



SHARDA
UNIVERSITY
Beyond Boundaries

SHARDA SCHOOL OF
HUMANITIES &
SOCIAL SCIENCES



COURSE

**EMOTIONAL
INTELLIGENCE
ESSENTIALS**

VAH005

VALUE ADDED

COURSE BROCHURE

2022-23

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high quality education provider with prime focus on holistic learning and imbuing competitive abilities in students.

ABOUT SCHOOL

The Sharda School of Humanities and Social Sciences (SSHSS) plays a crucial role in providing students with an ambience that is helpful in developing an understanding of modern social issues through science, technology and management with an interdisciplinary approach. SHSS has a unique and unique role of providing a creative educational programmer that focuses on overall understanding of complexities of life with an emphasis on Indian cultural values and ethics.

The academic programs are specially designed in accordance with the best global practices. We combine the best practices of teaching and classroom learning and complements them with practical training and experiential learning. The school is equipped with modern facilities for the students and supported by a state-of-the-art library having large collections of books, journals, audio-visual aids and other learning materials.

Key Highlights:

SSHSS adopts the interdisciplinary and integrative pedagogical approach to systematically impart training for diverse languages, literature, histories and cultures. SHSS at Sharda University takes the global learning environment to a new level with cultural, creative and academic activities.

The school is equipped with a language lab with access to Pearson Global English Software; Wi- Fi enabled spacious classrooms with projectors and other audio-visual aids. SHSS has emerged as the epicenter of cultural, creative and academic activity at Sharda University with students from all over the world creating a multi-cultural environment and a vibrant global network of students.

ABOUT THE DEPARTMENT

The Department of Humanities and Social Sciences offers various courses that encourage the spirit of enquiry and critical analysis of new categories of thought that connects individual experience to the wider social life.

Committed to the pursuit of excellence in higher education, the department offers degrees at Bachelor, Masters and PhD levels in English Literature, Political Science, History, Psychology and Sociology. The department also offers various short term courses in language proficiency. It offers special “bridge” courses and Communicative English Programs to students seeking to improve their language skills. The Remedial English course we offer to university students is always in demand and is found useful by a wide range of students from various disciplines.

ABOUT COURSE

This course helps to develop the understanding of human development across their lifespan within the context of family, peer groups, child-care and after-school, Programs, schools, neighborhoods, and larger communities and society. Developmental psychology is a scientific approach which aims to explain growth, change and consistency though the lifespan. It also looks at how thinking, feeling, and behavior change throughout a person’s life.

Course Schedule

Session	Content	Duration Hours
1	Emotional Intelligence and Models of Emotional Intelligence	2
2	EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills	2
3	Importance of Emotional Intelligence	2
4	Levels of emotional awareness and Recognizing emotions in oneself	2
5	The universality of emotional expression	2
6	Perceiving emotions accurately in others	2
7	The relationship between emotions, thought and behaviour	2
8	Managing Thoughts	2
9	Techniques to manage emotions	2
10	Workplace	2
11	• Relationships	2
12	• Conflict Management	2
13	Effective Leadership	2
14	Leadership styles and Approaches	2
15	Leadership Ethics and Innovation	2

RESOURCE PERSON

Prof. (Dr.) Gurvinder Ahluwalia: Prof. Ahluwalia's specialisation is 'Counselling and Spiritual Psychology'. Additionally, she has a profound interest in 'Child Psychology', and 'Developmental Psychology'. In addition to Teaching and Training, she is also involved in Guidance and Counselling, Yoga and Meditation Therapy, Academic Projects (Research and Community Service), Academic Research, Life Skills programs, Capacity/ Faculty Development Programs.

She is associated with many National and International Organisations. She is an Editorial Board member in the American Journal, named, 'Psychology and Behavioural Science (PBS)' and is also a member of the Wiley group of Online Library. Besides, she has widely published in prestigious publications. Her publications also include prominent newspapers like Dainik Jagaran. In addition, she is active on electronic media through her presentations on burning issues on Indian TV channels viz. SAMAY (Student's Suicides in Kota Coaching Institutes, Rajasthan) and Delhi DOORDARSHAN (Marital Problems).

Dr. Toran Talwar is an Assistant Professor of Psychology in the School of Humanities and Social Sciences. She has had teaching experience for around fifteen years. Prior to Sharda, Dr Toran Talwar had been associated with Dayalbagh Educational Institute, Off-Campus Centre for seven years as a facilitator and three years with I.T.S Engineering College, Greater Noida. She teaches research methodology and statistics to undergraduates and doctoral program students. Her research areas are cognitive science, organizational behaviour, human resource management, human values, and professional ethics. Her publications include book chapters and research articles.

Dr Ashu Kumari (Assistant professor PhD. in Clinical psychology. She is RCI registered psychologist. She has published multiple research papers in National and International Scopus Indexed. More than 4-year experience as a psychologist and 2-year experience as academician

Ms. Sanskriti Sharma: Ms Sharma has been in close association with the field of Psychology for the last 10 years and her inclination is towards Clinical Psychology. She is an RCI licensed Psychologist with the training and experience of 4 years in the treatment of a diverse range of clinical population (children and adolescents, geriatrics, addiction, organic cases to name a few.

She has worked as a guest lecturer at various institutes for teaching Abnormal Psychology and Basic Psychology and has worked with UNICEF and has been a district co-ordinator for training councellors in psychological first aid. She has also been a consultant psychologist to military professionals and school-going children.

School: SSHSS		Batch: 2023-2027	
Program: BA		Current Academic Year: 2023-2024	
Branch: Humanities and Social Sciences		Semester: II	
1	Course Code	VAH005	
2	Course Title	EMOTIONAL INTELLIGENCE ESSENTIALS	
3	Credits	0	
4	Contact Hours	30 Hours	
	Course Type	Value Added Course (Audit)	
5	Course Objective	<p>1. The course aims to enhance individuals' ability to recognize, understand, manage, and effectively use emotions in various aspects of life.</p> <p>2. Develop Self-Awareness: Recognize and understand personal emotions, triggers, and patterns of behavior. Explore the impact of emotions on thoughts and actions.</p> <p>3. Cultivate Self-Regulation: Acquire skills to manage and regulate emotional responses in various situations.</p> <p>4. Develop techniques for maintaining composure and resilience under stress.</p>	
6	Course Outcomes	<p>The students will be able to:</p> <p>CO1: Develop a comprehensive understanding of the concept of emotional intelligence, including its components, significance, and impact on personal and professional success.</p> <p>CO2: Increase self-awareness by recognizing and understanding one's own emotions, triggers, and patterns of behavior.</p> <p>CO3: Acquire skills to manage and regulate one's own emotions, demonstrating the ability to stay calm under pressure and handle stress effectively.</p> <p>CO4: Enhance empathy skills to understand and resonate with the emotions of others, fostering better interpersonal relationships.</p> <p>CO5: Improve communication skills, including active listening, expressing emotions appropriately, and adapting communication styles to different situations.</p> <p>CO6: Develop strong interpersonal skills by building positive relationships, resolving conflicts, and collaborating effectively with others.</p>	
7	Course Description	<p>This course is designed to empower individuals with the knowledge and skills necessary to understand, manage, and leverage emotions effectively in both personal and professional settings. Participants will explore the key components of emotional intelligence and develop practical strategies to enhance self-awareness, self-regulation, interpersonal relationships, and overall emotional well-being.</p>	
	Unit 1	Introduction	CO Mapping
	A	<ul style="list-style-type: none"> Emotional Intelligence and Models of Emotional Intelligence 	CO1, CO2
	B	<ul style="list-style-type: none"> EQ competencies: self-awareness, self-regulation, motivation, empathy, and interpersonal skills 	CO1, CO2
	C	<ul style="list-style-type: none"> Importance of Emotional Intelligence 	CO1, CO2
	Unit 2	KNOWING ONE'S AND OTHERS' EMOTIONS	
	A	<ul style="list-style-type: none"> Levels of emotional awareness and Recognizing emotions in oneself 	CO2, CO3
	B	<ul style="list-style-type: none"> The universality of emotional expression 	CO2, CO3
	C	<ul style="list-style-type: none"> Perceiving emotions accurately in others 	CO2, CO3
	Unit 3	MANAGING EMOTIONS	

	B	<ul style="list-style-type: none"> Managing Thoughts 	CO2, CO3
	C	<ul style="list-style-type: none"> Techniques to manage emotions 	CO3, CO4
	Unit 4	APPLICATIONS	
	A	<ul style="list-style-type: none"> Workplace 	CO2, CO3,
	B	<ul style="list-style-type: none"> Relationships 	CO3, CO4
	C	<ul style="list-style-type: none"> Conflict Management 	CO3, CO4
	Unit 5	LEADERSHIP	
	A	<ul style="list-style-type: none"> Effective Leadership 	CO3, CO4; CO5; CO6
	B	<ul style="list-style-type: none"> Leadership styles and Approaches 	CO3, CO4; CO5; CO6
	C	<ul style="list-style-type: none"> Leadership Ethics and Innovation 	CO3, CO4; CO5; CO6
	Mode of examination	Assignments; Quiz; Viva	
	Readings Text book/s*	<p>Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. San Francisco, California: Jossey Bros.</p> <p>Goleman, D. (1995). Emotional Intelligence. New York: Bantam Book. Goleman, D. (1998). Working with Emotional Intelligence. New York: Bantam Books.</p> <p>Singh, D. (2003). Emotional intelligence at work (2 nd ed.) New Delhi: Response Books.</p>	