

## **Building Emotional Intelligence (EI)**

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### **Short Communication**

#### **Abstract**

Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth. It plays an important role in social and emotional functioning especially among adolescents. Four essential competencies of Emotional intelligence are

- a. Self Awareness
- b. Self management
- c. Social awareness
- d. Relationship management

There are many ways through which emotional intelligence may be developed among adolescents

- a. Active listening
- b. Self-talk
- c. Identifying appropriate emotions
- d. Developing positive psychological capital
- e. Eliminating ANTs( Automatic Negative Thoughts)

#### **Biography**

Dr. Rita Karmakar is a PhD in Applied Psychology from Indian Statistical Institute Calcutta. She worked at Indian Institute of Management, Kolkata and Cognizant Technology Solutions (CTS) in Research and Innovation Labs and presently associated with Amity Institute of Psychology and Allied Sciences, Amity University Kolkata as an Assistant Professor. She has published more than 20 research articles in National and International Journals. She plays the role of Resource person in many National and International Webinars. She is the recipient of Dr. Deepak Bhatt Award for the "Best Paper in Scientific Session (2014), Certificate of Merit (First Prize) for the presentation in the conference in 2015 and Women Researcher Award for significant contribution in Research (2018). She also published a patent and many white papers.