

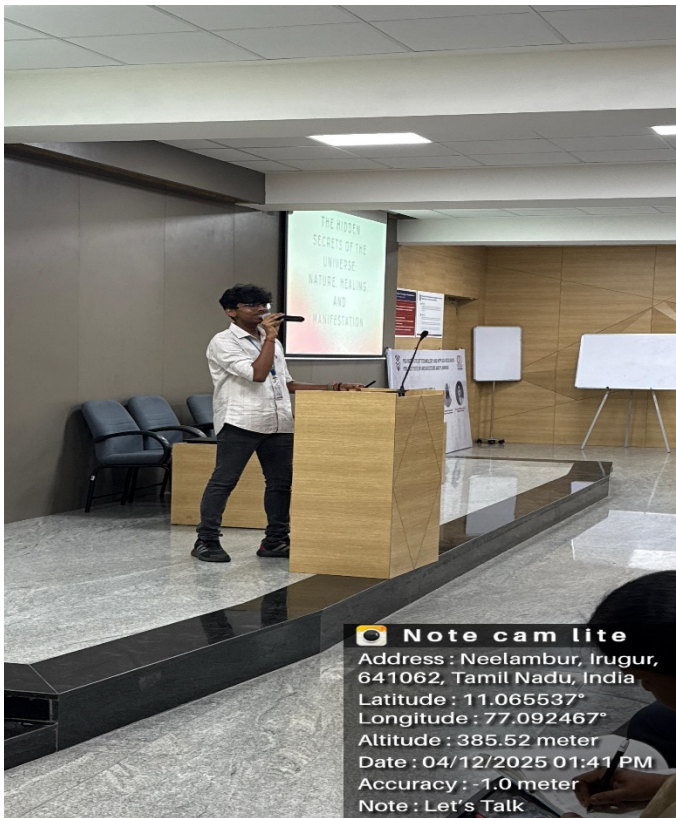
Event title	Let's Talk
Event Category	College Event
Date and Duration	12 April 2025, 01.30 pm - 3.15 pm
Department	English
Co-ordinators	Dr K Pramila, Department of English
Chief Guest/ Resource Person/ Keynote Speaker	N/A
Guest Speaker/ Session Chair	N/A
No. of Participants	45

Let's Talk event was held on 12 April 2025. There were three speakers who shared their ideas on issues that were very relatable and important.

The first speaker was Siddarth S, First Year Mechanical Engineering, who spoke on the topic, "The Hidden Secrets of the Universe." He said that people can find solace in nature when they are depressed or when they feel sad. He said that since we are creation of nature we can resonate with nature easily. He also said that man has to master his emotions in order to control his astral body and that will give positive energy. He also stressed on the importance of meditation, manifestation of positive emotions and expressing gratitude.

Akshayaa T, First Year ECE (A), delivered an impactful talk on, "Nurturing meaningful connections in a digital age." She began her talk with a series of interesting and thought provoking questions. She pointed out that today a person might have 500 plus connections in LinkedIn, and thousands of followers online but she wondered if they are people who connect meaningfully. She stressed that quality is more important than quantity in relationships. She said her talk is an invitation to connect and urged everyone not to keep their emotions and problems bottled up and she requested everyone to genuinely care for others.

The final speaker was Suraj Premkumar, First Year AI & DS gave a very insightful talk on, "Feel, it's Human." This powerful talk highlighted the importance of not keeping our emotions inside. He pointed out that unfortunately people exhibit their negative emotions like anger, envy and so on freely than positive emotions like empathy. He said people have been conditioned to believe that it is normal to express rage and violent behaviour but it is cringey to express positive emotions. He urged young people to express their emotions in a healthy way and said that to feel is normal and valid but we have to deal with our emotions and express positive emotions.



Siddarth S, First Year Mechanical, and Akshayaa T, First Year ECE (A) delivering their speeches on 12 April 2025



Suraj Premkumar, First Year AI & DS delivering his speech on 12 April 2025

K Pramila

K Pramila

Principal