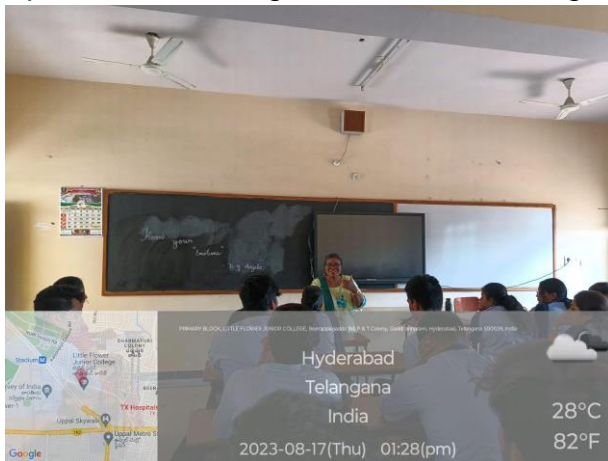


LITTLE FLOWER DEGREE AND PG COLLEGE

UPPAL, HYDERABAD-500039

The Department of Psychology organised a workshop on 17 August 2023, from 12:30 pm to 1:30 pm. The topic for the webinar was "Know your emotions". The speaker was Dr. G. Angela David, a psychological consultant at Sahayam Psychological Counselling and Wellness Centre, Osmania University, Hyderabad. Almost 60 students took part in the session. This workshop was very informative and enhanced the knowledge of the students on the importance of emotions and living a balanced life with the help of emotional intelligence. Students also understood the role of emotion analysis, positive self-talk, and ways to improve our self-esteem during the interactive session.

Speaker Dr. G. Angela David addressing the students



Interactive session



Felicitation of the guest speaker

