



SCHOOL OF COMMERCE & MANAGEMENT

Department of Management

NOTICE

Ref No: AJU/SCoM/DoM/2023/227

Date: 27.04.2023

This is to inform all the students that Internal Complaints Committee in association with MBA, Department of Management, School of Commerce and Management is organizing a Session on Emotional Quotient and Emotional Well- Being, on May 10, 2023.

Time: 10:00 am

Venue: JEH Auditorium

Guest Speaker: -

Dr. Rajiv Sharan, Head, Department of Pediatrics, Tata Motors Hospital, Jamshedpur.

Organized by: Dr. Charu Wadhwa, Presiding Officer, Internal Complaint Committee.

Dr. Urvashi Thakur, PC, MBA, School of Commerce and Management.

Contact Details: 9771187677, 6201746969.

Dr. Urvashi Thakur
Program Coordinator I/C
MBA

Dr. Charu Wadhwa
Presiding Officer
ICC

Copy for the information:

1. PS to the Vice-Chancellor
2. PS to the Director
3. PS to the Registrar
4. Controller of Examinations
5. In charge Web services for Website Updation
6. Notice Board
7. Guard File

Session on Emotional Quotient and Emotional Well- Being

Date of Event	10-05-2023
Name of the Event	Session on Emotional Quotient and Emotional Well Being
Type of the Event	Session by External Industry Experts
Organized by	ARKA JAIN University
Coordinated by	Dr. Charu Wadhwa, Presiding Officer, Internal Complaint Committee and Dr. Urvashi Thakur, Program Coordinator I/C, MBA, School of Commerce and Management
No. of Participants	101

OBJECTIVE: The objective of this session was to increase participants' knowledge of Emotional Quotient and Emotional Well-being and to improve their interpersonal and intra-personal skills, as well as their adaptability, stress management and general mood. The session focused on awareness, understanding and acceptance of ones' feelings and ones' ability to manage effectively through challenges and change

DETAILS: The session was held on May 10, 2023 at JEH Auditorium. The session was conducted by Internal Complaint Committee in association with MBA, Department of Management, School of Commerce and Management. The guest speaker for the event was Dr. Rajiv Sharan, Head, Department of Paediatrics, Tata Motors Hospital, Jamshedpur.

TAKEAWAY (OUTCOMES): The wellness program helped develop emotional resilience that will equip the Faculty, Staff and students to deal with disappointment, failure, or crisis, learn from it, and continue to move forward. This skill is not only valuable at the workplace; it also helps staffers cope with personal crises or challenges. The program also helped in developing a sense of self-awareness, boosting self-esteem, encouraging emotional self-regulation, and healthy emotional and social development.

Poster of the Event

JGI | **ARKA JAIN**
University
Jharkhand

Internal Complaints Committee
in association with
Department of Management (MBA),
School of Commerce and Management

Session on Emotional Quotient and Emotional Well-being

Guest Speaker :
Dr. Rajiv Sharan, Head,
Department of Paediatrics,
Tata Motors Hospital, Jamshedpur

May 10th, 2023

Time : 10:00 am
Venue : JEH Auditorium

Organised by :
Dr. Charu Wadhwa, Presiding Officer,
Internal Complaints Committee
Dr. Urvashi Thakur, HoD- MBA,
School of Commerce and Management
icc@arkajainuniversity.ac.in | Mob. : 9771187677, 6201746969

f arkajainuniversity **@** arkajainuniversity **☎** 1800 - 1200 - 200

Figure 1: Poster of the Session on Emotional Quotient and Emotional Well Being

Photos of the Event



Figure 2: Photo of Session on Emotional Quotient and Emotional Well Being



Figure 3: Photo of Session on Emotional Quotient and Emotional Well Being



Figure 4: Photo of Session on Emotional Quotient and Emotional Well Being



Figure 5: Photo of Session on Emotional Quotient and Emotional Well Being

List of Participants



Internal Complaints Committee in association with Department of Management (MBA)

Session on Emotional Quotient and Emotional Well being

Date: 10-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
1	AJU/222082	Vaibhaw Raj	MBA Sem II	V. Raj
2	AJU/221600	Shweta Khandelwal	MBA Sem II	Shweta Khandelwal
3	AJU/221660	Smita Kumari	MBA Sem II	Smita Kumari
4	AJU/220596	Shweta Pal	BCA Sem II	Shweta Pal
5	AJU/220668	Pallavi	BCA Sem II	Pallavi
6	AJU/220993	Sanjana Kumari	BCA Sem II	Sanjana
7	AJU/220744	Kasturi Sharma	BCA Sem II	Kasturi Sharma
8	AJU/220924	AKASH Mishra	BCA Sem II	AKASH Mishra
9	AJU/220661	Subham Mahanty	BCA Sem II	Subham Mahanty
10	AJU/220786	Ankit Kr. Prajapati	BCA Sem II	Ankit
11	AJU/220727	Pankaj Kr. Yadav	BCA Sem II	Pankaj


Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee


Dr. Urvashi Thakur

Program Coordinator i/c

Department of Management (MBA)

Session on Emotional Quotient and Emotional Well being

Date: 10-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
12.	AJU AJU/221331	Adapa Bhargavi	MBA-SEM-2	A. Bhargavi
13.	AJU/221599	Manpreet Kaur	MBA-SEM-2	Manpreet
14.	AJU/221408	Sania Arshad	MBA-SEM-2	Sania
15.	AJU/222074	Rajni Ranjan Yadav	MBA Sem-2	Rajni
16.	AJU/220060	Saurav Ghoshal	MBA Sem 2	Saurav
17.	AJU/221704	RIYA DAN	MBA Sem 2	Riya Dan
18.	AJU/220388	Sneha Sharma	MBA Sem 2	Sneha Sharma
19.	AJU/221684	Riya Kumari	MBA Sem 2	Riyakumari
20.	AJU/220940	Raja Gope	BCA Sem-2	Raja Gope
21.	AJU/220761	PooKash Bhigat	BCA Sem-2	PooKash
22.	AJU/221573	Pawan Kumar	MBA Sem 2	Pawan
23.	AJU/221821	Sharon Kerketta	MBA Sem 2	Sharon
24.	AJU/210834	Aishi Choudhary	MBA Sem 4	Aishi


Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee


Dr. Urvashi Thakur

Program Coordinator i/c

Department of Management (MBA)

Session on Emotional Quotient and Emotional Well being

Date: 10-05-2023

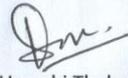
List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
25	AJU/220435	Amit osha.	MBA SEM 2	Amit osha
26	AJU/221776	Rohit Kumar	MBA Sem 2	Rohit
27	AJU/220929	Jeet Pal	BCA sem 1	Jeet Pal
28	AJU/220972	Subhasith Roy	BCA sem 1	Subho
29	AJU/220611	Shubham kumar	BCA sem 1	Shubh.
30	AJU/220928	Yash Jaiswal.	BCA sem 2	Yash
31	AJU/220878	Jayant Kumar Jha	BCA Sem 2	Jayant
32	AJU/220956	Manish Tiwary	BCA sem 2	Manish
33	AJU/220677	Saabir Kharan	BCA/Sem II	Saabir
34	AJU/220858	Shakeen Perween	BCA/Sem II	Shakeen
35	AJU/220773	Preeti Mahato	BCA/sem II	Preeti Mahato
36	AJU/220634	Nafisa Kharan	BCA/Sem II	Nafisa Khan
37	AJU/220593	Simran Kumari	BCA/sem II	Simran K


Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee


Dr. Urvashi Thakur

Program Coordinator i/c

Department of Management (MBA)

Session on Emotional Quotient and Emotional Well being

Date: 10-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
38	AJU/220581	Rahul Prasad	BCA Sem 2	Rahul
39	AJU/220590	Apnajita	MBA Sem 2	Apnajita
40	AJU/220866	Md. Arsh Siddique	BCA Sem 2	Arsh
41	AJU/220847	Shikha Mahato	BCA Sem 2	Shikha
42	AJU/220911	Risha Kumari	BCA sem 2	Risha
43	AJU/220670	Mayankumar Choubey	BCA sem 2	Mayank
44	Harish AJU/220616	Harish Prasad	BCA Sem 2	Harish
45	AJU/220984	Sonu Kumar	BCA Sem 2	Sonu
46	AJU/220705	MD. Asif	BCA sem 2	Asif
47	AJU/220638	Satyajit Das	BCA sem 2	Satyajit
48	AJU/220709	Ashish Bodak	BCA sem 2	Ashish
49	AJU/220639	Rahul Kumar	BCA sem 2	Rahul
50	AJU/220953	Amrita Kumari	BCA sem 2	Amrita


Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee


Dr. Urvashi Thakur

Program Coordinator i/c

Department of Management (MBA)

Session on Emotional Quotient and Emotional Well being

Date: 10-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
51	220854	Sudeepthy Kri. Singh	BCA II	Sudeepthy
52	AJU/220120	Uma, furoque	MBA II	Uma
53	AJU/220253	Aftab Khan	MBA II	Aftab
54	AJU/220254	Aarheen Begum	MBA II	Aarheen
55	AJU/220230	Naman Bage	MBA II	Naman
56	AJU/222008	Abhishek Kumar	MBA II	Abhishek Kumar
57	AJU/220700	Soni Kumari	BCA II	Soni Kumari
58	AJU/220747	Akshita Asya	BCA II	Akshita Asya
59	AJU/220961	Somya Pandey	BCA II	Somya Pandey
60	AJU/220669	Sara Perween	BCA II	Sara Perween
61	AJU/220830	Nazneen Begum	BCA II	Nazneen Begum
62	AJU/221927	Jansan EKKA	MBA II	Jansan
63	AJU/221967	Robin Dal	MBA II	Robin


Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee


Dr. Urvashi Thakur

Program Coordinator i/c

Department of Management (MBA)

Session on Emotional Quotient and Emotional Well being

Date: 10-05-2023

List of participants

S. No.	Enrollment Number	Name of the Student	Course & Semester	Signature
64.	AJU/221790	Dimple Agarwal	MBA	<i>Dimple Agarwal</i>
65.	AJU/220195	Payel Dutta	MBA	<i>Payel</i>
66.	AJU/221526	Bright Bamsriya	MBA	<i>Bright</i>
67.	AJU/220835	Simarkaur	BCA	<i>Simarkaur</i>
68.	AJU/211688	SNEHIL	M.B.A.	<i>Snehil</i>
69.	AJU/211348	Rajshree	M.B.A.	<i>Rajshree</i>
70.	AJU/220757	Dipty Yadav	BCA	<i>Dipty</i>
71.	AJU/220998	Sonali Kumari	BCA	<i>Sonali</i>
72.	AJU/220635	Akanksha Kumari	BCA	<i>Akanksha Kumari</i>
73.	AJU/211474	Vinit Kumar	MBA	<i>Vinit Kumar</i>
74.	AJU/211640	Ankit Mahato	MBA	<i>Ankit Mahato</i>
75.	AJU/210856 AJU/210856	Raj Chatterjee	MBA 4 th Sem	<i>Raj Chatterjee</i>
76.	AJU/211683	Deepak Kumar	MBA 4 th Sem	<i>Deepak Kumar</i>
77.	AJU/210332	Sandeep Saha	MBA 4 th	<i>Sandeep</i>
78.	AJU/210002	Ashwini Kumar	MBA 4 th	<i>Ashwini</i>

[Signature]
Dr. Charu Wadhwa

Presiding Officer

Internal Complaints Committee

[Signature]
Dr. Urvashi Thakur

Program Coordinator i/c

Department of Management (MBA)

79.	AJU/210669	Manashi Mukherjee	M.B.A	Manashi
80.	AJU/211467	Munoz	MBA	Munoz
81.	AJU/211305	Vatsha Sharma	MBA	Sharma
82.	AJU/220172	Dwij Kumar	B.Pharm	Dwij
83.	AJU/221507	Satya Narayan Shaw	MBA	Satya Narayan Shaw
84.	AJU/210212	Subash Mahat	MBA	Subash
85.	AJU/211265	Kalpada Gope	MBA	Kalpe
86.	AJU/210051	Ankita Mukherjee	MBA	Ankita
87.	AJU/210065	Ayushi Kumari	MBA	Ayushi
88.	AJU/210057	Tuhina Roy	MBA	Tuhina Roy
89.	AJU/220103	Pooja Kumari	MBA	Pooja
90.	AJU/220374	Safia Qamar	MBA	Safia
91.	AJU/221067	Ektalisha Samanta	MBA	Ektalisha

Faculty & Staff Attendance

S.No.	Employee Id	Employee Name	Department	Signature
1.	1120	Aika Singh	CS & IT	Aika
2.	1102	Divya Bhatnagar	CS & IT	Divya
3.				
4.	1248	Abhishek Bhatnagar	SCOM	Abhishek
5.	1244	Dr. Sonal Shrivastava	SCoM	RA
6.	1114	Dr. Shweta	School of Pharmacy	Shweta
7.	1041	Mukul Pandey	SOHAS	Mukul
8.	1086	Abhishek Upadhyay	SCOM	Abhishek
9.	1205	Dr. Santosh K. Singh	Biotechnology	Santosh
10.	1075	Dr. Churn Bhatnagar	MBA	Churn