



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

Sector-01, Kamothe, Navi Mumbai - 410 209

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Value Added Course

COURSE IN EMOTIONAL INTELLIGENCE

Dr. Rajesh B. Goel
Registrar

MGM Institute of Health Sciences
(Deemed University u/s 3 of UGC Act, 1956)
Navi Mumbai- 410 209

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Vice Chancellor
MGM Institute of Health Sciences
Navi Mumbai - 410209



Mahatma Gandhi Mission's
Medical College

Value Added Course [Conducted by Dept of Psychiatry & OBGY]

Emotional Intelligence

Happiness through Enhanced Emotional Intelligence

Introduction:

Emotional intelligence (EQ/EI) is defined as an ability to identify, consider and control emotions in oneself and to recognize them in others, brought on by a combination of self awareness, self management, social awareness and relationship management.

Intelligent quotient (IQ) correlates with academic success but often fails to assure personal and professional success. EQ on other hand is a spastically significant factor in achieving personal and professional growth. While IQ is inborn god gift; EQ can be improved by learning strategies in areas of self awareness, social awareness and relationship management. Most of the professional courses including medical courses offer little to improve EQ of participants in this course.

Present value added course is designed to enable students/participants to lead a happy and fulfilling life by using strategies of EQ/EI.

Course objectives:-

Objectives are divided in three domains of learning

Knowledge	Skill/psychomotor	Attitude/affective
Understanding biology of emotions	Identify emotions in others	Self observation of own emotions and response body to it
Understanding psychological aspect of emotions	Initiate communication	Improve sleep hygiene
Role of emotions in daily life	Communication in different settings	Know whom and what pushes your buttons
Study of role of emotions in professional life	Practice of individual strategies and skills	Observing emotions in others

Learning healthy strategies for emotional management	Keep journal about emotions(mood charts)	Social awareness and communication
Learning theoretical aspects of communication skills	Seeking feedback	Live in the moment
Learning nuances of relationship	Self management in daily life	Relationship management through role plays

Course coordinator: Dr. Swati Shiradkar, Dr Manik Bhise

Department under which course to be conducted: Department of OBGY and Psychiatry

TITLE: Happiness through Enhanced Emotional Intelligence

Who can take this course: UG and PG Medical /Physiotherapy / Nursing Students Medical and Non Medical Teachers.

Annual Intake: one batch of 30 to 40 participants, 16 contact hours excluding college timings over 2 months

Fee Structure: Rs 2000/- per head (Open for discussion as the Subject is on social interest)

Syllabus: Identifications of our own emotions

Expressions of emotions in right way

Management of emotions

Understanding emotions of others

Improving intra and inter personal relations.

Management of stress arising out of emotions.

Teaching -Learning Methods: Interactive lectures

Role plays

Case studies


Assessment: pre test / post test / feedback



MGM Medical College, Aurangabad
VAC - Emotional Intelligence
Students List - PG
Batch-2, August 24,31 2019

Sr.No.	Name of Students	M/F	Course Name
1	SHINDE ISHWARI SUBHASH	F	MS. OBGY
2	SAHASTRABUDDHE SAUMIL SATISH	M	MD. ANAESTHESIOLOGY
3	ANKITA BALARA	F	MS. OBGY
4	CHIDANAND GHANASHYAM	M	MD. ANAESTHESIOLOGY
5	GHADGE SUSHEN LIMBAJI	M	MD. GENERAL MEDICINE
6	ISHWAR CHANDRA AGARWAL	M	MD. RADIOLOGY
7	CHAUDHARI GAURAV MILIND	M	MS. ORTHOPEDICS
8	JAGTAP AKSHAY RANJEET	M	MD. PAEDIATRICS
9	RUPA KOLAPARTHI	F	MD. RESPIRATORY MEDICINE
10	CHATE SACHIN DAULATRAO	M	MD. GENERAL MEDICINE
11	SHREYANSH SETHIYA	M	MS. OPHTHALMOLOGY
12	PAWAR SURAJ SHIVAJIRAO	M	MD. DERMATOLOGY
13	MOUNIKA JAMPALA	F	MS. OBGY
14	NIHATE PRASANG SURESH	M	MS. ORTHOPEDICS
15	ARUNDHA ABROL	F	MD. DERMATOLOGY
16	SHRIVASTAVA ANIRUDDH VIJAY	M	MD. GENERAL MEDICINE
17	ATUSH ALIPURIA	M	MD. RESPIRATORY MEDICINE
18	D. RISHIVARDHAN REDDY	M	MD. PAEDIATRICS
19	CHAKKARWAR AMEY ASHOKRAO	M	MS. GENERAL SURGERY
20	TAZAMMUL HUSSAIN	M	MD. MICROBIOLOGY
21	NATHANI KARAN RAJKUMAR	M	MS. OPHTHALMOLOGY
22	PANKAJ KALER	M	MD. RADIOLOGY
23	AKSHI GUPTA	F	MD. PATHOLOGY
24	AGRAWAL NISHANT RAVINDRA	M	MD. GENERAL MEDICINE
25	VIDISHA S. BARUA	F	MD. ANAESTHESIOLOGY
26	SHANBAG NAMITA GANPAT	F	MD. PAEDIATRICS
	Course Co-ordinator		Total - 26 Students

Dean
MGM Medical College,
Aurangabad


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DEPT. OF PSYCHIATRY
MGM MEDICAL COLLEGE
AURANGABAD





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MGM Medical College, Aurangabad
VAC - Emotional Intelligence
Students List - UG
Batch-1, February 1, 8, 15, 22 2020

Sr. No.	Roll No	Name of Student	Class	Gender
1	16021	Chandra Rajika Rajiv	Third MBBS (Part-I)	F
2	16022	Charan Kundan Kailash Dan	Third MBBS (Part-I)	M
3	16008	Bahekar Jitesh Chandrakant	Third MBBS (Part-I)	M
4	16053	Jadhav Vrushali Deepak	Third MBBS (Part-I)	F
5	16126	Shinde Kunal Sanjayrao	Third MBBS (Part-I)	M
6	16048	Gupta Sangam Kedarnath	Third MBBS (Part-I)	M
7	16073	Khan Irshad Imtiyaz	Third MBBS (Part-I)	M
8	16119	Sable Gautami Suryakant	Third MBBS (Part-I)	F
9	16023	Chaturvedi Shubham Dinkar	Third MBBS (Part-I)	M
10	16072	Katruwar Vidhi Harish	Third MBBS (Part-I)	F
11	16116	Preet Mehak Malminder Singh	Third MBBS (Part-I)	F
12	16024	Chaudhari Saurabh Radheshyam	Third MBBS (Part-I)	M
13	16094	Modani Shalvi Satish	Third MBBS (Part-I)	F
14	16088	Mahajan Riya Atul	Third MBBS (Part-I)	F
		Total - 14 Students		


Course Co-ordinator
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