



THIAGARAJAR COLLEGE, MADURAI-625 009 IQAC



PROGRAMME REPORT

**WOMEN STUDIES CENTRE AND PART-V GENDER STUDIES SF
“EMOTIONAL INTELLIGENCE FOR EMPOWERED WOMEN”**

DATE:13.10.2025

| | |
|------------------------|-----------------------|
| Name of the programme | Mental health Day |
| Department/coordinator | Dr.G.Selvarakku |
| Date and Time | 13. 10.2025 / 7:00 pm |

REPORT

A special lecture on “Emotional Intelligence for Empowered Women” was held at Diamond jubilee hall. The programme began with a welcome address by Dr. R. Aruna. The chief guest, Ms. A. Muhil, delivered an insightful lecture focusing on the importance of emotional intelligence in women’s personal and professional growth. She explained the five key components of emotional intelligence— self-awareness, self-regulation, motivation, empathy, and social skills—and emphasized how these qualities help women manage stress, build positive relationships, and take confident decisions. She also encouraged women to develop inner strength and emotional balance to face life’s challenges effectively. The event concluded with a vote of thanks by Dr. G. Selvarakku. The session was highly motivating and helped participants understand how emotional intelligence contributes to true empowerment and success.


Thiagarajar College, Madurai - 625009

*In commemoration of
World Mental Health Day*

Women's Studies Centre

Organises

An Awareness Program

On

**Emotional Intelligence for Empowered
Young Women**

Ms. A. Muhil,

*Psychologist and Psychotherapist,
Ahana Hospital.*

Will deliver a special lecture

On 13th October 2025 at 07.00 p.m.

Venue : Manimegalai Jllam

Dr. D. Pandiaraja

Principal

Thiagarajar College

has kindly consented to preside over the meeting

(Programme Overleaf)

Programme
In commemoration of
World Mental Health Day

Date : 13.10.2025

Place : Manimegalai Illam

- 07.00 p.m. : **Prayer**
- 07.05 p.m. : **Welcome Address**
Dr. R'.Aruna
Director
Women's Studies Centre, Thiagarajar College
- 07.10 p.m. : **Presidential Address**
Dr. D. Pandiaraja
Principal, Thiagarajar College
- 07.20 p.m. : **Special Lecture**
**Topic : Emotional Intelligence for Empowered
Young Women**

Ms. A. Muhil,
Psychologist and Psychotherapist,
AhaNa Hospital.

- 08.00 p.m. : **Vote of thanks**
Dr. G. Selvarakku
Coordinator, Gender Studies,
Thiagarajar College.





THIAGARAJAR COLLEGE, MADURAI - 625009

WOMEN'S STUDIES CENTRE

GPS Map Camera



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Meenakshi Nagar, Tamil Nadu, India 

West Street, madurai, West St, Meenakshi Nagar, Tamil Nadu

625009, India

Lat 9.913695° Long 78.14715°

Monday, 13/10/2025 07:58 PM GMT +05:30



GPS Map Camera



Google

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Lat 9.913723° Long 78.147142°

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