



**VEER MADHO SINGH BHANDARI  
UTTARAKHAND TECHNICAL UNIVERSITY**

# **NEWSLETTER**

## **MARCH -2025**



**VOLUME- 4 ISSUE- 05**

# Table of Content

UNIVERSITY LATEST EVENTS

---

01

**UNIVERSITY CIRCULARS**

---

03

FACULTY CORNER

---

04

**STUDENTS CORNER**

---

05

UNIVERSITY NEWS

---

07

**EDITORIAL TEAM**

---

08

# University

## Events- VMSBUTU



### Legal Awareness Camp Organized By Amrit Law College, Dhanauri, Roorkee, Haridwar

Amrit Law College Dhanauri, Roorkee organised a Legal Awareness camp, on March 05th, 2025, at Campus of Hariom Saraswati Inter College Dhanauri. The camp was held successfully in the presence of esteemed dignitaries including the Chairman of Amrit Law College, Mr. Vikas Tyagi. The aim of the camp was to provide free legal assistance to individuals in need but faced financial constraints, raise awareness about legal rights, and empower the local community.



The Amrit Law College, Dhanauri Legal Aid Centre members focusing on raising awareness on Domestic Violence and three new laws (BNS, BNSS & BSA). During the session Assistant Professor Mr. Ashish Srivastava aware society on the three news laws and there significance on the other hand Mr. Shekhar Sharma gives his legal views on Domestic Violence. The outcomes of the camp were significant. The information session enhanced the knowledge and understanding of both the attendees and the participating law students regarding the first response to domestic violence and significance of the three laws. Feedback from participants was overwhelmingly positive, with many expressing gratitude for the support and legal aid provided.



On this occasion Assistant Professor, Mrs. Anshu Tyagi, , Dr. Shivani Saroha, Mr. Kausmakar Nath, Mr. Shekhar Sharma, Mr. Ashish Srivastava, Mr. Lokesh Kumar, Mr. Arihant Tyagi, Mr. Lalit Kumar, Mr. Atul Kumar, Sonia Prajapati and students were present.

# University Circulars



FDP-2025

## Artificial Intelligence & Cyber Security

Scan to Register



**VENUE :**

VMSBUTU Auditorium , Dehradun.

by Academic Staff Development Center (ASDC) & Institute  
Of Technology Gopeshwar

**E-Mail :**

sandeepnegi11071980@gmail.com

**DATE :**

17-03-2025 to 21-03-2025.

**Contact :**

9780945225

### • Faculty Development Program

“Academic Staff Development Center of Veer Madho Singh Bhandari Uttarakhand Technical University jointly with IT, Gopeshwar and ICT Academy, Patna is organising One week Teacher’s Training Program for faculty members of affiliated/ campus institutes of University on “AI & Cyber Security” in online and offline mode from 17-21 March 2025.”

# Dr. Mamta Bhatt

Assistant Professor, Computer Science & Engineering  
Faculty of Management, Campus Institute of VMSBUTU



## Rediscovering EI in Management in the era of AI: The Secret to Thriving Workplaces

*"I Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—this is not easy." – Aristotle*

In today's high-paced business world, technical expertise alone isn't enough to make a great leader. The ability to connect, understand, and inspire—driven by Emotional Intelligence (EI)—is what truly sets extraordinary managers apart. In an era, where Artificial Intelligence (AI) is finding new roles and avenues to explore, the future of management cannot be visualized without a significant involvement of AI driven processes and critical operations like automation, decision making, customer service, change management as well as conventional mechanical processes like data and time management. So, where does EI fit into this mix? Are we moving towards an age where all crucial decisions will be taken by machines, based on logical algorithms and objective data and limiting the role of subjectivity and bias arising out of human intervention? Let us examine this interesting debate which will be relevant to all fields where humans and machines are going to have a face off. Till now, all technologies have been clearly a submissive and subservient tool in the hands of humankind and clearly inferior to human mind with no threat to take the supreme leadership enjoyed by humans since the emergence of the species. For the first time in history, however, we are at the threshold of an era, where a technological development has the real potential to overthrow human superiority, or at least provide a real match to our intelligence. So, how are we going to cope with it? What are our assets which make us truly different from machines and which can be utilized to adjust to this new age and retain our decision-making role in all crucial fields. Emotional intelligence clearly provides us with one possible answer to this enigmatic question.

Modern workplaces demand more than just strategic thinking; they require empathy, adaptability, and self-awareness. Managers with strong emotional intelligence cultivate better work environments, navigate conflicts with grace, and drive their teams toward success. This article explores the role of EI in leadership and how it can transform organizational behavior for the better, while utilizing the role of AI and harnessing its power for maximum benefit.

### “Decoding Emotional Intelligence: The Key to Effective Leadership

Rigorously researched by psychologists Mayer and Salovey and popularized by Daniel Goleman, Emotional Intelligence (EI) is the ability to recognize, understand, regulate, and influence emotions—both in oneself and in others. Leaders who master EI can navigate complex interpersonal dynamics with ease, making them more effective in communication, decision-making, and team management.

#### The Power of Emotional Intelligence in Modern Management

Far from being just a soft skill, EI is an essential asset in the corporate world. Here’s why emotionally intelligent managers stand out:

1. Stronger Leadership – Leaders with high EI foster a culture of trust, motivation, and collaboration.
2. Smarter Decision-Making – Emotionally intelligent managers make balanced, rational decisions based on logic and empathy.
3. Higher Employee Engagement – Employees feel valued when managers acknowledge and understand their emotions, leading to greater productivity.
4. Conflict Resolution – EI helps managers address conflicts diplomatically, preventing workplace disputes from escalating.
5. Stress and Crisis Management – Leaders who regulate their emotions handle workplace pressures gracefully, setting a composed tone for their teams.

#### The Five Pillars of Emotional Intelligence in Leadership

According to Goleman, there are five fundamental components that define emotional intelligence in management:

1. Self-Awareness: Identifying and comprehending one's own feelings and how they affect one's leadership style.
2. Self-Regulation: Managing impulsive reactions and staying composed under pressure.
3. Motivation: Using inner drive to establish and accomplish lofty objectives.
4. Empathy: Gaining a deeper understanding of workers' feelings and viewpoints in order to establish stronger professional relationships.
5. Social Skills: Developing effective communication and solid business connections.

We can see clearly from above discussion that leaders with high EI skills can navigate the complex world of organizational management with the abilities and personality traits empowering them to utilize and manage human emotions to their full potential. This is one area where AI has clearly not caught up with us and is unlikely to match the complexity and unpredictability of human emotions. Some of the ways in which human- AI interactions and AI advancements can be utilized for better performance and cultivating future leadership are ensuring alignment of AI with human needs and values, generating better collaboration and communication within an organization keeping the human perspective in mind,

promoting ethical development and deployment of AI tools, avoiding biases and prioritizing human well-being, fostering empathy and understanding impact of AI on communities, promoting adaptability and resilience for better change management, and finally preserving genuine human interactions to maintain authenticity and centrality of human values and emotions in both the personal and professional spheres of life,

#### Conclusion

Emotional intelligence is no longer a mere advantage—it's a necessity for effective management. A leader's ability to regulate emotions, connect with employees, and inspire a shared vision significantly impacts an organization's success. By embracing EI, managers can cultivate workplaces that are not just productive, but also harmonious and resilient. The future of leadership isn't just about strategy—it's about emotional mastery. Given the rapid pace of AI driven technologies and ever more areas of both academic research and organizational utility falling under the purview of an emotionless machine, preserving human values and emotions and utilizing their transforming role remains one of biggest challenges for the leaders and managers of tomorrow. With EI as a helping tool, this battle can be converted into a winning game, not decimating the enemy but adapting its strengths to our own advantage.



# Students Corner



## “International Women’s Day”

International Women’s Day is celebrated on 8 March . It is a global event that highlights the achievements of women in various fields, from politics to social issues, while advocating for gender equality. The UN theme for 2025 is “ FOR ALL WOMENS AND GIRLS : Right, Equality, Empowerment”. International Women’s Day has its roots in the early 20th century labor movement. At the first socialist International in 1910 in Copenhagen, the proposal for a Women’s Day emerged, sparking a powerful movement for women’s rights and suffrage.

As we celebrated International Women’s Day, we reflect on the strength and resilience demonstrated by women in the face of adversity. This occasion serves not only to acknowledge their contributions but also to reaffirm our commitment to challenging Sterotypes , advancing rights and fostering a future in which equality is a genuine reality for all individuals, irrespective of gender.

We celebrated the groundbreaking contributions of women’s in science, politics, business and every imaginable field, from Nobel laureates to community leaders, women’s are profoundly shaping our world. International Women’s Day is a powerful Call to action, inspiring individuals, organization and governments to commit to concrete steps towards equality.

Together, we can forge a world where every woman is valued, respected and empowered. This International women’s Day, let us unite in solidarity with women worldwide, celebrating their achievements and championing their rights.

**Prachi Nautiyal**  
**Faculty of Management**

# Students Corner



## “Good Health and Well-being : A Multifaceted Approach”

Good health and well-being is a state of physical, mental, and social health that enables people to live thriving lives. It involves preventing disease, promoting health, and creating healthy environment (WHO). The three components of good health and well-being are: a) Physical Health: The Foundation of Wellbeing It is the most straightforward aspect of wellbeing, as it is easiest to measure. Regular exercise, a balance diet, adequate sleep and preventive healthcare (regular check-ups) all play a vital role in maintaining good physical health. b) Mental Health: A Key Component of Wellbeing It is as important as physical health in the overall wellbeing of an individual. Mental health issues like depression, anxiety, and stress can negatively impact every aspect of life, including relationships, work, and physical health. c) Social Wellbeing: Connecting with Others It refers to the quality of our relationships and interactions with others. It is the ability to form meaningful, supportive relationships and engage in a community. Good health and well-being is explicitly mentioned in SDG-3, it takes into account widening economic and social inequalities, rapid urbanization, threats to the climate and the environment, the continuing burden of HIV and other infectious diseases. Targets under SDG-3 (UNDP): Good Health and Well-being • Reducing Global Maternal Mortality Ratio to less than 70 per 1,00,000 live births by 2030. • End preventable deaths of newborns and children under 5 years of age, reducing neonatal Mortality to at least 12 per 1,000 live births and under 5 years Mortality to at least 25 per 1,000 live births by 2030. • By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, and other communicable diseases. • Universal access to sexual and reproductive care, family planning and education. • Achieve universal health coverage. • Increase Health financing and support Health workforce in developing countries. • Improve early warning system for global health crisis, etc. SDG-3 AND INDIA'S PERFORMANCE: Indian government has taken major path-breaking initiative such as- National Health Mission (NHM) which aims to improve availability and access to affordable and quality healthcare, particularly for rural areas, poor women, and children; providing public health services in the areas of women's health, hygiene, water, sanitation, immunization and nutrition. It leads to loss of life and has major social and economic impact. As measured by the Multidimensional Poverty Index (MPI) published by UNDP and the Oxford Poverty and Human Development Initiative, the incidence of multidimensional poverty shows that India halved its MPI value in the ten years leading to 2016, with approximately 273 million people pulled out of multidimensional poverty. Challenges Despite significant economic progress, India has faces challenges of equity and lack of access to quality health services, particularly in rural areas. With a rise in non-communicable diseases such as heart disease, cancer, and diabetes, the need to address health as a determinant of progress was strongly felt. Due to an archaic patriarchal society, maternal and child health was also often neglected. Thus it is important for policy makers to look at reducing maternal and neo-natal mortality and improving nutrition and nutritional deficiencies among children and women. India ranks 134 out 193 countries on HDI as per the 2024 Global Human Development Report published by the United Nations Development Programme (UNDP). Therefore, Government initiatives, sufficient funding, and effective public-private partnerships are critical to achieving SDG 3 and ensuring that all people enjoy the benefits of quality healthcare, health, and well-being.

**Priyanka Purohit MBA (F/M/H) II year (Faculty of Management)**

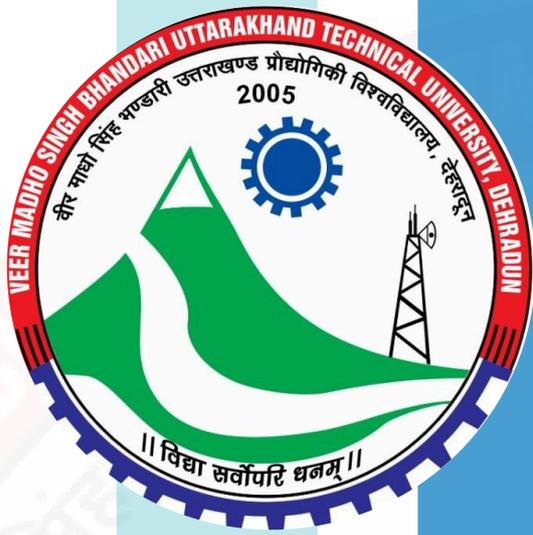
# Students Corner



## “Good Health and Well-being : A Multifaceted Approach”

Introduction: Good health and well-being are essential for a fulfilling life. This multifaceted concept encompasses physical, mental, emotional, and social well-being, each playing a vital role in creating a harmonious existence. In a world obsessed with productivity and achievement, the concept of "good health" often gets reduced to the absence of disease. However, true well-being encompasses a much broader spectrum, encompassing physical, mental, emotional, and social dimensions. It's not just about feeling good; it's about thriving in all aspects of life. Beyond the Physical: While physical health is undeniably important, focusing solely on it can be detrimental. We need to move beyond the mere absence of illness and embrace a holistic view of well-being. This involves recognizing the interconnectedness of our physical, mental, and emotional states. For example, chronic stress can manifest in physical ailments, while poor sleep can negatively impact our mood and cognitive function. The Pillars of Well-being: \* Mental Well-being: This involves our ability to cope with life's challenges, maintain positive relationships, and feel a sense of purpose. Mindfulness practices, therapy, and social support networks can all contribute to mental well-being. \* Emotional Well-being: This encompasses our ability to manage and express emotions effectively. Learning to identify and understand our emotions, developing healthy coping mechanisms, and fostering empathy and compassion are crucial for emotional well-being. \* Social Well-being: This refers to our sense of belonging and connection with others. Meaningful relationships, community involvement, and a sense of purpose contribute to social well-being. Building a Foundation for Well-being: The pursuit of well-being is a lifelong journey. It requires conscious effort and commitment to prioritize our overall health. Here are some practical steps: \* Nourish your body: Eat a balanced diet rich in fruits, vegetables, and whole grains. \* Move your body: Engage in regular physical activity that you enjoy. \* Prioritize sleep: Aim for 7-8 hours of quality sleep each night. \* Manage stress: Practice relaxation techniques like meditation or yoga. \* Connect with others: Nurture meaningful relationships and engage in social activities. \* Seek professional help: Don't hesitate to reach out to therapists or counsellors when needed. Conclusion: Good health and well-being are not just about the absence of illness; they are about thriving in all aspects of life. By embracing a holistic approach that prioritizes our health.

**ALINA PARVEEN**  
**FACULTY OF MANAGEMENT**



# Our Team

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2. Anubhooti Papola, Faculty, Faculty of Technology, VMSBUTU

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