension Lecture Series
Objectives:	To improve your emotional intelligence both at and outside of work. To communicate effectively, build strong relationships, manage conflicts, and inspire their teams to achieve their goals
Level:	Institute / City / State / National / International
Name, Organization and Designation of Expert	Dr.Pooja Upadhyay, Associate Professor at AISSMS Pune.
Number of students benefitted	118
Summary report:	Prof.Pooja Madam Started the session and interact with students, she said that Emotional intelligence is the ability to identify and regulate one's emotions and understand the emotions the others. She explained that, Emotional intelligence in the workplace begins from the inside out with each individual. She said that there are five elements that define Emotional Intelligence: Self-Awareness, Self-Regulation, Motivation, Empathy, and Social Skills. It involves recognizing various aspects of your feelings and emotions and taking the time to work on the elements of self-awareness, self-regulation, motivation, empathy and social skills. She told four core competencies of Emotional Intelligence, Self-awareness, Self-management, Social awareness, Relationship management.
Outcome:	Students learned about Emotional Intelligent, Skill of EI and element of EI
Name of Staff coordinators:	Dr.Harshali Gomase
Program Link	https://youtu.be/Sb9oh8fxp8M

Satish
Prof.Dr.Satish Ubale
Director

Dr. Satish S. Ubale
Director
Matrix School of Management Studies

Harshali
Dr.Harshali Gomase
Coordinator





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The image displays two screenshots of a Zoom meeting interface. The top screenshot shows a gallery view of participants, including Dr. Harshal Gomare and various students. The bottom screenshot shows a presentation slide titled "Four EQ Attributes" with a video feed of Dr. Pooja Gadgil.

Top Screenshot: Zoom Meeting Gallery View

Participants (53):

- Matrix College (Co-host, me)
- Matrix College (host)
- Dr. Harshal Gomare (Co-host)
- Dr. Harshal Gomare (Co-host)
- 119-2022-2024 (Saham Surye)
- 2022-2024-103 (Pooja Gadgil)
- 2022-2024-75 (Sahil Lohare)
- 2022-24 - 102 (Pooja Gadgil)
- 2022-24 - 90 (Pooja Gadgil)
- 2022-24 - 08 (Vishal Singh)
- 2022-24 - 25 (Gaurav Gadgil)
- 2022-24-97 (Pooja Gadgil)
- 2022-24-108 (Anshika Gadgil)
- 2022-24-110 (Rahul Gadgil)

Bottom Screenshot: Zoom Meeting Presentation View

Participants (53):

- Matrix Coll., (Co-host, me)
- Matrix College (host)
- Dr. Pooja Gadgil, (Co-host)
- Dr. Harshal Gomare, (Co-host)
- Dr. Harshal Gomare, (Co-host)
- 119-2022-2024 (Saham Surye)
- 2022 - 2024 - 02 (Pooja Gadgil)
- 2022-2024-103 (Pooja Gadgil)
- 2022-24 - 102 (Pooja Gadgil)
- 2022-24 - 90 (Pooja Gadgil)
- 2022-24 - 08 (Vishal Singh)
- 2022-24 - 25 (Gaurav Gadgil)
- 2022-24-44 (Hishu Gadgil)

Four EQ Attributes

Self Awareness	Social Awareness
Self-Management	Relationship Management

Dr. Pooja Gadgil

online session 4/11/2023

Name (Original Name)	User Email	Total Duration (Minutes)	Guest
2023-24 -70 Sakshi kubade		75	Yes
2022-24-110 Rahul salunke		61	Yes
Matrix College	admind@matrixpune.com	185	No
Dr.Harhsali Gomase		102	Yes
2023- 25 _ 26 Sanjana gaikwad		79	Yes
93-Sneha Sanas		73	Yes
2022-24-82 Yashsavi Munawat		75	Yes
2023-25-02-Anache priti		80	Yes
2022-24-75-Sakshi Lohakare		4	Yes
2022-24-126 Pratik Waghmare		77	Yes
Dr. Harshali Gomase		82	Yes
2023-25-98 Sarwe Isha		80	Yes
2022-24-68 Sayali Kokate (Sayali Kokate)		77	Yes
2023-24-58-Korade Dnyaneshwar		71	Yes
2023-25-24 - Diksha Dongare		50	Yes
2022-24-52 Renuka Jadhav		83	Yes
2023-25-01Dipali Ambhure		78	Yes
2022-24-23 Rupali Dahatonde		76	Yes
2022-24-94 Prasad Pasnur		83	Yes
2022-24-40Rohan Gardi		42	Yes
2022-24-33 Abhishek Ekbote		82	Yes
2022-24_97 Prateek Patil		63	Yes
2022_2024_103_Pooja Pipada		82	Yes
2023-25-125 Pandurang Gaikwad		46	Yes
119-2022-2024 soham surve		60	Yes
2022-24-73 kumbhar suraj		82	Yes
2022-24-19 Rohan Chauhan		79	Yes
Dhananjay Wagh		12	Yes
2023-25-72-metkari kishore		29	Yes
23-25 95 Tukaram sangade		55	Yes
2022-24- 25- Divya Daswadkar		63	Yes
Pratiksha Thakre		81	Yes
2022-24-30- vaishanvi dhumal		80	Yes
2022-24-125-Nishi Velani		2	Yes
2022-24 - 90 Payal Oswal		76	Yes
2023-25-13-Bhimpur-Hatim		76	Yes
Suyash sangade 2023_2025_94		79	Yes
2023-25-85 Pawar Pruthviraj		68	Yes
2022-24-17-Mayur Borde		9	Yes
2022-24 -08-Vishalsinh Bayas		60	Yes
2022-24-81 vaibhav More		78	Yes
2022-24-46 Ishika Gupta		73	Yes
2022-24 - 102 PRUTHVI PHULSUNDAR		78	Yes
2023-25-33		78	Yes
2022-2024-75- Sakshi Lohakare		72	Yes
2023-25 64-Tejas Luniya		61	Yes
Pooja Upadhyay		2	Yes
2023-25-15-Bhosale sushant		77	Yes



Name (Original Name)	User Email	Total Duration (Minutes)	Guest
2023-25-61-shivani landge		70	Yes
sanskar shah roll no 101		11	Yes
2023-25 -44 Pranjal kakade		71	Yes
2022-24-18-sumit chahande		76	Yes
Sandip Pandkar		75	Yes
2023-25-76-Mulani Arman		76	Yes
Dr.Pooja Upadhyay		70	Yes
2023-2025-88 Deepak kumar Prajapati		71	Yes
2023-25-67-(Mane Saurabh)		9	Yes
2023-25-23-Abhishek Divate		70	Yes
2023-2025 25 Priya Dudhal		51	Yes
2023_25_46_Kamble Dnyaneshwari		65	Yes
2023-2025(21)Degale Poonam Dhondiram		69	Yes
2023-25-97-Saptasagare Sanjana		48	Yes
2022-24-108-Abhishek Rupnawar		62	Yes
Aniket Jamdade		74	Yes
2023-25-30 Ghule Shweta		68	Yes
2022-24-67 Dipti Khondge		67	Yes
Vikas Mali		73	Yes
2023-2025 92shrutika sakhare		63	Yes
2023-25-74-Misal Govind		70	Yes
2023-25-70Apurva Manval		62	Yes
2022-24-127 Waghmare Pravin Manjiram		72	Yes
2022-24- 44- Hitesh Girase		67	Yes
2023-25-52-khade Shubhangi Santosh		66	Yes
2022-24-36 Dikshita Gaikwad		42	Yes
2023-25-07-Bansode Prajakta		67	Yes
2022-24-53 Vaishnavi Ganesh Jadhav		71	Yes
Pranita Khanderao		70	Yes
Vaibhav Nale		66	Yes
2023-25- (37) (JADHAV TRUPTI)		9	Yes
2022-24-115 Abhijeet Shinde		68	Yes
2022-24-34 HIMANSHU GADHAVE		64	Yes
2022-24-83 APURVA Musale		54	Yes
Rahul Shewale2023-25-106		65	Yes
2023-25-59Kumkar mayur (Mayur Kumkar)		59	Yes
2023-25-43 Kadam Dhanashree		24	Yes
2022-24-31 Nihar Divate		61	Yes
Shinde Abhishek-2023-25-109		58	Yes
Monika Devendra Sontakke		51	Yes
2023-25- 91- Adarsh Raut		58	Yes
2022-24-14 Prasanna Bhosale		40	Yes
2022-24-59shailaja kalbhor		53	Yes
2022-24-86-Babasaheb Nakhate		61	Yes
2022-24-128 Laukik Waikar		54	Yes
2023-25 29 Ishali		50	Yes
2023-25 123 Zadbuke Shatakshi Siddheshwar		50	Yes
2023-25 (114) Somwanshi Shreya		52	Yes

Name (Original Name)	User Email	Total Duration (Minutes)	Guest
2022-24-51 komal jadhav		54	Yes
Prachi Joshi 2023-25-42		50	Yes
2023-25-19-Bhikule Pratiksha		55	Yes
2023-25-63Sanjana Limbhore		54	Yes
2023-25-10 Sakshi Bhagat		11	Yes
2022-24-45 Pranjal Girase		28	Yes
Librarian		31	Yes
2022-24-12 Darshan Bharti		41	Yes
2023-25-102- Divya Sharma		45	Yes
2023-24_112_Umesh Shinde		39	Yes
2022-24-076-Atul Sahebrao Lone		44	Yes
2022 - 2024 - 02 Komal Awale		21	Yes
2022-24-116 Omkar Shinde		26	Yes
2022-24-03 Kiran bagul		37	Yes
2022-24-20-Yash Chauhan		41	Yes
2022-24-77 Rupesh Maighane		31	Yes
2023-25-12-Prachibhenwal		39	Yes
2022-24-04 Saniya Balai		29	Yes
2022-24-47 Sarika haitake (Zoom user)		28	Yes
2023-25-62 Ruchita Lawand (Ruchita)		27	Yes
2022-24-69 Sakshi Kshirsagar		24	Yes
2023-25-45-ranjeet kale		10	Yes
Sanket naikade 2022-24/85		10	Yes



MATRIX SCHOOL OF MANAGEMENT STUDIES ORGANISED Guest Session under 4th Dimension Series on "Enhancing Emotional Intelligence for Effectiveness" at 11.00AM

116 responses



9881403520

9325455309

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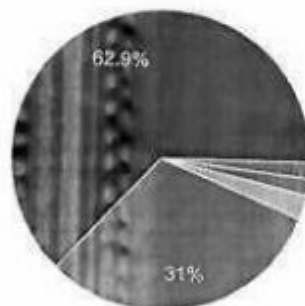
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14 more responses are hidden

1. Was the speaker Effective? (1 being highly dissatisfied 5 being Highly satisfied)

 Copy

116 responses

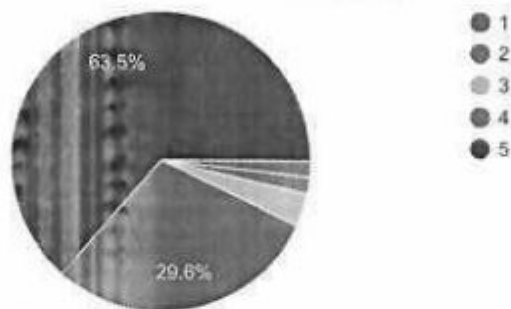


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2. Was the content useful?(1 being highly dissatisfied 5 being Highly satisfied)

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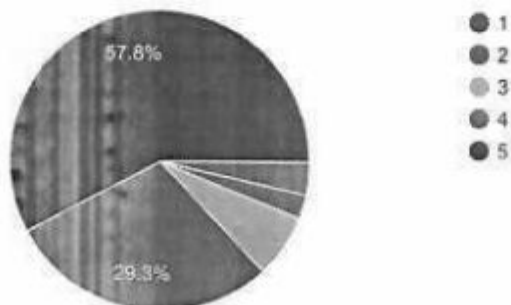
115 responses



3. Overall relevancy of the session? (1 being highly dissatisfied 5 being Highly satisfied)

 Copy

116 responses





Dr. Harshali Gomase <harshali.gomase@matrixpune.com>

Thank you for Conducting the session under 4th dimension lecture series on "Enhancing Emotional Intelligence for Effectiveness"

1 message

Dr. Harshali Gomase <harshali.gomase@matrixpune.com>

To: Pooja Upadhyay <poojamgmt@gmail.com>, anandp@matrixpune.com, satish ubale <satishubale@yahoo.com>

Sat, Nov 4, 2023 at 12:50 PM

Good Morning Madam,

Greetings from Matrix School of Management Studies!!!

We thank you for conducting an Expert Session on "Enhancing Emotional Intelligence for Effectiveness" for MBA students on 04/11/2023 at 11.00 AM under our 4th Dimension Lecture Series.

It was really an informative session.

We look forward to your cooperation in the future as well.

Thanks & Regards,

Dr. Harshali Gomase
Assistant Professor*Matrix School of Management Studies*

| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 & 9/1/4

| Next to Sinhgad Science College | Wadgaon | Ambegaon (BK)

| Pune - 411 041 | Phone no: +91-020-24356637 |

Email:harshali.gomase@gmail.com

MOB.No.9850320369/8766582223 for MBA students on 28/10/2023 at 11.00 AM under our 4th Dimension Lecture Series.

It was really an informative session.

We look forward to your cooperation in the future as well.

Thanks & Regards,

Dr. Harshali Gomase
Assistant Professor*Matrix School of Management Studies*

| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 & 9/1/4

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Email:harshali.gomase@gmail.com

MOB.No.9850320369/8766582223



Dr. Harshali Gomase <harshali.gomase@matrixpune.com>

Invitation for the Online Guest Session under 4th dimension lecture series on 04/11/2023

1 message

Dr. Harshali Gomase <harshali.gomase@matrixpune.com>
To: Pooja Upadhyay <poojamgmt@gmail.com>
Cc: anandp@matrixpune.com, satish ubale <satishubale@yahoo.com>

Thu, Nov 2, 2023 at 10:08 AM

Good Morning Madam,

Matrix College is inviting you to a scheduled Zoom meeting.

Topic: Guest Session organized under 4th Dimension Series on "Enhancing Emotional Intelligence for Effectiveness"
Time: Nov 4, 2023 11:00 AM India

Join Zoom Meeting

<https://us06web.zoom.us/j/86470155496?pwd=IlZSL1gk4B4cgltbHNADxkTsY1WygW.1>

Meeting ID: 864 7015 5496

Passcode: 500457

One tap mobile

+19292056099,,86470155496#,,,,*500457# US (New York)
+12532050468,,86470155496#,,,,*500457# US

Dial by your location

- +1 929 205 6099 US (New York)
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 931 3860 US
- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US

Meeting ID: 864 7015 5496

sscode: 500457

Find your local number: <https://us06web.zoom.us/j/kbCXwlfuP>**Thanks & Regards,**

Dr. Harshali Gomase
Assistant Professor

Matrix School of Management Studies

| Near Westernly Bypass Road | Survey No. 9/1/5, 9/2/4 & 9/1/4

| Next to Sinhgad Science College | Wadgaon | Ambegaon (BK)

| Pune - 411 041 | Phone no: +91-020-24356637 |

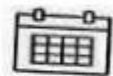
Email: harshali.gomase@gmail.com
MOB.No.9850320369/8766582223



THE MATRIX EDUCATIONAL FOUNDATION'S
MATRIX SCHOOL OF MANAGEMENT STUDIES
Guest Session organized under 4th Dimension Series on
“Enhancing Emotional Intelligence for Effectiveness”

Resource Person

Dr. Pooja Upadhyay



04th Nov' 2023



11:00 AM



Associate Professor
[AISSMS], Pune



Dr Pooja Upadhyay - M.Com, MBA, PhD
Academic Experience - 21 Years
Area of Specialization- Human Resource Management

- She is working as Associate Professor at AISSMS, Institute of Management, Pune .
- She was a member of Research and Recognition Committee of Savitribai Phule Pune University as a Subject Expert "Human Resource Management"
- She is also a Reviewer for Member of Reviewers' Board for many renowned journals.
- She has written books mainly on Organizational Behavior and Human Resource Management and Human Resource Information System.
- She is approved Guide in Human Resource Management under Savitribai Phule Pune University for PhD program.
- She has published research papers in various Scopus & UGC Care enlisted journals.
- Approved and recognized Post Graduate Teacher under Savitribai Phule Pune University.
- 5 Research Scholars have been awarded PhD under her guidance.
- She has chaired many sessions in Seminars and Conferences as Session Chair.
- **Best Paper Award for "Study on Employee Engagement Practices in IT Sector"** at International Conference organized by Nirma University, Ahmedabad.
- **Best Paper Award for "Knowledge Management initiatives for Business Schools"**. organized by Dr D.Y. Patil Institute of Management Studies, Navi Mumbai.
- She was 2nd Runner up in AISSMS-DIVA Competition, 2020.
- She was also awarded Covid Warrior Award from AISSMS.
- She likes reading and writing Blogs.