A Report on
One Day Workshop
On
Tranquillizing Empathy
Organized by
Department of Computer Science and Engineering – AI & ML
in association with the Indian Society for Technical Education (ISTE)
on 30.11.2024

Submitted by: Dr. R. Praveen Kumar, Assistant Professor, Department of CSE – AI & ML

Coordinators: Dr. R. Praveen Kumar, Assistant Professor, Department of CSE – AI & ML

Mrs. N. Geethanjali, Assistant Professor, Department of CSE – AI & ML

Resource Person: Mr. P. Arjun, Assistant Professor, Dept. of ECE, MITS, Madanapalle.

Participants: ISTE Student Members from 2nd year CSE - AI & ML, and 2nd year CSE – Networks (Count: 81)

Venue: Seminar Hall C

Date & Time: 30/11/2024, 1:10 PM

Mode of conduct: Offline

Mrs. N. Geethanjali gave a welcome address and then invited Dr. S. Padma, madam, to share a few words on tranquilizing empathy.

Dr. S. Padma, Associate Professor, Head of the department, CSE – AI & ML. She shared a few words on tranquilizing empathy. Then, she said that all students must actively participate in the activities during the session.

Then, Mrs. N. Geethanjali requested Mrs. U. Vijaya Lakshmi madam to share few words on tranquilizing empathy.
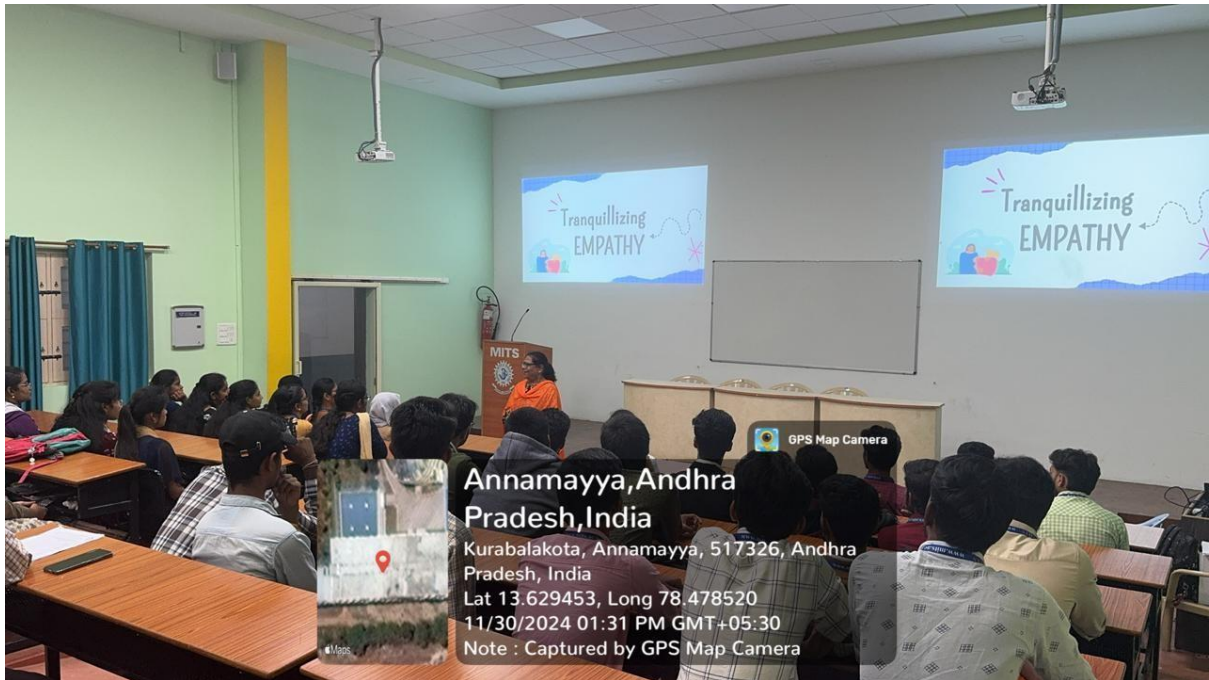
Mrs. Vijaya Lakshmi Udayagiri, (Assistant Professor, Department of English, MITS, Madanapalle) started by sharing insightful thoughts on the concept of tranquilizing empathy, explaining its significance in creating calm and understanding in emotionally charged situations. She emphasized how this skill could be a transformative tool in building connections and resolving conflicts. After laying the foundation, she encouraged all students to participate actively in the activities planned for the session. She stressed that hands-on involvement would not only deepen their understanding of the concept but also help them practice and internalize the principles of tranquilizing empathy effectively.

Then, Mrs. N. Geethanjali requested resource person Mr. P. Arjun sir to share a few words on tranquilizing empathy.

Mr. Arjun Pogaku (Assistant Professor, Department of ECE, MITS, Madanapalle) started the session by discussing tranquilizing empathy, shedding light on its role in promoting calmness and emotional understanding in challenging situations. He highlighted its transformative potential in strengthening relationships and resolving conflicts. After this introduction, He urged the students to take an active role in the upcoming activities, emphasizing that participation would enhance their grasp of the concept and provide practical experience in applying its principles effectively.

Further, Mrs. U. Vijaya Lakshmi madam and the resource person Mr. P. Arjun started the session with various activities, which include

1. Let's know each other
2. Unleash your inner artist
3. Know about your team
4. Create your mood map
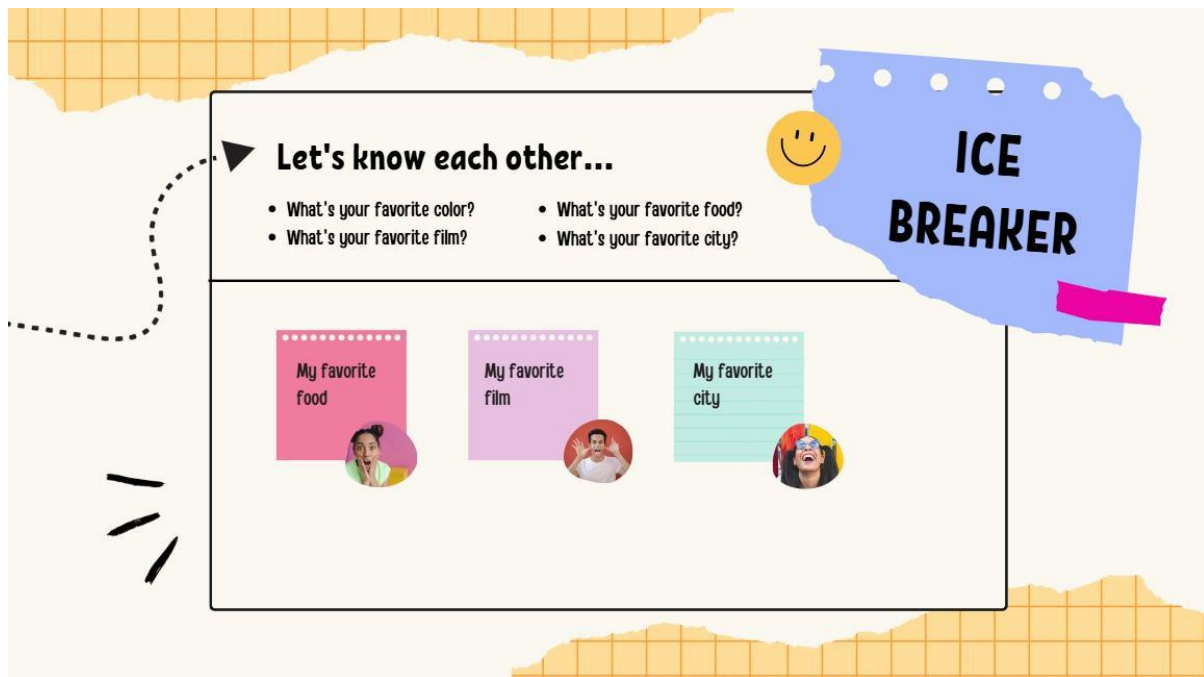
During the 1st activity, Mrs. U. Vijaya Lakshmi Madam asked what's your favourite colour? Then, madam received various answers from students and Madam asked why is it your favourite colour? After that, a few students explained their answers. Also, madam asked Dr. S. Padma madam regarding favourite colour. Then, she answered yellow. Further, Madam asked another question that is what's your favourite food? Then, most of the students answered biriyani. Thereafter, madam asked why? Then, few students explained their answers. Further, madam asked a question: what's your favourite city? The students answered their favourite cities. Finally, Madam asked a question: What's your favourite film? The students answered their favourite films. Thereafter, Madam asked few faculty members regarding their favourite films. Then, faculty members shared their favourite films with explanations.
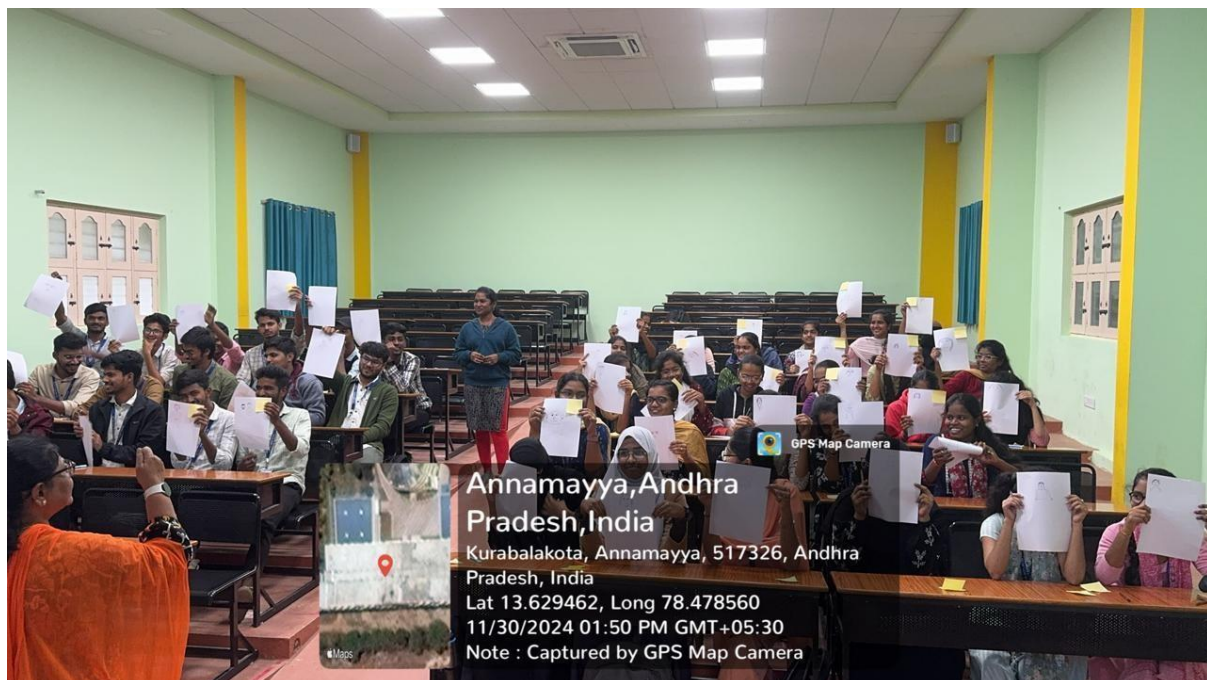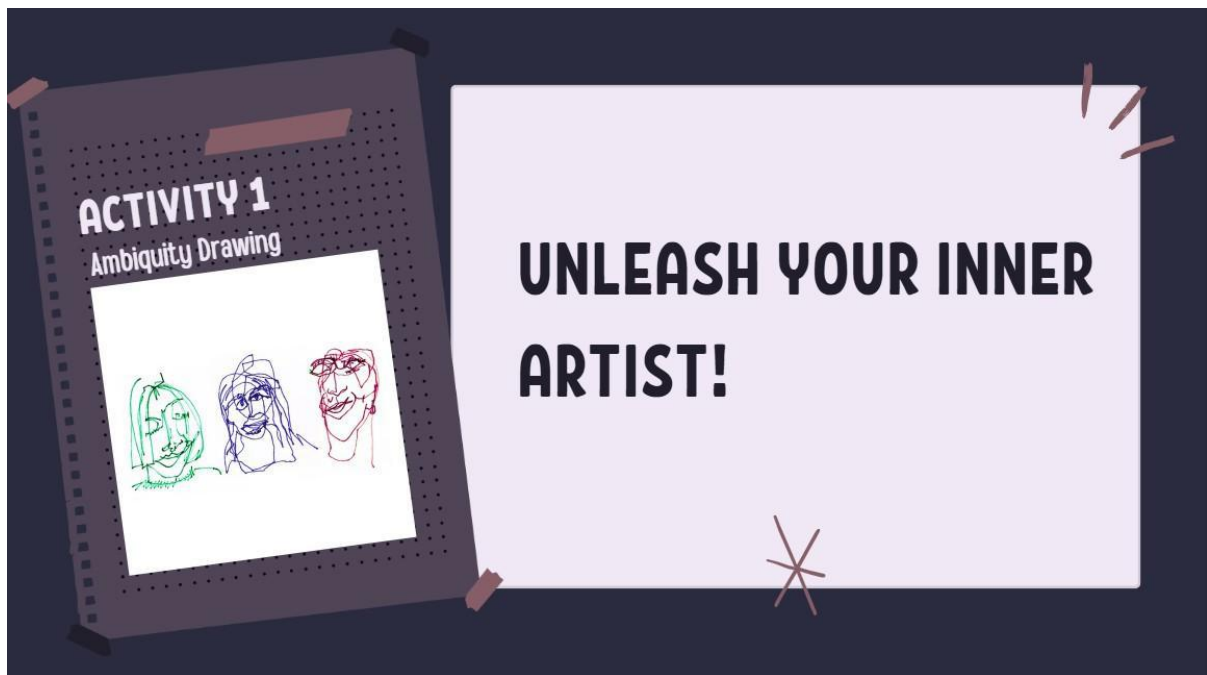
During 2nd activity, Mrs. U. Vijaya Lakshmi Madam and Mr. P. Arjun Sir distributed A4 sheets to students and asked them to draw their friend's face on A4 paper. Then, students draw their friend's faces on A4 paper. After that, they asked them whether they drew face matched with actual face or not. Many students answered no because data loss happened while drawing with visible information.

Further, Mr. P. Arjun Sir called three students from boys side and 3 students from girls side to perform a task. Then, Sir said the first person to draw or write some information on paper, and the paper must be placed on the back of the other student. Based on the sensitivity, the second person copied that information on A4 paper. After that third person also copied that information based on the sensitivity. During this activity, the resource person monitored

data transmission between the persons, and the correctness of the information was checked. Finally, they found that data loss had happened during data transmission.

Parallelly, Mr. P. Arjun sir, assigned another task to the remaining students. In this task, sir passed some information to one student. Then, that information was again passed to his/her neighbour. Finally, that information reached the last student. After that, the information was cross-verified from the source and final destination. However, both pieces of information were mismatched. Then, Mr. P. Arjun sir and Mrs. U. Vijaya Lakshmi madam concluded that data loss happened during transmission.

Further, the above conclusions were mapped with teaching-learning processes like classroom teaching. In the classroom, the teacher demonstrates lecture material. However, the students cannot receive 100% data or material within the class because of new terminology and techniques. Mrs. Vijaya Lakshmi Madam said that within the classroom students can receive only 25% of the data or information. To learn the remaining information, the student needs to follow the textbook or reference materials.

PRESENTATION
Know about your team!

SHOULD INCLUDE
- Shared Cause
- Interview
- Conversation with Mutual respect
- Brainstorming
- Empathy
- Active Listening

During 3rd activity, Mr. P. Arjun sir asked the students to form groups, and sir also said that each group should contain 3 students. Then, the timer was started. Immediately, the students interacted with their neighbours as well as others and formed 3 members as a group. After that, sir assigned an activity where team members must know about each other within 10 minutes. When time was stopped, then the resource person called one student from each team and asked him/her to share information about their team members.

Simultaneously, the faculty members interacted with student teams and shared some suggestions for quality improvement.

During the 4ᵗʰ activity, Mr. P. Arjun Sir asked the students to draw their mood
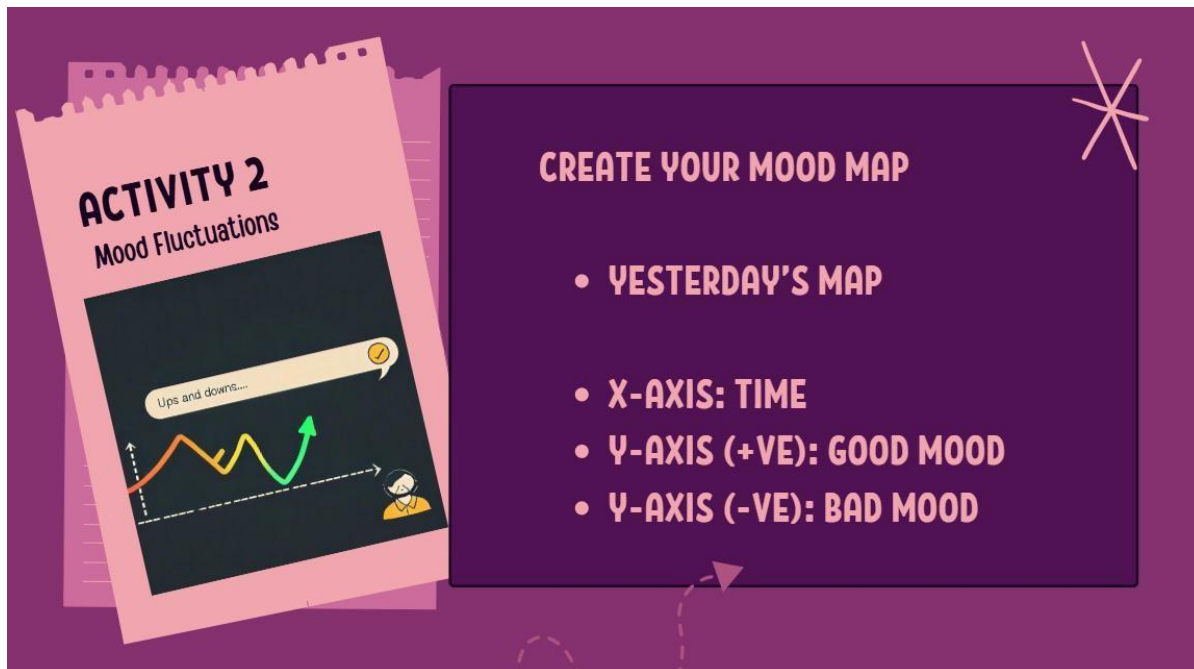
map on paper based on their yesterday's experience in the college. Sir, instructed the students that the X-axis represents time, the Y-axis (+ve) represents good mood, and the Y-axis (-ve) represents bad mood. Then, the timer was started. Students prepared their yesterday's mood map on paper. Finally, the resource person checked and volunteers collected all mood maps.

Vote of thanks:

Dr. R. Praveen Kumar thanked the resource person and presented a summary of the complete session. Then, on behalf of the department, he thanked our college management, Principal Dr. C. Yuvaraj garu, Vice Principal (Academics) Dr. P Ramanathan garu, Vice Principal (Administration) C. Kamal Basha garu, and Head of the Department Dr. S. Padma garu for providing resources.

Further, he thanked supporting faculty members, students, and non-teaching staff.

Once again, he thanked the resource person for the wonderful talk.

Outcomes:

- Participants develop the ability to deeply understand and resonate with others' emotions, fostering stronger connections and mutual respect.
- By maintaining calm and promoting clarity in emotionally charged situations, individuals learn to effectively de-escalate conflicts and find constructive solutions.
- Practicing tranquilizing empathy builds trust and emotional safety, leading to more meaningful and resilient personal and professional relationships.
- The ability to remain composed while addressing others' emotions enhances personal resilience, reducing stress and promoting emotional balance in challenging circumstances.

Sustainable Development Goals (SDGs):

1. **SDG 3 – Good Health and Well-being**
   - The workshop focused on emotional intelligence, empathy, and stress reduction, which contribute to mental well-being and healthy social interactions.
2. **SDG 4 – Quality Education**
   - By fostering empathy and active listening, the event helped students develop essential soft skills, improving their learning experience and overall educational quality.
3. **SDG 5 – Gender Equality**
   - Encouraging communication and understanding between students of different backgrounds and genders promotes inclusivity and equal participation.
4. **SDG 8 – Decent Work and Economic Growth**
   - The skills developed in the workshop, such as teamwork, conflict resolution, and emotional intelligence, are valuable for creating a productive and harmonious work environment.
5. **SDG 16 – Peace, Justice, and Strong Institutions**
   - Promoting empathy and effective communication supports conflict resolution, mutual respect, and peaceful interactions, fostering a more understanding society.