

Notice for Semester 6 students for ADD-ON Course on Emotional Intelligence

Semester 6 students are hereby asked to contact respective faculties for online ADD-ON course on Emotional Intelligence titled ‘**Making Emotions Work for you, not against you**’ that will start from 1<sup>st</sup> April, 2024. Attendance is **MANDATORY**.

Student Registration Link is given below:

<https://forms.gle/BJVLCogpA9NTkPmS8>

Schedule is attached herewith.

<b>Sl. No</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
1.	1.04.2024	5-6PM	Introduction and Relevance of the subject	Prof. Satadruti Chakraborty
2.	2.04.2024	5-6PM	Tools of EI Assessment	Prof. Ishika Ghosh
3.	2.04.2024	6-7 PM	Tools for EI Assessment	Prof. Rana Ghosh
4.	3.04.2024	5-6 PM	Handling Emotions	Prof. Ishika Ghosh
5.	4.04.2024	5-6PM	SWOT Analysis	Prof. Leenapriya De
6.	4.04.2024	6-7PM	Emotional Triggers	Prof. Leenapriya De
7.	5.04.2024	5-6PM	Stress Management	Prof. Satadruti Chakraborty
8.	8.04.2024	5-6PM	Impulse Control and Emotional Resilience	Prof. Ishika Ghosh
9.	8.04.2024	6-7PM	Mindfulness and Relaxation	Prof. Leenapriya De
10.	9.04.2024	5-6PM	Understanding Empathy	Prof. Satadruti Chakraborty
11.	9.04.2024	6-7PM	Cultivating Empathy	Prof. Satadruti Chakraborty
12.	12.04.2024	5-6PM	Overcoming biases	Prof. Leenapriya De
13.	15.04.2024	5-6PM	Developing social skills and communication Techniques	Prof. Rana Ghosh

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15.	16.04.2024	5-6PM	Handling Conflicts	Prof. Satadruti Chakraborty
16.	16.04.2024	6-7PM	Role of motivation in EI	Prof. Leenapriya De
17.	18.04.2024	5-6PM	Setting and achieving goals, Handling setbacks and failures	Prof. Leenapriya De
18.	19.04.2024	5-6PM	Analysing the role of EI in leadership	Prof. Ishika Ghosh
19.	19.04.2024	6-7PM	Creating Emotionally Intelligent teams	Prof. Rana Ghosh
20.	22.04.2024	5-6PM	Practical Class on Personal Development plan	Prof. Ishika Ghosh
21.	22.04.2024	6-7PM	Case study and applying EI principles in Real life situations	Prof. Leenapriya De
22.	23.04.2024	5-6PM	Online Emotional Intelligence test	Prof. Rana Ghosh
23.	24.04.2026	5-6PM	What is emotional hijacking?	Prof. Ishika Ghosh
24.	24.04.2024	6-7PM	Cost of emotional illiteracy	Prof. Satadruti Chakraborty
25.	25.04.2024	5-6PM	Mind and medicine, Trauma and Emotional relearning	Prof. Ishika Ghosh
26.	26.04.2024	5-6PM	SWOT Analysis- Practical class	Prof. Satadruti Chakraborty
27.	29.04.2024	5-6PM	Schooling your emotions	Prof. Rana Ghosh
28.	29.04.2024	6-7PM	Emotional Timetable-How to identify Red flags	Prof. Rana Ghosh
29.	30.04.2024	5-6PM	IQ and Emotional Intelligence	Prof. Satadruti Chakraborty and Prof. Ishika Ghosh
30.	30.04.2024	6-7PM	Feedback and Interactive class	Prof. Leenapriya De and Prof. Rana Ghosh