



GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Diploma Engineering

Level: Diploma

Branch: Information Technology

Subject Code: DI05016081

Subject Name: Emotional Intelligence & Digital Wellbeing

w.e.f. Academic Year:	2026-27
Semester:	5 th
Category of the Course:	MOPEC

Prerequisite:	This course requires basic understanding of human behaviour and emotions along with fundamental communication skills. Students should have essential computer literacy, including familiarity with digital tools and online platforms. Additionally, students should be open to self-reflection, time management, and improving their emotional and digital wellbeing.
Rationale:	This course is designed to equip students with essential emotional intelligence and digital wellbeing skills required to succeed in modern academic and professional environments. With increasing reliance on technology and collaborative learning in college, students often face challenges such as stress, digital distractions, and communication gaps. This course helps learners develop self-awareness, emotional regulation, and effective interpersonal skills, enabling them to manage academic pressures and build healthy relationships. It also promotes responsible use of digital tools, awareness of mental health, and sustainable technology practices, preparing students to become balanced, ethical, and productive individuals in both their personal and future professional lives.

Course Outcome:

After Completion of the Course, Student will be able to:

No	Course Outcomes	RBT Level
CO1	Explain the concepts of Intelligence Quotient (IQ) and Emotional Intelligence (EQ), and apply self-awareness, emotional regulation, and empathy in academic and personal contexts.	Understand Apply
CO2	Demonstrate effective communication, teamwork, conflict management, and professional behaviour in digital and collaborative environments.	Apply
CO3	Apply ethical and responsible practices for digital wellbeing, and analyse digital behaviour, screen usage, and the impact of technology.	Apply Analyse
CO4	Apply strategies to manage stress, maintain mental health, and adopt sustainable and energy-efficient digital practices.	Apply

**Revised Bloom's Taxonomy (RBT)*



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Teaching and Examination Scheme:

Teaching Scheme (in Hours)			Total Credits L+T+ (PR/2)	Assessment Pattern and Marks				Total Marks
L	T	PR	C	Theory		Tutorial / Practical		
				ESE(E)	PA(M)	PA(I)	ESE(V)	
0	2	2	3	00	00	50	50	100

Course Content:

Unit No.	Content	No. of Hours	% of Weightage
1.	Foundations of EQ & IQ in Professional Life 1.1 Introduction to Intelligence Quotient (IQ) and Emotional Intelligence (EQ) 1.2 Difference between IQ and EQ 1.3 Role and Importance of EQ in Management and IT Professions 1.4 Self-Awareness and Self-Assessment Techniques 1.5 Emotional Regulation and Stress Management Strategies 1.6 Empathy and Interpersonal Relationships in Professional Life 1.7 Emotionally Balanced Decision-Making 1.8 Leadership Skills and Emotional Intelligence	07	22
2.	Emotional Intelligence in Managerial & IT Skills 2.1 Effective Communication Skills and Active Listening 2.2 Conflict Management in Digital Work Environments 2.3 Team Collaboration in Remote Work Settings 2.4 Constructive Handling of Criticism and Feedback 2.5 Professional Ethics and Workplace Conduct 2.6 Digital Communication Etiquette (Email, Chat, and Virtual Meetings) 2.7 Time Management and Personal Productivity 2.8 Emotional Resilience in High-Pressure IT Environments	08	28
3.	Digital Wellbeing and Responsible Technology Practices 3.1 Concept of Digital Wellbeing 3.2 Strategies for Effective Screen Time Management 3.3 Social Media Addiction and Digital Distractions 3.4 Application of Artificial Intelligence in Professional Life 3.5 Responsible and Ethical Use of Artificial Intelligence	07	22



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	3.6 Fundamentals of Cyber Psychology 3.7 Digital Burnout and Its Prevention 3.8 Online Safety and Privacy Awareness		
4.	Mental Health, Energy & Sustainable Digital Practices 4.1 Awareness of Mental Health in the IT Sector 4.2 Stress, Anxiety, and Digital Overload Management 4.3 Strategies for Work-Life Balance 4.4 Mindfulness and Relaxation Techniques 4.5 Impact of Screen Exposure on Physical Health 4.6 Energy Conservation in IT Systems 4.7 Fundamentals of Green Computing 4.8 Sustainable Technology Practices	08	28
	Total	30	100

Suggested Specification Table with Marks (Theory):

Distribution of Theory Marks					
R Level	U Level	A Level	N Level	E Level	C Level
----- Not Applicable -----					

Where R: Remember; U: Understanding; A: Application, N: Analyze and E: Evaluate C: Create (as per Revised Bloom's Taxonomy)

References/Suggested Learning Resources:

(a) Books:

Sr. No.	Title of Book	Author	Publication with place, year and ISBN
1	Emotional Intelligence in the Digital Era	Pushan Kumar Dutta	Year 2025 (Latest Edition) 1st Edition ISBN (Print): 978-1032703695
2	The Role of Emotional Intelligence and AI in Organizations	Jay Kumar Pandey, Mritunjay Rai, Samrat Ray	Year 2025 ISBN (Print): 978-1041000716 ISBN (Alternate Print): 978-1041000723
3	Emotional Intelligence: Why It Can Matter More Than IQ	Daniel Goleman	Bantam Books, New York, 1995 ISBN: 9780553383713



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4	Digital Well-Being in Modern World	Arul Joseph E., Padmasundari S.	International Journal of Indian Psychology, Volume 11, Issue 1, January–March 2023
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(b) Open-source software and website:

Suggested Tool	Purpose	Official Link
SWAYAM	Free courses on emotional intelligence, mental health, and digital wellbeing	https://swayam.gov.in/
NPTEL	IIT-based video lectures on emotional intelligence and soft skills	https://onlinecourses.nptel.ac.in
Future Learn	Courses on emotional intelligence, communication, and digital wellbeing	https://www.futurelearn.com/
Very well Mind	Digital wellbeing and online behaviour courses	https://www.verywellmind.com/
MindTools	Articles on stress management, emotions, and mental health	https://www.mindtools.com/
Coursera	Courses on emotional intelligence, communication, and digital wellbeing	https://www.coursera.org

Suggested Course Practical List:

The following practical outcomes (PrOs) are the subcomponents of the COs. These PrOs need to be attained to achieve the COs.

Sr. No.	Practical Outcomes (PrOs)	Unit No.	Approx. Hrs. required
1	Conduct an Emotional Intelligence (EQ) self-assessment test and interpret the results.	1	2
2	Perform a role-play on conflict management in academic or workplace scenarios.	1	2
3	Analyze a case study on stress management in IT project teams and suggest suitable solutions.	1	2



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4	Conduct a mock digital meeting using appropriate virtual communication tools.	2	2
5	Practice giving and receiving constructive feedback in a structured session.	2	2
6	Participate in a group discussion on challenges faced in remote team collaboration.	2	2
7	Record and analyze personal screen time over a specified period.	3	2
8	Analyze the use of AI tools in academic or daily activities.	3	2
9	Evaluate the benefits and ethical implications of AI tool usage.	3	2
10	Design a personal digital detox plan for improving digital wellbeing.	3	2
11	Practice meditation and focus exercises for improving concentration and mental wellbeing.	4	2
12	Demonstrate mindfulness techniques for stress reduction and relaxation.	4	2
13	Analyze a case study on sustainable practices adopted by a green IT company.	4	2
14	Evaluate energy conservation methods used in IT systems.	4	2
15	Prepare a checklist of energy-saving digital habits for sustainable technology use.	4	2
	Total		30

Note: - More Practical Exercises can be designed and offered by the respective course teacher to develop the industry relevant skills/outcomes to match the COs. The above table is only a suggestive list.



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List of Laboratory/Learning Resources Required:

Sr. No.	Laboratory/Learning Resources/Equipment Name with Broad Specifications	PrO. No.
1.	Computer system with operating system and Internet Facility.	All

Suggested Project List:

A suggestive list of micro-projects is given here. This should relate highly with competency of the course and the COs. Similar micro-projects could be added by the concerned course teacher:

- Prepare a report on self-assessment of Emotional Intelligence (EQ) with a brief presentation.
- Conduct a group activity on communication and teamwork and present the findings.
- Analyze personal digital behavior and screen usage and submit a report with improvement strategies.
- Prepare a presentation on stress management, mental health, and work-life balance.
- Develop a personal improvement plan for emotional intelligence and digital habits in report format.

Suggested Activities for Students:

These are sample strategies that students/teachers can use to accelerate the attainment of course outcomes:

- Students can engage in group learning among themselves to enhance understanding of emotional intelligence and interpersonal skills.
- Students can study different digital tools and applications to understand their role in digital wellbeing and responsible technology use.
- Students can participate in discussions and presentations on topics like stress management, empathy, and communication skills.
- Students can refer to online resources and learning platforms to improve knowledge of emotional intelligence and digital practices.
- Students can analyze real-life situations related to digital behaviour, mental health, and teamwork to understand practical applications of concepts.
- Students can practice self-reflection to improve emotional awareness and manage their digital habits effectively.

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