

SHIVAJI COLLEGE, UNIVERSITY OF DELHI
DEPARTMENT OF COMMERCE
INTERNAL TEST (Academic Year - 2024)
Emotional Intelligence

- Q:1** Enumerate the various self-regulation strategies to manage anxiety and depression.
Q:2 Describe the aspects of effective communication that are essential in nurturing a relationship
Q:3 How does body language influence the way we are perceived by others, and how can we leverage it to communicate effectively?

Part-II

- Q:1** In your opinion, what role does emotional intelligence play in achieving success and maintaining happiness in both personal and professional spheres?
Q:2 a. Characteristics of a person with high emotional intelligence,
b. The social competence aspect of emotional intelligence,
c. any two model of emotional intelligence.

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