



AICTE SPONSORED (ATAL)

# FIVE DAY FDP

## ON EMOTIONAL INTELLIGENCE

(ONLINE MODE)

# 2020

**ORGANIZED** INDIAN INSTITUTE OF INFORMATION TECHNOLOGY,  
PRAYAGRAJ

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

**DATE** 13-09-2020 to 17-09-2020

### Course Co-ordinator

Dr. Pragya Singh,  
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Department of Management Studies, IIITA  
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# 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.



# Chief Patron



**Prof. P. Nagabhushan**  
Director, IITA  
B.E., M.Tech., Ph.D., FIE, FIETE

# Distinguished Speakers



**Prof. K. Chidananda Gowda**  
Former Vice-Chancellor,  
Kuvempu University, Karnataka



**Prof. Uma Shanker Tiwary**  
Dean Human Affairs , IITA  
Ph.D.



**Prof. Rajbir Singh**  
Professor , Behavioural Sciences  
Shree Guru Gobind Singh  
Tricentenary University



**Prof. Sudhir Chandra Das**  
Professor of OB & HR,  
Department of Commerce,  
Banaras Hindu University, Varanasi

\*\* Speakers are subject to change according to the availability.



**Prof. Ashutosh Singh**

Professor of OB & HR,  
Govind Ballabh Pant University  
Of Agriculture & Technology



**Dr. Banani Chakraborty**

DNA Scientist  
Department of Chemical Engineering,  
IISc Bangalore



**Dr. Subinoy Das**

Assistant Professor, Astrophysicist  
Indian Institute of Astrophysics,  
Bangalore



**Dr. Shefali Nandan**

Assistant Professor, MONIRBA  
University Of Allahabad



**Dr. Pragya Singh**

Asst. Professor,  
Department of Management Studies, IITA

**( COURSE COORDINATOR )**



# 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



# Schedule

## COURSE COORDINATOR : -

Dr. Pragya Singh, Assistant Professor, IIIT Allahabad

DATES	10.00 AM to 11.30 AM	11.30 AM to 12.00 PM	12.00 PM to 1.30 PM	1.30 PM to 2.30 PM	2.30 PM to 4.00 PM
<b>13-09-2020 (Sunday)</b>	Registration & Inauguration	<b>TEA BREAK</b>	Introduction to Emotional Quotient	<b>LUNCH BREAK</b>	Emotions & Tripartite Brain
<b>14-09-2020 (Monday)</b>	Emotional Competencies and Mapping	<b>TEA BREAK</b>	Executive Emotional Quotient	<b>LUNCH BREAK</b>	Emotions & Enneagram
<b>15-09-2020 (Tuesday)</b>	Rational emotive therapy	<b>TEA BREAK</b>	Emotional transformation	<b>LUNCH BREAK</b>	Problem solving session
<b>16-09-2020 (Wednesday)</b>	Measuring emotional intelligence	<b>TEA BREAK</b>	Emotions and childhood	<b>LUNCH BREAK</b>	Role of emotions
<b>17-09-2020 (Thursday)</b>	Emotions & Attitudes	<b>TEA BREAK</b>	Emotions & Attitudes	<b>LUNCH BREAK</b>	Feedback & Valedictory Session



# Who Can Attend ?

- *Faculty Members from all Academic Institutions.*
- *Industry Professionals*
- *Officers and Staff from all Academic Institutions.*
- *Research Scholars from all Academic Institutions.*
- *Students from all Academic Institutions.*



# Registration

## 01.

*Faculty Members* from any Academic Institution can register through the link given below :

Link : <https://www.aicte-india.org/atal>

## 02.

*Industry Professionals* who are interested in attending the program are required to fill the form below.

## 03.

*Officers , Staff , Research Scholars & Students from all Academic Institutions* who are interested in attending the program are required to fill the form below.

Form : <https://forms.gle/u7ywZT5u9fm5iUmV9>

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

## Course Co-ordinator

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# 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 learning environment for everyone.

