



WORKSHOP ON

The Art and Science of Handling Personal Effectiveness through Emotional Intelligence



15th April, 2023

BY

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Organised by

Centurion University of Technology and Management

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Introduction

An interactive session on the Art and Science of Handling Personal Effectiveness through Emotional Intelligence was organised by our college on 15th April, 2023.

The Resource Person was Dr. Sadhna Sudershana, Assistant Professor from Kalinga Institute of Industrial Technology. Dr. Deepti Mishra who was a faculty coordinator of the workshop started the programme by introducing the objective of the workshop. There were 160 participants participating from different departments like MBA, BBA, and B.Com.

The event was a successful one. The workshop was relevant to the title and were well-appreciated by the students. After completion of this workshop students have felt encouraged to explore these topics further.

Location and period of the workshop

The workshop was held at Hall No. 6, Aryabhata Building, CUTM on Saturday 15.04.2023 from 9:45 AM to 12:30 PM.

Participation

The invited participants, which are listed below were mainly from MBA, BBA, and B.Com.

S.No Participants Class strength 1. MBA 51

2. BBA 87

3.	B. Com	20
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Opening

The overall goal of the workshop was to introduce participants to hear those in education talking about helping students (and staff) develop their emotional intelligence.

She explained that Emotional intelligence can be said to cover five main areas: self-awareness, emotional control, self-motivation, empathy and relationship skills. It is, of course, important for good communication with others – and is therefore a gateway to better learning, friendships, academic success, and employment.

Workshop Discussions:

1st Discussion:

Dr. Sadhna Sudershana introduced the students of the workshop into the topic of the the art & science of handling personal effectiveness through emotional intelligence. She

explained that whenever we talk from the art perspective we are talking from the creative aspect of things and whenever we are talking from the science perspective we are talking from the logical perspective of things.

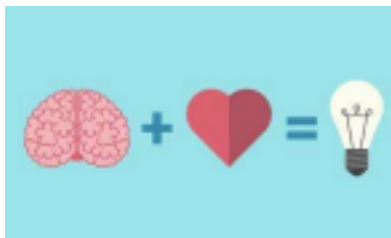
Then the further interaction was about the basic difference between efficiency and effectiveness.

The following topics have been introduced to the participants during the 1st discussion:

1. About the art and science of handling personal effectiveness.
2. About the concept of efficiency and effectiveness.
3. About the concept of effectiveness which means impact.
4. About the concept of efficiency which means time.

2nd Discussion:

Question: What does this picture mean?



The answer that came from the audience was like this the brain stands for logic and the heart stands for emotion which means logic+ emotions give better ideas.

Dr. Sadhna Sudershana further explained that if we are talking about our brain, we're obviously talking about thinking skills, logic, etc.

Similarly, the heart stands for emotional intelligence.

The following topics have been introduced to the participants during the 2nd discussion:

1. What does the equation brain +heart=bulb stands for?
2. About the equation
3. About the people who are good in terms of perception, executing things, etc are said to have a higher IQ.
4. About emotional intelligence which is very fresh in terms of making a place in the workplace, or in personal life, etc.

Activity

Then an activity was conducted to check the mindfulness of the students: -

Instruction: Whatever number she calls out, the students must clap those many times.

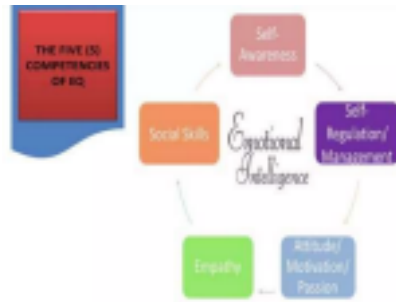
So, the activity goes like this, Dr. Sadhna Sudershana called out numbers like 1, 2, 4, 6, 0.

It was noticed that even when she said 0 there was 1 or 2 claps.

So this activity was done to introduce to the participants the concept of mindfulness which means the conditioning of the mind.

3rd Discussion

The factors of emotional intelligence.



She explained that emotional intelligence is not the rocket science just because intelligence is involved. It is not something complex yet it is something complex. It is the act of understanding ourselves as well as understanding others in terms of emotions.

The following topics have been introduced to the participants during the 3rd discussion:

1. About the various emotions that a person goes through daily, dependent on circumstances and dependent on the kind of person that he or she is.
2. What are these various emotions and 8 core emotions that we go through on an everyday basis.
3. Happiness, sadness, anger, fear, disgust, surprise, anticipation, love.

4th Discussion

Dr. Sadhna Sudershana showed the students some questions so that there can be some discussion session related to the questions.

Those were some self-awareness questions which were used by lot of experts around particularly during placements.

Questions:

1. What worries me the most?
2. What matters most in my life?

3. Have I made someone smile today?
4. If I could advise the 13-year-old me, what would be it?
5. Is it more important to love and be loved?
6. What do I need to change about myself?
7. Would I break the law to save a loved one?
8. Which is worst failing or never trying?

The answers that came from the audience were

like this: 1. Shiv (MBA) Q8. Trying is always better.




2. Aryan (BBA 1st year): Q4. He would have bought bitcoin when he was 13 years old.

3. Chinmoy (BBA 1st year) : Q4 He would have advised his 13 year old that he should have been more sociable, mixed with people and shouldn't have worried about his looks.

3. Mousumi (MBA) Q6. She wants to overcome her anger issues.

5th Discussion

Dr. Sadhna Sudershana discussed about the traits of low emotional intelligence and high emotional intelligence.

Low Emotional Intelligence		High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational		Assertive Ambitious Driving Strong-Willed Decisive
Easily Distracted Glib Selfish Poor Listener Impulsive		Warm Enthusiastic Sociable Charming Persuasive
Resistant to Change Passive Un-Responsive Slow Stubborn		Patient Stable Predictable Consistent Good Listener
Critical Ficky Fussy Hard to Please Perfectionistic		Detailed Careful Meticulous Systematic Neat

Activity

In this activity, Dr. Sadhna Sudershana wanted to test the listening skill of the students, so she conducted an activity for the students she asked 2 students with a hanky to come up on the stage, where Aman of MBA was giving instructions to the blind folded boy to reach his friend. Aman was also given a tip that not to give straight instructions to him.

The activity was done to check the listening skills as well as the communicating power of the students.

6th Discussion

In this, Dr. Sadhna Sudershana wanted to explain the students that how does EI helps in Personal Effectiveness. The following topics have been introduced to the participants during the 6th discussion:

1. It helps in better self-management.

2. It helps to think better that is the cognitive skills.
3. It helps in thought leadership and better professional leadership.
4. It makes everyone more approachable.

She gave some suggestion to the students like to boost up an emotional intelligence by doing these things. To get out of the comfort zone, to identify triggers both ways positive and negative, to avoid mood swings, to revisit values, to take criticism well.

7th Discussion

What does this picture mean?



She explained that this was a picture about emotional intelligence and how people perceive. She asked the students to look at the girls at both the side and to understand what does this picture talk about.

From that picture all the students came to learn about perception, how everyone perceives things, how we choose, because happiness is the state of mind. She explained that the picture basically tells that happiness is a state of mind, whatever we feel is what we are and who we are.

Feedback

The students found the workshop to be very informative. The

workshop provided us with specific hands-on skills. The skills will be invaluable in our professional and personal life. It is encouraging to know that these are techniques that can be used that are understandable and that we can use daily.

Photos _____



Participants



Opening



AcΘvity



Workshop Discussion

Attendance:

MBA, Semester_II
Att. Sheet for Seminar, Dt. 15.04.2023

Sr.	Student	Roll No	Signature of students
1	AMIT KUMAR MALLA	220402100001	Amit Kumar Malla
2	AMISHA KAR	220402100002	Amisha Kar
3	DEBASIS SAHOO	220402100003	Debasis Sahoo
4	ABHISEK BARIK	220402100004	Abhisek Barik
5	ROHAN SAHOO	220402100005	Rohan Sahoo
6	PIYUSH MAHAKUD	220402100006	Piyush Mahakud.
7	BIBEK MOHAPATRA	220402100007	Bibek Mohapatra
8	RAJESH KUMAR DAS	220402100008	Rajesh Kumar Das
9	SURJYANARAYAN PANIGRAHI	220402100009	Surjyanarayan Panigrahi
10	BIKASH DASH	220402100010	Bikash Dash.
11	DIPTIRANJAN NAYAK	220402100011	Diptiranjana Nayak.
12	ASUTOSH SWAIN	220402100012	
13	SMARAK KUMAR BEHERA	220402100013	Smarak Kumar Behera
14	SHIKSHA KUMARI	220402100014	Shiksha Kumari
15	MONALISHA PRADHAN	220402100015	
16	DEBASHIS MAHAPATRA	220402100016	Debasish Mahapatra
17	SAURAVA KUMAR DATTA	220402100017	Saurav Kumar Datta
18	SONALIKA SAHOO	220402100018	Sonalika Sahoo
19	SUVENDUSUBRATA KUMAR	220402100019	
20	ANKITA PATTANAIK	220402100021	Ankita Pattanaik.
21	G PALLAVI PRIYADARSHINI	220402100022	G Pallavi Priyadarshini
22	ADITYA MOHAN ACAHARYA	220402100023	Aditya Mohan Acharya
23	SUSHANTA KUMAR ROUT	220402100024	Sushanta Kumar Rout.
24	AMAN KUMAR DHURIA	220402100025	Aman Kumar Dhuria
25	KISHOR ROUT	220402100026	Kishor Rout
26	PRAKASH SAHOO	220402100027	Prakash Sahoo
27	ITISHREE SAHOO	220402100028	Itishree Sahoo

28	AYUSHEE MOHANTY	220402100029	Ayushlee Mohanty
29	PRIYANKA ACHARYA	220402100030	Priyanka Acharya
30	ROHAN SAHOO	220402100031	Rohan Sahoo
31	RAMESH DAS	220402100032	Ramesh Das
32	SUJAN SARKAR	220402100033	
33	SHIBAJIT DAS	220402100034	
34	SUBHASHREE SAHOO	220402100035	Subhashree Sahoo
35	ANKITA BEHERA	220402100036	Ankita Behera
36	ARADHYA MUNDRA	220402100037	Aradhya Mundra
37	PRIYABRATA MOHANTA	220402100038	Priyabrata Mohanta
38	SIMHADRI BHAVANA	220402100039	Simhadri Bhavana
39	AYUSMAN PANIGRAHY	220402100040	Ayusman Panigrahy
40	RAGHUNATH SENAPATI	220402100041	Raghunath Senapati
41	MOUSUMI DAS	220402100042	Mousumi Das
42	ABHISEKH SETHY	220402100043	Abhisekh Sathy
43	SUBODH KUMAR MEHER	220402100044	Subodh K. Meher
44	TAPAS KUMAR NAYAK	220402100045	Tapas Kumar Nayak
45	THYADI TARUN	220402100046	Thyadi Tarun
46	RAVI PAREEK	220402100048	Ravi Pareek
47	MOHAN DORA	220402100049	
48	JAGANNATH BARIK	220402100050	Jagannath Barik
49	ABHIJIT DAS	220402100051	Abhijit Das
50	PATHRALPALLI MOHAN	220402100053	Pathralpalli Mohan
51	PRIYANKA PATI	220402100054	Priyanka Pati
52	BIKI MOHANTA	220402100055	Biki Mohanta
53	ANJALI KUMARI	220402100056	
54	SURAJ KUMAR PRASAD	220402100057	Suraj Kumar Prasad

Centurion University of Technology and Management

School of Management

BCOM, Semester_II

Att. Sheet for Seminar, Dt. 15.04.2023

Sr.	Student	Roll No	Signature of students
1	SRIJEET HARICHANDAN	220415140001	Srijeet Harichandan
2	ANUSHKA SINHA	220415140002	Anushka
3	SATYAJIT BHATTACHARJEE	220415140003	Satyajit Bhattacharjee
4	RAHUL SAHA	220415140004	Rahul Saha
5	VIRAJ TIRIYA	220415140005	
6	INDRAKHEE KARMAKAR	220415140006	Indrakhee Karmakar
7	MUSKAN JAIN	220415140007	
8	POKHRAJ DANSANA	220415140008	Pokhraj Dansana
9	B. SOMEYA	220415140009	B. Someya
10	KRUTIBASH TRIPATHY	220415140010	
11	HITESH KUMAR MAHAPATRA	220415140011	Hitesh Kumar Mahapatra
12	SNEHA NAIK	220415140012	Sneha Naik
13	ADITYA PRASAD SAHOO	220415140013	Aditya Prasad Sahoo
14	INDRANI SAHOO	220415140014	Indrani Sahoo
15	SOUMYA RANJAN KUNDU	220415140015	Soumya Ranjan Kundu
16	SUMAN KUMAR PATRA	220415140016	Suman Kumar Patra
17	BARSHARANI SAMAL	220415140017	Barsharani Samal
18	AYUSH KUMAR BARIK	220415140018	Ayush Kumar Barik
19	AYUSH PAIKRAY	220415140019	
20	AJAY KUMAR	220415140020	Ajay Kumar
21	DADDA RAVIKIRAN	220415140021	D. Dadda Kiran
22	GOURI SHANKAR PADHY	220415140022	Gouri Shankar Padhy
23	PRITI BAGH	220415140023	Priti Bagh
24	GELLA AMRUTHA	220415140024	

Centurion University of Technology and Management

School of Management

BBA, Semester_II

Att. Sheet for Seminar, Dt. 15.04.2023

Sr.	Student	Roll No	Signature of students
1	DHARMENDRA SAHU	220409120001	Dharmendra Sahu
2	ABHIJEET PARIDA	220409120002	Abhijeet Parida
3	SUNIL KUMAR MURMU	220409120003	
4	MANISH KUMAR	220409120004	Manish Kumar
5	SIDDHANT PANDA	220409120005	Siddhant Panda
6	AMRITSAGAR PRIYADARSHI	220409120006	Amritsagar
7	INDRAJIT GHORAI	220409120007	Indrajit Ghorai
8	SUBHASHREE RATH	220409120008	Subhashree Rath
9	ANKITA DUTTA	220409120009	Ankita Dutta
10	ANUSHKA GHOSH	220409120010	Anushka Ghosh
11	ANISH KUMAR	220409120011	Anish Kumar
12	AKASH SINGH	220409120012	Akash Singh
13	AYUSH KUMAR SONTHALIA	220409120013	AYUSH SONTHALIA
14	ANKIT KUMAR SAHOO	220409120014	Ankit Kumar Sahoo
15	ASHISH TAKIRI	220409120015	Ashish Takiri
16	ADITI KARN	220409120016	Aditi Karn
17	JAGJIT DAS	220409120017	Jagjit Das
18	ANSH SINGH	220409120018	
19	BRAJESH SINGH	220409120019	Brajesh Singh
20	KHUSHI KUMARI	220409120020	Khushi Kumari
21	MADHURI KUMARI	220409120021	Madhuri Kumari
22	GAIK DUTTA	220409120022	Gaik Dutta
23	RABINA SAHU	220409120023	Rabina Sahu
24	TANISHA PATI	220409120024	Tanisha Pati
25	MANISH KUJUR	220409120025	Manish Kujur
26	AKASH PATRO	220409120026	Akash Patro
27	SMUTI PATEL	220409120027	Smutipatel

28	CHINMAY SAMANTA	220409120028	Chinmay Samanta
29	GOPINATH PADHAN	220409120029	Gopinath Padhan
30	MOHAMMED SK SAHIALI	220409120030	Mohammed Sk Sahi Ali
31	SHAIKH ANAS ALLI	220409120031	
32	SAYED WASIM ANWAR	220409120032	Sayed Wasim Anwar
33	RITIK KUMAR MEHER	220409120033	Ritik Kumar Meher
34	SAMEER RANJAN SAHOO	220409120034	Sameer Sahoo
35	LIPUN PRUSTY	220409120035	Lipun Prusty
36	PRASAD KUMAR NAYAK	220409120036	
37	LOKNATH ROUT	220409120037	
38	SOUMYA PRAKASH KHILAR	220409120038	Soumya Pr. Khilar
39	DEBABRATA BISWAL	220409120039	Debabrata Biswal
40	NANDITA NAIK	220409120040	Nandita Naik
41	KAJAL PATRA	220409120041	Kajal Patra
42	BIPSITA PATTANAIK	220409120042	Bipsita Pattanaik
43	SHREYA AGRAWALLA	220409120043	
44	RAINEE KARMAKAR	220409120044	Rainee Karmakar
45	SANTAPTA KUMAR NAIK	220409120045	Santapta Kumar Naik
46	PRIYANKA PRIYADARSINI	220409120046	
47	BISHIKANTA SAMAL	220409120047	Bishikanta samal
48	SAYONI MUKHERJEE	220409120048	Sayoni Mukherjee
49	SHREOSI BISWAS	220409120049	Shreosi Biswas
50	SOUMYA RANJAN SAHOO	220409120050	Soumya Ranjan Sahoo
51	ANJANA KUMARI	220409120051	Anjana Kumari
52	MOHAMMED ROSAN	220409120052	Mohammed Rosan
53	ADARSH KUMAR SWAIN	220409120053	Adarsh. K. Swain
54	VIBEK TOPPO	220409120054	Vibek Toppo
55	SHUBHAM SAHU	220409120055	Shubham Sahu
56	DEBAYAN BEHERA	220409120056	Debayan Behera
57	BISHWAJEET PATRA	220409120057	
58	ANUSKA PAIKARAY	220409120058	Anauska Paikaray
59	SAMARPREET SINGH REKHRAJ	220409120059	Samarpreet Singh
60	ABHISEKH SATAPATHY	220409120060	Abhisekh Satapatny

61	KADAMBINI SWAIN	220409120061	Kadambini Swain
62	PIYUSH MISHRA	220409120062	Piyush Mishra
63	PRIYADARSHINI SWAIN	220409120063	Priyadarshini Swain
64	TISA SONKAR	220409120064	Sonkar
65	UDAY MOHAN MAJHI	220409120065	Uday. M. Majhi
66	ANISHA MAHATO	220409120066	Anisha Mahato
67	RIYA SHAW	220409120067	Riya Shaw
68	ABHISHEK PATTNAIK	220409120068	Abhishek pattnaik
69	ANUKUL KRISHNAN	220409120069	Anukul Krishnan
70	ASHUTOSH KUMAR	220409120070	Ashutosh Kumar
71	ARYAN ROUT	220409120071	Aryan Rout
72	MIR MUSRAF ALI	220409120072	Mir Musraf Ali
73	MAMTA MALLICK	220409120073	Mamta Mallick
74	ANKIT KUMAR JAISWAL	220409120074	Ankit Jaiswal
75	LIPSA PRADHAN	220409120075	Lipsa Pradhan
76	DIVYAJYOTI SHAW	220409120076	Divyajyoti Shaw
77	KRITI RANJAN BEHERA	220409120077	
78	NIROJ KUMAR SETHI	220409120078	
79	MOMITA NAMATA	220409120079	Momita Namata
80	SOMDATTA BISWAS	220409120080	Somdatta Biswas
81	TELISHA JENA	220409120081	Telisha Jena
82	DIBYANSHU MAHAPATRA	220409120082	Dibyanish Mahapatra
83	AYAZ KHAN	220409120083	Ayaz Khan
84	NAYEEM KHAN	220409120084	Nayem Khan
85	DEEPAK SHARMA	220409120085	
86	SUMANA BEHERA	220409120086	Sumana Behera.
87	SOUBHAGYA PRADHAN	220409120087	





Question & Answer Round



Feedback



MBA DEPARTMENT



BBA DEPARTMENT



B. Com DEPARTMENT

