

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Psychology of Emotion: Theory and Applications

Subject Co-ordinator - Prof. Dilwar Hussain

Co-ordinating Institute - IIT - Guwahati

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - Emotions: Concepts and Categories
- Lecture 2 - Historical Background and Theories
- Lecture 3 - Communication and Measurement of Emotions
- Lecture 4 - Universals and cultural differences in emotions - 1
- Lecture 5 - Universals and cultural differences in emotions - 2
- Lecture 6 - Emotions and the Body
- Lecture 7 - Emotions and the Brain
- Lecture 8 - Self-evaluative emotions-Guilt, shame, Embarrassment, and pride
- Lecture 9 - Social Comparison Emotions-Envy and Jealousy
- Lecture 10 - Positive Emotions
- Lecture 11 - Happiness and Subjective Well-being - 1
- Lecture 12 - Happiness and Subjective Well-being - 2
- Lecture 13 - Emotions in Groups - 1
- Lecture 14 - Emotions in Groups - 2
- Lecture 15 - Emotions and Cognitions: Introduction
- Lecture 16 - Emotion and Memory
- Lecture 17 - Emotion and Judgment/Decesion making
- Lecture 18 - Depression
- Lecture 19 - Anxiety Disorders
- Lecture 20 - Emotion regulation: Introduction
- Lecture 21 - Adaptive emotion regulation using ABC model
- Lecture 22 - Adaptive emotion regulation using mindfulness
- Lecture 23 - Emotional intelligence: Introduction
- Lecture 24 - Skills of EI-Self-awareness
- Lecture 25 - Skills of EI-Self-regulation/Self-management
- Lecture 26 - Skills of EI-Self-Motivation
- Lecture 27 - Skills of EI-Empathy
- Lecture 28 - Skills of EI-Social intelligence and social skills
- Lecture 29 - Emotional intelligence and workplace

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- Lecture 30 - Emotional intelligence, health and well-being
- Lecture 31 - Development of emotional intelligence