

Course Code	Course Name	Credits
26ED954	EMOTIONAL INTELLIGENCE AND INTERPERSONAL SKILLS	02

### Course Objectives

The course aims to,

- ✓ To understand Emotional Intelligence and its components
- ✓ To develop self-awareness and emotional regulation
- ✓ To enhance empathy and social interaction skills
- ✓ To build effective communication and interpersonal skills
- ✓ To apply Emotional Intelligence in real-life and professional contexts

### Learning Outcomes

After the completion of the course, the Learner will be able to,

- ❖ Explain Emotional Intelligence concepts and models
- ❖ Demonstrate self-awareness and emotional regulation strategies
- ❖ Analyze interpersonal situations using empathy and social awareness
- ❖ Apply communication and interpersonal skills effectively
- ❖ Evaluate and apply Emotional intelligence in leadership, decision-making, and professional settings

#### Unit 1 – Introduction to Emotional Intelligence (6 hours)

Meaning, concept, components, and models of Emotional Intelligence-Importance in personal and professional life.

#### Unit 2 – Self-Awareness and Self-Management (6 hours)

Self-concept and emotional awareness-Emotional regulation, stress management, resilience.

#### Unit 3 - Social Awareness and Empathy (6 hours)

Empathy and understanding others-Cultural sensitivity and diversity.

#### Unit 4 – Interpersonal Skills and Communication (6 hours)

Communication skills (verbal & non-verbal)-Active listening, feedback, conflict resolution.

#### Unit 5 –Application of EI in Real life (6 hours)

EI in leadership, workplace, and decision-making-Relationship management and problem-solving.

#### Reference Books:

1. Goleman, Daniel. (1995). Emotional intelligence: Why it can matter more than IQ. Bantam Books.
2. Goleman, Daniel. (1998). Working with emotional intelligence. Bantam Books.
3. Bradberry, Travis., & Greaves, Jean. (2009). Emotional intelligence 2.0. Talent Smart.
4. Goleman, Daniel. (2006). Social intelligence: The new science of human relationships. Bantam Books.
1. Caruso, David R., & Salovey, Peter. (2004). The emotionally intelligent manager: How to develop and use the four key emotional skills of leadership. Jossey-Bass.

#### Alignment with NEP – 2020

The proposed course **Emotional and Intelligence and Interpersonal Skills (26ED954)** is designed in alignment with the transformative vision of the National Education Policy 2020, which emphasizes holistic, multidisciplinary, skill-based, and research-driven education. Overall, the course reflects a modern, outcome-based, and NEP-compliant curriculum, suitable for NAAC accreditation and academic excellence frameworks.

1. Promotes cognitive, emotional and social development.
2. Focus on self-awareness, empathy, communication, collaboration, and problem-solving.
3. Activities such as role-play, group discussions, mindfulness exercises, and case studies align with NEP's emphasis on experiential learning.
4. Builds resilience, empathy, and emotional regulation among learners.
5. Topics like cultural sensitivity and empathy align with NEP's focus on inclusive education and respect for diversity.
6. Supports NEP's shift from content-based to competency-based education.
7. Application of EI in workplace and leadership aligns with NEP's goal of enhancing employability skills and professional readiness.

**COs and Bloom's Taxonomy Level (BTL) Mapping for 26ED954**

Course Outcomes	On successful completion of the course, the students will be able to	BTL
CO1	Explain Emotional Intelligence concepts and models	K1 & K 2
CO2	Demonstrate self-awareness and emotional regulation strategies	K 3
CO3	Apply communication and interpersonal skills effectively	K 4
CO4	Analyze interpersonal situations using empathy and social awareness	K 5
CO5	Evaluate and apply Emotional intelligence in leadership, decision-making, and professional settings	K 6

**Bloom's Taxonomy Level (BTL):-** K1 and K2 – remembering and understanding, K3- Applying, K4 – Analyse, K5- Evaluate and K6- Create

**Relationship Matrix**

Course Outcomes	Programme Outcomes (POs)								Programme Specific Outcomes (PSOs)							Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	
CO1	3	2	1	1	1	1	1	1	3	2	1	1	1	3	1	1.5
CO2	3	3	3	1	1	1	2	1	3	3	2	2	1	3	1	2.0
CO3	3	3	2	2	2	1	2	1	3	3	2	1	1	1	1	1.9
CO4	3	2	3	2	2	3	2	1	3	2	3	3	2	2	2	2.3
CO5	3	2	3	2	2	2	3	2	3	3	3	3	1	1	1	2.3
<b>Total</b>															<b>2.0</b>	

Mean Score: 3- High, 2- Medium/Moderate, 1-Low

