

A REPORT

On

TWO DAYS ONLINE WORKSHOP ON “BUILDING RESILIENCE AND
ENHANCING EMOTIONAL INTELLIGENCE”



Organized by
Department of Psychology
Rajiv Gandhi University (A Central University)
Rono Hills, Doimukh – 791112
Arunachal Pradesh



in collaboration with

Rajiv Gandhi National Institute of Youth Development
Ministry of Youth Affairs and Sports
Government of India

Contents

Sl.	Topic	Page(s)
	Organizing Committee	3
	Acknowledgements	4
Part 1: Preface		
1.1.	About Host Institution	
	- The University	5
	- Department/Institute/Centre	5
1.2.	About the Sponsoring Agency (if any)	6
1.3.	Background: About the Issue	6
1.4.	Objectives	7
1.5.	Expected Outcomes	7
1.6.	Themes and Sub-themes	7
1.7.	Resource Persons	7
1.8.	Target Population	8
1.9.	Proposed Date of the webinar	8
1.10.	Budget	8
1.11.	Mode of Operation	8
Part 2: Session Wise Deliberations		
2.1.	Inaugural Session	9
2.2.	Technical Sessions	10
Part 3: Major Takeaways		
3.1.	Academic Context	10
3.2.	Research Context	11
3.3.	Policy Making and Practice Context	11
Part 4: Appendices & Annexure		
	Annexure 1: Programme Schedule	12
	Annexure 2: List of Participants	12
	Annexure 3: Photographs (if any)	13
	Annexure 4: Media Coverage	13

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I also express my deepest gratitude to the Pro-vice chancellor, Prof Amitava Mitra and the Registrar , Prof N.K Rikam, who always boosted my morale and has been a guide helping me through thick and thin.I am indebted to you both for your guidance.

I also extend my gratitude to Prof. Sibnath Deb, Director, RGNVYID for trusting the department and sponsored us to conduct the program. I would like to thank for their time and cooperation, without which the event wouldn't have been possible.

I also thank my head of the department Dr. Dharmeshwari Lourembam for providing me with emotional and moral support and cooperation and support.

I also thank my dedicated colleagues, guest faculty members and students for providing me with emotional and moral support; their cooperation and support can never be forgotten.

Dr. Kakali Goswami
Program Coordinator

1.1 The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh located at the picturesque tabloid of Rono Hills approximately 25 km away from the state capital Itanagar. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the University on 4th February 1984 at Rono Hills. Ever since its inception, the University has been trying to achieve excellence and fulfill the objectives as envisaged in the University Act. The University was recognized as a Central University in the year 2007 established under the Act of Parliament. Being the only Central University of the State at present there are Twenty Six (26) Departments and Two (02) Institutes functioning under Nine (09) Academic Faculties. The Faculty members have been actively engaged in research activities. The University has been maintaining its academic excellence and individuals from its alumni group are contributing at significant positions not only in State and Central Government Services, but also in various Institutions, Industries and Organizations. The University has continuously maintained its premier status among top hundred (100) educational institutions in NIRF ranking across India.

About the Department of Psychology

The Department of Psychology was established in the year 2017 with two Assistant Professors. Currently the Department is running with two Assistant Professors and 3 Guest Assistant Professors.

Vision: The Department was set up to develop an awareness of the importance of studying human behaviour and the societal relevance of psychology. The Department offers M.A. Psychology which is of four semesters and the curriculum is so designed as to provide strong theoretical, methodological and contemporary knowledge of various areas of Psychology to the students. The purpose is to equip the students with knowledge, skills and values to become effective and competent professional psychologists. During the course, the students are taken for field visit at mental health centres and counselling cells besides interactive classroom teaching and laboratory training. Time to time extended lectures from experts in relevant field is also conducted. This academic training enables the students to work in a

broad range of settings such as medical, organization, counselling centres, NGOs, researchers and academicians.

About Rajiv Gandhi National Institute of Youth Development

The **Rajiv Gandhi National Institute of Youth Development (RGNIYD)**, Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975. The RGNIYD offers academic programs at the postgraduate level in youth development, engages in research in youth development, and coordinates training programs for state agencies and the officials of youth organizations. It is involved in extension and outreach initiatives across the country. The institute functions as a think-tank of the Ministry and an organization of youth-related activities. It works in cooperation within the NSS, NYKS and other youth organizations in the implementation of training programs. This institute also offers Post Graduate Degree programs in the field of Gender Studies, Development Studies, Local Governance, Counselling Psychology, Social Innovation and Entrepreneurship and Social Work. It also offers a PhD in various disciplines of Social Sciences. RGNIYD is a first of its kind of institute based on the youth development with the vision to enhance the potential of youth in the country. RGNIYD is a first such institute in South Asia to focus on youth issues, youth development prospects. The institute also gave India's first of its kind "India Youth Development Index", which was completely prepared by the RGNIYD.

1.2 Sponsoring Agency

The Program was sponsored by Rajiv Gandhi National Institute of Youth Development, Ministry of Sports and Youth Affairs, Government of India.

1.3 Background

The current pandemic is not only seen to affect the health of the citizens and youth specially. Therefore conduction of interactive workshop like this, is urgent and the need of the hour to assess the situation and provide professional help to people in general, and students in particular for their overall mental health.

1.4 Objectives

- To enable the youth to develop mechanisms for protection against overwhelming experiences.
- To develop capability for maintaining a balance amongst the youth during stressful events.
- To help the students to defend from the development of mental health issues.
- To help in building abilities to deal and strive in adverse situation of life.
- To create an ability to recognise their own emotions and control one's own thoughts and feelings.

1.5 Programme Outcomes

The expected program outcomes of the current workshop are specified below:

- Obtain a cognizance of the issues and challenges in the current scenario of mental health issues due to pandemic situation.
- Provide an understanding of the underlying mechanisms of the resilience and emotional intelligence.
- Incorporate resilience and motivation via positive coping behavior in times of crisis among the youth.
- Create balance between physical and mental health for holistic well being.
- We can create pre and post workshop assessment to measure the outcome which can be publish as research work in journal.

1.6 Theme:

Workshop on “ Building Resilience and enhancing Emotional Intelligence”

1.7 Resource Persons:

- ❖ Dr. Chandita Baruah, Head & Assistant Professor, Dept of Psychology, Assam Don Bosco University
- ❖ Ms. Sampreety Das, Assistant Professor, Dept of Psychology, Assam Don Bosco University
- ❖ Dr.Sandeep Panchal, Assistant Professor, Dept. of Psychology, Rajiv Gandhi University

❖ Dr.Kakali Goswami, Assistant Professor, Dept. of Psychology, Rajiv Gandhi University

1.8 Target Group

Entire student community, majorly the College and University students.

1.9 Date of the Event

The workshop took place on the 21 and 22nd January, 2022.

1.10 Estimated Budget

The estimated budget of the programme is Rs. 21000/ which includes honorarium to the Resource Persons and other Miscellaneous Expenses.

1.11 Mode of Operation:

The program was conducted through the online platform - ‘Google meet’.

PART 2: SESSION WISE DELIBERATION

2.1 Inaugural Session:

The inaugural programme of the two day online National Workshop on ‘Building resilience and enhancing emotional intelligence’ commenced with a welcome address by Dr.Kakali Goswami , Assistant Professor, RGU. Dr. Dharmeshwari Lourembam, Head i/c, Department of Psychology, RGU summarized briefly on the proceedings of the 2-day workshop.

Dr. N.T.Rikam, Registrar addressed the program by congratulating the department on organizing such pertinent programmes that is in need of an hour. In his address, Prof.Amitava Mitra Pro Vice-Chancellor ,RGU, briefed about the importance of the topic and esteemed resource persons. Prof.Sibnath Deb, Director, RGNIYD, Ministry of Youth & Sports described the importance of emotional intelligence and its role on strengthening one’s resilience. Honorable chief guest Prof.Saket Kushwaha, VC, RGU, wished the team and advised that the content of the programme should also be available on some form of manual and documents for the students for the larger benefit.

The vote of thanks was delivered by Dr. Satchut Parsun Mandal, Assistant Professor, Department of Psychology, RGU.

2.3 Technical Sessions:

Day 1 (21st January,2022): Technical Session:

The first technical session of the first day was conducted by Dr.Chandita Baruah where she has explained the concept of resilience and how we can improve it. She has explained importance of resilience in students' life.

The second technical session of the day was delivered by again delivered by Dr. Chandita Baruah in which she explained the many activities to enhance the level of resilience by storytelling, meditation, breathing exercise etc.

The third technical session of the day was delivered by Dr. Sandeep Panchal in which he explained the concept of emotional intelligence and various theories and importance of it. The resource person also explained dimensions of emotional intelligence and related factors. He cited many examples of real life events and emphasized on audio –visual method to train on emotional intelligence.

The fourth technical session of the day was delivered by Ms. Sampreeti Das in which she explained how to become aware of our emotion and manage it effectively. She displayed many techniques to deal with emotion and regulate it. She also administered online psychological test related to emotional regulation on the participants.

Day 2 (22nd January,2022): Technical Session:

The fifth technical session of the second day was delivered by Ms. Sampreeti Das and she demonstrated some effective technique to manage our emotion and channelized it effectively when needed.

The sixth technical session of the day was delivered by Dr. Kakali Goswami in which she explained the National Youth policy 2014 and sustainable developmental goals. She explained the vision and objective of the policy how can we achieve the vision of the policy. The resource person also explained the priority areas related to each objective. She also explained how each priory are is related to 17 developmental goals accepted by the countries at UN in year 2012.

The seventh technical session of the day was delivered by Dr. Chandita Baruah on training to enhance resilience. The resource person demonstrated some techniques to increase our resilience ability .

The eight technical session of the day was delivered by Dr. Chandita Baruah as discussion time where she attended the Q& A from the participants. During this session many participants also shared their positive feedback for the workshop and explained that they have learnt many valuable ideas and concept from the workshop and also thanked the organizers from having such timely relevant workshop in the time of Pandemic. The program ended with vote of thanks from Program coordinator for the resource person and participants for their efforts and time.

Major Takeaways:

3.1. Academic context:

In the present time caused by the global pandemic, with social distancing measures being cautioned by all, it is of utmost importance to maintain continuity in all other aspects especially with regard to academics in order to rule out the same reaching a standstill. In addition to which, there exists a spectrum of vague, future related unaddressed issues causing distress and discomfort especially to the youth. With the uncertainty revolving around, the students are yet to fathom what tomorrow brings, ranging from postponement of exams with no definite schedule, final year students with their term end exam tension along with that of their admission into the new academic year to name a few. In lieu of which, the Two Day Live workshop was conducted by the Department of Psychology in collaboration with Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, Government of India and the wherein the majority of the participants comprised from the student community.

The technical sessions designed by the resource persons were created to facilitate the resilience and emotional intelligence to enhance overall mental health and wellbeing of the entire student community, with regard to understanding the various underlying Psychological problems as well the solution for it.

The sessions created to accommodate the psychosocial emotional needs of all but with specific focus on the students, given the uncertainty surrounded by Covid-19, impacting the normalcy of face-to-face classes, reduction in physical-social interactions, exam induced stress and confusion regarding the future. The doubts and concerns associated were tackled by the key subject experts via the PowerPoint presentations as well as Q&A sessions. In the end Students' positive comments and feedback reflected the understanding they gained through the Two Days course.

3.2. Research context:

Any uncertainty automatically instills fear or even phobia amongst the people and the associated uncertainty that is increasingly testing psychological resilience of the masses. The pandemic has generated a major jolt in all aspects around the globe. However, one needs to adjust to the new normal and start moving on with life.

Various competitive exams are being conducted and the educational institutions are already out with their new academic calendar to avoid wastage of an academic year of students. With the chaos revolving around due to the pandemic and lockdown, students have an additional burden of academics related uncertainty. Hence, now, more than ever, it becomes crucial for Mental Health practitioners and allied professionals to solicit their support, understanding and knowledge of the subject to help aid the students in making apt decisions in life ranging from their daily activities to inter and intra-relationship issues, career choices, suspension of classes, confusion regarding placement and exam and academic induced stress especially for the final year students.

The workshop covered various significant contemporary issue like how to build resilience and enhance emotional intelligence for better understanding of the term mental health. The findings offered a glimpse of what is brewing in hundreds of millions of students around the world, but with specific regard to the north-eastern scenario and the negative consequences of it as the assess and deal with stress, anxiety, depression or any psychological issue caused for a prolonged term has a direct, negative co-relation with wellbeing in the long-run.

3.3. Policy making and practice context:

It is no surprise of the insights on the long-term damage of unaddressed issues which have been accepted in the field of Psychology. Hence, post the end of this unprecedented lockdown, we will need all able bodies to help the world recover in all factors namely health, education, livelihood and economy and be better prepared to cater to the needs of all, especially the torchbearers. Need for more systematic and longitudinal assessment of the needs of the population, which can help the government in formulating holistic interventions in lieu with the job scope and the demand for the youth.

- (i) Bridge the gap between demand and supply and create a protective layer for the youth to not ward off to substances as a reliever.
- (ii) Identify trigger points and anticipating issues, and how to address them.

- (iii) Mandatory appointment of Psychologists and Counsellors in every schools and organizations.

PART 4. APPENDICES & ANNEXURE

4.1 Programme Schedule

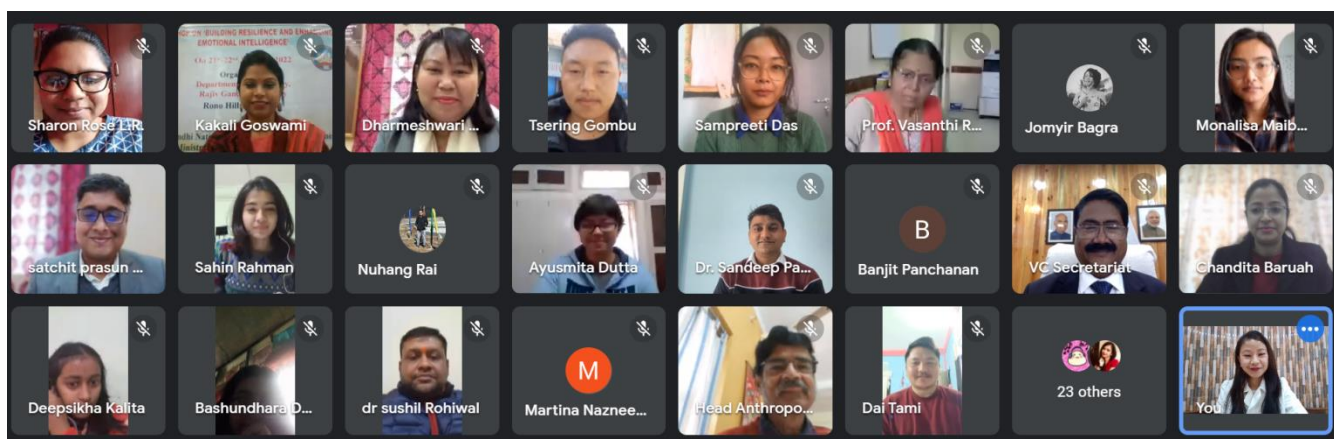
The programme schedule is as mentioned below:

Date & Day	Time	Topic	Resource Person
21st January, 2022 (Day 1)	10:00 AM-10.40 AM	Inauguration	
	11:00 AM-12:30PM	Technical Session 1 (Understanding resilience and ways to improve it)	Dr. Chandita Baruah, Head & Assistant Professor, Dept of Psychology, Assam Don Bosco University
	12:30 AM- 2:00 PM	Technical Session 2 (Activities for awareness and enhancement of Resilience)	Dr. Chandita Baruah, Head & Assistant Professor, Dept of Psychology, Assam Don Bosco University
	2:00PM-2:15PM	LUNCH BREAK	
	2:15PM – 3:45PM	Technical Session 3 (Understanding Emotional intelligence and ways to enhance it)	Dr.Sandeep Panchal Assistant Professor, Dept. of Psychology, Rajiv Gandhi University
	3:45PM- 5:15 PM	Technical Session 4 (Management of Emotional intelligence)	Ms. Sampreety Das, Assistant Professor, Dept of Psychology, Assam Don Bosco University
22nd January, 2022 (Day 2)	10:00 AM-11:30 AM	Technical Session 5 (Activities on Emotional awareness and management)	Ms. Sampreety Das, Assistant Professor, Dept of Psychology, Assam Don Bosco University
	11:30AM-1:00PM	Technical Session 6 (Knowing National Youth Policy 2014 and Sustainable Development Goals)	Dr. Kakali Goswami Assistant Professor Dept. of Psychology Rajiv Gandhi University Arunachal Pradesh
	1:00PM-1:30PM	LUNCH BREAK	
	1:30PM – 3.00PM	Technical Session 7 (Training strengthening of Resilience)	Dr. Chandita Baruah, Head & Assistant Professor, Dept of Psychology, Assam Don Bosco University
	3:00PM- 4:30 PM	Technical Session 8 (Q&A , Practice session)	Dr. Chandita Baruah, Head & Assistant Professor, Dept of Psychology, Assam Don Bosco University

Annexure 2: List of Participants

The list of participants was attached in separate in EXCEL sheet. There were total 65 participants out of which 20 male and 45 female. All the participants registered through online GOOGLE form for the program.

Annexure 3: Photograph



Annexure 4: Media Coverage

The webinar was well covered in Local daily Newspaper of the state.

Following are all the links of the media coverage:

<https://thedawnlitpost.com/2022/01/mental-health-workshop-held/>

http://echoofarunachal.in/news_details.php?nid=15132