

BA II Year	SEC-2	BPY-C402 Developing Emotional Competence		Semester-IV	
Total Lectures	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
60	3 Hrs.	30	70	100	04
<p>NOTE: The question paper shall consist of two sections (Section-A and Section-B). Section-A shall contain 10 short answer type questions of six marks each and student shall be required to attempt any five questions. Section-B shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.</p>					
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Understanding the emotion and its physiological correlates • Acquiring the basic knowledge of positive and negative emotions • Developing a knowledge of various coping strategies 					
UNIT-I	Introduction	<ul style="list-style-type: none"> • Emotions, Key aspects of Emotions, • Physiological Correlates of Emotion 		Lectures-15	
UNIT-II	Positive Emotional States and Well-Being	<ul style="list-style-type: none"> • Self-efficacy, • Empathy, • Gratitude, • Spirituality, • Happiness, • Love, • Hope and Optimism 		Lectures-15	
UNIT-III	Dealing with Problem Emotions	<ul style="list-style-type: none"> • Fear, • Anxiety, • Depression, • Guilt, • Aggression and • Pessimism 		Lectures-15	
UNIT-IV	Coping With Emotional States	<ul style="list-style-type: none"> • Emotion Focused Coping and Problem Focused coping • Socio-Emotional Selectivity and Emotional Story telling. 		Lectures-15	
<p>BOOKS RECOMMENDED:</p> <ol style="list-style-type: none"> 1. Carr,A.(2011).Positive Psychology(2nd Ed.):The science of Happiness and Human Strangth.UK:Routledge. 2. Goleman,D.(2005). : Emotional Intelligence.New York:Bantam Book. 3. Goleman,D.(1998). : Working with Emotional Intelligence. New York:Bantam Book. 4. Singh,A.K.(2015).: Uchtar Samanya Manovigyan (9th Ed.). New Delhi. Motilal Banarsidas Publication 5. Singh,D.(2015).: Emotional Intelligence at Work(4th ed.).New Delhi:Response Books. 6. Snyder,C.R.,Shane,J.Lopez,Jennifer Teramoto Pedrotti(2014): Positive Psychology:The scientific and Practical Explorations of Human Strengths (3rd Ed.). New Delhi:Sage Publications. 					