

EMOTIONAL INTELLIGENCE

**Prajapita Brahma Kumari Ishwariya
Vishva Vidhyalaya**

Presented By

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No matter how good and sharp you are in learning a particular subject & how well & efficiently you solve the problems, unless you have optimum control over your emotions, you wont be effective & successful.



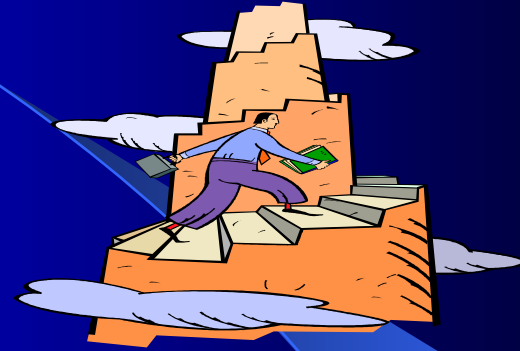
I was a low grade student but as a officer I was graded because I instilled enthusiasm in people & motivated them.

- Divisional Manager

IQ vs. EQ vs. MQ vs. SQ



With IQ you are hired.



With EQ you are promoted.



With MQ you are graced.



With SQ you are contented.

WHAT IS INTELLIGENCE?

A set of cognitive abilities, which allow us to acquire knowledge, learn and to solve problems.



WHAT IS EMOTION?

❖ It is a felt tendency to move towards something assessed as good or favorable and away from something assessed as bad or unfavorable. It is also called “feeling”

❖ **EMOTION = E / MOTION**
ENERGY INTO MOTION.



WHAT IS EMOTIONAL INTELLIGENCE?

During late 1980's Peter Salovey of Yale & John Mayer of New Hampshire University quoted the term Emotional Intelligence as follows:

“The ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge and to regulate emotion so as to promote emotional and intellectual growth.”



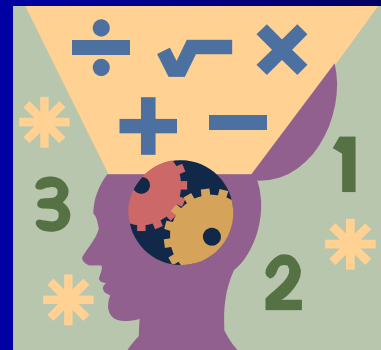
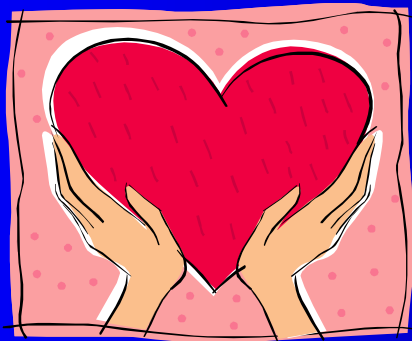
Emotional intelligence refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.

.....Daniel Goleman

- ❖ **EQ means nothing but it is the skill to handle one's own and others emotions intelligently.**
- ❖ **It is your capability to handle your anxiety, your anger and your ability to interpret non-verbal communication.**
- ❖ **Emotional intelligence is head working with the heart.**
- ❖ **Emotional intelligence is complimentary to technical knowledge and job skills.**

WHAT IS IT NOT?

- ❖ Emotional Intelligence is not the opposite of intelligence.
- ❖ Emotional Intelligence is not the triumph of head over heart or of heart over head.



IQ vs. EQ(EI)

- 1) Power of conscious mind.**
- 2) It has to do with head.**
- 3) Activity of left lobe of brain.**
- 4) Can be developed by reading, writing, thinking, certain psychological and mathematical exercise.**
- 5) IQ gets you hired.**

- 1) Power of sub conscious mind.**
- 2) It has to do with heart.**
- 3) Activity of right lobe of brain.**
- 4) Can not be developed by this techniques but can be developed by spiritual understanding and by inculcation of values.**
- 5) EQ gets you promoted.**

**EQ makes us aware of
our own feelings and
that of others. EQ is
basic requirement for
the proper use of IQ.**



Emotional Quotient

**(EQ) gives us empathy,
motivation, compassion
& ability to respond
skillfully to both
pleasure & pain.**



IMPORTANCE OF *EI* IN PRESENT SENERIO

- ❖ *“It is worthwhile to lose a candidate who is brilliant, but who will give trouble getting along, rather than a person whose skills are average but whose EQ is strong, for he can be trained by us. It benefits the company and the individual in the long run.”*
....Auto Vincent, vice-president, human resources of Mahindra Ford in Chennai.
- ❖ *“Even if the candidate is not very brilliant but is still able to carry others with him, it is an asset to the company.”*
....Vice-president,HRD, Crompton Greaves, Mumbai.
- ❖ *There is no more effective long term way to improve your company’s bottom line than to increase the emotional intelligence of its people.*
....Statement by a management training company in US
- ❖ *“ I would give 70 percent weightage to EQ and 30 percent to IQ.”*
....Says many Indian managers.

❖ *Anyone can become angry, that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose , and in the right way , this is not easy.*

....A Greek philosopher Aristotle

- ❖ **The concept of EQ has existed in our sacred text Gita. “Arjuna says in Gita ‘I am able to control the wind but not my mind’.” But people here in India take notice of it only when it is packaged and sold by a westerners.**
- ❖ **Not only is IQ (Intelligent Quotient) a valued criterion for the selection, but we also identify the potential employees with high EQ (Emotional Quotient) level.**

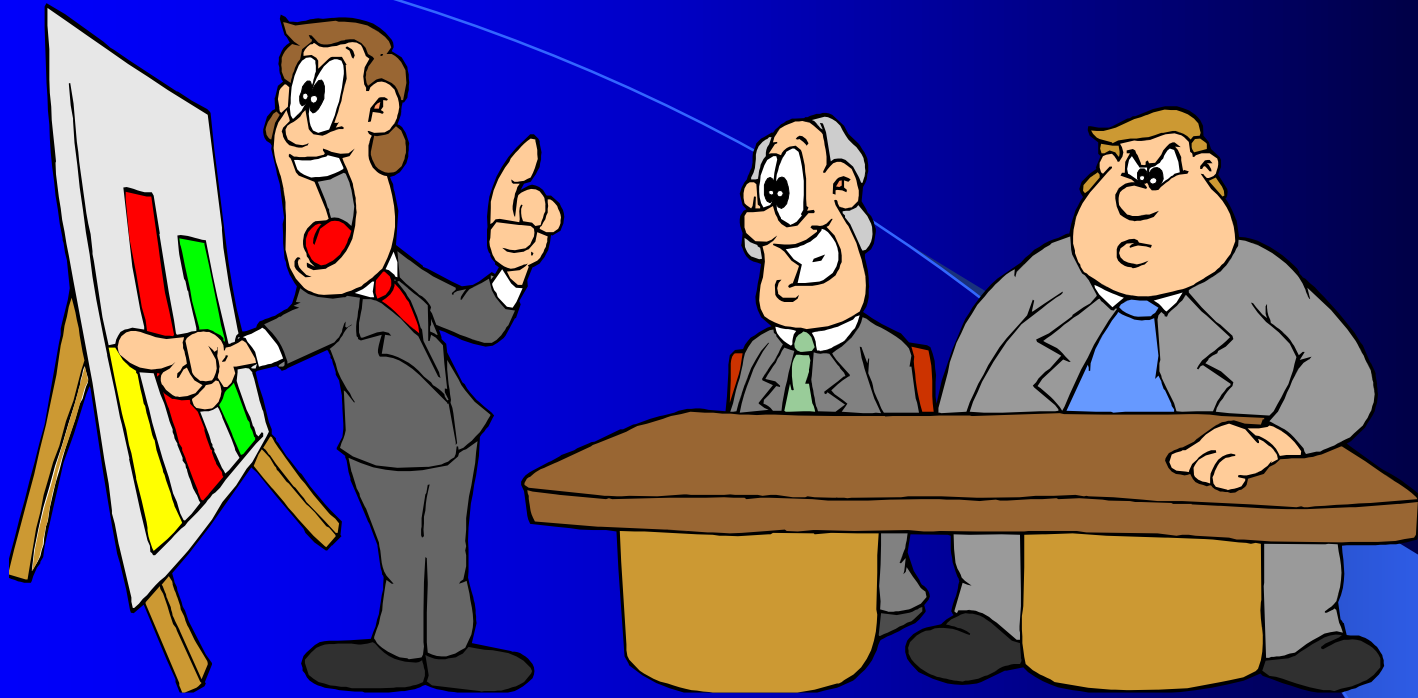
TYPES OF EMOTIONS

POSITIVE EMOTIONS

- ✓ Love
- ✓ Peace
- ✓ Compassion
- ✓ Sympathy
- ✓ Thankfulness
- ✓ Bliss
- ✓ Tolerance
- ✓ Purity
- ✓ Trust and Faith
- ✓ Enthusiasm
- ✓ Patience
- ✓ Hope
- ✓ Mercy

NEGATIVE EMOTIONS

- ✓ Attachment
- ✓ Anger
- ✓ Hatred
- ✓ Jealousy
- ✓ Sadism
- ✓ Worry
- ✓ Intolerance
- ✓ Impurity
- ✓ Doubt
- ✓ Depression
- ✓ Impatience
- ✓ Shyness
- ✓ Fear



We need to manage our emotions in such a way so as our emotions don't cloud our basic general intelligence.

TEN ATTRIBUTES OF HIGH EQ



1. Self Control



2. Self Disciplined



3. Self Motivated

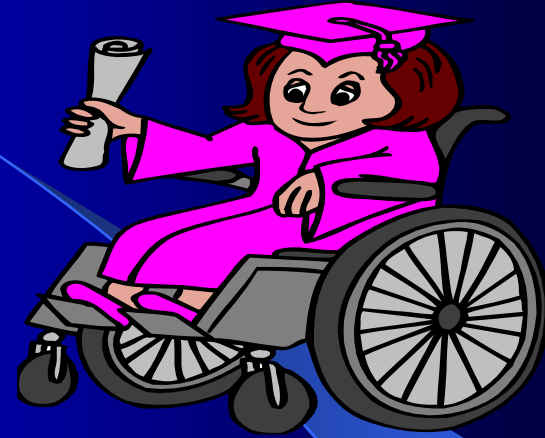


4. Aspired for Excellence

TEN ATTRIBUTES OF HIGH EQ.....continued



5. Immaculate Character



6. Positive Attitude



7. Full of Moral values

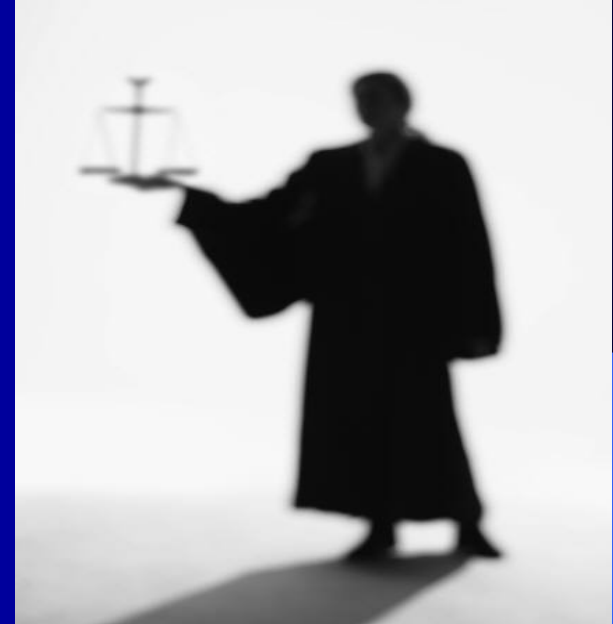


8. Ego less – Anger less

TEN ATTRIBUTES OF HIGH EQ.....continued



9. Delay Gratification



10. Better Judgement

How to release -ve emotions?

- | | | |
|------------------|---|---------------------------------------|
| Engage in | - | Sports |
| | | Arts |
| | | Communication |
| Flow in | - | +ve thoughts |
| Rub out | - | through self talk |
| Rub in | - | by noble productive activities |

Characteristics of Proactive

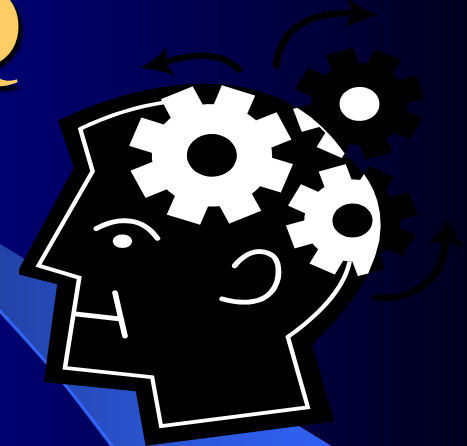
- He himself determines the way and direction of life.
- He accepts the responsibility for his **THOUGHTS, WORDS, EMOTIONS and BEHAVIOUR.**
- He keeps Control on what happens.
- He himself steers the car on the road of career.
- 'The Locus of Control' is within.

Characteristics of Reactive

- **His life is in the hands of people, circumstance and luck.**
- **He blames people for the way he is.**
- **If people appreciate him, he is happy, if they criticize he is most unhappy.**
- **His Locus of Control is without.**

SQ - THE FOUNDATION OF IQ, EQ AND MQ

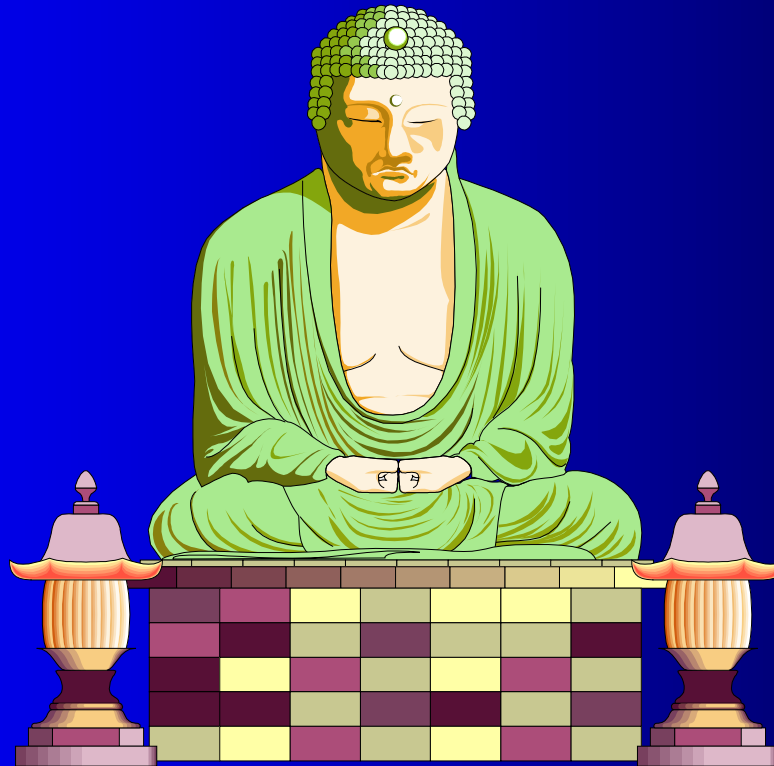
❖ SQ helps in using total Mind Potential



❖ SQ takes us beyond Cast, Creed, Color, Post, Position and develops the sense of equality and brotherhood.



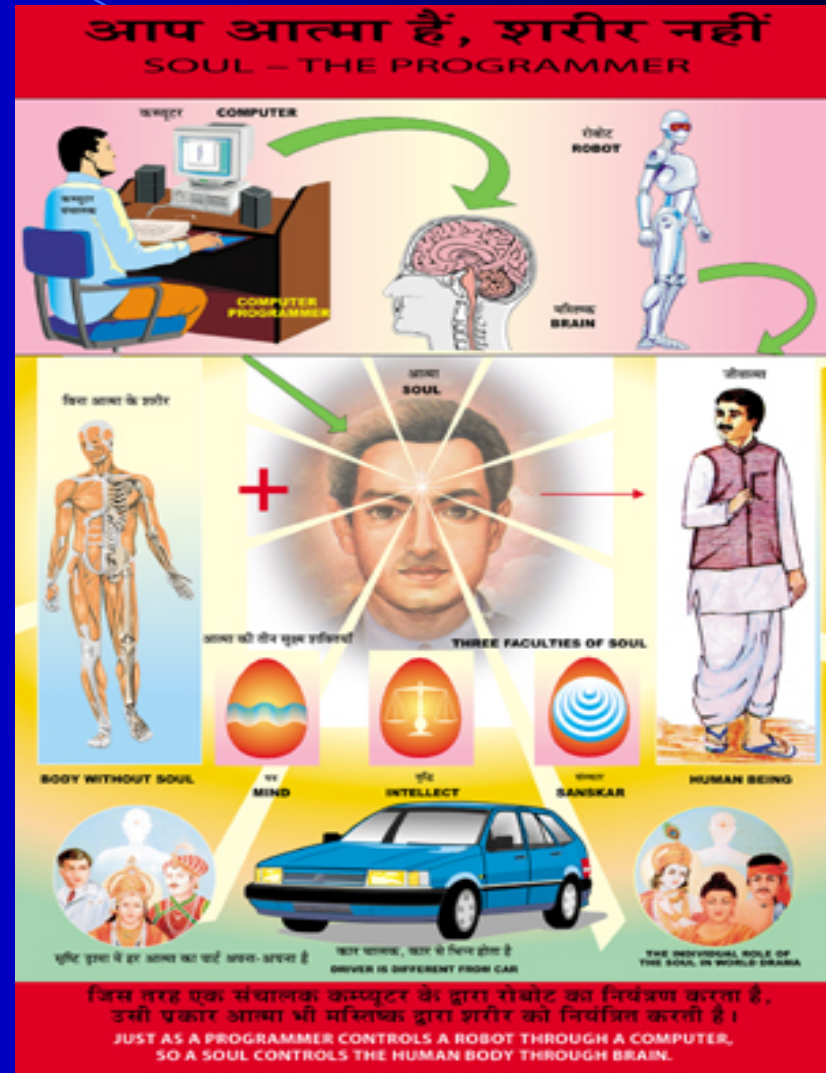
Dana Zohar & Ian Marshall explains that
Spiritual Intelligence is the ultimate
intelligence.



WHAT IS SQ?

SQ means :

Knowing one's
own self, i.e.
Self realization



WHAT IS SQ?

SQ means : Having
true concept of
GOD.
i.e. God Realization

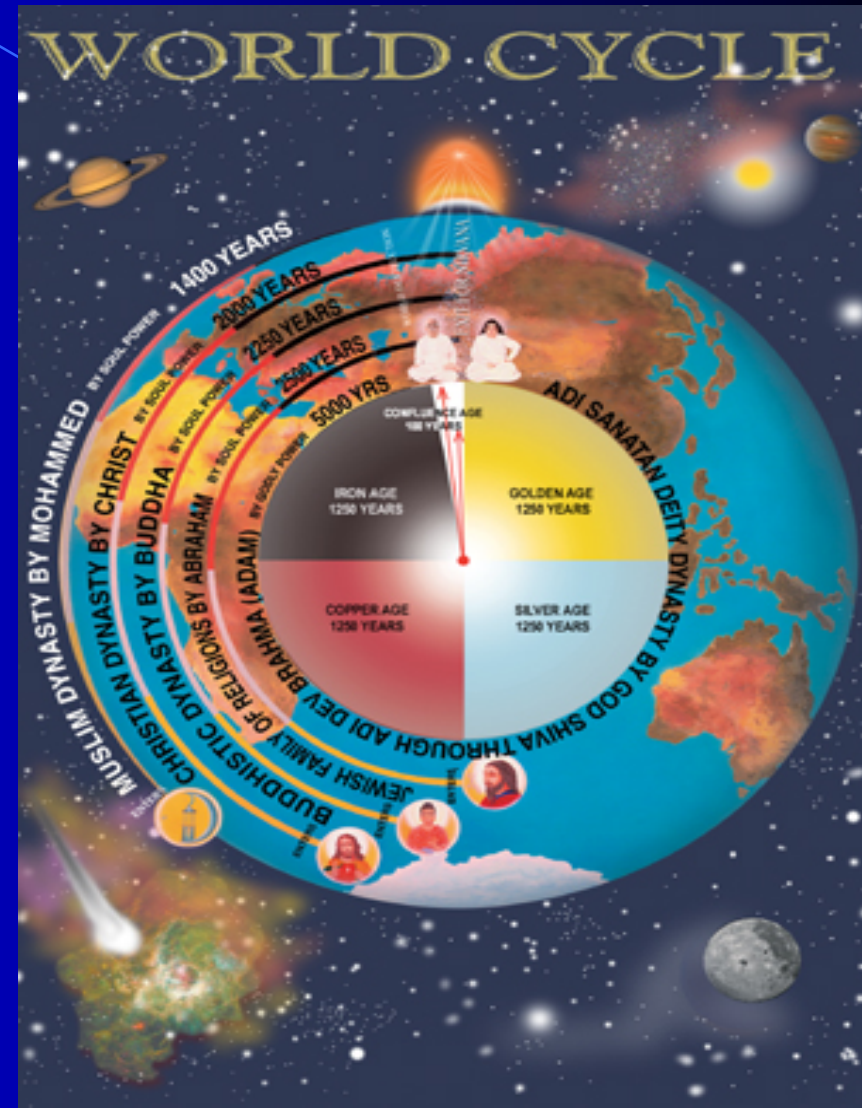


WHAT IS SQ?

SQ means:

Understanding the
eternal world drama.

i.e. **World Realization**



WHAT IS SQ?

SQ means :
Perceiving law of
“karma”



RAJ YOGA

THE TOTAL AND GROSS TOOL TO ENHANCE SQ

BECAUSE :

- ❖ As very first step of Raj yoga meditation is to get relaxed physically and mentally which leads to alpha and higher state of mind.
- ❖ It is essentially an art of positive and creative thinking as well as of visualization leading to the development of positive attitude and perceptions.
- ❖ The very first realization of Raj yoga meditation is self-realization through introversion and introspection, which leads to the visualization of one's original self, which is essential for improving SQ.

Raj Yogacontinued

- ❖ Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- ❖ Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment, empowerment and enrichment of the self, ultimately leading to higher SQ, MQ and EQ.
- ❖ It is a key leading to total enhancement of SQ through self-realization, God realization and world realization.

Major Steps of Rai Yoga Meditation

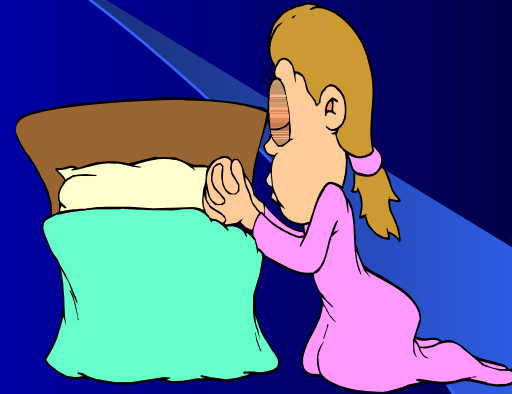
- ❖ Physical and Mental Relaxation
- ❖ Withdrawal
- ❖ Concentration
- ❖ Introversion
- ❖ Introspection
- ❖ Self Transformation
- ❖ Self Realization
- ❖ Linking up with God
- ❖ God Realization
- ❖ Empowerment And Enrichment of Self



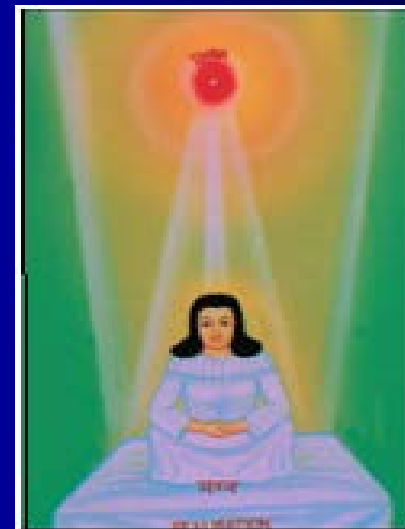
Practice Raj Yoga Meditation Daily

In mediation and prayer :

❖ we talk to **SELF**

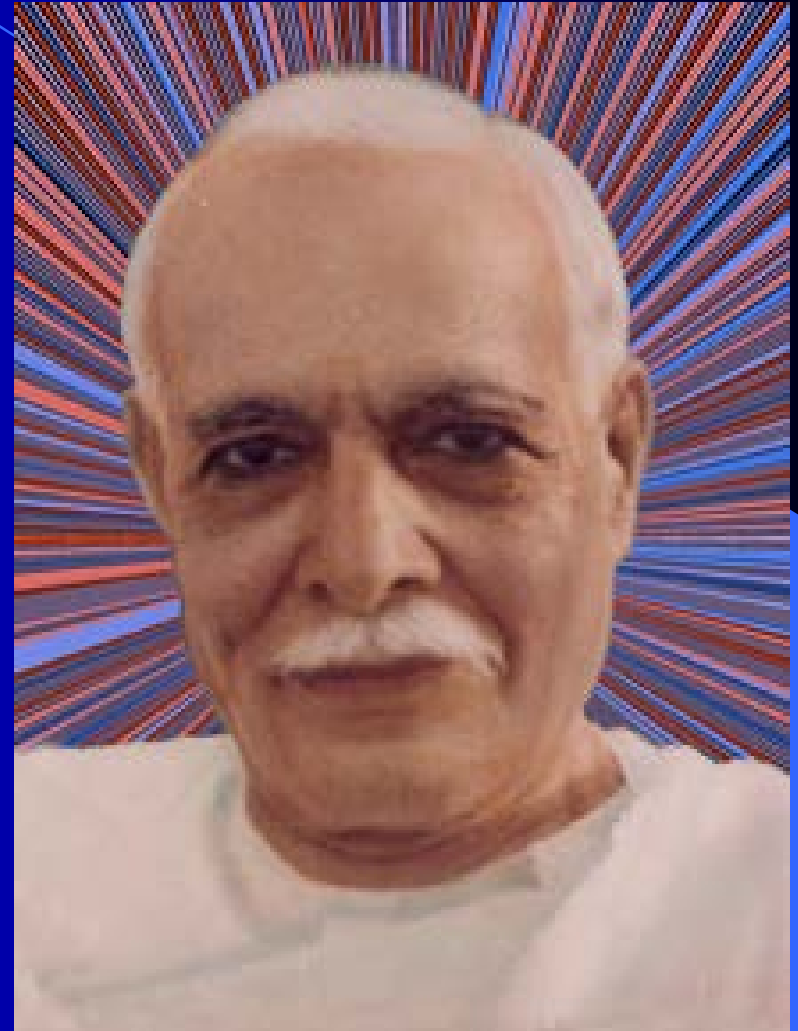


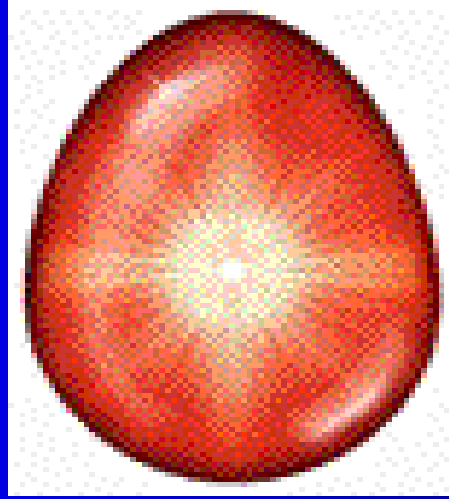
❖ we converse with **GOD**



THANK YOU VERY MUCH

**FOR YOUR ACTIVE
PARTICIPATION IN THIS
PRESENTATION. WE
HOPE YOU WILL
CONTEMPLATE OVER
VARIOUS POINTS
SHARED IN THIS
PRESENTATION AND
MAKE IT A PART OF
YOUR PERSONALITY.**





Om
Shanti