



Webinar on

Emotional Intelligence & Resilience

Date: 01st November 2025, Saturday

Organised By

Odisha School Education Programme
Authority (OSEPA), Bhubaneswar

In Collaboration with

UNICEF Odisha

Technical Partner



IDENTITY
FOUNDATION

About the Collaboration:

The **Odisha School Education Programme Authority (OSEPA)**, under the Department of School & Mass Education, Government of Odisha, in collaboration with **UNICEF Odisha** and Identity Foundation Trust, conducts career guidance webinars for secondary school students. The purpose of these sessions is to equip students in grades 9 and 10 with the necessary knowledge and confidence to make informed career decisions. The initiative focuses on strengthening the transition from school to higher education and the world of work through structured, student-friendly career awareness and guidance activities.

About the Webinar Series:

As a part of the ongoing career guidance initiative, the 5th session of the Career Webinar Series was successfully organised by the Odisha School Education Programme Authority (OSEPA) on **1st November 2025, Saturday, at 10:30 am**. The session focused on the topic **"Emotional Intelligence & Resilience"**. The webinar was conducted via YouTube Live and attended by students and faculty members from Grades 9 and 10 across the state of Odisha. The webinar aimed to equip participants with a robust understanding of emotional intelligence (EI) and resilient behaviour, enabling them to identify, regulate, and channel their emotions effectively in academic and social contexts.

About the Resource Person:

Dr. Uday Nath Dash, Ph.D. (University of Alberta, Canada), is a distinguished scholar and former professor of psychology renowned for his academic contributions at Utkal University and the University of Delhi. Earning his doctorate from the University of Alberta in 1982, Prof. Dash served as a visiting professor at several eminent institutions, including Jawaharlal Nehru University and the Universities of Alberta, Allahabad, Gorakhpur, Baroda & Mysore. His professional footprint spanned extensive involvement in educational and assessment initiatives across Odisha. He has collaborated with organisations such as NCERT, SCERT, UNICEF, OSEPA, the Bernard Van Leer Foundation, Tata Consultancy Services, and numerous NGOs. An expert in research methodology, he actively conducted workshops in mental health and soft skills, profoundly shaping curricula for universities and management departments.



Odisha School Education Programme Authority
Government of Odisha

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Career Webinar Series, Session - 5

Webinar on
EMOTIONAL INTELLIGENCE & RESILIENCE

DR. UDAY NATH DASH
Former Professor of Psychology
Utkal University & University of Delhi

Organized by
OSEPA

SATURDAY
1st November, 2025
10:30 AM TO 11:30 AM

YouTube Live on
Odisha Career Guidance Channel

IDENTITY FOUNDATION

Welcome Note from the Moderator:

Mr. Jasobant Narayan Singhlal, Founder and Director of Identity Foundation Trust, moderated the webinar session by warmly welcoming students and teachers from various schools across Odisha. He encouraged

students to actively engage in the session by attentively listening to the resource person and thoughtfully absorbing the shared insights. Mr. Singhlal emphasised the importance of such sessions in helping students understand the diverse career opportunities available beyond traditional medical education. He highlighted that gaining clarity about allied and healthcare professions requires curiosity and active participation. To that end, he urged students to not hesitate in asking questions during the session, as open dialogue is a key part of meaningful learning.

Understanding Emotional Intelligence:

In discussing "Emotional Intelligence", the moderator emphasised the essence of emotional intelligence by contextualising it through our everyday interactions with family and friends. In such interactions, divergent opinions often arise, provoking emotional discomfort. How individuals manage these emotional surges varies—some exhibit composure, swiftly regaining equilibrium, while others ruminate for days. The ability to master these emotional currents lies at the heart of emotional intelligence—a vital faculty for self-regulation and harmonious relationships.



Expanding upon this, the resource person delineated the distinction between cognitive and emotional intelligence: cognitive intelligence is analogous to the engine of a vehicle, representing sheer knowledge and intellectual capacity. However, it is not the engine but the driver who determines the course, making critical decisions about direction and safety. Emotional intelligence plays a crucial role in guiding our responses, making thoughtful decisions in the face of adversity, and ensuring the success of our personal and social interactions.



Why Emotional Intelligence Matters:

In the corporate sector and, to some extent, at the government level, individuals with high emotional intelligence (EI) stand out because they are keenly aware of their emotions and how these intertwine with

their thoughts and knowledge. Such individuals possess the ability to understand others' emotions, appreciate different perspectives, and exercise empathy in social interactions, which helps them build and strengthen social networks. When they have to deal with problems, disagreements, or complicated situations, they are able to keep their emotions in check, which helps them feel less anxious and worried. This emotional mastery enables them to navigate obstacles effectively and stay focused on their goals. Ultimately, emotional intelligence empowers these individuals to sustain resilience and reach their desired outcomes, underscoring its growing importance in professional and leadership contexts.

Low vs High Emotional Intelligence:

People with lower emotional intelligence (EI) but high cognitive intelligence, meaning they have strong thinking and knowledge skills, often find it harder to build and maintain social relationships. They may perform well academically or professionally, especially if they can manage their stress effectively. However, their social connections tend to be weaker. The people who care for them like family, friends, and teachers, may be less likely to provide support. Their limited emotional understanding can make social interactions difficult, and society may present more obstacles for them in reaching their goals.

On the other hand, individuals with higher emotional intelligence often experience better social acceptance and support. People are naturally drawn to them, willing to offer help, and enjoy their company. They tend to inspire others through their positive nature, temperament, and character. These individuals serve as role models, as others emulate their behaviour. Their emotional skills not only enhance their personal relationships but also contribute to improved academic and social success, making it easier for them to achieve their objectives.

Techniques for Anger Management:

To manage anger effectively, several simple techniques can help calm the mind and body:

- Practise regular yoga, pranayama, meditation, or relaxation exercises.
- Take a morning walk or spend time in nature, appreciating trees and plants.
- Spend time with pets, which can help reduce stress.
- When feeling sudden anger, pause for 30 seconds to take deep breaths.
- Count backwards slowly from 10 to 1 to regain control.
- Press your finger or hold your palm firmly.
- Press your tongue against your upper teeth.
- Lean or press your body gently against a solid surface, like a wall.

Understanding the Root Cause of Anger:

Anger often arises when emotions overwhelm thinking. The key to handling it is to separate the trigger from the reaction. Start by noticing what you felt in the moment: was it hurt pride, a real event, or something you imagined? Label the emotion (anger, frustration, hurt) and ask, "What exactly just happened, and why does it matter now?" Then try a quick three-step pause: breathe deeply for four counts down from 10 to 1, and briefly step away if needed. These pauses give your brain time to choose a thoughtful response instead of an impulse. Useful steps:

- Determine the trigger: is it an external event or an internal interpretation?
- Name the emotion and its intensity (0–10).
- Decide the best response: speak calmly, write thoughts, or take a short break.

- Reflect later: what helped, what didn't, and what to change next time.
- Build a routine that includes regular mindfulness practices, exercise, and adequate sleep to reduce overall reactivity.

Warning Against Displaying Knowledge and Ego:

The resource person emphasised that sometimes we feel better than others because we are knowledgeable or intelligent. This feeling, called ego, can make us act in ways that push people away. If you often show others that you think you are better, your relationships with friends, family, and teachers may weaken. People may not want to support or help you, and such attitudes can cause more stress in your life.

Therefore, every student should focus on studying and improving themselves quietly, without showing off their knowledge or qualities. Being humble is important. It's better to work diligently and let your achievements speak for themselves. Showing off your importance often leads to misunderstandings and problems with others. So, keep your ego in check, concentrate on your learning, and grow without needing to prove how excellent you are to everyone. This will help you keep positive relationships and reduce stress.



Emotional Intelligence in Distraction Management:

When studying, sometimes unrelated thoughts or memories suddenly come to mind, distracting you. The best way to handle this condition is to pause your study session and take a short break. Move to a quiet, private place like a balcony, room, or courtyard where you won't be disturbed. Spend about 15 to 20 minutes fully focusing on the distracting thought—whether it's a friend's story or something else—without thinking about anything else. Think deeply until you feel you have resolved or exhausted the thought. This technique helps your mind process the distraction fully.

Your mind becomes clearer when you return to your study space, as you've given the distracting thoughts a chance to express and settle elsewhere. In this manner, the distraction ceases to disrupt your studying. By dealing with distracting thoughts in this focused way outside your study area, you reduce their competition with your study focus, making it easier to concentrate and learn effectively.

Emotional Intelligence in Time Management:

When you are aware of your feelings, you can control distractions like stress or frustration that might waste your time. Good emotional control helps you focus better on important tasks.

With strong EI, you can prioritise your work based on what truly matters and remain motivated to complete tasks on time. You can also communicate better and work well with others, which saves time in teamwork and prevents misunderstandings.

Some ways to improve time management using emotional intelligence include:

- You should be self-aware of how you spend your time and the reasons behind your procrastination.
- You should learn to regulate your emotions to prevent distractions and maintain discipline.
- You can prioritise by setting clear goals that match your values and emotions.
- You can start practising mindfulness to keep your focus strong.
- You can start reflecting regularly on your progress and adjusting your plans.

Peer Pressure, Bullying & Low Self-Esteem:

During the discussion about peer pressure, bullying, and low self-esteem, the moderator shared that social exclusion among students is a common issue that can deeply affect self-esteem and a sense of belonging. When a student feels left out, teased, or ignored by peers, it often leads to loneliness and sadness. This exclusion could manifest as having only one or two friends, while others avoid them, make hurtful comments, or even behave in a deceitful manner. Sometimes, teachers may unintentionally contribute to this feeling by not offering support, which worsens the student's desire to avoid school altogether.

Addressing the concern, the resource person highlighted that, to cope with it, a student should first recognise that these feelings are normal but not permanent. It's important to try to build new friendships by joining clubs, activities, or groups where they share common interests. Talking with trusted adults, like teachers or counsellors, can also be helpful. Practicing self-confidence and positive self-talk will gradually reduce the impact of exclusion. Instead of thinking, "I am not worthy enough," focus on strengths and kindness. He also quoted that,

Everyone deserves respect, and support is available. Seeking help and staying engaged can help students overcome loneliness and feel connected again.

Building Self-Confidence:

Discussing building self-confidence, the resource person highlighted three (3) major steps of practices for the students to implement in their regular life.



Step 1: Improve Academic Achievement

- Focus on developing a genuine interest in the subject so that learning feels meaningful rather than a chore.
- Strive for excellence in your chosen subject to earn the respect of your parents and teachers, which can help you avoid peer criticism.
- Use the desire to excel to develop resilience; even if some classmates resist, strive to maintain consistent performance.

Step 2: Develop a Skill or Competency

- Identify and develop a unique skill (art, sports, sewing, storytelling, public speaking, etc.).
- Demonstrating a distinct skill boosts self-confidence and gives others concrete reasons to value the individual.
- If confidence is waning, seek out small, manageable learning opportunities to gradually build competence and plan your daily routines around them.

Step 3: Gather Information Broadly

- Beyond textbooks, learn about the local environment, community needs, and real-world applications to your studies.
- Ask practical questions about where resources come from, who solves everyday problems (such as electricity), and how things work in your community.
- Document findings; understanding the world around you improves decision-making and boosts confidence.

Generational Change & Adolescents:

In many places, older social norms once discouraged young children from speaking up in front of older students. Today, those restraints have loosened, and young people often express themselves more freely. This shift can bring challenges: they may encounter strong reactions, peer pressure, or comments that feel judgemental. To support a student who feels overwhelmed by these dynamics, focus on understanding where the pressure comes from, not just reacting to it. Ask: Is the issue about the situation itself or about how it's perceived by others? Is there an internal fear or insecurity driving the reaction?

Approaches to help:

- Create safe spaces for voice and feedback where students can share without fear of ridicule.



- Encourage reflective practice: journaling or brief debriefs after group activities to process emotions.
- Teach practical conflict-resolution and communication skills to navigate disagreements.
- Provide consistent, nonjudgmental support from teachers and peers, including mentoring or buddy systems.
- Help students set personal goals and acknowledge small successes to build confidence.
- Use structured routines to manage transitions and reduce anxiety during social interactions.

Understanding Exam Stress & Its Management:

Stress about exams naturally varies with time. Five months out, stress can be managed through steady planning, routine, and gradual preparation. Five days before exams, stress often spikes because preparation feels insufficient, making it harder to calm nerves. The key is to shift from last-minute rushing to consistent, incremental work, so the mind stays clearer when the clock tightens.

What to do five months before the exam:

- Establish a weekly and monthly plan that maps topics to dates, with built-in review and practice tests.
- Involve teachers and parents to help create a realistic timetable and monitor progress.
- Include regular breaks to prevent burnout; balance study with rest, exercise, and healthy meals.
- Build a study circle or group where peers explain concepts to each other, reinforcing learning.

What happens 15 days before, and how to prepare:

- In the final weeks, consolidate knowledge with active recall, flashcards, and group teaching sessions.
- Practice under exam conditions to build familiarity and reduce anxiety.
- Please ensure that you are familiar with the exam format, timing, and marking scheme, and kindly address any remaining weak areas.

Study the organisation and mindset:

- Create a visible timetable by your bed or study space to remind you of your plan.
- Practice positive self-talk: "I can do this" and "I have prepared well." Avoid negative thoughts like "This is impossible."
- Use effective study tools: flashcards, concise notes, and summarisation to encode information efficiently.

Practical reduction during exams:

- Learn quick relaxation techniques (deep breathing, brief stretches) to calm nerves just before and during the exam.
- Maintain a steady pre-exam routine to reduce surprise and build confidence.
- If anxiety spikes, pause, breathe, and shift focus back to the task at hand.

Understanding Screen Time and Its Impact on Students:

The resource person shared that the research links excessive screen time, particularly mobile phone use, to lower academic performance, disrupted sleep, and reduced attention during classes. This happens

when devices distract from studying, rest, and deep learning. He recommended practical steps to help balance technology use:

- Establish device-free times, especially during study, meals, and before bed.
- Create a shared family or classroom plan to limit unnecessary scrolling and notifications.
- Designate a central place to store devices at home and in schools, with limited access during study hours.
- Use positive routines: scheduled study blocks, regular breaks, physical activity, and sufficient sleep.

Study environment and discipline

- A neat, well-organised study space supports focus and reduces stress. Clear desks, proper lighting, and minimal clutter help the brain remain organised and calm.
- Encourage consistent study habits and realistic goals, reinforcing that progress comes from steady, focused work rather than sporadic, impulsive device use.

Coping with urges and self-regulation

- When urges to access the phone arise, use a brief delay strategy (e.g., the 3-minute rule) to regain control.
- Replace phone use with constructive activities during breaks, such as quick stretches, deep breaths, or quick note-taking about what has been learnt.
- Build self-awareness about triggers (boredom, anxiety, social comparison) and practise alternative responses.



Odisha Career Guidance Resources:

Mr. Singhal informed students about various resources available for career guidance:

- **Official Website:** Students can access the official career guidance website, i.e., www.odishacareerguidance.com where comprehensive information about all courses, admission processes, and career pathways is available. The website features a "Resources" section with downloadable career collaterals, booklets, and information guides.

- **YouTube Channel:** The Odisha Career Guidance YouTube channel hosts recordings of all webinar sessions, allowing students to revisit and review information at their convenience. Students were encouraged to subscribe to the channel for regular updates and future webinar announcements.
- **Career Booklets:** Physical booklets have been distributed to schools across Odisha. Students who have not received the booklet can download it from the website. The booklet provides comprehensive information about career options for Class 9 and 10 students.
- **Email Support:** Students can send their queries and questions on the feedback tab of the Odisha Career Guidance website, i.e., www.odishacareerguidance.com/feedback.php. The career guidance team commits to responding to all queries within 48 hours, ensuring that students receive timely assistance for their career-related questions.

Queries from the Students:

Questions	Answers
How can we improve our memory power?	To improve memory power, focus on healthy habits and active learning. Get enough sleep each night and eat nutritious foods like fruits, vegetables, and nuts. Practice concentrating during your studies and reducing distractions. Use simple techniques, like making notes, drawing mind maps, and teaching others what you have learnt. Take short breaks while studying to refresh your mind. Play memory games and solve puzzles regularly. Stay physically active through sports or daily exercise. Being curious, asking questions, and revising lessons often will also strengthen your memory and help you do better in school.
How can we improve our reading and writing skills?	To improve reading and writing skills, start by reading various books, newspapers, and magazines in any language you know. Practice reading aloud to build confidence and learn new words. Keep a notebook to write new words and sentences daily. Try writing short stories, letters, or a diary to express your thoughts clearly. Share your writing with friends or teachers for feedback. Participate in essay or story competitions at school. Discuss what you read with others, and ask questions. Regular reading and writing practice will help you communicate better and succeed in your studies.
How could I calm myself if I feel bitter and frustrated?	When you feel bitter or frustrated, take slow, deep breaths to relax your mind. Share your feelings with a trusted friend, family member, or teacher who will listen and support you. Go for a walk or spend time in nature to clear your thoughts. Listen to music, draw, or write down your feelings. Try to think of something positive or something you enjoy. Remember, difficult emotions are temporary, and asking for help is a sign of strength.
How would I handle stress during examinations and presentations?	To handle stress during exams and presentations, prepare early and make a study schedule. Practice important topics regularly and revise your notes. Take deep breaths and stay calm before starting. Get enough sleep and eat healthy food. If you feel nervous, talk to a teacher.

	or friend for support. Remember, it's normal to feel some stress—use it to motivate yourself. Believe in your abilities, take breaks when needed, and focus on one task at a time for the best results
How can I put control on peer pressure?	To control peer pressure, know what is right and stand by your values. Choose friends who support and respect your decisions. If someone urges you to do something wrong, say “no” firmly and calmly. Remember, it's okay to be different and make your own choices. Talk to a trusted teacher or elder if you need help. Stay busy with positive activities like sports, reading, or helping at home. Believing in yourself will help you resist unwanted pressure from others.
How can I manage nervousness and stage fright?	To manage nervousness and stage fright, practise your speech or performance several times in front of a mirror or with friends. Take deep breaths before going on stage to help calm your mind. Believe in yourself and focus on your strengths. Remind yourself that making small mistakes is normal and nobody is perfect. Look at friendly faces in the audience for comfort. After each experience, you will become more confident. The more you practise, the easier it will get to overcome stage fright.
How can I deal with distractions and class discrimination?	To deal with distractions, set a quiet study space and make a timetable for your work. Focus on your goals and take regular breaks. If others treat you differently because of your background, remember that everyone deserves respect. Talk to a trusted teacher or elder about your feelings. Be proud of your identity and concentrate on your strengths. Support your friends who face similar problems. Stay positive and work hard; your achievements will help change attitudes over time.
How can I concentrate on my studies?	To improve concentration, create a quiet space for studying and remove distractions like mobile phones or noise. Make a simple timetable and study at the same time each day. Break your lessons into small parts and take short breaks between them. Write down important points and revise them often. If your mind wanders, gently bring it back to your studies. Stay active and eat healthy food. Ask teachers or friends when you need help. Regular practice will gradually strengthen your concentration.

Conclusion:

Emotional intelligence is the ability to recognise, understand, and regulate one's own emotions while accurately interpreting other people's feelings. This dual capacity underpins healthier communication, collaboration, and resilience in academic settings. It's necessary to slow down to observe emotions without immediate reaction, use deliberate self-talk to reframe challenges, employ grounding techniques (breathing, brief breaks) to manage stress, and practice active listening to better understand peers and teachers. Pause before responding, set concrete behaviour goals, and apply empathetic communication to group work, conflicts, and peer interactions. The evidence presented suggests that improving EI

enhances classroom engagement, teamwork, and academic outcomes, while reducing social friction and burnout. Next steps recommended include ongoing practice of reflective journaling, mindfulness routines, and peer-support mechanisms (mentoring, study circles) to sustain improvements in EI and learning.

YouTube Engagement Analytics:

Total views during YouTube Live	6,400
Average view duration	16:26 minutes
Peak concurrent viewers	1,900

Districts	No. of Schools	No. of Attendees for Class IX		No. of Attendees for Class X	
		Boys	Girls	Boys	Girls
ANGUL	140	3368	3241	3146	3331
BALASORE	30	850	843	754	809
BARGARH	4	134	63	115	57
BHADRAK	2	53	57	45	48
BOLANGIR	49	1024	1247	862	1225
BOUDH	1	39	40	40	50
CUTTACK	184	3306	3371	3059	2951
DEOGARH	1	14	5	11	18
DHENKANAL	31	790	863	729	797
GAJAPATI	15	402	347	404	357
GANJAM	25	881	924	759	816
JAGATSINGHPUR	103	1841	1748	1770	1649
JAJPUR	64	1455	1486	1446	1448
JHARSUGUDA	28	466	489	466	454
KALAHANDI	82	1522	1646	1599	1761
KANDHAMAL	15	352	473	363	513
KENDRAPARA	18	305	363	300	320
KEONJHAR	71	1360	1463	1298	1456
KHORDHA	44	1266	1258	1263	1212
KORAPUT	44	1167	1371	1213	1286
MALKANGIRI	13	411	383	404	363
MAYURBHANJ	67	1146	1629	1052	1483
NABARANGAPUR	35	1140	1315	951	1188
NAYAGARH	94	2238	2016	2080	1945
NUAPADA	22	522	679	538	617
PURI	49	1119	1100	1054	962
RAYAGADA	60	1239	1398	1147	1337
SAMBALPUR	36	534	732	514	642
SONEPUR	19	384	321	439	306
SUNDARGARH	78	1395	1740	1302	1705
Total	1424	30,723	32,611	29,123	31,106
Grand Total		63,334		60,229	
		123,563			

Attendee Details:

Photos from the Ground:

