

**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)**  
**DEPARTMENT OF ENGLISH**  
**COURSE CURRICULUM**

| <b>PART- A: Introduction</b>                                                         |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                       |
|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| Program: Bachelor in<br>Arts/Science/Commerce<br>(Certificate/Diploma/Degree/Honors) |                                                                                                                               | Semester –<br>I/III/IV                                                                                                                                                                                                                                                                                                                                                                                     | Session: 2024-2025                                    |
| 1                                                                                    | Course Code                                                                                                                   | ENVAC-01                                                                                                                                                                                                                                                                                                                                                                                                   |                                                       |
| 2                                                                                    | Course Title                                                                                                                  | Emotional Intelligence                                                                                                                                                                                                                                                                                                                                                                                     |                                                       |
| 3                                                                                    | Course Type                                                                                                                   | VAC (Value Added Course)                                                                                                                                                                                                                                                                                                                                                                                   |                                                       |
| 4                                                                                    | Pre-requisite (if, any)                                                                                                       | <i>As per Program</i>                                                                                                                                                                                                                                                                                                                                                                                      |                                                       |
| 5                                                                                    | Course Learning Outcomes (CLO)                                                                                                | After the completion of course, the students will be able to : <ul style="list-style-type: none"> <li>➤ Identify the concept and characteristics of emotional intelligence.</li> <li>➤ Evaluate the concept of different models of emotional intelligence.</li> <li>➤ Discover personal competence and techniques of building emotional intelligence.</li> <li>➤ Managing emotions effectively.</li> </ul> |                                                       |
| 6                                                                                    | Credit Value                                                                                                                  | 2 Credits                                                                                                                                                                                                                                                                                                                                                                                                  | <i>Credit = 15 Hours - learning &amp; Observation</i> |
| 7                                                                                    | Total Marks                                                                                                                   | Max. Marks: 50                                                                                                                                                                                                                                                                                                                                                                                             | Min Passing Marks: 20                                 |
| <b>PART -B: Content of the Course</b>                                                |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                       |
| Total No. of Teaching-learning Periods (01 Hr. per period) - 30 Periods (30 Hours)   |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                       |
| Unit                                                                                 | Topics (Course contents)                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                            | No. of Period                                         |
| I                                                                                    | Introduction :<br>Emotional Intelligence<br>Concept & Models - ability, mixed, trait                                          |                                                                                                                                                                                                                                                                                                                                                                                                            | 08                                                    |
| II                                                                                   | Personal Competence :<br>Intra- personal skill, self-awareness, assertiveness, self-regard, independence, self-actualization. |                                                                                                                                                                                                                                                                                                                                                                                                            | 07                                                    |
| III                                                                                  | Social Competence : Inter personal relationship, empathy, social responsibility, effective communication.                     |                                                                                                                                                                                                                                                                                                                                                                                                            | 08                                                    |
| IV                                                                                   | Managing Emotions :<br>Techniques to manage emotions                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                            | 07                                                    |
| <b>Keywords</b>                                                                      | emotional intelligence, personal competence, social competence, empathy, assertiveness                                        |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                       |

Signature of Convener & Members (CBoS) :

**PART-C: Learning Resources**

**Reference Books:**

- Bar-On, R., & Parker, J.D.A. (Eds.) (2000).
- The handbook of emotional intelligence. San Francisco California : Jossey Bros.
- Goleman, D. (1995) Emotional Intelligence. New York : Bantam Book.
- Goleman, D. (1998). Working with Emotional Intelligence. New York : Bantam Book.
- Singh, D. (2003). Emotional Intelligence at work (2nded) New Delhi : Response Books.

*Handwritten signatures and dates:*  
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#### **Online Resources–**

- <https://upscwithnikhil.com/article/ethics/models-of-emotional-intelligence .ei>
  - <https://www.simplilearn.com/emotional-intelligence-what-why-and-how-article#:~:text=Emotional%20Intelligence%20is%20the%20way,office%2C%20school%2C%20and%20college.>
  - <https://www.indeed.com/career-advice/career-development/emotional-intelligence>
  - <https://www.kornferry.com/insights/this-week-in-leadership/emotional-intelligence-skills-coronavirusleadership#:~:text=The%20four%20domains%20of%20Emotional,reactivity%20and%20fewer%20unintended%20consequences.>
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- [https://byjus.com/free-ias-prep/emotional-intelligence/?utm\\_medium=social&utm\\_source=MobileShare](https://byjus.com/free-ias-prep/emotional-intelligence/?utm_medium=social&utm_source=MobileShare)
  - <https://egyankosh.ac.in/handle/123456789/69763>
  - <https://files.eric.ed.gov/fulltext/ED628808.pdf>