## Orientation Report
## Day 4
## Improving EQ using Neuro Linguistic Programming

**Speaker: Ms. Elif Yilmaz,** NLP - Master Coach & Co-Founder, My marble Ltd. Turkey

**Time:** 02:00 PM to - 05:00 PM

**Date:** 22nd September 2020

**Topic: "Improving EQ using Neuro-Linguistic Programming"**

**"The future belongs to those who learn more skills and combine them in creative ways" - Robert Greene**

Ms. Elif Yilmaz, NLP - Master Coach & Co-Founder, My marble Ltd. Turkey started off her talk with a small exercise that involved students in the talk. The exercise made students learn to view problems and situations in new perspectives.

She started her talk with ways to improve communications. She added more into technical knowhow about how communication changes the various aspects of business and learning that shape a better life.

Neuro-Linguistic Programming gives us techniques, and models to change our language, better perception about the world by using better language and communication. She also enlightened students about Emotional Intelligence and how NLP could be related to Emotional Intelligence. The speaker made a clear statement on the ability to control emotions of oneself and develop in a productive way.

In order to have positive communication and improve emotional intelligence, she told there are 5 elements that everyone should concentrate on

- Self Awareness
- Self Regulation
- Motivation
- Empathy
- Social Skills

NLP gives us methods and techniques to improve and explore ourselves, she added. In the end she concluded her presentation with the statement, **"Better communication, Better human skills and improved perception can lead to Better solutions**

**Ms. Elif Yilmaz,** NLP - Master Coach & Co-Founder, My marble Ltd. Turkey
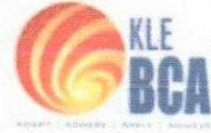


Elif Ciftci

# KLE S.Nijalingappa College

## Rajajinagar, Bengaluru.

**KLE BCA**

# BCA ORIENTATION PROGRAM

*Begin your journey of Technical Learning*

"Improving EQ using Neuro Linguistic Programming"

# Ms. Elif Yilmaz

**NLP – Master Coach & Co–Founder, My Marble Ltd. Turkey**

**September 22nd**

**Indian Standard Time** : 2 pm - 5 pm
**Central European Time** : 10.30 am - 1.30 pm

## Academic Partners

**ICTACADEMY**

**ORACLE** Academy

**vmware** IT ACADEMY

**Ui Path**

Coordinator
Bachelor of Computer Application
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010

S. Nijalingappa College
Bangalore
560 010
K.L.E. Society's

Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010

## Orientation Report
### Day 4

## Alumni Talk

**Speaker: Mr.Adithya G Solutions Engineer at Pega Systems**

**Mr.Shantanu Analyst ,Lowe's India**

**Time:** 11:00 AM to - 12:30 PM
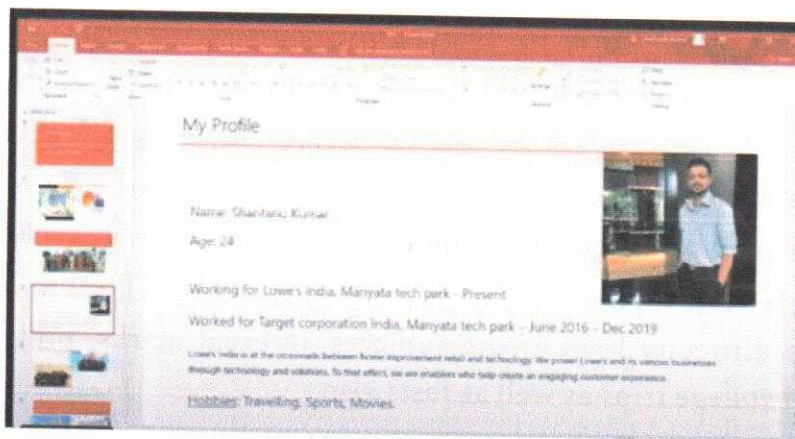
**Date:** 23rd September 2020

**Topic: Future Perspective of BCA**

The alumni advised the students to be accountable and consistent in life to become successful. They together gave some useful tips to the students to enjoy the college life at its maximum. They should maintain unity across all the sections, take everything positively, to have a good bond with teachers and participate in all the college events and inter collegiate fests . They both interacted one on one with all the students. The students have a lot of queries about the difficulty level of the subjects, internal marks, project work, labs, practical and college trips as well as fests also.

This session was very different from the previous days from the students point of view because they left very relaxed and tension free as they got to hear from their seniors who were also one like them a couple of years before.

Photos:

Coordinator
Bachelor of Computer Application
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010

Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010