

Units to be taken	Months wise schedule to be followed	Tests/Assignments/Revision/Presentations etc.
<p>UNIT- I Fundamentals of Emotional Intelligence (4 Weeks) • 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</p>	<p>August</p>	<p>Class test and mindfulness activity</p>

<p>UNIT- II Personal Competence (5 Weeks) • 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.</p>	<p>September</p>	<p>Discussion with students about real life examples and making them more aware about these components.</p>
<p>UNIT- III Social Competence (3 Weeks) • Social Awareness: Others' Perspectives, Empathy and Compassion • Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management</p>	<p>October</p>	<p>Students will practice various techniques of relationship management such as engaging with: • Display of empathy • Effective communication • Teamwork • Conflict resolution</p>

UNIT- IV Emotional Intelligence: Measurement and Development (3 Weeks) • Measures of emotional intelligence • Strategies to develop and enhance emotional intelligence	November	
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Paper name: Emotional Intelligence, (VAC) Semester III

Class type: Lecture 3L Paper

Shared with: No one

Curriculum plan (Odd Semester 2024-2025) August 2024-December2024

Teacher Name: Sanju Parihar