



KLE ACADEMY OF HIGHER EDUCATION & RESEARCH

Accredited "A+" Grade by NAAC (3rd Cycle) & Placed in Category "A" by MoE (GoI)

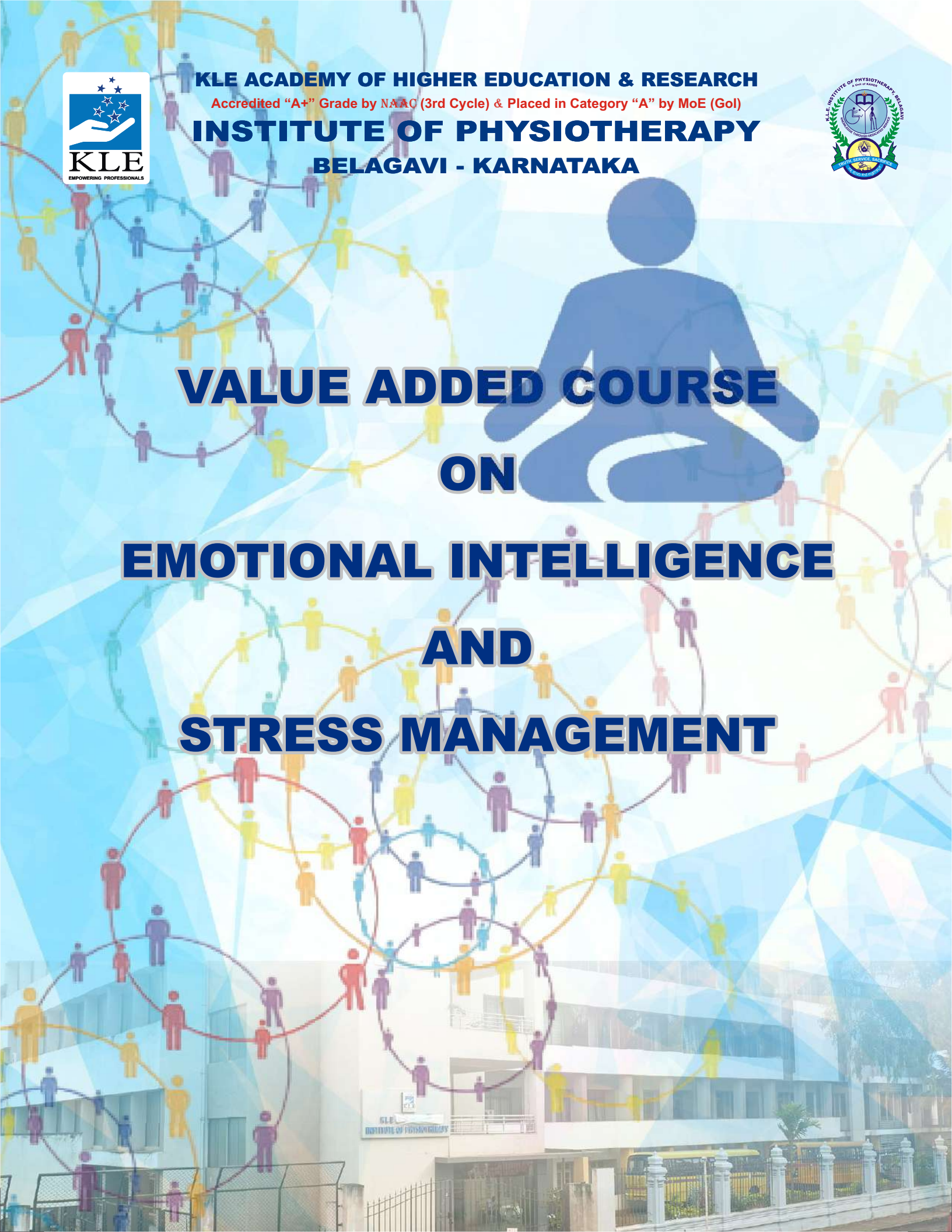
INSTITUTE OF PHYSIOTHERAPY

BELAGAVI - KARNATAKA



**VALUE ADDED COURSE
ON**

**EMOTIONAL INTELLIGENCE
AND
STRESS MANAGEMENT**





Value Added Course on Emotional Intelligence & Stress Management



PREAMBLE :

→ Emotional intelligence (EQ) and stress management are crucial skills for personal and professional growth. EQ involves the ability to recognize, assess, and manage emotions in oneself and others, enhancing relationships, reducing stress, and improving job satisfaction. Stress management, on the other hand, is vital for maintaining mental and physical health, especially in students dealing with academic pressures. Developing both emotional intelligence and effective stress management techniques enables students to manage challenges better, reduce anxiety, and build resilience. This course is designed to help students improve their EQ and stress management skills, equipping them to succeed in their academic and future professional lives.

OBJECTIVE :

- ❖ To define emotional and social intelligence, assess current skills, and build self-awareness for professional success.
- ❖ To identify growth areas in self-management, implement self-regulation strategies, and distinguish between empathy and sympathy.
- ❖ To understand the impact of stress on health and behaviour and recognize stress signs in oneself and others.
- ❖ To learn and apply methods to minimize and overcome stress, improving mental and physical well-being in real-life situations.

DURATION : 16 hours

MEDIUM OF INSTRUCTION : English

FREQUENCY: Once a year

No. of Seats : Open for all

COURSE CONTENT :

Emotional Intelligence (8 hours)

- Introduction to Emotional Intelligence
- Self-Awareness
- Self-Management
- Social Awareness and Empathy
- Relationship Management

Stress Intelligence (8 hours)

- Definition and types of stress
- Stress assessment
- Stress management
- Anger management

