

A Report on Workshop
"Emotional Regulation and Resilience Building"
Organized by Department of Master of Computer Applications
on 07.10.2026



Report Submitted by: Mrs. K. Kavitha, Assistant Professor, Department of MCA.

Event Coordinators: Dr. P. T. Anitha, Associate Professor, Department of MCA; Mrs. K. Kavitha, Assistant Professor, Department of MCA.

Resource Person Details: Mrs. U. Vijaya Lakshmi, Associate Director, International Relations (IR) & Institute Counsellor

Venue and Time: Seminar Hall-C, 6th October 2026, 3:00 AM to 5:00 PM

Participants: MITS Deemed to be University Students and Faculty Members of MCA – MCA and BCA Girls

Mode of Conduct: Offline

Report Received on 21.10.2026

1. Introduction

The Department of Computer Applications, Madanapalle Institute of Technology & Science (MITS), in association with the Women Empowerment Cell, organized a special talk titled "Emotional Regulation and Resilience Building" on 7 October 2026 from 3:00 PM to 5:00 PM at Seminar Hall-C. The programme was conducted for I Year and II Year MCA students, BCA students, and all women faculty members of the Department of Master of Computer Applications.

The session aimed to create awareness about understanding and managing emotions, responding constructively to challenging situations, and developing resilience in academic, professional, and personal life. Mrs. U. Vijaya Lakshmi, Associate Director, IR & Institute Counsellor, served as the resource person and shared guidance relevant to students' well-being and personal development.

2. Objectives of the Programme

- To create awareness about emotional regulation and its importance in everyday life.
- To help students recognize emotions and respond to them in a thoughtful and constructive manner.
- To emphasize resilience when facing academic pressure, personal challenges, and unexpected changes.
- To encourage healthy coping strategies, self-awareness, and positive thinking.
- To promote supportive communication, empathy, and respectful relationships among students and faculty.
- To encourage participants to apply emotional regulation and resilience skills in academic and professional settings.

3. Inaugural Session

The programme commenced at Seminar Hall-C in the presence of the resource person, faculty members, and student participants. Dr. P. T. Anitha, Dr. N. Nirmal Devi, and Dr. A. Kalaivani were present on the dais. The gathering was welcomed by the student hosts, Manasa and Asifa, II Year MCA students, who greeted the resource person, faculty members, and participants.

The presence of the faculty and students reflected the department's interest in promoting emotional well-being, resilience, and a supportive learning environment. The programme provided a platform for participants to reflect on the role of emotional awareness and resilience in daily life.



4. Session Highlights

Mrs. U. Vijaya Lakshmi, Associate Director, IR & Institute Counsellor, led the special talk on emotional regulation and resilience building. The session focused on the importance of recognizing emotions, responding calmly to difficult situations, and developing the ability to recover from setbacks.

4.1 Understanding Emotional Regulation

The session highlighted emotional regulation as the ability to recognize, understand, and manage emotional responses appropriately. Participants were encouraged to pause before reacting, reflect on the situation, and choose constructive responses during stressful or challenging moments.

4.2 Building Resilience

The discussion emphasized resilience as the capacity to adapt to challenges, learn from setbacks, and continue working towards personal and academic goals. Students were encouraged to view difficulties as opportunities for learning and growth.

4.3 Managing Stress and Challenges

The programme drew attention to the importance of identifying sources of stress and using healthy coping approaches. Self-awareness, a balanced perspective, seeking support when needed, and maintaining constructive routines were presented as useful elements of emotional well-being.

4.4 Communication and Supportive Relationships

The session also emphasized empathy, listening, respectful communication, and understanding others' perspectives. A supportive environment among classmates and faculty can help individuals manage difficulties and strengthen their confidence.

4.5 Application in Academic and Personal Life

Participants were encouraged to apply emotional regulation and resilience skills while preparing for examinations, working on assignments and projects, managing responsibilities, and dealing with changes or disappointments. These skills can support personal growth and readiness for future professional responsibilities.

5. Student Participation and Interaction

I Year and II Year MCA students, BCA students, and women faculty members of the Department of Master of Computer Applications attended the programme. The talk offered participants an opportunity to reflect on the relevance of emotional well-being in academic life and interpersonal relationships. The session encouraged participants to consider practical ways to respond to stress, manage emotions, and develop resilience.

Note: Add specific questions, activities, or audience responses here if these were part of the actual programme.

6. Vote of Thanks

The programme concluded with a vote of thanks expressing sincere appreciation to Mrs. U. Vijaya Lakshmi, Associate Director, IR & Institute Counsellor, for sharing her time and guidance on emotional regulation and resilience building. Thanks were also extended to the faculty members on the dais, Dr. P. T. Anitha, Dr. N. Nirmal Devi, and Dr. A. Kalaivani, as well as the student hosts and all participating MCA and BCA students and women faculty members for their presence and support.

7. Outcomes of the Programme

- Participants were introduced to the importance of recognizing and managing emotions.
- The programme reinforced the value of resilience when facing academic and personal challenges.
- Students were encouraged to respond to stressful situations more thoughtfully and constructively.
- The session highlighted the role of empathy, communication, and supportive relationships in well-being.
- Participants were encouraged to apply emotional awareness and resilience in their studies and daily interactions.

8. Conclusion

The special talk on “Emotional Regulation and Resilience Building,” organized by the Department of Computer Applications in association with the Women Empowerment Cell at MITs, provided an opportunity to highlight the importance of emotional well-being and resilience among students and faculty. The guidance shared by Mrs. U. Vijaya Lakshmi encouraged participants to recognize the value of emotional awareness, constructive responses to challenges, and supportive relationships. The programme supported the department’s efforts to foster a positive and encouraging academic environment.