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RAMA DEVI WOMEN'S UNIVERSITY

NEWSLETTER

PSYCH BUZZ

DEPARTMENT OF PSYCHOLOGY

THEME

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Desk*

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Editor's Note

Ms. Rabeya Batul

I am immensely happy to present before you the first volume of PsychBuzz, newsletter published from the Department of Psychology, R.D.W.U., Bhubaneswar. This newsletter will provide our students with a medium of creative expression and present our readers with a rendition of departmental activities

FROM HOD'S DESK

I offer my best wishes to every individual's contribution and I extend my support and motivation for all the forthcoming publications from this day onwards. Hoping to keep this spirit alive!

MR. SUDAM SAHOO

HOD, PSYCHOLOGY



PENNED DOWN

Significance of Emotional Intelligence for Individuals & Organizations

- Anchal Nayak, U.G. 2nd Year, Class of 2020-2023

Emotional intelligence (EI) has gained recognition as a crucial skill set for individuals and organizations. It refers to the ability to recognize, understand, and manage our own emotions. Emotional intelligence is the ability to recognize, understand, and manage emotions, both in oneself and in others. Emotional intelligence encompasses four key components: self-awareness, self-management, social awareness, and relationship management. It involves recognizing and regulating one's emotions, understanding others' feelings, and effectively managing interpersonal interactions.

This article explores the significance of emotional intelligence, highlighting its benefits for individuals and organizations:

Enhanced Self-Awareness – Emotional intelligence fosters self-awareness, allowing individuals to understand their strengths, weaknesses, and emotions. By recognizing their feelings, they can effectively manage stress, make better decisions, and respond more positively to challenging situations.

Improved Interpersonal Relationships – Individuals who have high emotional intelligence can empathize with others, understand their perspectives, and build strong relationships. They excel in communication, collaboration, and conflict resolution, leading to healthier and more productive personal and professional interactions.

Effective Leadership – Emotional intelligence is a crucial characteristic of successful leaders. Leaders with high EI can inspire and motivate their teams, manage conflicts, and adapt to changing circumstances. They possess the ability to understand their employees' needs and emotions, fostering a positive work environment and increasing team performance.

Enhanced Team Performance – Organizations that prioritize emotional intelligence can benefit from improved team dynamics. Employees with high EI work collaboratively, communicate effectively, and exhibit empathy toward their colleagues. This leads to increased productivity, innovation, and overall team success.

Effective Decision-Making – Emotional intelligence plays a crucial role in decision-making within organizations. Leaders with high EI can consider the emotional impact of decisions, consider diverse perspectives, and make well-informed choices. This leads to better outcomes, employee satisfaction, and organizational growth.

Positive Work Culture – Emotional intelligence contributes to a positive work culture where employees feel valued, understood, and supported. Organizations that promote emotional intelligence create an environment that encourages open communication, trust, and employee well-being. This leads to increased job satisfaction, lower turnover rates, and improved organizational performance.

Emotional intelligence is a valuable asset for individuals and organizations alike. Emotional intelligence promotes teamwork, effective leadership, and positive organizational work culture. By recognizing the significance of emotional intelligence and investing in its development, individuals and organizations can foster personal growth. They can improve relationships and achieve tremendous success in today's interconnected world.

PENNED DOWN

Performance Anxiety Got The Best Of You?

- Srusti Sarjana Patnaik, U.G. 2nd Year, Class of 2020-2023

Performance anxiety takes a toll on your performance and leaves you feeling more anxious than ever. Rushes of adrenaline often lead to rushes of anxiety and those result in forgetting, stammering, and self-loathing. There are many ways how you can fight performance anxiety and ace your performance. Here's a list of ways to fight performance anxiety.

Meditation - Meditation helps you get calmed and concentrated. Consistent meditation practice bears fruitful results for people with performance anxiety issues. Mindful meditation helps you go a long way in the journey of life. It helps get anxiety off your way and gets you concentrated on work.

Eat fermented foods - Fermented foods like milk, cheese, bread, and yogurt have probiotics in them which help in reducing anxiety.

Avoid anxious people - Energy sharing is a real thing. Being around anxious people will make you unnecessarily anxious and ruin your performance. Keep your energy protected and ace that stage with confidence.

Practice! Practice! Practice! - Practicing beforehand helps your mind adapt to the series of events and gets you performing smoothly on stage. Practice helps create webs in your mind and automatic response to stimuli. This lets you perform with a smooth flow and throws anxiety in the backseat.

Do not think about your family history - Performance anxiety can be inherited but can be conquered as well. Don't let the family history and past traumas get the best of you. Be the first one to beat the bloodline curse. Heal yourself. Brace yourself. Love yourself.

Yoga - Yoga helps in many ways and reducing performance anxiety is one of them. Yoga helps you relax, gain confidence, have concentration, and project with mindfulness. Every yoga practice helps attain a healthy body, mind, and social life.

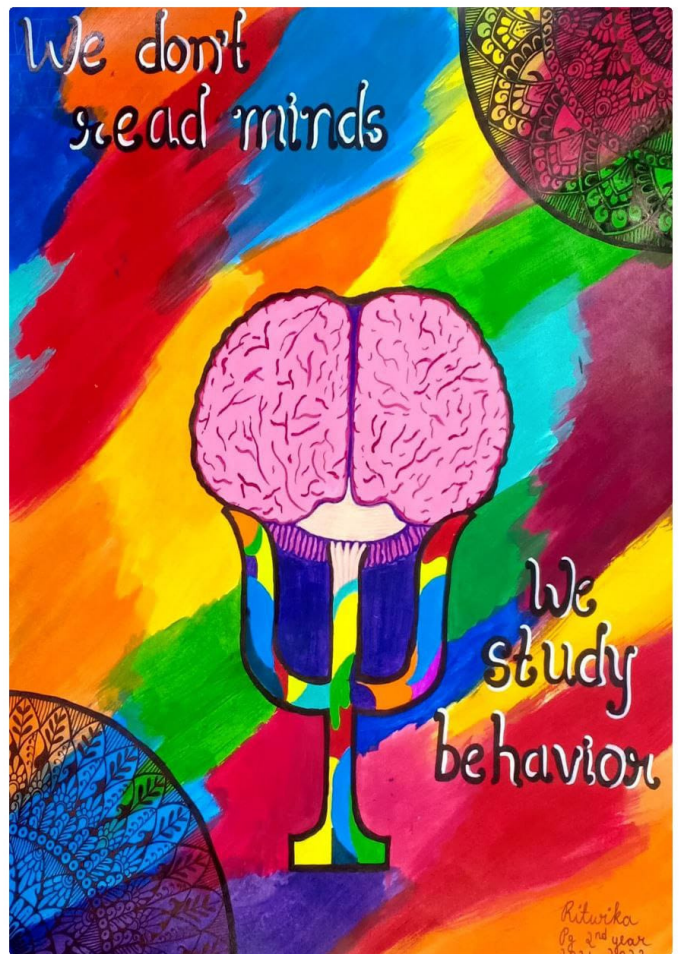
Consume Prebiotic Bacteria - Research suggests that prebiotic bacteria help in reducing anxiety. Prebiotic food is as helpful as probiotic foods in reducing anxiety. Asparagus, Onions, and Leeks help you calm down and reduce performance anxiety. Next time, you're performing, make sure to add some prebiotics to your food.

Prepare for 'Worst Case Scenarios' - You can reduce the uncertainty by preparing for worst-case scenarios. Don't overthink but take time to come up with all possibilities and prepare for everything. Lessen the feeling of being prepared for consequences by preparing yourself beforehand.

RELAX! - 'You need to calm down in Taylor Swift's voice, you need to relax. Drink some tea, Jogg around, play some music, just relax. It's going to be okay. You're the best, believe in it.

Performance anxiety is very real and problematic if you don't bring it under control. It affects every aspect of your social life and shuts you down in a room. You must take over it before it takes over you.

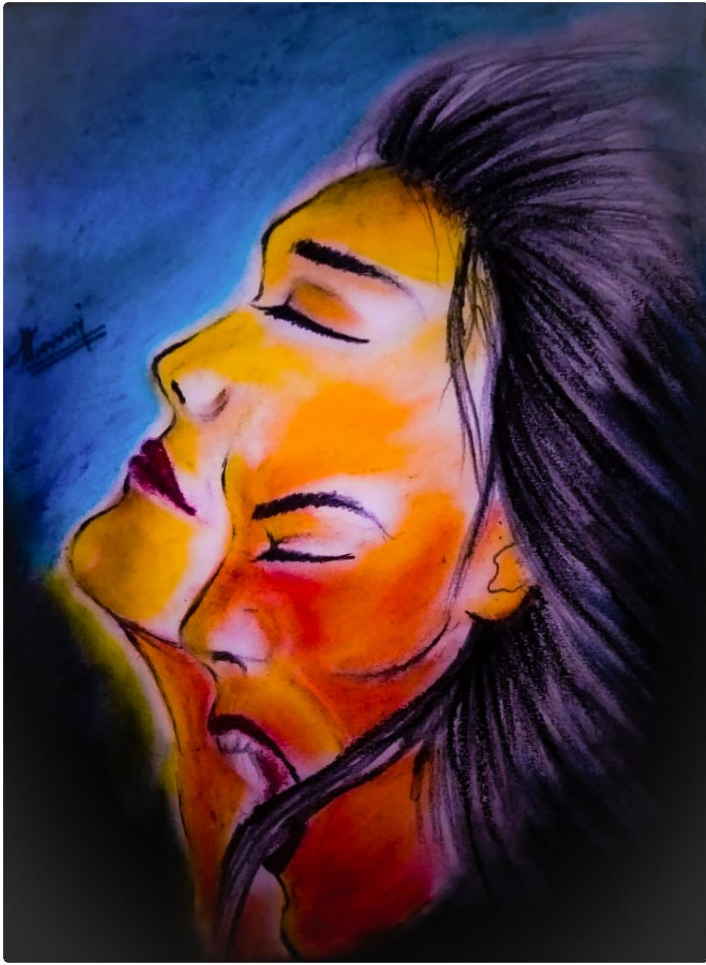
BRUSH STROKES



RITWIK,
P.G. 1st Year



BRUSH STROKES



Laxmipriya Dakua, U.G. 2nd Year



Anchal Nayak,
U.G. 2nd Year

EVENTS



Mental Health
Awareness
Program
in collaboration
with
Manam
Foundation



ONE-DAY
Health Camp -
Dietary
Practices on
Holistic Health

EVENTS



7th Foundation Day,
R.D.W.U. -
Cultural Dance
Performance



Freshers
P.G. First Batch
Class of 2021-2023



Freshers
U.G. First Year
Class of 2021-2024