

Vishnu Waman Thakur Charitable Trust's  
**Bhaskar Waman Thakur College of Science,  
Yashvant Keshav Patil College of Commerce,  
Vidhya Dayanand Patil College of Arts,**  
(VIVA College)



**Emotional  
Intelligence  
(CC-EI)**



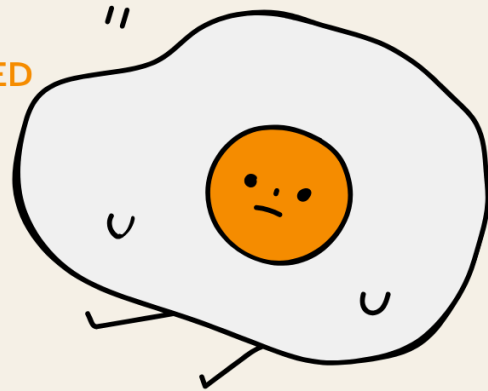
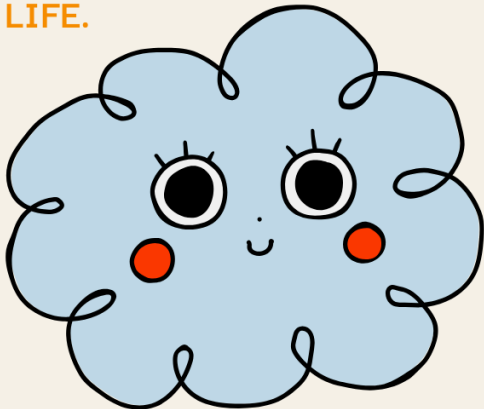
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VIVA College  
(NAAC ACCREDITED 'B' Grade, CGPA 2.69)

# Learn to manage emotions (EE-EI)

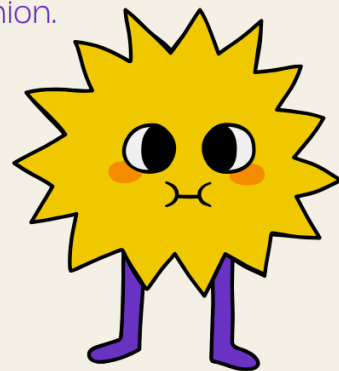
THIS NOT ONLY MAKES THE INDIVIDUAL HAPPIER BUT ALSO MAKES THEM FAR MORE SATISFIED WITH WHAT THEY ARE DOING IN LIFE.



Free entrance - Free entrance - Free entrance

- # set attainable goals
- # make better decisions
- # deal with your problems in a healthier and fashion.

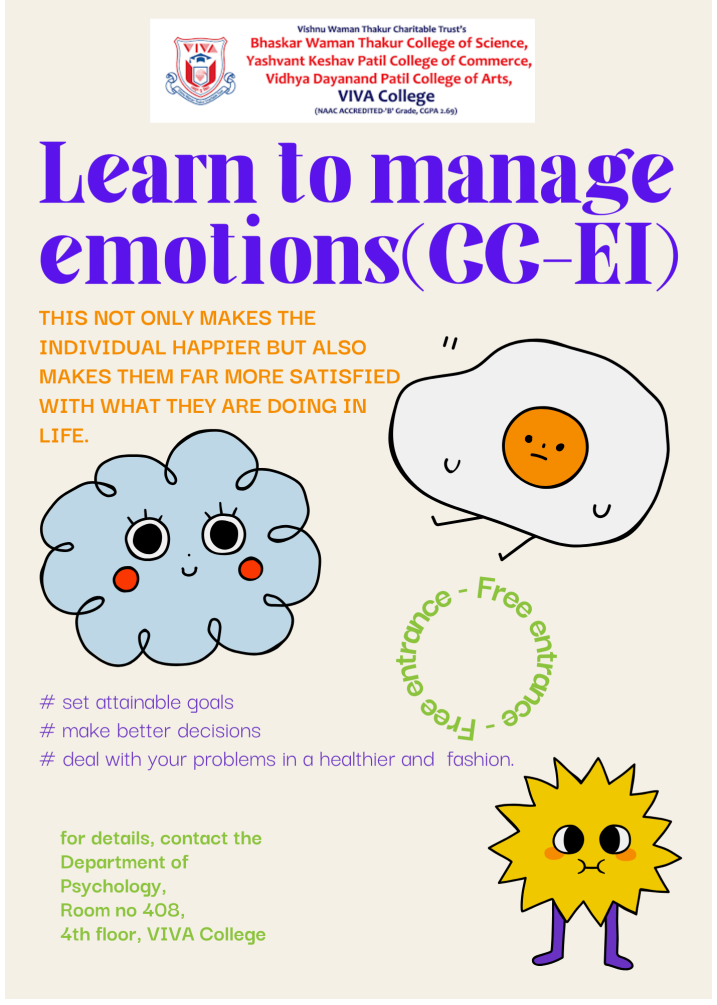
for details, contact the  
Department of  
Psychology,  
Room no 408,  
4th floor, VIVA College





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CERTIFICATE COURSE FORMAT

Sr. No	Particulars	
1.	Department	<b>Psychology</b>
2.	Name of the Course and Course Code	Certificate Course on Emotional Intelligence Flyer: 
3.	Code	<b>CC-EI</b>
4.	Duration	<b>30 Hours</b> Weekly on weekdays, from Aug 02, 2024 until Aug 23, 2024
5.	Date of Commencement	August 2024
6.	Curriculum / Syllabus copy of the course	Syllabus Unit 1: Concept of Emotional Intelligence



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	<p>1.1 Emotion - Meaning, characteristics of emotion, components of emotion - cognitive component, physiological component, Behavioural component.</p> <p>1.2 Types of emotions, exposing the myths about emotion, physiological or bodily changes accompanying emotions, How emotions affect our thinking and actions</p> <p>1.3 Development of emotions and emotional maturity, Emotional Intelligence – concept, history, measurement of EI - Bar-On Emotional Quotient Inventory, emotional competence inventory, Emotional and social competency inventory, Mayer-Salovey-Caruso Emotional Intelligence Test, self-rated emotional intelligence scale.</p> <p>Unit 2: Intrapersonal Awareness</p> <p>2.1 Working with EI - EI can be enhanced or developed, models of EI: Ability models, Trait models, Mixed model, development of EI</p> <p>2.2 Emotional Self Awareness – Introduction, Meaning and Definition, Emotional Self-awareness and Success, development of emotional self-awareness</p> <p>2.3 Accurate self-assessment-meaning and definition, Introduction, accurate self-assessment and success</p> <p>2.4 Self-confidence –Introduction, need and importance of self-confidence in one's life.</p> <p>Unit3 - Intrapersonal Management</p> <p>3.1 Emotional self-control-meaning and definition, emotional self-control and success</p> <p>3.2 Developing or improving the ability of emotional self-control: stage1- identification or awareness about the parent emotional state, stage2- determining underlying causes responsible for the present emotional state, stage3-adopting measures for getting control of the emotional state</p>
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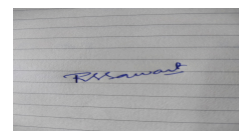
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		<p>3.3 Stress Tolerance: Stress - Meaning and definition, Factors responsible for inducing stress, Development of stress Tolerance</p> <p>3.4 Assertiveness, Self –actualisation and Optimism- concept, meaning and importance</p> <p>Unit4 - Interpersonal and Intrapersonal Awareness</p> <p>4.1 Interpersonal Awareness Introduction, awareness about others-meaning and definition, awareness about others and success, personal life, professional life, development of awareness about others, empathy and reality testing.</p> <p>4.2 Interpersonal Management - Managing Interpersonal Relationships, Flexibility, Flexibility and success</p> <p>4.3 Problem Solving – meaning, scientific method of problem solving, development of problem solving ability</p> <p>Unit 5 Conflict Management and Leadership</p> <p>5.1 Conflict Management- meaning, definition, concept, stages- pre-negotiation stage, negotiation stage, post negotiation stage, conflict management and success.</p> <p>5.2 Cooperation and collaboration- meaning, skill of cooperation and collaboration and success, development of the skill of cooperation and collaboration</p> <p>5.3 Leadership - leadership – meaning and definition , leadership style and traits - task-oriented and relation oriented styles, authoritarian, democratic and laissez faire styles, Inspirational leadership., development of inspirational leadership.</p>
7.	Committee (BoS) for framing of syllabus	<p>1. Chairman : Ms. Rashmi Sawant</p> <p>2. Coordinator : Ms. Rashmi Sawant</p>
8.	Mode of Delivery of the curriculum	Regular



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9.	Assessment procedure	Test, Assignments  Certificate 
10.	Outcomes of the program	<ol style="list-style-type: none"><li>1. Students will be able to understand as well as manage their own emotions and will be able to motivate themselves.</li><li>2. Students will be able to empathise and increase their social awareness.</li><li>3. Students will be able to have better self awareness and better self control.</li></ol>



Ms. Rashmi Sawant

Name & Signature of HOD/ Course Coordinator