



Godavari Shikshan Mandal's

Asian Institute of Pharmacy

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Approved by PCI New Delhi, & DTE Mumbai,

Affiliated to Dr. Babasaheb Ambedkar Technological University, Lonere & MSBTE Mumbai

Event Report

Title of the event	BQ test event
Organized Date	02 nd December 2025
Name of the coordinator	Ms. A.K.Chaudhari
Name of Participants	All Staff Members, Rotary Club of Nashik Midtown, Students & Non- teaching Staff, Students
Objective of program	<ul style="list-style-type: none">• Assess emotional intelligence levels: Help participants understand their current strengths and areas for growth.• Promote self-awareness: Encourage students to recognize their emotions and how they influence behavior.• Enhance empathy: Foster the ability to understand and respond to others' feelings effectively.• Improve communication skills: Strengthen interpersonal interactions through emotional clarity and active listening.• Develop stress management techniques: Provide strategies to handle academic and personal pressures constructively.• Encourage teamwork and collaboration: Highlight the role of emotional intelligence in group dynamics and leadership.

Outcomes of the program

- **Enhanced self-awareness:** Participants recognize their emotional triggers and patterns more clearly.
- **Improved empathy:** Students show greater ability to understand and respect others' perspectives.
- **Better communication:** Noticeable improvement in expressing thoughts and feelings with clarity and confidence.
- **Stronger interpersonal relationships:** Increased trust, cooperation, and harmony in group activities.
- **Effective stress management:** Participants apply practical techniques to remain calm under pressure.

Report of the Event

The Program of EQ test was conducted on 02nd December 2025 by Rotaract Club of Asian Institute of Pharmacy Nashik, sponsored by Rotary Club Of Nashik Midtown Nasik. to welcome the newly chartered club of under the guidance of Rtr. Yogesh Baheti Sir and Rotary coordinator G. M. Jadhav sir.

The program was honored by the gracious presence of eminent dignitaries: **Rtr. Yogesh Baheti Sir and Dr. W. N. Bhende Sir.**

The program commenced with the felicitation of the esteemed guest **Rtr. Yogesh Baheti Sir and Dr. W. N. Bhende Sir**, which set a dignified tone for the event. This was followed by speeches delivered by the other dignitaries, wherein they highlighted the importance and opportunities in rotary. Their speeches reflected the relevance of truth, non-violence, simplicity, and dedication in the present times.

The aim of an **EQ test event** is to cherish the emotional understanding of the members involved in the test.

The Emotional Quotient (EQ) event was designed to enhance participants' understanding of emotional intelligence and its role in personal and professional growth. The workshop began with an introduction to EQ, highlighting its importance in self-awareness, empathy, communication, and leadership. Through interactive exercises such as reflection activities, role-play scenarios, and mindfulness practices, attendees were able to recognize their emotional triggers, develop empathy, and strengthen their ability to manage stress effectively. Group collaboration challenges further reinforced teamwork and trust, while feedback from participants emphasized the value of active listening and constructive communication. Overall, the event successfully fostered greater emotional awareness and interpersonal skills, with recommendations to continue quarterly EQ sessions, integrate EQ assessments into performance reviews, and encourage peer mentoring to sustain the positive outcomes.

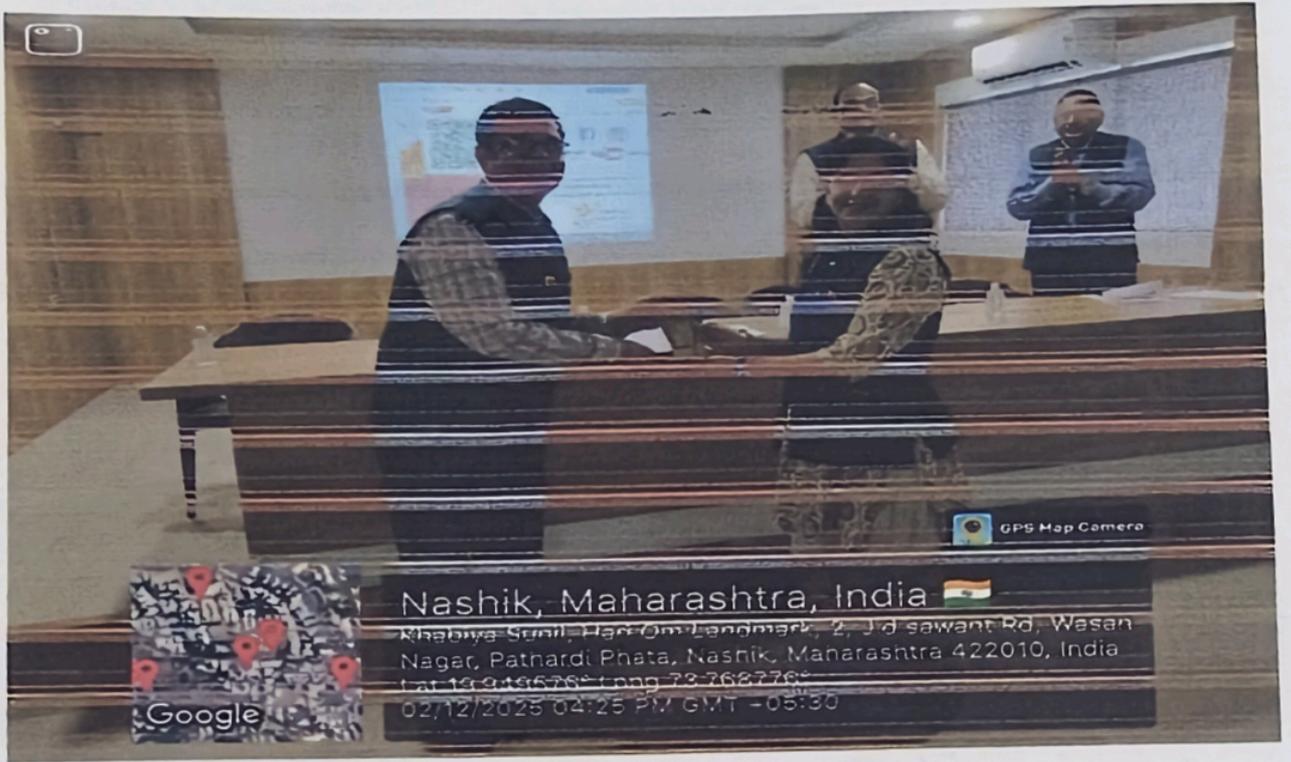
80% of participants reported better recognition of their emotional triggers. Increased ability to understand colleagues' perspectives during role-play. Noticeable improvement in active listening and constructive feedback. Stronger trust and collaboration observed in group activities.



Introduction to the importance of EQ test



Members attending EQ test



Felicitation of the speaker

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Coordinator

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Principal