



**Transilvania
University
of Brasov**

NEWSLETTER

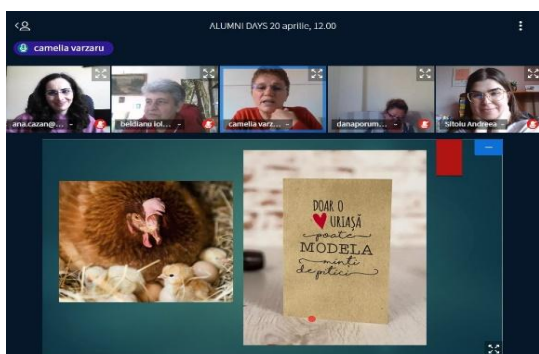
No. 109 May 2021

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SECOND EDITION OF "ALUMNI DAY" AND WORKSHOP "A DAY IN A TEACHER'S LIFE"

The week of 19-23 April this year, at PSE, was a rich one in "extracurricular" activities organized with and for our students: Alumni Day, in its second edition, and the workshop "A day in a teacher's life", both of them within the Student_ROSE project.

The special guest of these events was the alumna Camelia Vărzaru, yesterday a graduate of PIPP bachelor's degree study programme and of RUE master's study programme, today a primary-education teacher at the General School no. 25, a methodologist trainer at CCD Braşov and a mentor for many generations of pupils, whether they are there to learn the alphabet or to be initiated in this profession.



Camelia shared with passion, enthusiasm, skill and professionalism her educational path: from the moments when the closet door in her parents' house turned into a blackboard, and the notebooks into "grade books", until her first salary was invested in teaching materials, and the emotions of the exams moved from the faculty desks to the chair in front of the first-grade "ladybugs, froggies, fireflies".

At the event "A day in a teacher's life, organized after Alumni Day, the 3rd-year students (full-time / distance-learning) and any student interested in how and what they need to know and do after graduation and beyond the school gates, learned from Camelia many teaching "tips", such as how to become the "Miss/is" (aka "second mother") in the emotional memory of every child or parent who crosses the threshold of the class turned into a second home for a few years of the children's lives.

We have found out that the teacher's role and purpose is not only to reproduce what she learned in class and to abide by the curriculum, but also to create attractive materials and working tools for everything

that is taught in class; at the same time, s/he is a constant presence in the children's lives as a model of behaviour, attitude and reactions, regardless of the situations they have to manage.

We have discovered how NUMLIT works, the tool created by Mrs. Vărzaru, through which her students acquire the "secret writing" and learn the letters and numbers more easily, all at once, by association.



What more could there be? Two days full of practical acquisitions, shared experiences, questions and answers, "A" feedback and emotions on both sides.

As for me, I was glad to meet my primary school classmate, with whom I frequently kept company on the way to and from School 10" and home. And as befits any reunion, we remembered our dear teacher Lucia Ichim, as well as the former classmates whose children were our pupils or even students.

She, Baboi Camelia in the grade book, married Vărzaru, has known ever since that she wants to become a teacher, whereas I have never thought I will be one. However, this is how our professional paths intersected, for the benefit of the generations that follow our steps, path or destiny.

Therefore, thank you for your Presence and Existence, Camelia! You urged students not to forget that "you exist as an open door" and you can guide them whenever they need.

We thank our colleagues Daniela Porumbu, Ana-Maria Cazan, Oana Bota, Andreea Șitoiu for their support in organizing and disseminating the events.

Lecturer Dr. Iolanda BELDIANU

Alumni Officer

Faculty of Psychology and Education Sciences

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MATHEMATICAL GAZETTE NATIONAL OLYMPIAD

In 1959, Braşov hosted the first International Mathematical Olympiad (1st IMO 1959). Romania has remained consistent in promoting young mathematical talents.



OLIMPIADA NAȚIONALĂ GAZETA MATEMATICĂ
Ediția 2021

ETAPA FINALĂ - 24 aprilie 2021

CENTRUL 13 – FACULTATEA DE MATEMATICĂ ȘI INFORMATICĂ
UNIVERSITATEA TRANSILVANIA BRAȘOV

School mathematical performance is generously supported by the *Romanian Mathematical Society* (SSMR), a centennial professional association, established by law in December 1910, under the original name of *Mathematical Gazette Society*.

In order to support young people with high performances in mathematics, as well as their mentoring teachers who, under the current epidemiological conditions, did not have the opportunity to capitalize on their extracurricular activity, SSMR organized in 2021 the National *Mathematical Gazette* (ONGM) Olympiad for the pupils in the 5th-12th grades. Two online stages were organized for the 5th-6th grades and three stages for the 7th-12th grades. The county branches of SSMR, the school inspectorates, the school units and the university centres of our country contributed responsibly and enthusiastically to the success of the Olympiad. The third (final) stage, which was attended by 530 students of the 7th-12th grades, took place on 24 April 2021, with physical presence, under the utmost health security conditions, in several Romanian academic centres.

The Rector of Transilvania University of Braşov accepted with special warmth the invitation addressed by the President of SSMR to organize the ONGM Competition Centre 13 at the Faculty of Mathematics and Computer Science. Under the

coordination of Assoc. Prof. Dr. Eugen Păltănea, Vice-President of SSMR and President of Braşov SSMR branch, the Faculty of Mathematics and Computer Science impeccably organized the final stage of the Olympiad for the qualified students from Braşov, Covasna, Harghita and Sibiu counties.

The organizing committee included the Vice-Deans of the Faculty of Mathematics and Computer Science, Assoc. Prof. Dr. Nicușor Minculete and Assoc. Prof. Dr. Gabriel Stan, the School Inspector of Mathematics, Teacher Florica Zubașcu-Andreica, members in the executive board of Braşov SSMR branch, Mihaela Sinteia and Geanina Chirilă from the Secondary School No. 2 Braşov and Ciprian Satală from *Andrei Țaguna* National College Braşov. Third-year students in the *Mathematics Computer Science* programme also brought their contribution.

The competitors' papers, scanned and loaded on the platform <https://olimpiada.viitoriolimpici.ro>, made especially for this purpose by the company Intuitext, were corrected by a national commission including three teachers from Braşov. The tiebreaker will decide Romania's group for the International Mathematical Olympiad. For the 8th grade, the pupil Ștefan Ionel Dumitrescu from *Dr. Ioan Meșotă* National College, ranked first in the country.

The event was an excellent opportunity to promote the image of Transilvania University of Braşov and to affirm the openness of the Faculty of Mathematics and Computer Science towards pre-university high performance education.

Assoc. Prof. Dr. Eugen PĂLTĂNEA
Assoc. Prof. Dr. Nicușor MINCULETE
Assoc. Prof. Dr. Gabriel STAN
Faculty of Mathematics and Computer Science

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FLASHES OF THE SAVIOUR'S PASSIONS: STABAT MATER BY G. B. PERGOLESÌ ON THE STAGE OF "SERGIU CHIRIACESCU" AULA OF TRANSILVANIA UNIVERSITY

Giovanni Battista Pergolesi composed *Stabat Mater* in the last days of his life, stifled by the vicissitudes of tuberculosis. The concert season gave life to this work on the stage of "Sergiu T Chiriacescu" Aula, in a more than adequate circumstance to highlight its full dramatic potential, namely on Good Friday.



Stabat Mater is a musical adaptation of the homonymous hymn dedicated to Virgin Mary and evokes the suffering tearing the mother of Jesus Christ during His crucifixion. Pergolesi's version is structured in twelve sections, most of them in minor key, performed by a small ensemble consisting of soprano, mezzo-soprano, two violins and basso continuo (cello and harpsichord, respectively). The masterpiece unfolds in a succession of homogeneous, progressive affective musical images, which faithfully suggest, in a style close to the operatic one, the deep degree of the maternal soul processes under the tragic auspices in which the architect-event of Christendom took place.

The soprano Aurelia Florian and the mezzo-soprano Carmen Topciu thrillingly grasped and conveyed the spiritual essence of the musical construction through a thorough, consistent and refined vocal technique. The two vocal soloists' performance, constant in participatory terms, turned the duet appearing the first section of this masterpiece into a material realization of the compositional foundation the perfection of which Rousseau appreciated in the superlative. However, the impact of the vocal interpretation would have

lost its intensity in the absence of an instrumental partner less involved in the artistic act.



The equivalence of the high level of the musically performing achievement, which gave the whole masterpiece a unitary spirit, was made by including some instrumental artists with an inestimable value potential for maintaining the local cultural path in an upward direction. It is about the pianist Ovidiu Mezei, whose well-known name among the personalities within Braşov artistic setting no longer needs any presentation, and the members of Kronstadt Quartet: Adrian Pipaş (violin I), Ana-Maria Pipaş (violin II), Előd Gabor (viola), Zsófia Bartha (cello). The four artists are present, both individually and together in the cultural environment of Braşov as genuine promoters of musical performance and good taste, conducting their activity in the Orchestra of Braşov Opera and in the Chamber Orchestra of Transilvania University, the concertmaster of which is Adrian Pipaş.

Thus, through the protagonists' musical achievement, within this concert, one of the masterpieces that touch the deepest human emotions was offered to the public on the stage of "Sergiu T Chiriacescu" Aula on 30 April 2021, a date that falls within the line of performance established by the previous Concert Season.

Drd. Magdalena LAZĂR

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ECUMENICAL CONCERT AT "SERGIU CHIRIACESCU" AULA OF THE UNIVERSITY

The Music Centre of Transilvania University celebrated this year the Lord's Resurrection through an ecumenical concert, in the key of the universality of the Christian spirit and symbolism: *The Saviour's Seven Last Words from the Cross* by F. J. Haydn, performed by Gaudeamus Quartet of the Philharmonic of Braşov, and by the Orthodox priest Ioan Manea, who read the biblical passages corresponding to the last seven phrases spoken by the Saviour. The date on which this event took place was not randomly chosen, as the day of 31 March 2021 marked 289 years from the composer's birth.



An original work for the end of the 18th century, which represents an inestimable value in the classical musical heritage and not only, the quartet *Hob. XX / 1B* is an arrangement made by the composer a few years after the immediate success enjoyed by the original orchestral version, following its premiere in Cádiz, on Good Friday in 1787. The seven sections of the Saviour's last phrases, which are intended for a reciter, were entitled *Sonatas* by Haydn; Despite the slow tempo that characterizes them, the emotional density of the score and the solemn character are strong enough to maintain the listener's focused attention, thrill him, and invite him to introspection. The incipient section (*Introduzione: Maestoso ed adagio*) and the final one (*Il terremoto: Presto e con tutta la forza*), exclusively instrumental, offer a framework in full resonance with the ideational substratum, especially *Il terremoto*, generating behind it, through its hectic character, a serious echo, in line with the magnitude of the event it evokes.

Gaudeamus Quartet – already a cultural symbol for the people of Braşov and a national authority in

the field of chamber music, which includes Lucia Neagoe (violin), Raluca Irimia (violin II), Leona Varvarichi (viola) and Ştefan Neagoe (cello) – offered on the stage of "Sergiu T Chiriacescu" Aula, on 31 March, a performance that presented to the viewers the valences of this masterpiece, in the fullness of its semantics, both Christian and philosophical. Its perfection and thoroughness – the magnitude of its depth, its metamusical substratum were enhanced by the superb achievement of the technical aspects and the homogeneity that is constantly reflected in the collaboration between the quartet members, serving both the performers themselves – by refining the musical construction, and the audience – by drawing them closer through the living manifestation of the intimacy specific to chamber music. Nevertheless, the emotional intensity that the composer intended would not have reached its full potential in the absence of the key character, the binder of this construction and the pretext of its conception and finality – the reciter, who has the role of touching a deep chord with the crucified Saviour's last sentences while on the cross. The dense substance of this Christian moment, with its multitude of philosophical implications, is concentrated in the character of the reciter – in this case, the priest Ioan Manea. Through his deep voice, which lay over the interludes of the masterpiece in a cadence appropriate to the biblical text, through the words spoken with an impeccable, natural diction, he generated, by the sincerity of his emotion, a harrowing emotion, after the final accord died away.

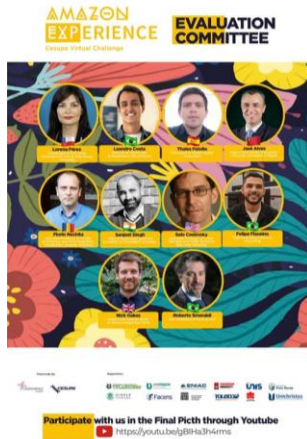
As a conclusion, we dare say that the moment of 31 March will remain within the University's Concert Season as a significant milestone for this year which, in addition to the specific attributes of a valuable musical event, has the property of having resonated at a deeper level in our constitution – of Man himself, with the wonder and tragedy of his existence.

Drd. Magdalena LAZĂR

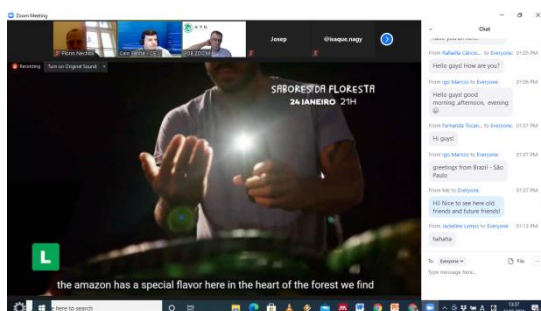
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AMAZON EXPERIENCE – CESUPA VIRTUAL CHALLENGE

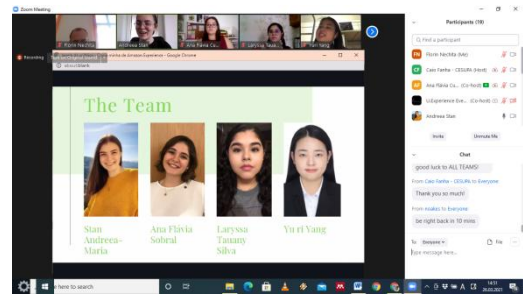
One of the successful educational strategies during the pandemic is based on the ease with which we can establish fruitful international collaborations in a very short time. In this article we present the activity of the students of Transilvania University of Braşov in an online contest organized in South America.



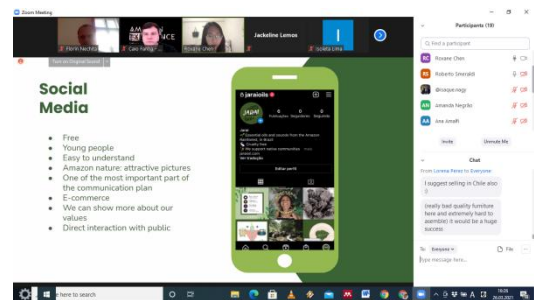
Four students at the Faculty of Economic Sciences and Business Administration and two students at the Faculty of Sociology and Communication took up the challenge to virtually discover the Amazon region and identify business ideas that meet the needs of local communities and consumers. They worked with students from three continents on a project initiated and managed by CESUPA University in Belem, Brazil. Along with Transilvania University of Braşov, nine other universities of Brazil, one university of China, one of India and one of Chile were partners in the project.



Amazon Experience CESUPA Challenge took place over a period of two weeks, between 12 and 26 March 2021 and addressed, as a main theme, entrepreneurship from a multicultural perspective.



The project involved working in multicultural and interdisciplinary teams of students and applying a learning methodology based on combining applied seminars with the realization of a business plan. The great challenge was to propose a profitable and eco-efficient business model that would sustainably capitalize on one of the vast resources of the Amazon region.



In addition to the knowledge acquired in the two weeks, the six students' greatest gain was their interaction with students from extremely diverse study programmes and cultural backgrounds. Certainly, they have become even more open, in order to get involved, in the future, in other similar projects or even in international study or internship mobilities. A possible destination could be even Brazil and the Amazon region.

Congratulations to the students Andreea Stan, Dafina Mărgărita, Alexandra Stan, Ana Amalfi (Business administration), Diana Maxim (Branding Campaign Management) and Raluca Bumbu (Digital Media)!

Lecturer Dr. Cristina NICOLAU
Faculty of Economic Sciences and Business
Administration
Assoc. Prof. Dr. Florin NECHITA
Faculty of Sociology and Communication

DRACULA CONGRESS – INTERNATIONAL INTERDISCIPLINARY CONFERENCE AT TRANSILVANIA UNIVERSITY OF BRAȘOV

The second edition of the academic conference *Children of the Night – International Dracula Congress* took place between 16 and 18 April 2021, this time online. Its organizers were the independent researcher Hans de Roos (Philippines), Assoc. Prof. Dr. Magdalena Grabias (Maria Curie-Skłodowska University of Lublin, Poland) and Assoc. Prof. Dr. Florin Nechita.



Inspired by the universe of Bram Stoker’s famous novel and by the numerous media productions on this topic, the conferences and colloquia on such scientific topics primarily bring together researchers in fields such as Gothic literature, cultural studies and media studies, but also in destination marketing, history or psychology. The three-day programme of the online conference included presentations of the 45 participants from 20 countries around the world.



The list of the 28 international universities and three Romanian universities to which the participants in *Dracula Congress 2021* are affiliated, also includes prestigious universities such as *University of Leeds, Trinity College Dublin, Linköping University, Victoria University of Wellington, American University of Sharjah, University of Macau, University of Victoria (Canada)* or *Universidade Federal de São Paulo*.



The online format did not prevent the organization of the traditional themed costume contest or the party on the first night of the conference, on which occasion three short movies were also viewed, two of them made by students at a partner university in Brunei and one by the British filmmaker Neil Monaghan.

Assoc. Prof. Dr. Florin NECHITA
Faculty of Sociology and Communication

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A WEEK OF STUDENT LIFE WITHIN THE FACULTY OF SILVICULTURE AND FOREST ENGINEERING: INTERNSHIP IN THE DISCIPLINE OF AFFORESTATION

The activities specific to the afforestation of forest lands are important activities to the forestry field, being essential for ensuring the wood renewable resource. Every year, the third-year students of the Faculty of Silviculture and Forest Engineering participate in the afforestation works together with the economic partners within the forestry field.



This year, the traditional internship took place between 5 and 9 April, with the support of our partners, both private forest administrations (*Kronstadt R.A. Braşov* Local Public Forest Directorate, *Piatra Craiului Zărneşti R.A.* Local Public Forest Directorate, *Măieruş R.A.* Local Public Forest Directorate and *Ciucaş R.A. Târlungeni* Forest District), and state-owned administrations (*Măneciu, Prahova* Forest District and *Sudrigiu, Bihor* Forest District within *Romsilva* National Forests Authority).



Sânpetru didactic base of Transilvania University of Braşov was another location chosen to carry out practical works.

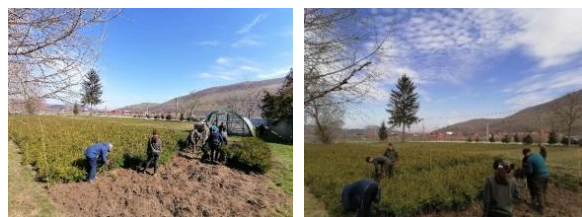


During the internship period, the groups of students participated in the activities planned in

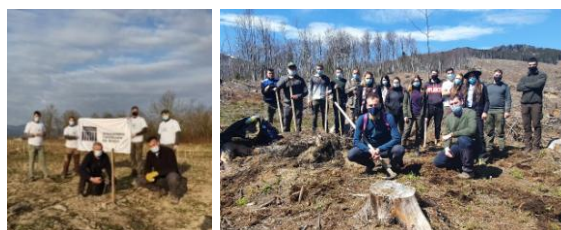
different locations under the close coordination of the faculty academic teaching personnel.



In figures, 73 students in the various specializations of the Faculty of Silviculture and Forest Engineering, coordinated by eight professors, got involved, into groups. With passion and diligence, over 8,000 seedlings were planted, and works were carried out in the abovementioned partners' breeding grounds. During the activities, the partners' representatives provided practical and useful information for the students' training.



We thank our partners for their support in conducting practical activities for training our students as future forestry engineers. Whether it is private administrations or state administrations of forest fund, the students at the Faculty of Silviculture and Forest Engineering in Braşov will join our partners in the future activities as well.



Assoc. Prof. Dr. Eng. Florin HĂLĂLIŞAN
Faculty of Silviculture and Forest Engineering

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FIRST EDITION OF THE NATIONAL STUDENT SESSION OF RESEARCH AND INNOVATION IN MECHANICAL ENGINEERING

Between 22 and 23 April 2021, the Department of Mechanical Engineering of the Faculty of Mechanical Engineering within Transilvania University of Braşov, in collaboration with the Association of Romanian Engineers (AGIR), organized the first edition of the National Student Session "Research and Innovation in Mechanical Engineering" (SSING 2021).



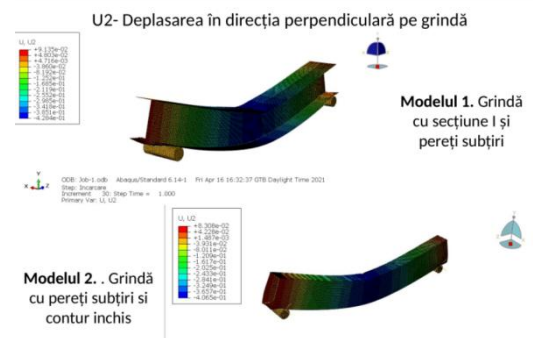
The event is dedicated to students and will take place annually, during April, being a good occasion to offer undergraduate, graduate and doctoral students the opportunity to present the results of their scientific research.

Under the imposed restrictions, the session took place online, but this challenge was not an obstacle for the participants in this scientific event.

Prof. Dr. Eng. Maria Luminița Scutaru, Director of the Department of Mechanical Engineering and Prof. Dr. Eng. Ioan Călin Roșca, Dean of the Faculty of Mechanical Engineering within Transilvania University of Braşov, took the floor at the opening ceremony of the scientific event.

The theme of the conference focused on the fields of interest - mechanics and vibrations, materials strength and acoustic analysis, thermodynamics, fluid mechanics and aerodynamics.

The students participating in this event, both from Transilvania University of Braşov and from Romanian higher-education centres, presented the results of their research activity in an academic atmosphere.



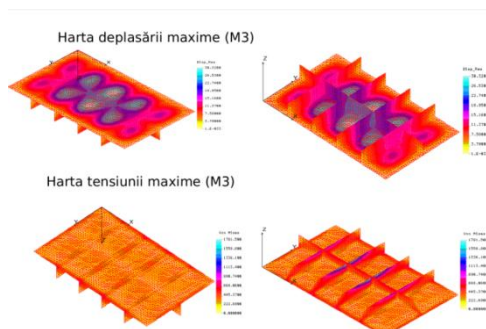
The displayed papers were analysed by the review committee, the prizes being given during the 23 April awards ceremony. The best papers will be published in a special issue of AGIR magazine.

More details about the student session can be found by accessing the site:

<https://sites.google.com/view/sscing/acas%C4%83?authuser=0>

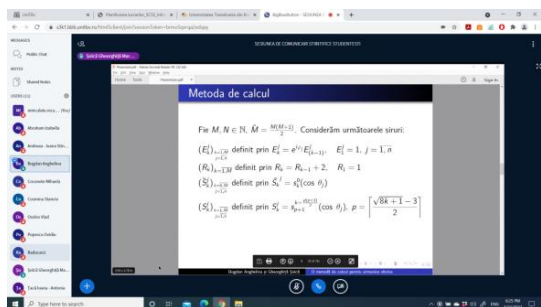
Prof. Dr. Eng. Maria Luminița SCUTARU
Director of *Mechanical Engineering* Department
Chairman of SSING2021 Organizing Committee

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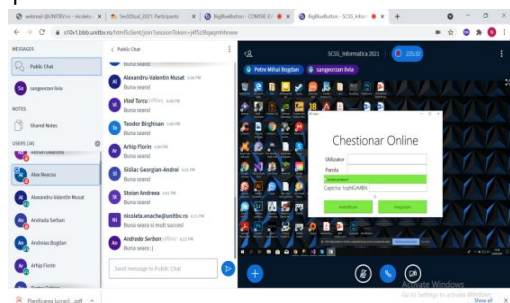
SCSS IN MATHEMATICS AND COMPUTER SCIENCE

The Faculty of Mathematics and Computer Science organized online, on 23 April 2021, the scientific event *2021 Student Scientific Communication Session*.



The session took place in two sections: *Computer Science* and *Mathematics*. Overall, 21 papers were presented in the *Informatics* section, and 7 papers were presented in the *Computer Science* section.

The papers of the students in the *Mathematics* section were moderated by Prof. Dr. Ovidiu Popescu, and in the *Computer Science* section the students' papers were moderated by Assoc. Prof. Dr. Livia Sângeorzan. SCSS highlighted the research potential of the students at the Faculty of Mathematics and Computer Science.



The students participating in both sections were coordinated in achieving their communications by: Prof. Dr. Dorina Răducanu, Assoc. Prof. Dr. Livia Sângeorzan, Assoc. Prof. Dr. Lucian Sasu, Assoc. Prof. Dr. Nicușor Minculete, Lect. Dr. Alexandra Băicoianu, Lect. Dr. Vlad Monescu, Lect. Dr. Ioana Plajer, Lect. Dr. Honorius Gâlmeanu, Eng. Dr. Anamaria Vizitiu, Eng. Dr. Puiu Andrei and Drd. Bogdan Mușat.

At the end of the event, the following prizes were awarded, by sections:

Computer Science Section:

- First prize: Claudiu Gogu - Replacing and harmonizing the sky within images;
- Second Prize: Georgian-Andrei Sîsiîac - Baseball trainer;

- Third Prize: Bianca Lixandru - Acoustic modelling of enclosed spaces using the Ray-Tracing method
- Mention: Gabriela-Dorina Aldea - Machine learning models for automatic image colouring;
- Mention: Radu-Ioan Lepădatu - Air quality monitoring and forecasting system;
- Mention: Luisa Danalachi - Unsupervised Low Light Image Enhancement;
- Mention: Antonia-Teodora Mohaiu - Analysis of medical time series using artificial intelligence techniques;
- Mention: Teodora-Maria Profirescu - How to play smart? Reverse implementation;
- Mention: Teodor Mihăescu - Unpaper - Document Digitizer Cloud Solution.

Mathematics Section:

- First prize: Ioana Țacă - A generalization of the typically real function class;
- Second Prize: Izabella Abraham - (Some Erdős-Mordell inequalities);
- Second Prize: Bogdan Anghelina and Gheorghiță Șolcă - A method of calculating spherical harmonic functions;
- Third Prize: Vlad Osoloș - Inequalities in the coefficients of a real function class;
- Third Prize: Andreea-Ioana Stinghe - Properties related to the Euler indicator;
- Mention: Mihaela Coconete - A generalization of Marx-Strohhacker theorem;
- Mention: Cosmina Stanciu - (Euler's indicator for exponential divisors).

The discussions in the scientific committees of the two sections revealed that the presentations were novel, reflecting original scientific results. Our gratitude to the sponsors: Nagarro iQuest Technologies S.R.L; Siemens Industry Software SRL; XPERI.

Assoc. Prof. Dr. Nicușor MINCULETE
Lect. Dr. Nicoleta ENACHE-DAVID
Faculty of Mathematics and Computer Science

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AWARENESS-RAISING ACTIVITIES AT PSE

The PPS calendar (Special Psychopedagogy), as we call it, provided two very suitable events for carrying out awareness-raising activities in which our students participated. What did we do, more specifically? We started and continued the Educational Film Festival and participated in making a *flash mob*.

We thought that an educational film festival would help increase motivation and interest in learning. And this is due to the fact that students can have the opportunity to learn *differently*. In this vein, the first educational film watched and debated was "The Deaf Family". Their first reaction was: may we turn up the volume because we can't hear anything? Obviously, we could not do this, and the students, through the ensuing discussions, understood even better the issue of sensory hearing impairment. We then studied the system of dactylomes used in the communication of people with hearing impairments.



Coordinated by Lector Dr. Nicoleta Lupu, the students began the first week of April with a workshop for teachers on integrating autistic pupils into mainstream education. Thus, the students also designed appropriate promotional materials.

They then continued with watching the movie "Inside Autism" and the debate on the needs of people with autism. They chose to represent autism not by a single colour or emotion, but by a diversity of colours and emotions. They briefly entered the mind of an autistic child's mind and discovered "Why

do I jump? Notes of a 13-year-old boy with autism", Naoki Higashida.



The week dedicated to autism awareness ended with our partner, *Crystal Children Association*. Thus, the beneficiaries of the association, along with the first-year students in Special Psychopedagogy coordinated by Assoc. Prof. Dr. Daniela Popa made a *flash mob*. The whole activity took place at AFI Mall Brașov, a setting in which the paintings made by Radu Plopeanu were also exhibited.



Lecturer Dr. Oana Alina BOTA
Assoc. Prof. Dr. Daniela POPA
Lecturer Dr. Nicoleta LUPU
Faculty of Psychology and Education Sciences

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BLIND DATE WITH A BOOK IN ITS SECOND EDITION

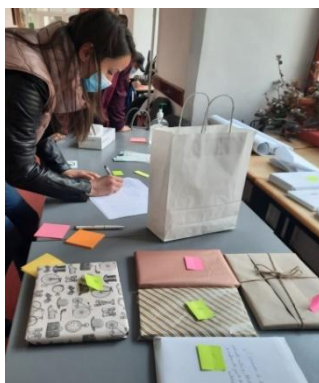
"The first date requires courage, it can give you headaches, but it can also be a pleasant surprise. Sometimes it can be unfortunate, and other times it can change your perspective."

What was it all about? About a date with a book, organized by students! Except this date was more special.



All those who wanted to participate in *Blind date with a book*, now in its second edition, had to choose a book, either from their personal library or from the bookstore, wrap it in paper and bring it to college on 23 April 2021. The recommended fields were varied: from fiction to books in psychology, pedagogy or social sciences.

Once at the scene, the participant, in exchange for his/her book, could choose another. Here was the difficult part, but also the very pleasant and interesting part of the *date*: how to choose a book without knowing anything about it? Not knowing the title, the author, what it looks like or what domain it belongs to.



Well yes!

That is what a *blind* date means ...



Anyway, the participant had at his/her disposal criteria such as the colour of the paper in which the book was wrapped (which ranged from monocoloured to patterned paper, or even drawn and coloured by the donor), the size or thickness of the book, or simply chance, considering that whatever s/he chooses will be a suitable book.

We mention a few titles: "Multivariate statistics applied in psychology", "Urban mindfulness. Exercises of courage, compassion and connection", "Children's essential needs", "Act and think like a cat", "Three fulfilled destinies".

The organizers offered a book sign made by them especially for this event.



Gabriela ALEXANDRU, PIPP, 2nd year
Florina RĂPIȚEANU, PIPP, 3rd year
Alexander TUDOSE, PSH, 3rd year
Lect. Dr. Oana Alina BOTA
Faculty of Psychology and Education Sciences

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HOW TO MANAGE EMOTIONS?

Workshop organized by the Centre for Career Guidance and Counselling (CCOC UNITBV)

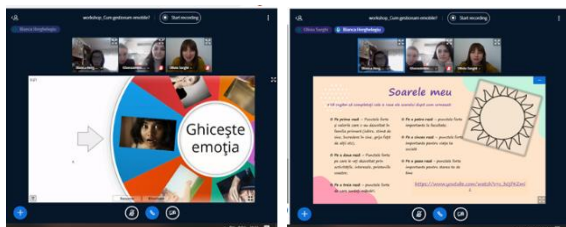
It is commonly accepted in society that the guarantee of success in personal and professional life depends on academic intelligence. People with high cognitive intelligence are believed to enjoy success, to occupy top positions in organizations and to have the best salaries. That's probably true. But have you ever wondered how happy these people are? What is the quality of their relationships with others? How good do they feel about themselves? All this largely depends on the level of development of emotional intelligence.

In this regard, the Centre for Career Guidance and Counselling organized an online workshop, attended by 25 students at several UNITBV faculties on 28 April 2021. The workshop helped them learn step by step:

- to be more efficient at work and in private life;
- to better understand their emotions and find out the causes engendering them;
- to build open and authentic relationships with others;
- to maintain their mental health in a time as difficult as the one now.

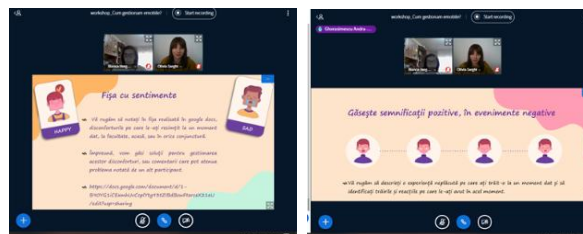
In line with the workshop theme, the graduate students in Educational Psychology, School and Vocational Counselling (PECSV), within the Faculty of Psychology and Education Sciences, organized relevant and significant activities such as:

- *Wheel of Emotions*, in order to develop the ability to become aware of, understand and constructively express one's own emotions.
- *My Sun*, in order to identify and describe personal strengths and name the emotions that trigger awareness of strengths.

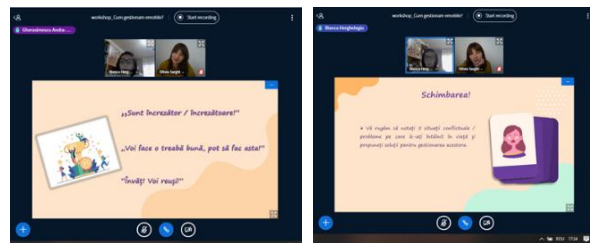


- *Find positive meanings in negative events*, in order to learn ways to quickly provoke a positive state and to recognize people's emotions in various life situations.

- *The Screen with Feelings*, in order to identify emotions in certain specific situations and to develop empathy through communication.



- *The Change*, in order to further contribute to the strengthening of empathic and communication skills.
- *What emotions have I experienced?* In order to assess the learning process.



We leave here a few of the participants' testimonies.

P. R.: It was fun and interesting. Interaction and knowledge.

M. M. M.: I liked it very much because it generated a positive mood in me.

A. D. B.: I liked all the activities and information provided. You led us through all moods and emotions.

P. C.: It was a very beautiful and interactive activity. You succeeded in motivating us to express all our thoughts, ideas and feelings.

Graduate students PCSV:

Andra Lavinia GHERASIMESCU

Bianca HERGHELEGIU

Olivia Elena SÂRGIHI

Anișoara MELNIC

Assoc. Prof. Dr. Laura NĂSTĂȘĂ

Supervisor of graduate students in the workshop

Lect. Dr. Oana Alina BOTA

Coordinator CCOC UNITBV

NATIONAL BLOOD DONATION CAMPAIGN – “DONATE BLOOD, BE A HERO!”

Romania needs blood! Every two seconds, a person needs a blood transfusion, and this can only be achieved through the goodwill of us and those around us. The most important benefit to society when donating blood is that your blood can save lives!



The students at the Faculty of Medicine in Braşov, through the Scientific Association of Medical Students Braşov, decided to join the national blood donation campaign, “Donate blood, be a hero!”, coordinated by Petre Iulian Radu and Diana Mihaela Sporea, in order to combat the deficit caused by the Covid 19 pandemic in Braşov County.



The blood donation campaign took place this time between 12-23 April 2021 at Braşov Blood Transfusion Centre, on Dr. Victor Babeş Street no. 21.



To facilitate the donation process, we mobilized 30 students from the Faculty of Medicine, who contributed to the smooth running of the campaign.



It was a real success, managing to bring a relatively large number of donors, about 800 people, including our colleagues from “Henri Coandă” - Air Force Academy Braşov, 115 students eager to do good.



Petre Iulian RADU, student
Faculty of Medicine

FIRST AID IN THE PRE-HOSPITAL- LIFE-SAVING GESTURES

On the occasion of the Day of Transilvania University, the Faculty of Medicine organized the event "First aid in pre-hospital - life-saving gestures".



This event aims to increase the level of knowledge in the general population about the first aid gestures to be given in the main emergency situations.

The notions were presented with great accuracy by Mr. Adrian Bărăcan, Primary Care Doctor of Anaesthesia and Intensive Care and Lecturer at the Faculty of Medicine in Braşov.



The presentation was accompanied by practical demonstrations that allowed the students to practice the basic life support manoeuvres, as well as how to use the automatic defibrillator.



The event enjoyed the presence of interested students from the Faculty of Medicine and other faculties within the Transilvania University of Braşov.

Assoc. Prof. Dr. Andrea Elena NECULAU, Vice-Dean
Faculty of Medicine

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“HAVING A TALK WITH ...” AT RADIO CAMPUS TRANSILVANIA

Through the project *Radio Campus Transilvania* we always succeed in highlighting the most beautiful and interesting topics that target and attract students and not only them. One of the most broadcast shows is, without a doubt, “Having a talk with...”, a radio show format through which we want to invite the officials of Transilvania University of Braşov and other personalities from different fields of activity who have special achievements.



On 15 April we talked with MD Andrea Neculau, Director of Braşov Public Health Directorate and Associate Professor within the Faculty of Medicine, receiving information about the advantages and disadvantages of vaccination, and proactive encouragement of protection measures through the power of example. Moreover, she also gave us some good reasons to get vaccinated; in this way, we eliminate the risks of getting sick, we protect ourselves from what is around us; besides, it is also a civic responsibility. We started the discussion with some useful tips for all young people: not to smoke, to exercise and to take care of our diet - simple and healthy choices. It is important to be aware of the dangers and to take timely action.

On 22 April we had an extremely interesting discussion on how to be an entrepreneurial student, with Assoc. Prof. Dr. Oana Bărbulescu, who elaborated on the Student Entrepreneurial Society, the activities undertaken and what this concept entails.



Right from the beginning of the discussion, the key idea was formulated, around which the whole discussion took shape: The University's role is to create specialists with entrepreneurial skills, precisely to ensure the students' close connection with the business environment. We need a new wave of entrepreneurs who are motivated, inspired and always ready for novelty. Events, activities are the only ones that can make the new generation central. The Student Entrepreneurship Society has collaborated with entrepreneurs from various fields and soon these collaborations will take place in a formal environment, because the club of entrepreneurs will be established, which aims to strengthen partnerships with entrepreneurs, but also large companies.

In order to be a successful entrepreneur, you need vision, passion, creativity intertwined with intelligence, as well as a good knowledge of the field of activity. The important thing is to get out of the comfort zone, take a risk and accept the challenge.

Arina-Codrina TACU,
Radio Campus Transilvania
2nd-year student, Communication and Public
Relations

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