



Integral University, Lucknow

Effective from Session: 2022-2023							
Course Code	CP505	Title of the Course	Emotion and Implications	L	T	P	C
Year	II	Semester	III	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To help students to understand thoroughly the concept and importance of emotions, and enable them for managing emotions in self and others for a happy and Healthy Life.						

Course Outcomes	
CO1	Student will learn the concept and different theories of emotions
CO2	Students will be able to understand the importance of positive emotions
CO3	Students will understand negative emotions and its expected outcomes on health and wellbeing
CO4	They will learn different techniques and intervention to transform negative emotions
CO5	The will learn the implications of positive emotions

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction	Nature, Concept, Classification and Theories	8	CO1
2	Positive Emotions	Understanding Positive emotions (Love, Happiness, Contentment, Resilience, Compassion & other positive emotions), processes of positive emotion , Broaden-and-Build Theory of Positive Emotions	11	CO2
3	Negative Emotions	Introduction to types of negative emotions (Anger, Fear, Jealousy, Sadness, Guilt, Anxiety & Sadness), Understanding processes of negative emotions	10	CO3
4	Transforming Emotions	Moving from negative to positive emotions, Interventions and therapies	8	CO4
5	Implications	Positive Emotions and health and wellbeing	8	CO5

Reference Books:

- Daniel Goleman (1998) Working with Emotional Intelligence
- Victor Frankl (2000) Man’s Search for meaning
- Belavkin R.V. (2003) The Role of Emotion in Problem Solving

e-Learning Source:

- Egyankosh
- Epathshala

CO	PO- PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5
CO1		2	3	2	2	3	3	1	3	3	2	3	3
CO2		3	2	3	3	1	3	3	2	3	3	3	1
CO3		3	2	2	3	2	3	3	3	2	3	3	3
CO4		3	3	3	3	3	2	2	3	3	1	2	2
CO5		2	3	2	1	2	2	3	3	3	2	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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