

The Crucial: to react or respond, 6 April 2022




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Centurion University of Technology and Management

Webinar on
The crucial: to react or respond

School of Management

Date: 6 / 4 / 2022
Time: 11:30 am to 12:30 pm

Organized By
Dr. Amir Prasad Behera

Join Zoom Meeting
Meeting ID: 881 5301 4786
Passcode: 270301



Richard John
Assistant Professor
(Empathetic, psychological
counsellor)

St. Joseph's College, Trichy,
JESCOO – Jesuit Centre For Counseling,
Tamilnadu

Amir Prasad Behera



CONVENOR



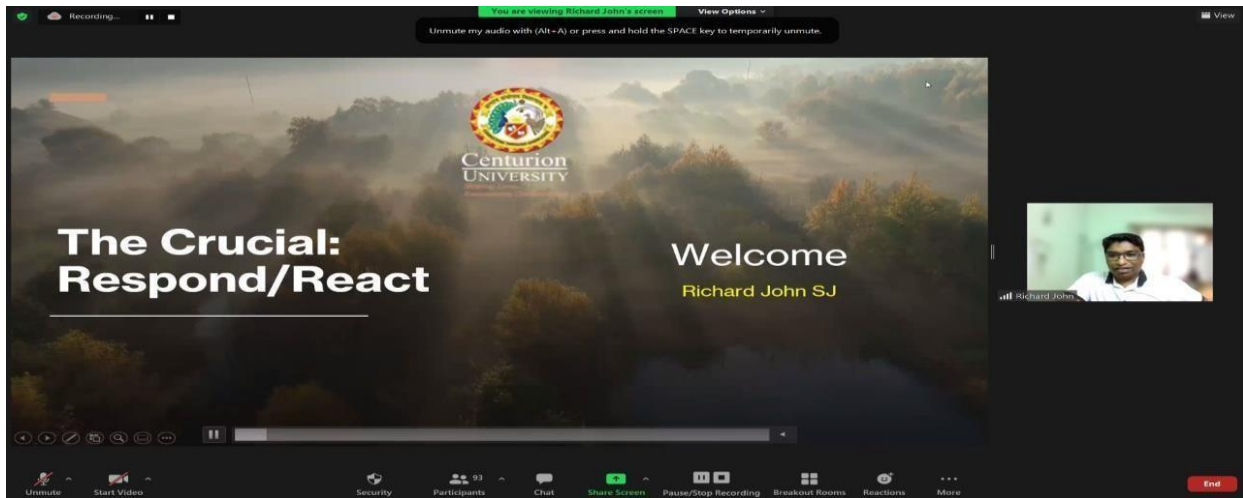
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*Shaping Lives...
Empowering Communities...*

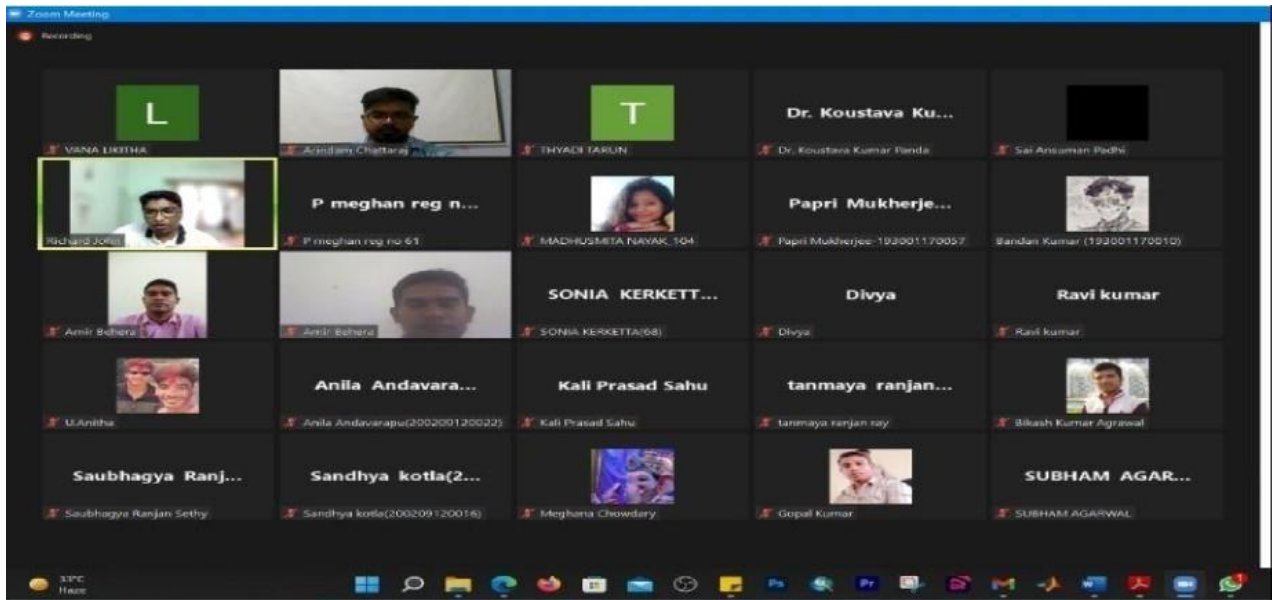
Report on
The crucial: to react or respond
6 April 2022

The Webinar on **The crucial: to react or respond** was organised by the School of Management and coordinated by Dr Amir Prasad Behera on 6th April 2022 from 11.30 am to 12.40 pm. The webinar was attended by 58 participants. The participants of the webinar were students from different schools of the University. The coordinator of the webinar welcomed all the participants, faculty members and the resource person. Later Mr. Arindam a student from B.Tech (Ag.), 6th Semester introduced the resource person to all the participants. The resource person of the Webinar was Dr. Richard John who is working as Assistant Professor in Counselling Psychology at St. Joseph's College (Autonomous), Tiruchirapalli, Tamilnadu, India. He is an expert in psychological counselling (for individuals, families, marriages and adolescents) and is a mentor for students and teachers. The resource person spoke about the topic by sharing various day to day real-life situations. The talk mainly focussed on the crucial choice between reacting or responding to given situations. Through his talk, the resource person explored the biological, psychological, and social aspects of the reaction, described the difference between adaptive and maladaptive responses. He listed out 26 problematic situations to which many participants reacted and asked all the participants to rate the reacting situation on a 0 to 10 scale. Later he emphasized on various strategies on how to be more resilient to cope up with different reacting situations. At the end of the talk, a question- answer session was organized in which students asked a number of questions and the resource person responded to the queries. The webinar culminated after Dr. Koustava Kumar Panda, (Associate Professor, Department of Biotechnology) proposed the vote of thanks.

The webinar was highly successful due to the cooperation and supports rendered by Dr. Prajna Pani, Professor, Department of English. The PGP coordinator Dr. Debi Prasad Satapathy also took special interest and facilitated for the participation of a good number of students in the webinar. Mr. Smrutiranjana Parida, Dr. Susant Kumar Patnaik, Dr. Girish Prasad Rath and Dr. Koustava Kumar Panda deserve special applause for lending their supports towards organizing the webinar in a meaningful way. The webinar reached its expectations due to the thorough and active involvement by the students.



Introduction to The Webinar: The Crucial: Respond/React



Question and Answer Round

Anita Patra
REGISTRAR



Amir Prasad Behera
CONVENOR





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The Crucial: to react or respond, 6th April 2022

Sl. No.	Name	Regd. No.	School	PRESENT/Absent
1	Dhiraj kumar	191011200113	SoET	PRESENT
2	Bikash Kumar Agrawal	170804130286	MSSSoA	PRESENT
3	Mukesh Kumar saho	180804130002	MSSSoA	PRESENT
4	PritipujaGiri	180804130049	MSSSoA	PRESENT
5	BonthuSyamala	180804130109	MSSSoA	PRESENT
6	Chandan kumar panda	180804130212	MSSSoA	PRESENT
7	Rokkam Anusha	180804130248	MSSSoA	PRESENT
8	P.srilaya	190101120013	SoET	PRESENT
9	Suraj Bharti	190101120032	SoET	PRESENT
10	Bimal Sahu	190101120056	SoET	PRESENT
11	Rohan Kumar	190101120069	SoET	PRESENT
12	Ashish Prince	190101120073	SoET	PRESENT
13	Amarjeetpaswan	190101120074	SoET	PRESENT
14	SAIF ANWAR	190101120076	SoET	PRESENT
15	Sunil Kumar	190101120082	SoET	PRESENT
16	MANISH KUMAR NIRALA	190101120085	SoET	PRESENT
17	Tinku Lal	190101120095	SoET	PRESENT
18	Sandeep kumar	190101120102	SoET	PRESENT
19	Meghakumari Jha	190101120108	SoET	PRESENT
20	Raj Aryan	190101120116	SoET	PRESENT
21	Satish kumar singh	190101120117	SoET	PRESENT
22	amit kumar	190101120119	SoET	PRESENT
23	Md Imran Anjum	190101120124	SoET	PRESENT
24	Nitesh kumar sah	190101120127	SoET	PRESENT
25	Hamza Abdoulaye Hassan	190101120134	SoET	PRESENT
26	PRADHAN GANESH	190101121137	SoET	PRESENT

27	Subhash Kumar	190101130012	SoET	PRESENT
28	PRINCE KUMAR BHARTI	190101150010	SoET	PRESENT
29	Bhuwneshwar kumar	190101150022	SoET	PRESENT
30	Amit rajak	190101160001	SoET	PRESENT
31	RAM JEE YADAV	190101160029	SoET	PRESENT
32	Aman Kumar	190101160058	SoET	PRESENT
33	A. Moulya	190209120005	SoM	PRESENT
34	undamanti.Anitha	190209120013	SoM	PRESENT
35	K.SRIKAR	190209120015	SoM	PRESENT
36	Moningi Sai Vamsi	190209120016	SoM	PRESENT
37	K. Pavankalyan	190209120017	SoM	PRESENT
38	B chandini	190209120020	SoM	PRESENT
39	K. Nihar Patnaik	190209120021	SoM	PRESENT
40	Pruthivi raj	190209120025	SoM	PRESENT
41	Mallipuram Ganesh	190209120029	SoM	PRESENT
42	ThyadiTarun	190209120030	SoM	PRESENT
43	Laxman Kumar Sahu	190209120039	SoM	PRESENT
44	Akash kumar	190301190011	SoET	PRESENT
45	Pritam Kumar charchi	190804130032	MSSSoA	PRESENT
46	MukkuSravika	190804130120	MSSSoA	PRESENT
47	Roshan Biswal	190804130187	MSSSoA	PRESENT
48	Mukkamala Harika	190804130188	MSSSoA	PRESENT
49	Rahul Kumar Dey	191516100001	SoET	PRESENT
50	MimansaDasmal	193001170002	SoABE	PRESENT
51	ShreedattaSatapathy	193001170005	SoABE	PRESENT
52	Soumya suchitragiri	193001170006	SoABE	PRESENT
53	A Hemasundar	193001170007	SoABE	PRESENT
54	BibhutiBhusanPramanik	193001170008	SoABE	PRESENT
55	DibyaDarshini Raut	193001170009	SoABE	PRESENT
56	Bandan Kumar Maharana	193001170010	SoABE	PRESENT
57	B.BalaSaipavan	193001170014	SoABE	PRESENT
58	Biswajeet Kuldeep	193001170018	SoABE	PRESENT
59	Jangyaseni Barik	193001170019	SoABE	PRESENT
60	Mrutyunajaya Pradhan	193001170020	SoABE	PRESENT
61	Basant Badal Singh Dhakad	193001170021	SoABE	PRESENT
62	Trupti ranjansahu	193001170022	SoABE	PRESENT
63	K. Prabhu Kumar	193001170023	SoABE	PRESENT
64	Kandena Sagar Kumar	193001170025	SoABE	PRESENT
65	Manish Kumar Singh	193001170026	SoABE	PRESENT
66	Pratik Das	193001170027	SoABE	PRESENT
67	Prabeena kumar pattanaik	193001170028	SoABE	PRESENT

68	Ashish kumar senapati	193001170030	SoABE	PRESENT
69	Biswajit Jena	193001170031	SoABE	PRESENT
70	Bhadrakshyee Behera	193001170032	SoABE	PRESENT
71	Praveen Kumar patro	193001170034	SoABE	PRESENT
72	Uttarilli Suneel	193001170035	SoABE	PRESENT
73	Sai Ansumanpadhi	193001170036	SoABE	PRESENT
74	Archana Muduli	193001170038	SoABE	PRESENT
75	Ashutosh Panda	193001170039	SoABE	PRESENT
76	Anupam malik	193001170040	SoABE	PRESENT
77	Hruti prasad panigrahi	193001170042	SoABE	PRESENT
78	Chakradhar Gudla	193001170044	SoABE	PRESENT
79	K. Natraj	193001170045	SoABE	PRESENT
80	Apurba Mishra	193001170046	SoABE	PRESENT
81	Debi Prasad Dhal	193001170048	SoABE	PRESENT
82	Puspendu kumar nayak	193001170051	SoABE	PRESENT
83	Rajesh Balabanta	193001170052	SoABE	PRESENT
84	Bishnucharanmajhi	193001170054	SoABE	PRESENT
85	PAPRI MUKHERJEE	193001170057	SoABE	PRESENT
86	Abhishek Bibhar	193001170058	SoABE	PRESENT
87	Himanshu Sekhar Behera	193001170059	SoABE	PRESENT
88	DIVAKAR KUMAR	193001170060	SoABE	PRESENT
89	SubhashreeBijayalaxmi	193001170061	SoABE	PRESENT
90	RESEARCH PARIDA	193001171062	SoABE	PRESENT
91	S V YuvarajDath	193001171065	SoABE	PRESENT
92	Manohar Mohapatra	193001220001	SoABE	PRESENT
93	Vishnu Vardhan Malepati	193001220003	SoABE	PRESENT
94	EsanangsooNamdev	193001220004	SoABE	PRESENT
95	Ch.Udayvardhan	193001220006	SoABE	PRESENT
96	RadhaKrishnan Dash	193001220008	SoABE	PRESENT
97	Prince Jha	193001310008	SoABE	PRESENT
98	Ch. Divyasailakshmi	193001320001	SoABE	PRESENT
99	Aliva Rath	193001320003	SoABE	PRESENT
100	Swetamayeemishra	193001320005	SoABE	PRESENT
101	Patchigulla Mounika	193001320006	SoABE	PRESENT
102	Md Sarfaraz	193001320009	SoABE	PRESENT
103	Puja kumari	193001320010	SoABE	PRESENT
104	Md Sajid	193001320012	SoABE	PRESENT
105	Sunil kumar	193001320013	SoABE	PRESENT
106	Himanshu kumar	193001320016	SoABE	PRESENT
107	ANAM NAWAZ	193001320017	SoABE	PRESENT
108	Raushan Kumar	193001320018	SoABE	PRESENT

109	Aniket kumar	193001320019	SoABE	PRESENT
110	Prakash Kumar Badal	193001320020	SoABE	PRESENT
111	S Sai Kiran	200101120003	SoET	PRESENT
112	Silla Padmaja	200101120016	SoET	PRESENT
113	Kalingo Aurobindo nayak	200101120022	SoET	PRESENT
114	NITIN KUMAR	200101120033	SoET	PRESENT
115	Chandan Mishra	200101120064	SoET	PRESENT
116	Ankush Kumar	200101120076	SoET	PRESENT
117	ROUSHAN Kumar	200101120079	SoET	PRESENT
118	Khushboo kumari	200101120083	SoET	PRESENT
119	Gopal Kumar	200101120096	SoET	PRESENT
120	PISYA MURALI	200101120106	SoET	PRESENT
121	Rajeev Baitha	200101120114	SoET	PRESENT
122	Kotturuumashankar	200101121127	SoET	PRESENT
123	Singupuramnaveen	200101121128	SoET	PRESENT
124	TALABHAKTULA SAIKIRAN	200101121131	SoET	PRESENT



Anir Prasad Behera

CONVENOR

Anita Patra

REGISTRAR

