AICTE SPONSORED (ATAL)

FIVE DAY FDP
ON EMOTIONAL INTELLIGENCE

2020

ORGANIZED AT

INDIAN INSTITUTE OF INFORMATION TECHNOLOGY, PRAYAGRAJ

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

DATE:
13-09-2020 to 17-09-2020

Course Co-ordinator

Dr. Pragya Singh,
Assistant Professor,
Department of Management Studies, IIITA
Email: pragyabhardwaj@iiita.ac.in
Phone: 7897386365
Profile: http://profile.iiita.ac.in/pragyabhardwaj/

Contents

Introduction

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.

Speakers

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.

Course Structure

- 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

Who Can Attend ?

Registration

Fees: INR **1000/-** including GST

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

01.

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

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 will be sent in hard copies by post

Scan & Pay Using UPI App to
UPI ID : info.accounts.iita@sbi

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