

“ETHICS AND SELF AWARENESS”

**Under IEEE-WIE Affinity Group, ISTE Student Chapter and IEEE Student Chapter
(20-01-2021)**

REPORT

An Expert talk on “**ETHICS AND SELF AWARENESS**” was organized under IEEE-WIE Affinity Group, ISTE Student Chapter and IEEE Student Chapter by Department of Electrical and Electronics Engineering, Sree Vidyanikethan Engineering College, Tirupati for the benefit of undergraduates Students.

The Speaker of the session was **Dr.M.S.Sujatha**, Professor & Head, Department of EEE, Sree Vidyanikethan Engineering College, Tirupati. She addressed the aspiring students on 20th Jan, 2021. The session started with the welcome note by speaker of the session.



Dr.M.S.Sujatha, Speaker of the session welcoming participants

Dr. M.S. Sujatha, speaker of the webinar - SVEC, welcomed all the participants for the informative live session.

The speaker started the session stating the importance of Self-Awareness. Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection. While it may not be possible to attain total objectivity about oneself, there are certainly degrees of self-awareness. It exists on a spectrum.

She also stated that, Although everyone has a fundamental idea of what self-awareness is, we don't know exactly where it comes from, what its precursors are, or why some of us seem to have more or less than others. This is where the self-awareness theory comes in, offering some potential answers to questions like these.

The four Proven Benefits of Self-Awareness:

- It can make us more proactive, boost our acceptance, and encourage positive self-development.
- Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem.
- It leads to better decision making.
- It can make us better at our jobs, better communicators in the workplace, and enhance our self-confidence and job-related wellbeing.

Dr.M.S.Sujatha also focused on the ways to build and practice self-awareness, and she stressed on 5 main ways.

5 Ways to Increase Your Self-Awareness

- Create space and time
- Practice mindfulness and meditation
- Journal your awareness
- Practice listening
- Gain a different perspective

She focused on Student development theory reflects the typical developmental tasks commonly engaged by young adults during the point in their lives when most students decide to pursue higher education. She mentioned the five ethical principles that inform our work as student life professionals as

- 1) Autonomy,
- 2) Prevent Harm,
- 3) Do Good,
- 4) Justice, and
- 5) Fidelity.




Participants interacting during session

Around 120 participants (85 Boys and 25 girls) have attended the expert lecture and got benefited. Dr.M.S.Sujatha, Professor and Head, Department of EEE- SVEC extended her hearty thanks to all the participants for their active participation.

Details of Speaker

Dr.M.S.Sujatha,
Professor & Head
Department of EEE,
SVEC.


HOD, EEE