



NEW HORIZON COLLEGE OF ENGINEERING

DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING

REPORT ON HIGH MOTIVATIONAL TALK

Speaker: Mr. Eshwar Sundaresan

Date: 24-08-2019

Venue: NHCE Falconry

Audience: 3rd Sem CSE Students

Topic: Introduction to Emotions and Management of Emotions

Gist of the Event:

Mr. Eshwar Sundaresan has given an outline about emotion and how to handle emotion. He gave ideas and suggestions to students how to convert a negative emotion to positive. The importance of health and sleep to control human emotions.

Some feedbacks from the students are:

The talk for today was really great. It will surely help for people dealing with trauma, also it will help teenagers like us who are stepping into adulthood in dealing and managing with our emotions in a better and professional way. It helped us in learning a lot about different feelings and how we are going to manage our stress over the next couple of years.

Atreyee – 3D

Today's talk was a nice experience and got hints for managing our stress. The talk for me was refreshing though!!

Abhigan 3A

The talk inspired me a lot. It taught me how to use my negative emotions in a productive way. It also taught me that showing emotions is very important and suppressing emotions always have a amplified negative effect in future. I also learned so many new ways to handle stress. The talk was very interesting and inspiring.

Ansika Singh 3A

Today's session by Eshwar sir was really good. His words regarding mindfulness, stress management and managing emotions was highly motivated path to increase the control of our mind.

Gopi Krishnan 3A

The talk was very relevant to us. Different emotions were discussed with detailed examples. The examples helped us to understand better. The talk was very interactive. The solutions discussed or the tips are very useful and we can follow them without any difficulty.

Bhavana 3D

The talk was really good, we came to know about different aspects of emotions. Also we could learn how to reduce stress and control anger. It was really motivating.

Sai Sreeja 3D

It was so interesting and motivational speech for the student and if we will implement this in our real life, so that we can do well in our future.

Aniket 3A

The talk was very informative and I am sure it will help us in the days to come if not at this current moment. There were lots of helpful things like mindfulness and the exercises that were part of the talk, that will help us in keeping our emotions in check and help us in understanding everyone's behaviour.

Deepansh 3D

Glimpses of the event:







