



SWAMI VIVEKANANDA UNIVERSITY

EXCELLENCE INNOVATION ENTREPRENEURSHIP

Report of One Day Workshop on Empowering Communities through Innovation

Organised by

Department of Psychology
Swami Vivekananda University



Nabajatak Child Development Centre

In Collaboration with



Institution's Innovation Council (IIC)
Swami Vivekananda University

Mode: Offline

Workshop Date: 16.10.2025

Workshop Time: 02:30 PM to 05:00 PM

Venue: NND Room:312, Swami Vivekananda University, Barrackpore

Mission

The mission of the workshop “Empowering Communities Through Innovation” was to encourage creativity, critical thinking, and problem-solving among students by helping them understand the real meaning of innovation, entrepreneurship, and entrepreneurship. It aimed to equip participants with the essential skills and mind-set required to develop ideas that can bring positive change within their communities.

Vision

The vision of the workshop was to build a generation of socially responsible and innovative thinkers who can identify problems in their surroundings and use entrepreneurial approaches to create sustainable solutions. It aspired to foster leadership, teamwork, and a sense of empowerment, promoting growth not only at the individual level but also within society.



The poster features a light blue and pink background with various icons like hearts, gears, and clouds. On the right side, there is a stylized illustration of a person with long dark hair, wearing a blue shirt with a heart on it, and a crown of colorful flowers and leaves. At the top, there are four logos: Swami Vivekananda University, Institution's Innovation Council, Skilled IQ, and Nabajatak Child Development Centre (NCDC). The main text is centered and reads: 'On the occasion of WORLD MENTAL HEALTH WEEK Department of Psychology, Swami Vivekananda University 2025 Nabajatak Child Development Centre and Skilled IQ Educational Trust In association with: Institution Innovation Council, Swami Vivekananda University Empowering communities through Innovation Date: 16th October, 2025 Time: 2.30 pm to 4.30 pm Venue: Swami Vivekananda University'.

On the occasion of
WORLD MENTAL HEALTH WEEK
Department of Psychology,
Swami Vivekananda University **2025**

**Nabajatak Child Development
Centre and Skilled IQ Educational Trust**

In association with:
Institution Innovation Council,
Swami Vivekananda University

*Empowering communities
through Innovation*

Date: 16th October, 2025
Time: 2.30 pm to 4.30 pm
Venue: Swami Vivekananda University



Workshop Report

On the 16th of October, a workshop was held on “Empowering Communities Through Innovation” conducted by the Dept. Of Psychology and Nabajatak Child Development Centre in collaboration with Institution’s Innovation Council, Swami Vivekananda University.

The session commenced with an inaugural address by **Prof. (Dr.) Keya Das Ghosh, Director of Institution's Innovation Council (IIC), Swami Vivekananda University.** Her inaugural address aptly highlighted the importance of innovation to empower young minds and communities at large from a young age. After extending a warm welcome to the guests and presenting with plants as token of appreciation, the workshop was then started by Ms. Forum Udani, Rehabilitation Counsellor, who introduced the participants to the central theme of the session.

At the beginning, she explained the concept of innovation, emphasizing how new ideas and creative thinking can bring positive change within communities. She then discussed the meaning of business, focusing on how businesses function as platforms to implement innovative ideas in practical ways. Finally, she spoke about entrepreneurship, describing it as the process of turning innovative ideas into ventures that can contribute to both individual growth and community development.

She also highlighted the differences between innovation, business, and entrepreneurship, clarifying how each concept is interrelated yet distinct in its role and purpose.

Activity 1

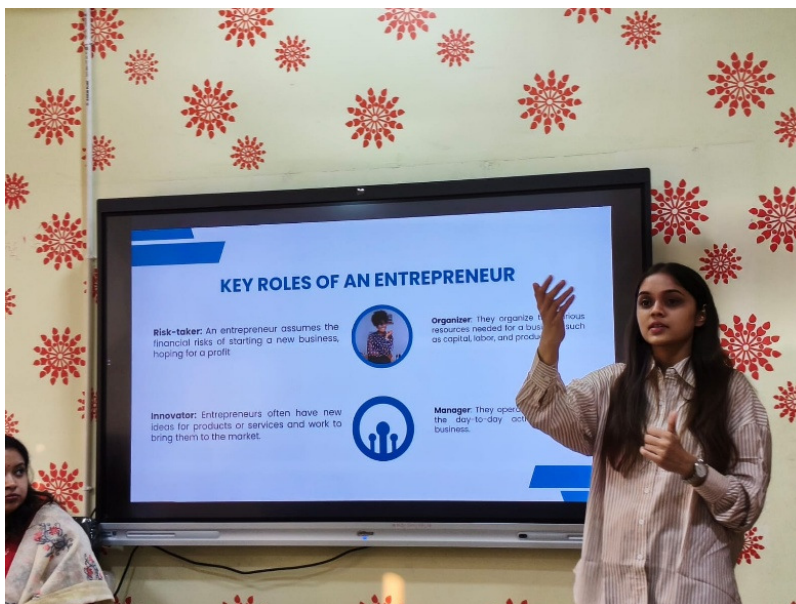
After the introduction session, Ms. Udani gave us three problem statements and divided all the participants into three groups. Each group had to select one of the given problems and come up with an entrepreneurship idea to solve that particular issue. All the problem statements were related to classroom and school-based challenges, encouraging us to think creatively about real-life educational situations.

After the group discussions, she explained what we had actually done during the activity — how our problem-solving process reflected the initial steps of entrepreneurship and innovation. She then elaborated on the 10 core elements essential for entrepreneurship, helping us understand the fundamental qualities and skills required to become successful entrepreneurs.

The second part of the workshop was conducted by Ms. Sristi Ghosh – Early Interventionist, who carried forward the presentation with an engaging and interactive approach. She explained

in detail the 10 core elements essential for entrepreneurship and intrapreneurship, along with several interesting activities that involved all the participants.

After understanding the concept of intrapreneurship from the first session, this part of the workshop focused on how to practically to apply those skills and how important discipline and consistency are in managing a business or entrepreneurial venture. She further highlighted that success in entrepreneurship not only depends on ideas but also on developing key personal and professional skills.



The 10 core elements discussed were as follows:

1. Problem Solving:

It involves identifying the root cause of a challenge and developing effective, creative solutions to overcome it. This skill helps entrepreneurs tackle real-world issues with confidence and logic.

2. Decision Making:

It refers to the ability to make thoughtful and timely choices after analysing all available options. Good decision-making leads to better outcomes and responsible leadership.



3. Creative Thinking:

This skill encourages thinking beyond the obvious and generating innovative ideas. It helps entrepreneurs bring originality and uniqueness to their work.

4. Critical Thinking:

It means evaluating information carefully and logically before reaching conclusions. Critical thinking helps in making rational and informed judgments.

5. Effective Communication:

It is the ability to express ideas clearly and listen actively to others. Strong communication builds trust, teamwork, and professional relationships.

6. Interpersonal Relationship Skills:

These skills help maintain healthy and positive relationships with others. They are essential for teamwork, cooperation, and mutual understanding.

7. Self-Awareness:

It means understanding one's own strengths, weaknesses, emotions, and values. Self-awareness helps in personal growth and better decision-making.

8. Empathy:

Empathy is the ability to understand and share the feelings of others. It promotes compassion, emotional intelligence, and effective leadership.

9. Coping with Emotions:

This skill involves recognizing and managing emotions in a healthy way. It helps maintain emotional balance during stressful or challenging situations.

10. Coping with Stress:

It refers to the ability to handle pressure calmly and productively. Managing stress effectively improves mental well-being and work performance.

Activity 2

Another activity conducted during the workshop involved demonstrating the interconnection between the 10 core skills essential for entrepreneurship. Ten individuals were each assigned one core skill and were asked to represent it. They stood in a circle, holding hands to symbolize the connection among the skills. The participants were then instructed to exchange their places without letting go of each other's hands. This engaging exercise illustrated how each skill is

interlinked and equally important. The activity concluded with the message that all ten core skills are necessary and must work together harmoniously to achieve entrepreneurial success.





The final part of the workshop was conducted by a clinical psychologist Ms. Srijita Sarkar, Clinical Psychologist focused on the importance of goals and motivation in entrepreneurship. This segment was one of the most interesting parts of the workshop, as she explained the different types of goals we can set in our personal and professional lives and discussed how we can work toward achieving them.

She emphasized the need for discipline and time management, stating that both are essential for turning ideas into reality. She explained that maintaining consistency, setting priorities, and managing time effectively are key steps in reaching one's goals.

The speaker also gave a brief yet insightful explanation of motivation, describing the two major types — intrinsic motivation, which comes from inner satisfaction and personal interest, and extrinsic motivation, which is driven by external rewards such as recognition or money.

Finally, she concluded the workshop in a very engaging and inspiring way, reminding us that innovation and entrepreneurship begin with self-awareness, dedication, and a desire to make a positive impact on the community.

Outcome

By the end of the workshop, participants:

Gained a clear understanding of the concepts of innovation, business, and entrepreneurship.
Learned to apply entrepreneurial thinking to real-life classroom and community problems.
Understood the 10 core elements necessary for successful entrepreneurship, such as problem-solving, decision-making, teamwork, and emotional intelligence, recognised the importance of discipline, time management, and goal-setting in pursuing entrepreneurial ventures, developed awareness about intrinsic and extrinsic motivation as driving forces behind success, hence became more confident and inspired to contribute innovative ideas that can empower the communities.

GLIMPSES FROM THE WORKSHOP



Participants Details

The workshop had a total of 33 participants, comprising 4 academicians and 29 students. These participants hailed from various districts across the state of West Bengal.

Academician

Sl. No.	Name	Designation	Department	Institution
1.	Prof. (Dr.) Keya Das Ghosh	Director, IIC & Professor	Management	Swami Vivekananda University
2.	Dr. Nilanjana Mitra	Head of The Department	Psychology	Swami Vivekananda University
3.	Lina Sarkar	Assistant Professor	Psychology	Swami Vivekananda University
4.	Rudrani Mitra	Assistant Professor	Psychology	Swami Vivekananda University

Student

Sl. No.	Name	Department	Semester	Institution
1.	Tanushka Maity	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
2.	Debosmit Ghosh	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
3.	Akash Roy Bhowmick	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
4.	Rankita Banik	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
5.	Ritisha Bakshi	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
6.	Srabanti Mal	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
7.	khushi Sharma	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
8.	Jhilam Bhattacharjee	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
9.	Shreya Adhikari	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
10.	Archismita Gupta	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
11.	Agniva Banik	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
12.	Pritam Santra	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
13.	Arunima patra	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University

14.	Anwesha Santra	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
15.	Shrinita Bhattacharya	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
16.	Rahul Manna	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
17.	Debangana Chakraborty	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
18.	Shreya Adhikari	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
19.	Tanushka Maity	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
20.	Somoshree Panja	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
21.	Sayanti roy	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
22.	Enakshi Laha	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
23.	Sreeparna Karmakar	M.A./M.Sc. in Applied Psychology	I	Swami Vivekananda University
24.	Abhisikta Mishra	B.Sc. in Psychology	V	Swami Vivekananda University
25.	Mangal Sarkar	B.Sc. in Psychology	V	Swami Vivekananda University
26.	Sourav Karmakar	B.Sc. in Psychology	V	Swami Vivekananda University
27.	Sakshi Saha	B.Sc. in Psychology	V	Swami Vivekananda University
28.	Rubi Karmakar	B.Sc. in Psychology	V	Swami Vivekananda University
29.	Ruplekha Kar	B.Sc. in Psychology	V	Swami Vivekananda University