

PAAVAI COLLEGE OF ENGINEERING
DEPARTMENT OF ARTIFICIAL INTELIGENCE AND DATA SCIENCE
SOFT SKILLS PROGRAMME ON “EMPOWERING YOUR EMOTIONAL QUOTIENT”

Held on 30.05.2023

EVENT REPORT

Title of the Event : **Empowering Your Emotional Quotient**

Date of the Event : 30.05.23

No. of participants :120

Resource Person :Dr.A.Arun kumar,
HoD,
Department of Bio Medical Engineering,
Paavai Engineering College,
Pachal, Namakkal

Co-ordinator : Mr.P.J.Raguraman,
Associate Professor,
Department of AI&DS,
Paavai College of Engineering,
Pachal, Namakkal.

Venue : Board room

Event Description :

"Empower Your Emotional Quotient" was 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 Skills Programme on **“Empowering Your Emotional Quotient”**-30.05.2023