

Managing Emotional Regulation for Academic Success



**WORKSHOP
REPORT
2025**

**Department of Education in collaboration with Dean Students Welfare
Sri Guru Granth Sahib World University Fatehgarh Sahib Punjab**

Introduction

The Department of Education, in collaboration with the Office of Dean Student Welfare, organized a Five-Day Workshop on the theme “Managing Emotional Regulation for Academic Success” for university students. The workshop was conducted from April 14, 2025 to April 18, 2025, with the objective of equipping students with essential emotional regulation skills to enhance their academic performance and personal well-being.



Objectives

- To create awareness about the importance of emotional regulation in academic settings.
- To help students identify and manage their emotions effectively.
- To develop strategies for coping with academic stress and emotional challenges.
- To promote mental resilience and holistic development.

Meet Our Resource Persons



Dr Harneet Billing
*Head, Department of
Education, SGGSWU*



Dr. Suman Preet Kaur
*Assistant Professor ,
Department of Education, SGGSWU*



Dr Naveen Kumar
Counsellor



Dr. Sukhminder Kaur
*Associate Professor ,
Department of Psychology ,
Punjabi University Patiala*



Dr Binder Singh
*Assistant Professor ,
Department of Punjabi, SGGSWU*

Understanding Emotions and Emotional Regulation

Dr. Suman Preet Kaur, Assistant Professor, Department of Education, SGGSWU, conducted the inaugural session of the workshop, focusing on the foundational understanding of emotions and their role in academic life. She guided students in identifying various types of emotions and explored how these influence thoughts, behaviors, and interpersonal interactions. Emphasizing the relevance of emotional regulation, Dr. Kaur introduced reflective exercises such as the “Emoji Check-In” to enhance self-awareness. Her session laid the groundwork for the workshop by highlighting the significance of managing emotions effectively for academic success, personal well-being, and fostering a positive, emotionally responsive learning environment.





Glimpse of the session



Glimpse of the session

Emotions in Academic Challenges



Dr. Harneet Billing, Head, Department of Education, SGGSWU, led the second session of the workshop, addressing the emotional challenges commonly experienced by students in academic environments. She emphasized how emotions such as anxiety, frustration, and self-doubt can significantly impact academic performance, motivation, and classroom engagement. Through the interactive “Stress Thermometer” activity, participants were encouraged to identify their personal stress levels and emotional triggers. The session provided valuable insights into recognizing emotional patterns and developing constructive responses, reinforcing the importance of emotional awareness as a foundational skill for academic success and psychological well-being.



Glimpse of the session



Glimpse of the session



STRATEGIES FOR EMOTIONAL REGULATION

Dr. Naveen Kumar, a renowned psychologist and counsellor from Chandigarh, conducted an expert session focused on evidence-based strategies for emotional regulation. Drawing from psychological research and clinical practice, he introduced participants to practical tools such as mindfulness, cognitive reframing, and journaling. Dr. Kumar emphasized the importance of developing a conscious and balanced approach to handling emotions, especially in the context of academic pressure. His session was highly interactive and provided students with actionable techniques to manage stress, enhance focus, and foster emotional resilience. The session empowered students to integrate these practices into their daily routines for sustained mental well-being.







BUILDING RESILIENCE AND PERSONAL TOOLKIT

Dr. Sukhwinder Kaur, from the Department of Psychology, Punjabi University, Patiala, delivered an insightful session on strengthening emotional resilience and developing personalized strategies for managing emotional challenges in academic settings. Her session emphasized the importance of building inner strength to effectively navigate academic stress, setbacks, and pressures that students often encounter during their educational journey.

She introduced the concept of an “emotional toolkit” – a set of individualised coping mechanisms that students can draw upon to manage their emotional responses in a healthy and constructive manner. This toolkit included techniques such as positive self-talk, seeking social support, time management, and reflective practices. Dr. Kaur guided the participants in identifying their existing coping strategies and helped them explore new ones tailored to their personal emotional profiles.

The session also focused on fostering a growth mindset and maintaining a positive outlook, even in the face of academic adversity. Using real-life scenarios and interactive discussions, she encouraged students to view challenges as opportunities for growth rather than obstacles. The session was deeply engaging and empowering, equipping students with practical tools to build emotional resilience, sustain motivation, and enhance their overall academic experience through greater self-awareness and self-regulation.



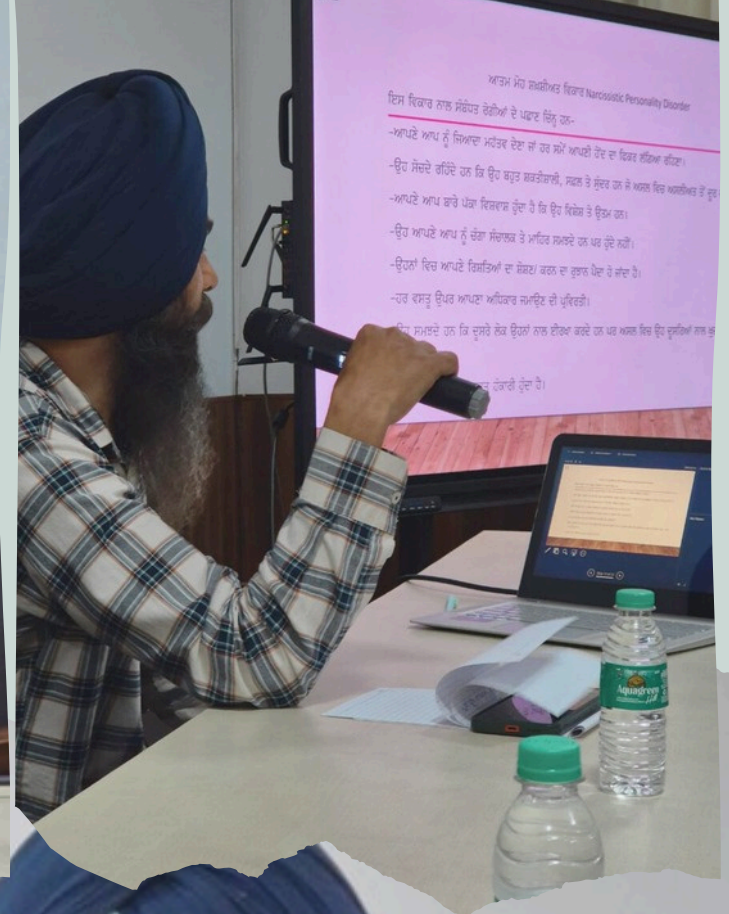


COMMITMENT AND INTEGRATION

Dr. Binder Singh, Assistant Professor, Department of Punjabi, SGGSWU, conducted the concluding session of the workshop with a focus on integrating emotional regulation practices into students' everyday lives. His session emphasized the importance of sustained commitment, regular self-reflection, and consistent personal effort in cultivating emotional balance. Drawing from both contemporary perspectives and cultural wisdom, Dr. Singh highlighted how emotional regulation is not a one-time intervention but a continuous process that requires conscious practice and intentionality.

He encouraged students to view emotional well-being as a lifelong journey, one that can be nurtured through small, mindful habits embedded in daily routines. Through engaging narratives and reflective dialogue, the session explored the connection between emotional discipline, personal growth, and academic success. Students were guided to create personal action plans that would help them apply the emotional regulation strategies they had learned throughout the workshop.

Dr. Singh's session served as a thoughtful and motivating closure to the five-day engagement, reinforcing the value of perseverance and self-awareness in maintaining emotional health. His emphasis on inner discipline, cultural grounding, and reflective practice left a lasting impression on participants, encouraging them to remain committed to their emotional well-being beyond the academic sphere.





VALEDICTORY SESSION

PROF (DR.) SUKHWINDER SINGH BILLING, DEAN ACADEMIC AFFAIRS

Prof. (Dr.) Sukhwinder Singh Billing, Dean Academic Affairs, commended the academic significance of the five-day workshop and highlighted its relevance in the evolving landscape of higher education. He emphasized that in an era marked by increasing academic competition, digital overload, and psychosocial stressors, initiatives focused on emotional regulation are not only timely but essential. Dr. Billing noted that emotional well-being is intricately linked with cognitive performance, motivation, and student engagement, and therefore, must be integrated into the broader academic discourse. He praised the Department of Education and the Office of Dean Students' Welfare for organizing a program that combined theoretical insights with practical tools, offering students a holistic and reflective learning experience. He further expressed hope that such evidence-based interventions would become a regular feature of university life, fostering not just academic excellence but also the mental resilience and personal growth necessary for the overall development of students.



PROF (DR.) PRITPAL SINGH, VICE CHANCELLOR



The Hon'ble Vice Chancellor, Prof. (Dr.) Prit Pal Singh, in his address, underscored the crucial role of emotional intelligence in shaping students' academic trajectories and overall success. He emphasized that academic excellence cannot be achieved in isolation from emotional well-being, and that students who are emotionally aware and resilient are better equipped to manage academic challenges, maintain motivation, and contribute meaningfully to society. Prof. Singh affirmed the university's unwavering commitment to promoting holistic education—one that nurtures the intellectual, emotional, and ethical dimensions of student development. He lauded the Department of Education and the Office of Dean Students' Welfare for organizing a workshop that aligns with the university's vision of preparing well-rounded individuals. He further expressed confidence that such initiatives would inspire a cultural shift within the academic community, encouraging greater focus on mental health, emotional growth, and reflective learning practices.

DR SIKANDER SINGH, DEAN STUDENT WELFARE

Dr. Sikander Singh, Dean Students' Welfare, reiterated the vital importance of establishing robust emotional support systems within university life. He emphasized that student well-being must be a foundational priority in any educational institution, particularly in the context of increasing academic pressures and life transitions faced by young adults. Dr. Singh noted that emotional regulation skills are essential not only for academic achievement but also for fostering a sense of balance, confidence, and community among students. He commended the collaborative efforts of the Department of Education and the Office of Dean Students' Welfare in addressing this need through a thoughtfully designed workshop. Assuring continued institutional support, Dr. Singh affirmed the university's commitment to developing student-centred mental health initiatives that are preventive, inclusive, and empowering. He expressed his hope that the outcomes of the workshop would inspire students to actively engage with their emotional development and contribute to a more empathetic and mentally healthy campus environment.

