



MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION


H.K CAMPUS, Adjacent to MHADA Complex, Pratiksha Nagar, Oshiwara, Jogeshwari (W)
Affiliated to University of Mumbai & Approved by NCTE (NCTE Code No: 123082)

Tel: (022)26776221, Fax: (022)26790095

Email: principal@hkce.edu.in Website: www.hkce.edu.in

NAAC Accredited Grade 'B'

Glimpse of Workshop on Emotional Intelligence



**MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION**
Oshiwara, Jogeshwari (W), Mumbai-400102
NAAC ACCREDITED GRADE "B"

— **Under Women Development Cell** —
Organises
— **WORKSHOP ON** —


Mental Health Awareness- Emotional Intelligence

Learn how to recognize, understand, and manage your emotions for better mental health and well-being.

 **Understand Your Emotions**

 **Improve Communication**

 **Enhance Self-Awareness**

 **Build Better Relationships**

RESOURCE PERSON:
DR DIMPLE JAY SHASTRI
Psychiatrist | MBBS, MD



Date: 31 January 2026
Time: 10 am Onwards
Venue: 501 Classroom

EVENT INCHARGE
DR. AVANI KANAKIA

I/C PRINCIPAL
DR. VARSHA MARU

VISION: SHAPING THE PUPIL TEACHER TO SHOULDER THE RESPONSIBILITY OF SHAPING THE FUTURE YOUTH OF THE NATION



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