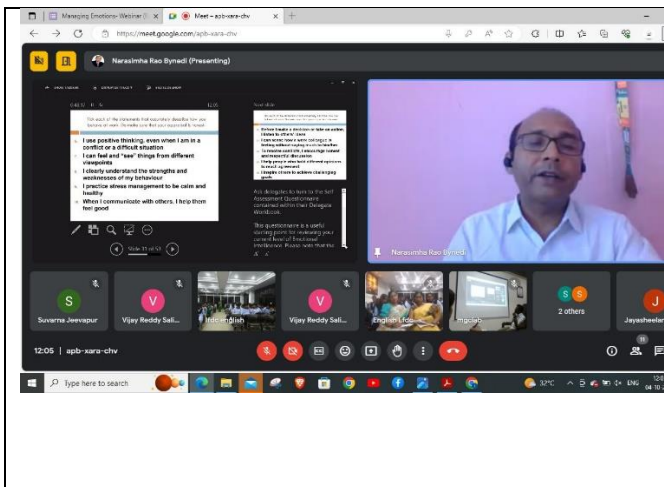


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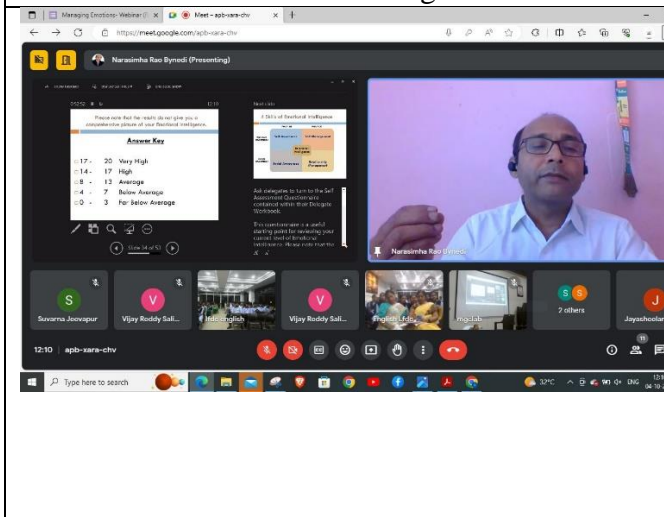
The English and ML departments, in collaboration with Mar Gregorios College of Arts & Science, Chennai, organised a webinar titled "**Managing Emotions: Emotional Intelligence and Productivity**" on October 4, 2023. Mr. B. Narasimha Rao, a Chennai-based soft skills trainer, was the guest speaker for the session. He initiated the session with an engaging anecdote that underscored the message, "**Attitude determines one's altitude (growth).**" Subsequently, Mr. Rao delved into the various facets of emotional intelligence and shared practical strategies for effectively managing emotions. His insightful presentation provided participants with valuable knowledge to bolster their productivity.



Mr. Narasimha conducting the session



Students enthusiastically listening to the lecture



An activity to understand Emotional Intelligence



Students actively participating in the activity