

REPORT ON WEBINAR-ENHANCING POSITIVE EMOTIONS

An emotion is "A strong feeling deriving from one's circumstances, mood, or relationships with others." **Emotions** are responses to significant internal and external events. These are intense **feelings** that are directed at someone or something. **Positive emotions** include emotions such as joy, interest, contentment, love etc.

TAFS organised a webinar on "**ENHANCING POSITIVE EMOTIONS**" by **RAMAKRISHNA MISSION** on **18th March 2021 at 15:30 hrs** on **Microsoft Teams** with around 160 participants. The webinar was held for students of classes **6th, 7th and 8th**.

Dr Anuradha Balram was the key speaker along with **Mrs Manjira Majumdar** and **Ms. Shatarupa** from Ramakrishna Mission.

Dr Anuradha was a member of the Indian Economic Service for over 30 years, where she developed an expertise in writing economic policy briefs, appraising public projects and implementing government projects. After seeking voluntary retirement in order to share her expertise with those who may benefit, she chose to volunteer full time with The Awakened Citizen Program and Awakening to ensure that children get the right values and move away from marks-focused rote learning and the youth of India discover their immense potential through free and responsible choice. She is keen on community work and would like to enable a shift from individual thinking to community consciousness. She is also a member of the Board of Governors, IIM Indore.

Mrs Manjira Majumdar had utilized her specialisation in the field of Biotechnology while working with Translational Health Science and Technology Institute (THSTI), Gurgaon on building a Tuberculosis vaccine. In 2013 she went on to work with Ramakrishna Mission, New Delhi and became part of the founding members of the Awakened Citizen Program (ACP). She is currently the Internal Training Lead in the Awakened Citizen Program.

The session was interactive with mass student participation. The students shared such deep thoughts and the discussion would help them to reflect and understand how to engage with situations positively. The session aimed at guiding the students about enhancing positive emotions and how to control their emotions through interesting real life situations. Overall, session lasted for more than an hour and was very interesting. It was a great learning experience for students.

The feedback by students is as follows :

1. The webinar was organized by Rama Krishna Mission which talked about how to enhance positive emotions in our life in different situations. The teachers guided us through ppts, stories and some life examples. They took two different

situations and taught us how we should take positive emotions in effective manner. They also taught us that emotions are required and they help us to express our feeling and have control of our life. This was an interactive session where teachers lastly took the doubts from all the students and gave advices to use emotions in a positive way. We are looking forward for more such interactive sessions.

Ayannya Ghosh , Laurel Arora VII D

2. The session with Ramakrishna mission was very interactive. It was a informative Webinar to teach us about emotions. They got the new way of explaining emotions by examples. The main points of the Webinar were- how to control emotions. The session was interesting and was a new way to learn about emotions and feelings.

Pratiyush kumar VIA

3. It was a great experience to attend the webinar. In this webinar, I got to know much about emotions. They were also asking questions and giving everyone a chance to speak. Some small things which I got to know are "What are Emotions? Are emotions good or bad? Humans, plants and animals express emotions. Emotions are the feelings expressed by a living body. Etc." It was a 'WOW' experience for me.

Bhavya kumar VIA

4. The webinar was so enjoyable. It was amazing mam. I just loved it .It was very helpful

Payal Kumari VII D

5. This webinar is excellent for students who have lost control over their emotions.

Amish VII D

6. They taught us very clearly and helpfully, they also listened to what we were saying, they were also polite to us, they taught about emotions and also how to control our emotions.

Pavan Singh VII A

7. The webinar taught us that we should accept our emotions. We discussed whether emotions were good or bad. We discussed about How emotions play an important role in our life. The webinar taught me that I should control my emotions instead of my emotions controlling me. I had a question that I asked -

How do I control my negative emotions like anger and sadness? The webinar had a positive effect on me.

Ananta Rai VII A

Some screenshots/glimpses of the webinar are as follows :



How can I engage with situations positively ?

Shatarupa D

AK

Karan and Rohit are both criticized by their friends for being "short-tempered" –

KARAN'S RESPONSE

I know I lose my temper very easily and hurt my friends... But that is who I am – I am short-tempered and I can't help it!

ROHIT'S RESPONSE

I lose my temper easily... my friends call me short-tempered – but I'm sure I can learn to control my temper through effort and practice.

1. What is the difference in the way both handle criticism?
2. Who is seeking to improve himself and change? **How?**

open class discussion – 2 mins.

3. How would this increase his atmashraddha/confidence in himself?

Reflect individually. Then share insights in an open class discussion – 2 mins.

This presentation is part of "The Asatmika (Smart) Program" - Initiated by Ramakrishna Mission, Dighi, Program Co-ordinator, Designated & Developed by Mahesh
© 2017 Shiksha Knowledge Resources Pvt Ltd. No part of this program may be reproduced or stored without prior permission from Shiksha.

Arindam's father advises him

Your friend Mohit has got into bad company – he has started smoking, getting into fights, missing classes, etc. Stay away from him.

Arindam POSITIVELY ENGAGES with his father's advice –

1

Can I benefit from Dad's advice in some way?

Is it true that once in bad company, it is hard to get out?

But is Mohit really in bad company? Or is it just Dad's impression of him?

2

To find out, Arindam goes out once or twice with Mohit and his new friends. But –

Mohit is a different person when he is with these boys! They think it is fun to hurt people & break things. I don't like this. Maybe Dad is right...

Arindam starts avoiding Mohit when he is with his new friends. But when alone, he tries to convince Mohit to avoid these friends who might harm him.

1. Here, (a) Is Arindam making the necessary effort to find out what is **useful/ good** in his father's advice? How? (b) What are the benefits of this approach to the advice?

2. Based on this case: Is positive engagement with an advice = obeying/ disobeying the advice? What is the difference?

3. What possibilities would he have awakened?

Open discussion – 3-4 min

This presentation is part of 'The Awarded Citizen Program' Developed by Sandeshwari Mission, Delhi. Program Co-ordinator, Designed & Developed by Sumit. © 2017 Sumit Knowledge Resources (P) Ltd. No part of this program may be modified or adapted without prior permission from Sumit.

Arindam's father advises him...

Your friend Mohit has got into bad company – he has started smoking, getting into fights, missing classes, etc. Stay away from him.

Arindam gets upset & feels like ignoring his father's advice –

What does Dad understand about our friendship? Who is he to tell me? I am old enough to choose my friends now.

Besides, Mohit is 'cool' – he is popular amongst older boys. Dad is old-fashioned. He doesn't know what is 'cool' these days.


1. What barriers are preventing Arindam from **considering** his father's advice?

2. Help Arindam **positively engage** with his father's advice. Suggest what he can do to engage positively with the advice despite the barriers in his mind.


Open discussion – 3-4 min

This presentation is part of 'The Awarded Citizen Program' Developed by Sandeshwari Mission, Delhi. Program Co-ordinator, Designed & Developed by Sumit. © 2017 Sumit Knowledge Resources (P) Ltd. No part of this program may be modified or adapted without prior permission from Sumit.


KARAN



When Karan is criticized, he believes there is nothing he can do to improve/change his behavior – thus though the criticism upsets him, he does not strive to improve.



ROHIT



When Rohit is criticized, he strives to improve/change his behavior through effort and practice – thus the criticism helps him grow.

This presentation is part of 'The Awarded Citizen Program' Developed by Sandeshwari Mission, Delhi. Program Co-ordinator, Designed & Developed by Sumit. © 2017 Sumit Knowledge Resources (P) Ltd. No part of this program may be modified or adapted without prior permission from Sumit.

Contact us at
beawakenedcitizen@gmail.com

Shatarupa D



AK