

**DEPARTMENT OF COMMERCE**  
**SHYAM LAL COLLEGE, UNIVERSITY OF DELHI**

**Subject- Emotional Intelligence**

**Sem - Sem II and IV**

**Course - VAC**

<b>S.N.</b>	<b>From</b>	<b>To</b>	<b>Topics</b>
Week 1	18-Jan-24	20-Jan-24	Fundamentals of Emotional Intelligence - Introduction
Week 2	22-Jan-24	27-Jan-24	Nature and Significance
Week 3	29-Jan-24	03-Feb-24	Models of emotional intelligence: Ability, Trait and Mixed
Week 4	05-Feb-24	10-Feb-24	Building blocks of emotional intelligence: self-awareness,
Week 5	12-Feb-24	17-Feb-24	self-management, social awareness, and relationship management
Week 6	19-Feb-24	24-Feb-24	Self Awareness: Observing and recognizing one's own feelings, Knowing one's strengths and areas of development.
Week 7	26-Feb-24	02-Mar-24	Self Management: Managing emotions, anxiety, fear, and anger.
Week 8	04-Mar-24	09-Mar-24	Practice self-management techniques to regulate emotions - practical
Week 9	11-Mar-24	16-Mar-24	Revision and assessment
Week 10	18-Mar-24	23-Mar-24	Social Awareness: Others' Perspectives, Empathy and Compassion
	<b>24-Mar-24</b>	<b>31-Mar-24</b>	<b>MID SEMESTER BREAK</b>
Week 11	01-Apr-24	06-Apr-24	Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management
Week 12	08-Apr-24	13-Apr-24	Practice various techniques of relationship management - practical
Week 13	15-Apr-24	20-Apr-24	Measures of emotional intelligence
Week 14	22-Apr-24	27-Apr-24	Strategies to develop and enhance emotional intelligence
Week 15	29-Apr-24	04-May-24	Discussions - students can share their experiences
Week 16	06-May-24	11-May-24	Revision and assessment

**Teaching Methods :** Group Discussions  
Flip Classroom  
Lecture Method  
Presentations  
Practical Exercises