

**Special Lecture
on
“Handling Your Emotions”**

Date : 22.01.2017
Venue : Women’s Studies Centre, Madurai Kamaraj University
No. of Beneficiaries : 73

The Women’s Studies Centre of Madurai Kamaraj University organized a **Special Lecture on “Handling Your Emotions”** on 12th January 2017. The Program started with invocation. Dr.R.Radhika Devi, Director i/c of Women’s Studies Centre, welcomed the gathering and explained the objectives of the Special Lecture. She said that the Special Lecture would be about the importance of emotions and how to handle them effectively.



Dr.R.Radhika Devi, Director i/c of Women’s Studies Centre, welcomed the gathering

Dr. Dheep delivered his lecture on “Handling your Emotions”. He narrated about the basic essential life skills and basic emotions. He said that successful men or women contribute 80% in EQ and only 20% in IQ. He shared the concept of Daniel Goleman who is the father of Emotional Intelligence. Daniel Goleman says “The international companies with a vision are now increasingly opting for EQ training for their employees because they realize that it raises job productivity and customer satisfaction” and about the ten life skills of World Health Organization. Dr.Dheep stated that “A Good Head and

a Good Heart are always a very formidable combination” – Nelson Mandela. The students who actively interacted and asked questions were rewarded.



Student Interacted with “ Dr.Dheep”



Dr.C.Subbulakshmi, Assistant professor, WSC
delivers the ‘Vote of Thanks’

The lecture was concluded with remarks by Dr.C.Subbulakshmi, Assistant professor, Women’s Studies Centre.