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AICTE SPONSORED (ATAL)

Five Day FDP on Emotional Intelligence

ORGANIZED AT: INDIAN INSTITUTE OF
INFORMATION TECHNOLOGY, PRAYAGRAJ

DATE: (13-09-2020 TO 17-09-2020)

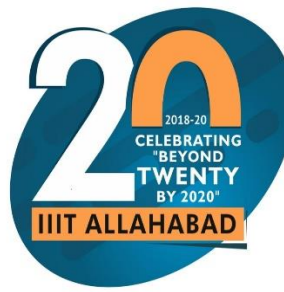
(AN EVENT UNDER IIIT-A BEYOND 20 BY 2020)





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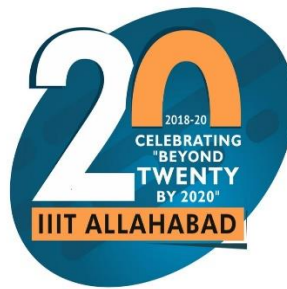


PRETEXT

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

It is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal.

It is one of the booming topics in the field of Life Skill Management.



OBJECTIVE OF WORKSHOP

- To have basic understanding of emotional intelligence
- Understanding implementation of emotional intelligence in varied situations and environment.

COURSE LEARNING OUTCOMES

- Enhancement of the emotional quotient which is quite important than IQ.
- To think critically and strategically and to develop the ability to identify emotional steps and design appropriate courses of action.

SPEAKERS

Name



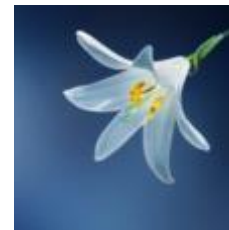
About the speaker

Name

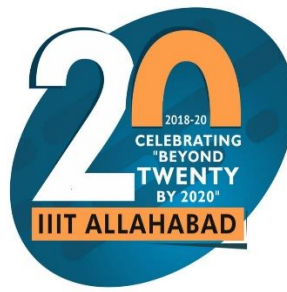


About the speaker

Name



About the speaker



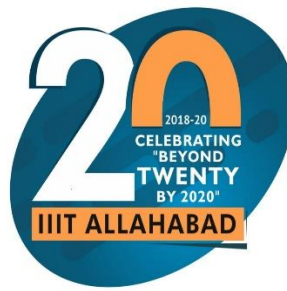
TOPICS TO BE COVERED

- Introduction to EQ
- Emotions and the Tripartite Brain
- Emotional Competencies
- Executive EQ
- Emotions and Enneagram
- Rational Emotive Therapy
- Emotional Transformation
- Script Analysis using Enneagram
- Measuring Emotional Intelligence
- Role of Emotions
- Emotions and Attitudes

ABOUT IIIT-A

Established in 1999, as a center of excellence in Information Technology and allied areas. Institute was conferred the Deemed University status by Govt. of India in the year 2000.

The beautiful 100-acre campus, situated at Devghat, Jhalwa, designed meticulously on the Penrose Geometry pattern, is being further topped by fine landscaping to give an all-round soothing effect to create a stimulating environment

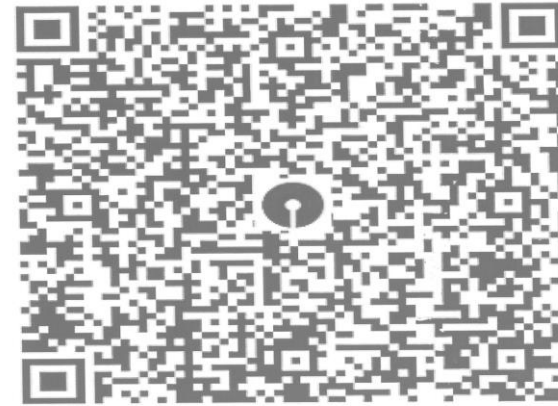


REGISTRATION PROCESS

Fees: INR 2000/- including GST

Registration: The registration to this program will be through online mode only.

- Registration Fee may be paid through UPI App/ RTGS /NEFT as per details given below:
Name : Indian Institute of information technology Jhalwa Allahabad
- UPI ID : info.accounts.iita@sbi



Scan & Pay Using Any UPI App to

UPI ID: info.accounts.iita@sbi

Account Number : 30996838478

IFSC : SBIN0010891

Bank Name: state bank of India

After payment of Registration Fee

Follow the following link: [Register Here](#)

Note: The certificates of participants will be sent in hard copies by post.