



**Loyola College (Autonomous)
Department of International Relations**

invites you for a workshop on

**“Cultivating Professionalism: EQ, Etiquette, Inclusivity and
Gender Sensitisation in Postgraduate Academia.”**

by



Ms. D Anitha Yazhini

Coordinator
Department of Counselling Psychology
Loyola College



Dr. I. Charles Durai

Director
DDU Kaushal Kendra
Loyola College



23 July, 2024



MCA Hall



1:30-4:15 PM

**Cultivating Professionalism: EQ, Etiquette, Inclusivity and Gender Sensitisation in
Postgraduate Academia**

Date: 23/07/2024

Speakers: Mr. Charles Durai

Ms. Anitha Yazhini

Mr. Charles Durai I, the director of DDU Kaushal Kendra, is a certified British Council English Language Trainer and also a Cambridge examiner. His specialisations include effective communication, motivation, mentoring and training.

Ms. Anitha Yazhini D, the Coordinator of the Department of Counselling Psychology, is trained in Counselling and Psychotherapy and has been a student counsellor for 8 years.

The first session on Inclusivity, Gender Sensitisation and Professional etiquette was conducted by Mr Charles Durai Sir, Director Kaushal Kendra, Loyola College and Ms. Rhea, a student from the department of Digital journalism. The session began with a video which shows the adversity of the differently abled people and the society's ignorance towards them and the stereotype surrounding their abilities. The video was also metaphorically questioning God itself as to why certain people are facing difficulties. The gender sensitisation issue was addressed by Ms Rhea who comes from the transgender community. Her experiences and views were an eye opener, on their sufferings. Ms Rhea's courage to open up to a gathering was extremely moving and her views on the society and its failure in enabling people belonging to the non binary gender spectrum is a harsh reality.

The idea of inclusivity is much needed in today's world. Mr Charles Durai pointed out the importance of inclusivity and provided certain examples in the current world affairs where inclusivity is an issue. The ongoing wars in Russia Ukraine, Israel Gaza, the draconian laws in India and so many more. He also addressed the refugee issues which has been persistent since years and it is only increasing day by day. His effort towards connecting the topics with International Relations was very insightful and his session very interactive.

Mr Charles Durai also taught about professional etiquettes and email drafting. Study material were provided on writing an email effectively and it was a helpful.

The second session conducted by Ms Anitha Yazhini, dealt on the topics of Emotional quotient and the importance of emotional intelligence in daily lives. The session began with taking up a survey to test our Emotional intelligence. Ms Anitha Yazhini also dealt with various issues that we as humans face including dealing with stress and anxiety and problems with decision making etc. She was extremely candid and made everyone comfortable with the topics she was dealing with. Often emotional intelligence is ignored due to higher importance given to IQ-Intelligence Quotient. This session helped in realising the role of self-reflect and understand one's emotions. She also laid emphasis on the fact that when we expect certain things from people, we should also give back the same qualities that we expect from others.




 **GPS Map Camera**



Chennai, Tamil Nadu, India
24, 9, Nelson Manickam Rd, Nungambakkam, Chennai, Tamil Nadu
600034, India
Lat 13.064522°
Long 80.233886°
23/07/24 01:51 PM GMT +05:30



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600034, India

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Long 80.233881°

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