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 expertize 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:

 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 knew 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 .lt 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.

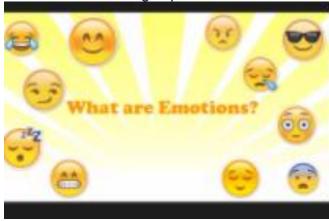
Pavan Singh VII A

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

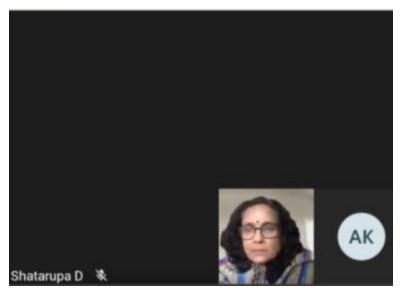
Some screenshots/glimpses of the webinar are as follows :

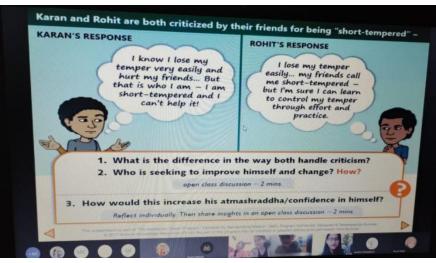


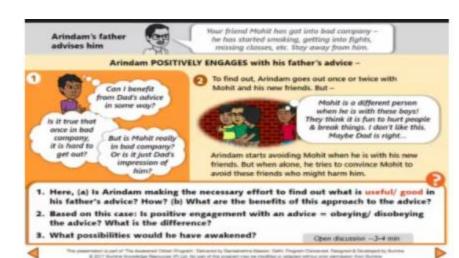


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How can I engage with situations positively?









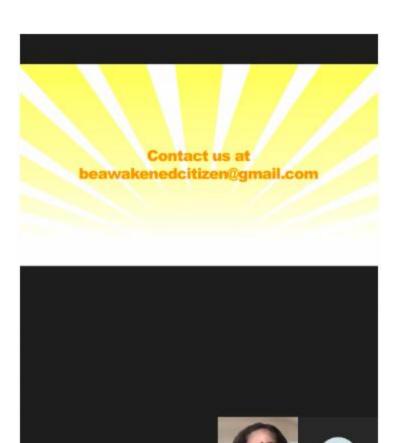




When Karan is criticized, he believes there is nothing he can do to improve/change his behavior - thus though the criticism upsets him, he does not strive to improve.

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





Shatarupa D 🔌