

PAAVAI COLLEGE OF ENGINEERING
DEPARTMENT OF MECHANICAL ENGINEERING
SOFT SKILLS PROGRAMME ON “ADAPTABILITY AND FLEXIBILITY IN WORK PLACE”
Held on 07.06.2024
EVENT REPORT

Title of the Event : Soft Skill Program on “**Adaptability and Flexibility in Work Place**”

Date of the Event : 07.06.2024

Number of participants : 120

Resource Person : Ms.S. Shalini,
Analyst,
HCL, Chennai

Co-Ordinator : E.S.Palanivel,
Assistant Professor,
Department of Mechanical Engineering,
Paavai College of Engineering
Pachal, Namakkal.

Venue : Pragati Hall.

Event Description:

“**Empathy and Emotional Intelligence**” is a transformative event focused on enhancing emotional intelligence. Through interactive workshops, participants explored the core aspects of EQ, including self-awareness, emotional regulation, empathy, and effective communication. Led by expert facilitators, the event offered practical exercises and real-world scenarios to help attendees better understand their emotions and the emotions of others. By the end of the session, students felt more confident in their ability to build strong relationships, manage stress, and lead with empathy in both personal and professional settings.

A GLIMPSE OF THE EVENT



Soft Skill Program on “**Adaptability and Flexibility in Work Place**”- 07.06.2024