



MGM INSTITUTE OF HEALTH SCIENCES

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

Grade 'A' Accredited by NAAC

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Value Added Course

COURSE IN EMOTIONAL INTELLIGENCE

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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