

Value Addition Course (VAC)

Psychology - Emotional Intelligence

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/Practice		
Emotional Intelligence	02	1	0	1	Pass in Class 12th	NIL

COURSE OBJECTIVES

- Introduce the concept of emotional intelligence, its models and components.
- Understand the significance of emotional intelligence in self-growth and building effective relationships.
- Identify the measures of emotional intelligence.

LEARNING OUTCOMES

- Self-Awareness, Self-Management, Social Awareness & Relationship Management.
- Discover personal competence and techniques of building emotional intelligence.
- Gain insights into establishing positive relationships.

Syllabus of *Emotional Intelligence*

Unit I: Fundamentals of Emotional Intelligence	4
• Nature and Significance • Models of emotional intelligence: Ability, Trait and Mixed • Building blocks of emotional intelligence: self-awareness, self-management, social awareness, and relationship management	
Unit II: Personal Competence	5
• Self Awareness: Observing and recognizing one's own feelings, Knowing one's strengths and areas of development. • Self Management: Managing emotions, anxiety, fear, and anger.	
Unit III: Social Competence	3
• Social Awareness: Others' Perspectives, Empathy and Compassion • Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management	
Unit IV: Emotional Intelligence: Measurement and Development	3
• Measures of emotional intelligence • Strategies to develop and enhance emotional intelligence	