

OBJECTIVES AND COURSE CONTENT OF SHORT TERM COURSES

Title of the Course	Managing your Ego and Emotions at Workplace (National)
Operational Plan No	EEM-13 (Management)
Course Objectives	The objectives of the course are to understand concept and role of emotions at workplace, understand ego and how to manage it, the influence of social environment on individual and development of positive working environment.
Course Contents	Emotional intelligence, Anger management, Managing ego, Motivation, Work in teams, Interpersonal relations, Social influence, Coping with stress, Yoga & meditation.
Course Coordinators	Prof.(Ms) PK Tulsi (pk_tulsi@yahoo.com), 0172-2759577