

Paper name: **Emotional Intelligence (Practical)**

Class type: VAC I year

Allocated period: 15 weeks

Unit to be taken	Month wise schedule to be followed	Tests/Assignments/ Revision/Presentations etc
Exp 1: Practice self-management techniques to regulate emotions	September, October	Revision, presentations
Exp: 2 Practice techniques of relationship management	November, December	Assignments, Revision, presentations