

IIHMR UNIVERSITY, JAIPUR
EVENT OUTCOME REPORT
Master Class Episode 17

“Master Class Episode 17”
Topic: - Resilience to survive and thrive
Date: 11 th December 2020 from 03:00 PM to 04:00 PM
Venue: - IIHMR University, Jaipur
Speaker: - Ms. Priya Jha- Country Director - Evidence Action, New Delhi, India
Number of participants: - 100
Introduction: - This session featured: Ms. Priya Jha- Country Director - Evidence Action, New Delhi, India. The event was moderated by Prof. Rahul Ghai, Dean - SDS, IIHMR University, Jaipur and the Session was welcomed by Dr. Rani S. Ladha, Provost, IIHMR University, Jaipur.
Objective: Explore the principles, strategies, and practices that empower individuals, organizations, and systems to effectively adapt to challenges, recover from setbacks, and grow stronger in the face of adversity.
Salient Novel Points Covered: The concept of resilience has evolved beyond mere survival. <ol style="list-style-type: none">1. Resilience as a Dynamic Growth Process<ul style="list-style-type: none">• Resilience is no longer seen as a fixed trait, but a developable skill that evolves over time through learning and experience.• It includes both reactive recovery and proactive growth—the ability not only to bounce back but to bounce forward.2. Integration of Emotional Intelligence<ul style="list-style-type: none">• Emotional regulation, self-awareness, and empathy are key components of resilient behavior.• Emotional intelligence acts as a catalyst for individual and collective resilience, particularly in high-pressure or uncertain environments.3. Systemic and Organizational Resilience<ul style="list-style-type: none">• The focus has shifted from individual resilience to systemic resilience—how organizations, communities, and ecosystems adapt and sustain operations during crises.• Resilient leadership is recognized as critical in enabling institutions to withstand shocks.4. Resilience Through Innovation and Agility<ul style="list-style-type: none">• Adaptive resilience is now linked with innovation, flexibility, and agile responses, especially in fast-changing sectors like technology, healthcare, and business.• Digital resilience (the ability to adapt to cyber threats and disruptions) is a new frontier.

Role:

Resilience plays a critical, transformative role in enabling individuals, organizations, and communities to not only withstand adversity but to grow stronger because of it.

Challenges and Opportunities:

Resilience is essential for thriving in a rapidly changing world. However, cultivating and sustaining resilience comes with its own **set of challenges and opportunities** at personal, organizational, and societal levels.

Challenges

1. Mental Fatigue and Burnout

- Constant exposure to stress and adversity without recovery periods can lead to emotional exhaustion, making resilience harder to sustain.
- High-performance cultures may glorify “pushing through,” ignoring the need for rest and healing.

2. Lack of Support Systems

- Isolation or weak social networks can hinder resilience, particularly for marginalized or vulnerable groups.
- In organizations, poor leadership or a lack of psychological safety reduces the ability to bounce back collectively.

3. Inadequate Resources or Training

- Many individuals and institutions lack access to mental health support, training, or tools that foster resilience.
- There is often no structured approach to building resilience, especially in schools, workplaces, and community settings.

Opportunities

1. Integration into Education and Work Culture

- Building resilience into school curricula and professional development can cultivate lifelong skills like adaptability, emotional intelligence, and coping strategies.
- Resilient cultures in the workplace can improve employee engagement, innovation, and retention.

2. Leveraging Technology and Digital Tools

- Mental wellness apps, AI-driven learning tools, and digital collaboration platforms can support resilience-building across geographies and sectors.
- Technology can enhance agility, learning, and emotional support in real-time.

3. Strengthening Community and Collective Resilience

- Fostering community networks and participatory planning builds resilience at the grassroots level.
- Shared experiences of overcoming crises (e.g., natural disasters, pandemics) can strengthen social cohesion.

Q &A and Interactive Discussion:

An interactive session on “Resilience to survive and thrive” was engaging, informative, and participatory to keep the audience involved while delivering valuable insights.

Future Scope:

As the world faces escalating complexities—climate change, pandemics, economic uncertainty, mental health crises—the need for resilience as a **core capability** across personal, professional, and systemic levels will only grow. The future scope of this concept is vast and multidisciplinary.

Appropriate caption for the webinar:

"Resilience Redefined: Thriving Through Adversity"

"Bouncing Forward: The Power of Resilience in Uncertain Times"

"From Setbacks to Strength: The Journey of Resilience"

"Building Inner Strength to Survive, Adapt, and Flourish"

The poster is for a Master Class episode titled "Resilience to survive and thrive". It is scheduled for Friday, December 11, 2020, from 03:00 PM to 04:00 PM (INDIA). The event is hosted by IIMR UNIVERSITY. The speaker is Ms. Priya Jha, Country Director, Evidence Action, New Delhi. The moderator is Prof. Rahul Ghai, Dean IIMR, and the welcome is by Dr. Rani S. Ladha, President IIMR University, Jaipur.

Master Class
Episode 17

IIMR UNIVERSITY

Resilience to survive and thrive

Friday, December 11, 2020
03:00 PM - 04:00 PM (INDIA)

WELCOME
Dr. Rani S. Ladha
President
IIMR University, Jaipur

MODERATOR
Prof. Rahul Ghai
Dean IIMR
IIMR University, Jaipur

SPEAKER
MS. PRIYA JHA
Country Director, Evidence Action,
New Delhi

Master Class Episodes 17

Date: 11/12/2020 (03:00 PM to 04:00PM)

Attendance Sheet

Sr. No.	Students Name	Stream with Batch
1	Abhisikta Biswas	MBA HM Batch 24 (2019-21)
2	Aishwarya Laxman Shityalkar	MBA HM Batch 24 (2019-21)
3	Akanksha Agrawal	MBA HM Batch 24 (2019-21)
4	Akanksha Bhatia	MBA HM Batch 24 (2019-21)
5	Akansha Gupta	MBA HM Batch 24 (2019-21)
6	Amit Kumar Thakur	MBA HM Batch 24 (2019-21)
7	Anirudh Singh	MBA HM Batch 24 (2019-21)
8	Anubhav Sharma	MBA HM Batch 24 (2019-21)
9	Archita Sinha	MBA HM Batch 24 (2019-21)
10	Arpit Tripathi	MBA HM Batch 24 (2019-21)
11	Astha Sharma	MBA HM Batch 24 (2019-21)
12	Atharva Tushar Bahad	MBA HM Batch 24 (2019-21)
13	Bajjnath Thakur	MBA HM Batch 24 (2019-21)
14	Bharti Verma	MBA HM Batch 24 (2019-21)
15	Bhavna Nahata	MBA HM Batch 24 (2019-21)
16	Bhavna Rana	MBA HM Batch 24 (2019-21)
17	Celestin Prabha Arokiasamy	MBA HM Batch 24 (2019-21)
18	Dibyaloson Rabha	MBA HM Batch 24 (2019-21)
19	Dipshi Aggarwal	MBA HM Batch 24 (2019-21)
20	Gurpreet Singh	MBA HM Batch 24 (2019-21)
21	Hansika Parwani	MBA HM Batch 24 (2019-21)
22	Harleen Kaur	MBA HM Batch 24 (2019-21)
23	Juhi Singh	MBA HM Batch 24 (2019-21)
24	Kajal Bhauryal	MBA HM Batch 24 (2019-21)
25	Kanchan Gehani	MBA HM Batch 24 (2019-21)
26	Kartik Sharma	MBA HM Batch 24 (2019-21)
27	Komal Kaur	MBA HM Batch 24 (2019-21)

Master Class Episodes 17

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Sr. No.	Students Name	Stream with Batch
28	L Nandini Krishna	MBA HM Batch 24 (2019-21)
29	Lalita Kumari	MBA HM Batch 24 (2019-21)
30	Lunika Tak	MBA HM Batch 24 (2019-21)
31	Madhubala Mundra	MBA HM Batch 24 (2019-21)
32	Malini Nair	MBA HM Batch 24 (2019-21)
33	Mayank Chhabra	MBA HM Batch 24 (2019-21)
34	Mudit Sharma	MBA HM Batch 24 (2019-21)
35	Neelaksha Kumar Singh Yaduwanshi	MBA HM Batch 24 (2019-21)
36	Nikhil Khandal	MBA HM Batch 24 (2019-21)
37	Pallak Khanna	MBA HM Batch 24 (2019-21)
38	Piyu Jain	MBA HM Batch 24 (2019-21)
39	Pooja Tiwari	MBA HM Batch 24 (2019-21)
40	Pranchita Tiwari	MBA HM Batch 24 (2019-21)
41	Prerana Payal	MBA HM Batch 24 (2019-21)
42	Priyanka Yadav	MBA HM Batch 24 (2019-21)
43	Quba Ansari	MBA HM Batch 24 (2019-21)
44	Rajat Pratap Singh	MBA HM Batch 24 (2019-21)
45	Rakesh Reddy Surusani	MBA HM Batch 24 (2019-21)
46	Rashika Sharma	MBA HM Batch 24 (2019-21)
47	Resham Goutam	MBA HM Batch 24 (2019-21)
48	Ritika Gupta	MBA HM Batch 24 (2019-21)
49	Rituparna Das	MBA HM Batch 24 (2019-21)
50	Sanaa Bhadwal	MBA HM Batch 24 (2019-21)
51	Sanchi Bhasin	MBA HM Batch 24 (2019-21)
52	Sanoj Chacko	MBA HM Batch 24 (2019-21)
53	Savan Vekariya	MBA HM Batch 24 (2019-21)
54	Shaurya Prakash Verma	MBA HM Batch 24 (2019-21)
55	Shiwani Rawat	MBA HM Batch 24 (2019-21)

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Sr. No.	Students Name	Stream with Batch
56	Sonia Maria Jose	MBA HM Batch 24 (2019-21)
57	Srushti Patidar	MBA HM Batch 24 (2019-21)
58	Subrata Rudrapal	MBA HM Batch 24 (2019-21)
59	Sukhsimran Kaur	MBA HM Batch 24 (2019-21)
60	Sunita Kumari Patro	MBA HM Batch 24 (2019-21)
61	Surbhi Gandotra	MBA HM Batch 24 (2019-21)
62	Surbhi Garg	MBA HM Batch 24 (2019-21)
63	Kunchala Sai Swapnika	MBA HM Batch 24 (2019-21)
64	Swati Kharbanda	MBA HM Batch 24 (2019-21)
65	Swati Singh	MBA HM Batch 24 (2019-21)
66	Tarvinder Kaur	MBA HM Batch 24 (2019-21)
67	Utkarsha Telang	MBA HM Batch 24 (2019-21)
68	V Manohar Reddy	MBA HM Batch 24 (2019-21)
69	Vaishnavi Gupta	MBA HM Batch 24 (2019-21)
70	Vedansh Parashar	MBA HM Batch 24 (2019-21)
71	Vidhi Sharma	MBA HM Batch 24 (2019-21)
72	Vinit Yadav	MBA HM Batch 24 (2019-21)
73	Yogesh Tejwani	MBA HM Batch 24 (2019-21)
74	Hemlata Arora	MBA HM Batch 24 (2019-21)
75	Vinita Chugwani	MBA HM Batch 24 (2019-21)
76	Aahna Ankaraboyana	MBA HM Batch 24 (2019-21)
77	Aditi Singhal	MBA HM Batch 24 (2019-21)
78	Aditya Singh	MBA HM Batch 24 (2019-21)
79	Ajil R	MBA HM Batch 24 (2019-21)
80	Akansha Singh	MBA HM Batch 24 (2019-21)
81	Akriti Dubey	MBA HM Batch 24 (2019-21)
82	Alfa Khan	MBA HM Batch 24 (2019-21)
83	Amira Fatima Alvi	MBA HM Batch 24 (2019-21)
84	Amitoj Kaur	MBA HM Batch 24 (2019-21)

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85	Anam Sohail	MBA HM Batch 24 (2019-21)
86	Anjali Tiwari	MBA HM Batch 24 (2019-21)
87	Ankita Kulshrestha	MBA HM Batch 24 (2019-21)
88	Anshu Singh	MBA HM Batch 24 (2019-21)
89	Anuja Satapthy	MBA HM Batch 24 (2019-21)
90	Apoorva Shetty	MBA HM Batch 24 (2019-21)
91	Ashlesha Beniwal	MBA HM Batch 24 (2019-21)
92	Asiya Murtaza	MBA HM Batch 24 (2019-21)
93	Astha Arora	MBA HM Batch 24 (2019-21)
94	Avinash Kumar	MBA HM Batch 24 (2019-21)
95	Ayan Lahiri	MBA HM Batch 24 (2019-21)
96	Ayushi Swarnkar	MBA HM Batch 24 (2019-21)
97	Bukke Balaji Naik	MBA HM Batch 24 (2019-21)
98	Batchu Sai Sravani	MBA HM Batch 24 (2019-21)
99	Dayala Iswarya	MBA HM Batch 24 (2019-21)
100	Deepali Kumari	MBA HM Batch 24 (2019-21)
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