



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**



Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together

Objective:

The primary objective of the workshop, “Creating a Positive Work Environment Together,” was to equip the faculty members of St. Bede’s College with insights, strategies, and tools to foster a more cohesive, respectful, and emotionally intelligent workplace culture. Recognizing the importance of collaboration, communication, and ethics in an academic environment, the workshop aimed to deepen awareness about interpersonal dynamics, highlight the value of empathy and constructive feedback, and provide practical guidance on overcoming workplace challenges. The session was designed not just as a lecture, but as an interactive and participative space for reflection and shared learning.

Internal Quality Assurance Cell (IQAC), St. Bede’s College, Shimla organised a thought-provoking workshop on professional ethics and values on May 14, 2025.

Inauguration and Welcome Address

The workshop commenced with a warm and articulate welcome address delivered by Ms. Snigdha Bhatt, who introduced the resource person, Prof. (Sr.) Molly Abraham, and outlined the objective of the event. She highlighted the pressing need to cultivate compassion and understanding within the workplace, particularly in academic settings where collaboration shapes both student experience and institutional development.

Setting the Tone for Dialogue and Engagement

Prof. (Sr.) Molly Abraham created a safe and interactive space that encouraged open dialogue. Faculty members were divided into seven groups, each comprising six to seven members, promoting teamwork and mutual learning. She began with an interactive discussion on workplace relationships, inviting participants to share their experiences, which immediately enhanced participation and openness.

Key Themes and Insights Shared by the Resource Person

- Ethical Conduct and Communication:**
Emphasis was placed on ethical behaviour, transparent communication, and the courage to admit and correct mistakes. Sr. Molly advocated for humility, patience, and an interest in understanding others.
- The Power of Words:**
Faculty were urged to ensure that their speech adds value to others and to strive for respectful and kind dialogue, even in disagreement.



- **Constructive Criticism:**

Highlighted as essential for personal and professional growth when delivered with patience and encouragement.

Group Discussions and Collaborative Activities

Participants engaged in group discussions to explore how to build stronger professional relationships. Themes included:

- Effective communication
- Respecting individual circumstances
- Time management and professionalism
- Accountability at work
- Recognition of strengths and weaknesses
- Active listening

This activity fostered reflection and self-awareness regarding each individual's contribution to workplace dynamics.

Barriers to Healthy Workplace Relationships

Sr. Molly explored challenges such as:

- Lack of trust
- Poor communication
- Hierarchical structures
- Cultural diversity issues
- Personal insecurities

These were framed as areas for intentional growth and transformation rather than fixed limitations.

The Interplay of Personal and Professional Relationships

The session examined how recognition, praise, and courtesy can strengthen bonds and how helping others succeed promotes a culture of humility and optimism. Group activities encouraged participants to reflect on moments of collaborative success.

Focus on Emotional Intelligence



Participants discussed the impact of emotions—happiness, fear, sadness, anger, surprise, and disgust—on professional relationships. Topics covered included:

- Emotional self-awareness
- Managing emotional responses
- Balancing rationality with empathy

The discussion emphasized that emotional intelligence is essential to sustaining positive workplace dynamics.

Personal Transformation and the Role of Change

The workshop addressed how self-reflection, patience, and forgiveness can bring about personal growth and positively influence others. Hatred and resentment were denounced in favor of empathy and mutual support in academic communities.

Creative Conclusion: Skit Presentations

To summarize the themes, each group prepared a short skit on values such as morality, passion, fairness, commitment, trust, and loyalty. These dramatizations showcased the day's learning in an engaging and collaborative manner.

Vote of Thanks

The workshop concluded with a heartfelt vote of thanks by Ms. Komal, who appreciated the resource person, the organizing team, and the enthusiastic participation of the faculty members.

Outcome

The workshop proved to be a deeply enriching experience for all participants. Faculty members reported a greater awareness of the subtle dynamics that shape workplace relationships and acknowledged the value of empathy, patience, and open dialogue. Through discussions, group activities, and creative expressions, participants were able to connect on both intellectual and emotional levels, fostering a stronger sense of community and shared purpose.

The interactive format of the workshop allowed for honest self-reflection and meaningful exchanges, encouraging faculty to take personal responsibility for the work environment they help create. The exploration of emotional intelligence, interpersonal barriers, and ethical behaviour provided practical takeaways that faculty members could apply immediately in their professional interactions.

Overall, the event not only fulfilled its objective of promoting a positive work culture but also planted seeds for lasting change empowering individuals to be more mindful, compassionate, and collaborative in their day-to-day engagements. The success of the workshop reaffirmed the importance of such initiatives in building resilient and values-driven academic institutions.



St. Bede's College, Shimla
NAAC Re-Accredited A Grade

**A THOUGHT PROVOKING WORKSHOP ON
PROFESSIONAL ETHICS AND VALUES**

**CREATING A POSITIVE WORK
ENVIRONMENT TOGETHER**



Date: May 14, 2025
Time: 10:00am onwards
Venue: Auditorium

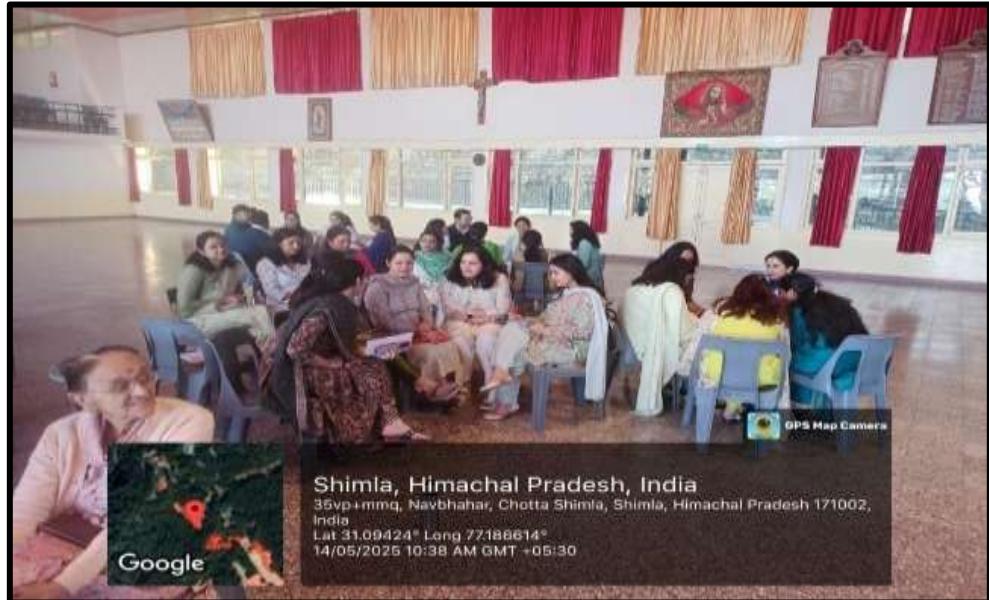
Resource person:
Prof. Sr. Molly Abraham
Principal

Organised by
IQAC, St. Bede's College, Shimla

Brochure



Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together (May 14, 2025)



Thought-Provoking Session on Professional Ethics, Values: Creating a Positive Work Environment Together (May 14, 2025)

सकारात्मक वातावरण से बढ़ती है एकाग्रता : माँली
शिमला। सेट बोट्स कॉलेज में सकारात्मक कार्य वातावरण विषय
पर कार्यशाला का आयोजन किया गया। इसमें बताया कि कैसे
सार्वजनिक रूप से सकारात्मक कार्य वातावरण का बनाया जा सकता
है। कॉलेज की प्राचार्य प्राचार्या डॉ. सिस्टर माली उद्घाटन न करा कि
कार्य स्थल में सकारात्मक वातावरण से कार्यशलता और काम में
एकाग्रता बढ़ती है। इसमें कर्मचारियों के बीच प्रेयोग नीतिकता और
मूल्यों को बढ़ावा मिलता है। कार्यशाला में एक गतिविधि भी आयोजित
की गई। इसमें सात समूह बनाकर उनके बीच कार्य स्थल के
वातावरण और उनके अभावों को बताने का मौका दिया गया। निष्ठा,

Divya Himachal 15/5/25

सेंट बीड़स कालेज में छात्रों
को समझाया नैतिक मूल्य
का महत्व
शिमला। सेंट बीड़स कालेज के
आतंरिक गणवत्ता आशारन प्रकोष्ठ
आईव्यूएसी ने वृद्धवार को कालेज
के सभागार में सामूहिक रूप में
सकारात्मक कार्य वातावरण कैसे
निर्मित करें, पर कार्यशाला
आयोजित की गई। इसका संचालन
कालेज की प्राचार्या प्रोफेसर सिस्टर
मॉली अब्राहम ने किया। कार्यशाला
का उद्देश्य कार्यस्थल पर कर्मचारियों
के बीच पेशेवर नैतिकता और मूल्यों
को बढ़ावा देना था।

Media Coverage



ATTENDANCE SHEET FOR THE WORKSHOP ON PROFESSIONAL ETHICS
AND VALUES

CREATING A POSITIVE WORK ENVIRONMENT TOGETHER

DATE: MAY 14, 2025

Sr.	Name	Signature
1.	Dr. GITANJALI HAKENDRA	gukanendra
2.	Dr. Deepali Pajni	Deepali
3.	Dr. Sapna Sharma	Sapna
4.	Dr. Neeta Khanna	Neeta
5.	Dr. Devina Aherlybur	Devina
6.	Mn. Amoob Dilta	Amoob
7.	Dr. Shanti Gupta	Shanti
8.	Dr. Kusum	Kusum
9.	Dr. Jyotika Bhati	Jyotika
10.	Dr. Anupama Tanda	Anupama
11.	Komal Sharma	Komal
12.	Mohit Kumar	Mohit
13.	Dr. Kanu MEHTA	Kanu

Attendance Sheet



14.	Asmita Sharma	Asmita
15.	Nalini Sharma	Nalini
16.	Paromita Chauhan	Paromita
17.	Dr. Raman Bassi	Raman
18.	Dr. Anita Chauhan	Anita
19.	Meena Kumar	Meena Kumar
20.	Sangeeta Sharma	Sangeeta
21.	Dr. Vishal Chauhan	Vishal
22.	Tanika Thakur	Tanika
23.	Nivedita Bhardwaj	Nivedita
24.	Snigdha Bhatt	Snigdha
25.	Sanjeev Kumar	Sanjeev
26.	Nishant	Nishant
27.	Dr. Parbat Aashish	Parbat
28.	Titiksha Kamal	Titiksha
29.	Dr. Sarveen	Sarveen
30.	Dr. Madhu Bala	Madhu
31.	Dr. Asmita Kulkarni	Asmita
32.	Dr. Preeti Kaundal	Preeti
33.	Pratiksha Tomar	Pratiksha

Attendance Sheet



34.	Ms. Sheya Sharma	✓ Deep
35.	Dr. Navdeep Thakur	Dr
36.	Dr. Savita Rana	Savita Rana 14/05/2025
37.	Dr. Shweta Thakur	Shweta -
38.	Dr. Reena Thakur	Reena
39.	Ms. Neha Wali	Neela
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14/05/2025 -
Mollym

Attendance Sheet