

CHMES Committee

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Dr. Ajit Bhandakkar

Chairman, Dr. Moonje Institute, Nashik

Invitation

Dear Sir / Madam,

*You are cordially invited for the
National Level Workshop on*

“Emotional Intelligence”

Registration Link :

<https://forms.gle/aJEYkobPgonsGVIA6>



No Registration Fee

Session Themes of the Workshop

- The Emotionally Intelligent Boardroom
- Conflict as a Catalyst
- The ROI of Resilience
- Agile Empathy
- The "Human Differentiator" in the AI Era
- Technical Leadership
- Managing the "AI Anxiety"
- Conflict Resolution in Tech Sprints
- Ethical AI Governance
- Entrepreneurship in the Digital Age

Resource Persons For Workshop

Mr. Aditya Gogate

Executive Director, Gogate Electrosystems Pvt. Ltd.

Dr. Rashpal Singh Riat

International Certified Professional

Ms. Siddhi Sathe

Corporate Trainer

Mr. Abhay Thakkar

Expert NLP Trainer

Mrs. Aditi Ghanekar

International Certified Professional

Prof. Aparna Ashtaputre-Sisode

HOD Psychology Dept., BAMU,
Chh. Sambhajinagar

Organizing Committee

Dr. Preeti Kulkarni, Director - DMIMCS

Dr. Radhika Khairnar, Workshop Coordinator

Dr. Niraj Chaudhari, Organizing Secretary

Dr. Sandip Tile, Head, IQAC

Dr. Shital Gujarathi, Asst. Prof.

Dr. Shubhada Ghule, Asst. Prof.



Dr. Moonje Institute of Management
and Computer Studies



**Central Hindu Military Education Society's
Dr. Moonje Institute of Management
& Computer Studies, Nashik**

(Approved by AICTE, New Delhi & Affiliated to
Savitribai Phule Pune University, NAAC Accredited)

Organizes

2 Days National Level Workshop On

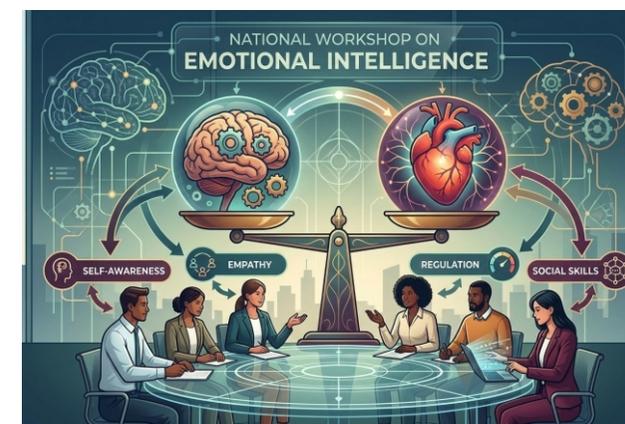
Emotional Intelligence

(In Association with IQAC)

Under QIP of Savitribai Phule Pune University



13th & 14th March 2026



**Address : Rambhoomi, Gangapur Road,
Bhonsala Military College Campus, Nashik-422005
Phone No : 0253-2309617 / 2342840**

The Central Hindu Military Education Society

The Central Hindu Military Education Society is established by Dharmaveer Dr. Balkrishna Shivram Moonje, a great philanthropist, brave freedom fighter and the pioneer of military education in India. Dr. Balkrishna Shivram Moonje was a firm believer of indianisation of armed forces during the british rule and indispensability of military training to Indian youth. The CHME society has a long tradition of value system and military education. The society has a well developed infrastructure in the heart of the holy city of Nashik. The prestigious campus is renowned as "Rambhoomi" and is acclaimed for its discipline and quality education in India as well as abroad.

C.H.M.E. Society's Dr. Moonje Institute of Management & Computer Studies

The Institute is established in 2002, in the memory of Dharmaveer Dr. Balkrishna Shivram Moonje, founder of CHME society. DMIMCS is consistently engaged in "Developing Business Leaders and IT Professionals with Global Vision & Indian Values". DMIMCS is one of the leading Institutes in Maharashtra offering Post Graduate courses in Management and Computer Studies like MBA, MCA and Under Graduate courses like BBA, BCA & BMS . DMI is affiliated to Savitribai Phule Pune University and is approved by AICTE New Delhi. DMIMCS is known for well developed infrastructure, healthy learning environment and academic ambience with proactive academic leadership, experienced and dedicated research oriented faculty, national pool of academicians, Faculty & corporate Trainers and Strong institute-industry interaction & collaboration.

About the Workshop

The workshop on Emotional Intelligence (EQ) is designed to move beyond theory and dive into the practical mechanics of how we navigate our inner worlds and outer relationships. Rather than just defining terms, we explore the four core pillars of EQ: Self-Awareness, Self-Management, Social Awareness, and Relationship Management. Participants engage in interactive exercises to identify their emotional triggers and learn how to bridge the gap between an "impulse" and a "response." By the end of the session, you won't just understand the importance of empathy and resilience—you'll have a tangible toolkit for de-escalating conflict, leading with authenticity, and maintaining mental clarity in high-pressure environments.

Schedule

Day 1 : Friday 13th March 2026

09.30 am - 10.00 am	Tea & Refreshment
10.00 am - 11.30 am	Inaugural Session
11.30 am - 01.00 pm	Session 1
01.00 pm - 01.45 pm	Lunch
01.45 pm - 03.15 pm	Session 2
03.15 pm - 03.30 pm	Tea Break
03.30 pm - 05.00 pm	Session 3

Day 2 : Saturday 14th March 2026

09.30 am - 10.00 am	Tea & Refreshment
10.00 am - 01.00 pm	Session 4
01.00 pm - 01.45 pm	Lunch
01.45 pm - 04.45 pm	Session 5
04.45 pm - 05.00 pm	Valedictory

Objectives

To identify personal emotional triggers and physiological "early warning signs" of stress, enabling more effective real-time response regulation.

To implement practical "micro-habits"—such as the 90-second rule and tactical breathing—to maintain professional composure during high-pressure situations.

To practice active-empathetic listening techniques that uncover the underlying emotions and needs of colleagues, even in challenging communication scenarios.

To apply the "I" statement framework to navigate difficult conversations and deliver constructive feedback without triggering defensiveness.

To align personal core values with professional roles to foster long-term emotional resilience and sustained engagement through organizational shifts.

