

A consolidated report of the Management development programme conducted on 1st of September 2018 on the topic ‘Balancing of Emotions’

All the leaders in the field of education have to be confident in their knowledge and expertise, for providing important insights to all their team members to solve the day to day problems and to strengthen the institutional mechanism.

The skills called emotional intelligence and balancing emotions are learnable, measurable, and are valuable in engaging people, influencing across boundaries and cultures, being proactive and caring for students etc.

To develop the above mentioned skills, a day’s workshop was conducted. This created an awareness of what emotions are, what the differences are between feelings and emotions, functions of brain on emotions and then identifying / managing/ balancing emotions etc.

The objectives for the workshop

To enable the participants:

- To exchange their views on pressing concerns affecting their day to day work in the field of education.
- To build enduring relationships, and creating a better workplace for all of them to excel.
- To strengthen their cooperation in providing qualitative education to all the seekers.

Mr. Eshwar Sundaresan an eminent psychological counselor in the field was invited to facilitate the session on 1st of September on the topic ‘Balancing of Emotions’ for all the Principals, Directors, Deans, Registrar, Heads of various departments of NHEI working in various Institutions.

Based on the requirement the resource person focused on emotional aspects of management with the following topics:

- 1) An introduction to emotions
- 2) Management of emotions
- 3) Empathy

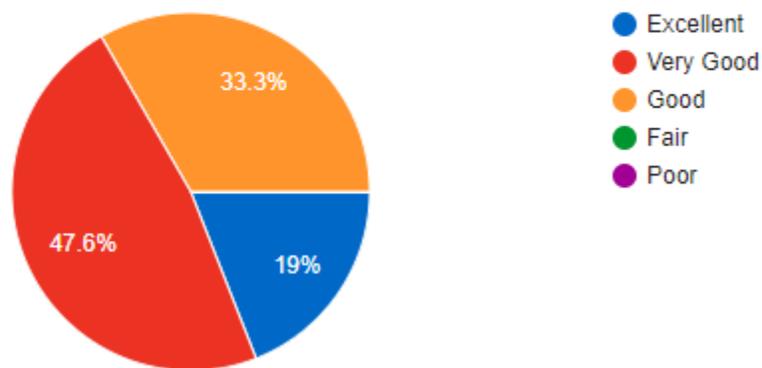
‘Area 83’, which is also called as wonder valley, was chosen to conduct the workshop owing to its serene atmosphere for learning with various kinds of team building activities.

The 39 leaders present for the workshop were proactive, balanced, operated with integrity, and had great insight into themselves and others. They tried to handle the above topics in a better way and got along well with their team members.

After completion of the workshop, an online feedback form was prepared and the link was mailed to all the participants. Please find below the anonymous feedback analysis generated online from 32 participants.

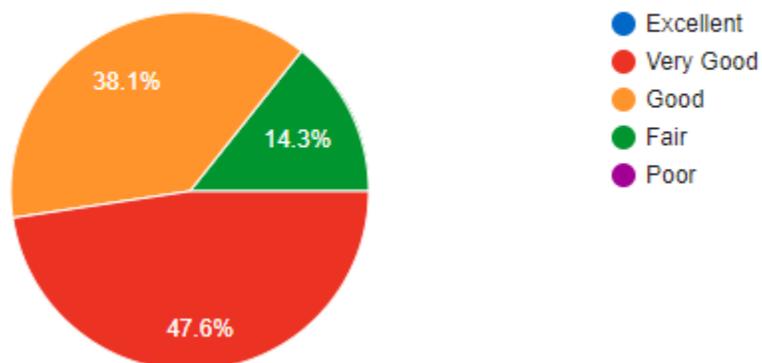
Appropriateness of the topics covered during the session

21 responses



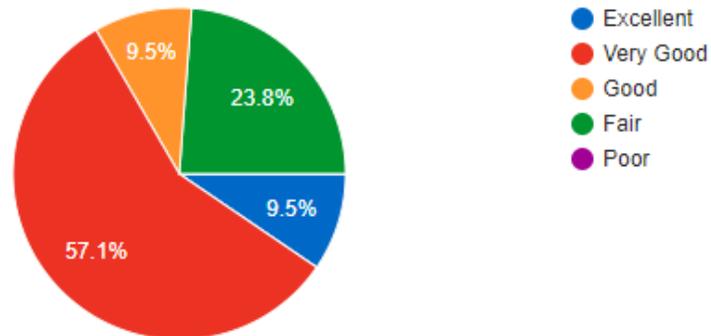
Relevant examples/videos used for concept clarification

21 responses



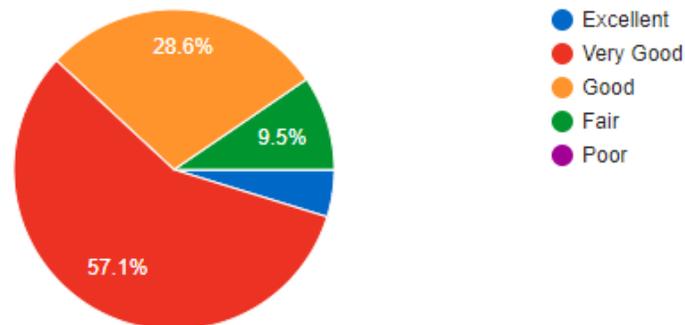
Appropriateness of activities conducted

21 responses



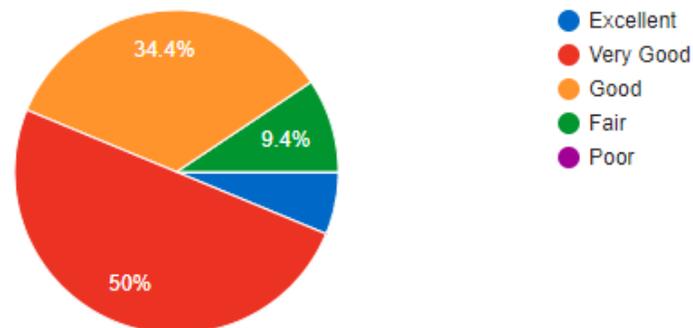
Scope for interaction during the session

21 responses



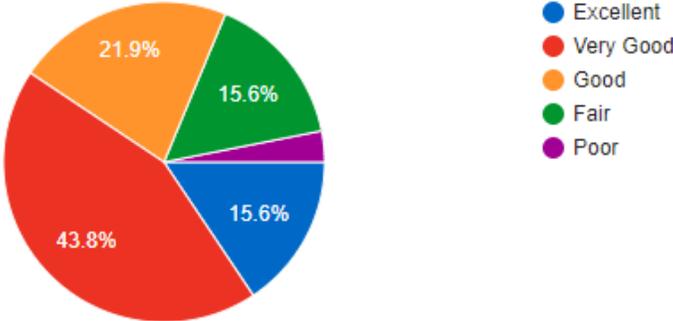
Preparedness of resource person

32 responses



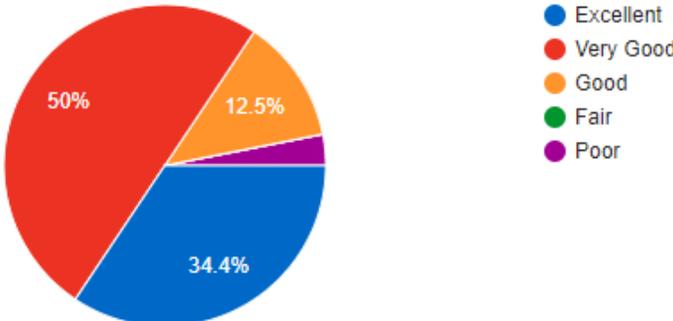
Resource person's knowledge and command over the subject

32 responses



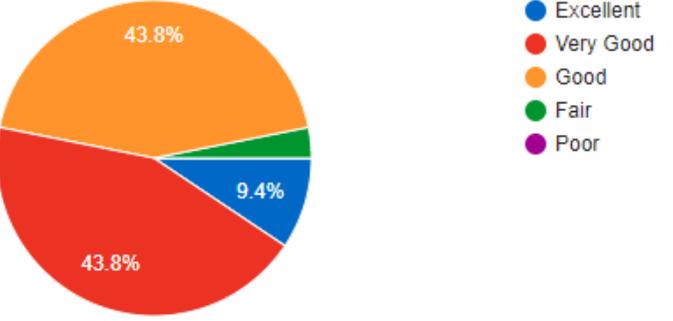
Resource person's command over the language

32 responses



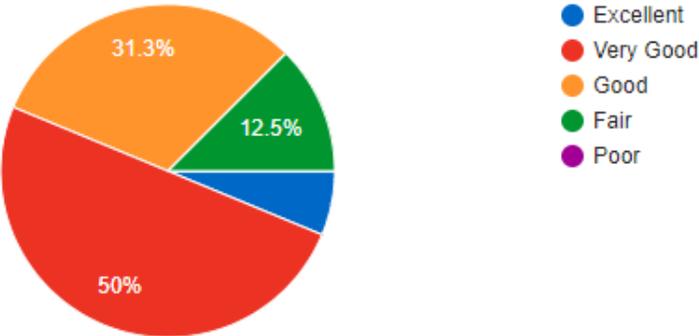
Adequacy of duration of the MDP

32 responses



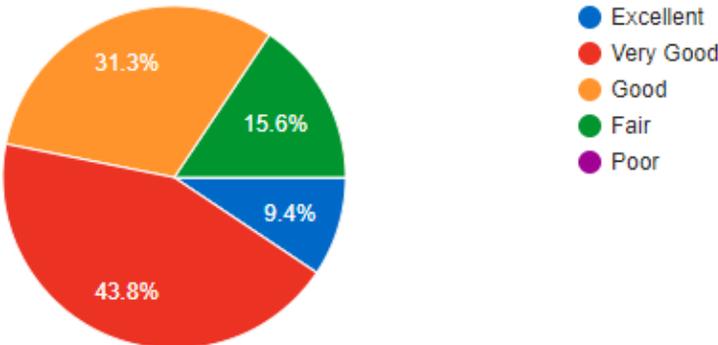
Exposure and experiences provided to the participants

32 responses



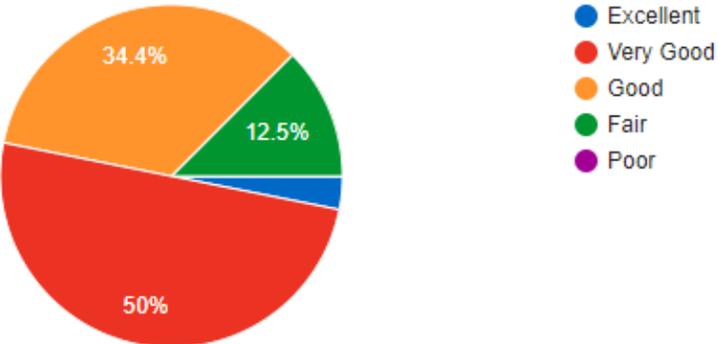
Usefulness of the session in your daily life

32 responses



Overall Grading of the session:

32 responses



Any other comments/suggestions

21 responses

Overall Good session
Such activity based MDPs provide deeper insights and may be organized for two days or more.
venue of MDP was excellent.
encouraging
Excellent venue and topics. Deliver was poor
A case study approach on this topic trying to provide a platform to discuss day to day issues and possible solutions would have made the session more relevant.
It is appreciated if you keep more team activities rather than theory session.
Its a wonderful session to learn about emotions and empathy for making decisions in an organization.
team activities are better
overall it was a very good interactive session which enabled me to know my peers much better and would look forward for more sessions in future .
Some more examples could have been given on the subjects covered.
Please organize team events so that we will come to know our strengths and weaknesses. Thanks to the Management for giving us the opportunity to attend and learn the required information.
The sessions can now be extended to international level where the exposure will be more and more association with international organisation can be done at college level.
Overall it was nice experience. Venue , activities and sessions were good. post lunch session based on empathy was not up to the mark as resource person was not able to give the practical aspects of topic with current situation
Overall a good session in a good environment
" it was inspiring, informative and his method of delivery was so easy to receive." This entire day was one of the best I've ever spent.
overall good
This kind of program should be more informal and ensure more bonding between the participants. Since an elite group is there more time is required to get into a comfort zone with each other. The duration of the program should be minimum 2-3 days and it can also be an overseas (may be neighbouring countries) or maybe a cruise ride. Let it happen once in 3 years but when it happens it should create the magnitude of impact which we intend to. As an initiative from Quality department it was very good but the above suggestion is with the intent of getting the optimum output.

Group activities should be more in future

The Program was good and we enjoyed the session

New theories need to be developed/discussed by the resource person. There is a lot of research on the said topics.