



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	VAC
Paper Title:	Emotional Intelligence
Unique Paper Code:	6967000005
Semester:	Semester I
Faculty:	Ms Pavani Tyagi
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	Introduce the concept, significance, models and core building blocks of emotional intelligence.	1	Nature and significance of emotional intelligence.
I	Introduce the concept, significance, models and core building blocks of emotional intelligence.	2	Models of emotional intelligence: Ability, Trait and Mixed.
I	Explain the intrapersonal building blocks of emotional intelligence.	3	Building blocks of EI: self-awareness and self-management.
I	Explain the interpersonal building blocks of emotional intelligence.	4	Building blocks of EI: social awareness and relationship management.
II	Develop understanding of self-awareness and its role in personal competence.	5	Self-awareness: observing and recognizing one's own feelings.
II	Help students identify personal strengths and areas for development.	6	Self-awareness: knowing one's strengths and areas of development.
II	Develop understanding of self-management and emotional regulation.	7	Self-management: managing emotions.
II	Develop strategies for regulating difficult emotional states.	8	Self-management: managing anxiety and fear.
II	Develop strategies for managing anger and strengthening emotional self-control.	9	Self-management: managing anger; consolidation of self-management techniques.
III	Develop social awareness through perspective-taking.	10	Social awareness: understanding others' perspectives.
III	Develop empathy and compassion as dimensions of social awareness.	11	Social awareness: empathy and compassion.
III	Develop relationship-management skills for healthy interpersonal functioning.	12	Relationship management: effective communication, collaboration, teamwork and conflict management.
IV	Introduce methods of assessing emotional intelligence.	13	Measures of emotional intelligence.
IV	Familiarize students with ways of developing and enhancing emotional intelligence.	14	Strategies to develop and enhance emotional intelligence.
IV	Integrate course concepts and apply them to everyday personal and interpersonal situations.	15	Application, integration and course review: connecting EI concepts with self-growth and positive relationships.

Unit	Contents/Syllabus
I	Nature and significance; models of emotional intelligence: Ability, Trait and Mixed; building blocks of EI: self-awareness, self-management, social awareness, relationship management.
II	Self-awareness: observing and recognizing one's own feelings, knowing one's strengths and areas of development; self-management: managing emotions, anxiety, fear and anger.
III	Social awareness: others' perspectives, empathy and compassion; relationship management: effective communication, collaboration, teamwork and conflict management.
IV	Measures of emotional intelligence; strategies to develop and enhance emotional intelligence.
S. No.	Name of Authors/Books/Publishers
1.	Bar-On, R., & Parker, J.D.A. (Eds.). (2000). The Handbook of Emotional Intelligence. Jossey-Bass.
2.	Goleman, D. (2005). Emotional Intelligence. Bantam Books.
3.	Sternberg, R. J. (Ed.). (2000). Handbook of Intelligence. Cambridge University Press.
4.	HBR's 10 Must Reads on Emotional Intelligence (2015); HBR's 10 Must Reads on Managing Yourself (2011); Self Discipline: Life Management, Kindle Edition, Daniel Johnson.

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
02	1	0	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment – Assignment	Assignment: 4 marks	4
1	Internal Assessment – Class Test	Class Test: 4 marks	4
1	Internal Assessment – Attendance	Attendance: 2 marks	2

2	End Semester Examination	End Term Written Examination	30
	Theory Component Total		40

Theory Work Plan

Theory Assessment Note

Internal Assessment: 8 marks (Class Test 3 + Assignment 3 + Attendance 2). End Semester Written Examination: 30 marks.