



MGR ASSOCIATION FOR GREAT INNOVATIVE CREATORS

Department of Civil Engineering

Event Title	Guest lecture on Emotional Well Being and Career development		
Objective of Event	Managing anger and anxiety while emphasizing the balance between hard work and life challenges.		
Chief Guest /Speaker Details	Ms. ANCY GEORGE, the proprietor and child development consultant, You Are Precious		
Date	01/02/2024	Time	11.00 AM to 12.00 PM
Venue	Civil Smart Room	No. of Participants	80

REPORT

TITLE

Emotional Well-being and Career Development

CONTENT

The guest lecture titled "Emotional Well-being and Career Development," which took place on 24th January 2024 at 2:15 pm in the Smart Classroom. The event was organized by the Department of Civil Engineering, and we were honored to host Mrs. Ancy George, the proprietor and child development consultant of "You Are Precious."

The session commenced with a warm welcome from Dr. T. Kavitha, the Head of the Civil Engineering department, followed by a thoughtful introduction by Mrs. Sivaranjani Thangaraj, Assistant Professor of the Civil department, who also organized the event.

Mrs. Ancy George delivered an insightful seminar aimed at empowering individuals to navigate both their professional and emotional journeys with intention and balance. She emphasized crucial aspects of a student's life, starting with the importance of daily schedules, recommending specific sleep windows, and advocating for physical activity and limited phone use.

The speaker highlighted the need for a well-organized schedule and the role of good friends in one's life. Addressing emotional well-being, Mrs. George discussed strategies for managing anger and anxiety while emphasizing the balance between hard work and life challenges. She encouraged students to speak good English, ponder the meaning of life, and recognize the four identities—self, professional, family, and friends. Mrs. George concluded her session by motivating students to dream big,



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discover, and take action (Three D's).

The engagement and interaction of the students throughout the session were commendable, reflecting the relevance and impact of the topic. Mrs. Sivaranjani Thangaraj, the Assistant Professor of the Civil department, organized the speaker and concluded the event with a heartfelt vote of thanks.

The Department of Civil Engineering expresses its gratitude to our Honorable President for his constant support and encouragement. Special thanks are extended to all the executives for their efforts in ensuring the smooth conduction of the event.

This event has proven to be a valuable addition to our academic calendar, contributing significantly to the overall development of our students. We look forward to hosting more such impactful sessions in the future.

EVENT OUTCOME

This event has proven to be a valuable addition to our academic calendar, contributing significantly to the overall development of our students.

PHOTOS



Mrs.T.Sivaranjani