



Why So Senti?

Hi! I am the brain. I think, but I fly high when I feel.

Hi! I am the heart. I emote and feel but I act best when the brain guides me.

Both heart and brain serve a purpose. But they serve you best, when together.

Because Emotions Have An Intelligence Of Their Own

The need of the hour

With the vision to unite humans and function in their best interest, Rajesh Ahuja, Founder, Good Enough foundation, sheds light on the importance of Emotional Quotient (EQ) to achieve success in life.



Rajesh Ahuja shares views with YP team

The need to know EQ

EQ is the ability to perceive, evaluate and control your own feelings while also understanding others' emotions. It is what enables a person to recognise emotions, differentiate between varied emotions and use this emotional information to guide behaviour and decision making.

The need to balance

For most people, IQ is more important than EQ for it's intelligence that can help one ace exams. However, what is required is to balance IQ and EQ, as both are fundamental to a person's

overall growth. If someone is academically brilliant, but socially inept, s/he may land up with unsuccessful relationships. IQ gets you grades but EQ gets you through life. Increased emotional intelligence leads to better academic achievements, and stronger relationships.

The need to talk

Talking about emotional and mental well-being remains a taboo in our society. Even as stress levels continue to rise, people shy away from talking about its effect on their emotions. It's high time we deal with the lack of awareness and ignorance towards EQ. Parents should encourage children to express their emotions. Moreover, parents should communicate openly with children and assure them that their emotions are valid and balanced.

When IQ met EQ

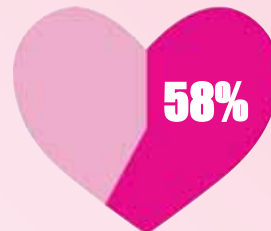
The hot cup of mocha had now turned cold. Engrossed in his laptop, he had no time to look up. IQ had made up his mind to solve that difficult mathematical problem. Just then, EQ entered the café. Looking for a table, he realised that the chair next to IQ was empty. With a smile, EQ approached IQ, "Mind if I share the table with you?" "No, you'd rather not. I don't want to be distracted." EQ was disappointed, but soon found another table. Sipping his hot chocolate, EQ flipped through the pages of a book, relaxing. Meanwhile, IQ only grew fidgety and irritated. He had still not been able to solve that sum. EQ saw IQ shifting his chair, his uneasiness only growing by the minute. EQ felt bad for poor IQ. Walking to IQ's chair, EQ said, "Want a



helping hand?" IQ was now really low and would appreciate someone helping him out with his emotions. Taking the silence as a yes, EQ started talking to IQ about anything

and everything under the sun. Initially, it annoyed IQ but soon IQ found himself enjoying the conversation and even participating in the same. IQ suddenly felt happier and lighter. "Why don't you try the sum one more time?" asked EQ. "I won't be able to solve it." "Give it a try." Reluctant, IQ decided to give it another shot and to his surprise, he solved it. "Guess you triggered right emotions in me," IQ said with a wink. He realised that he was better off with EQ by his side.

Mixed Feelings



EQ accounts to professional and personal success in life.

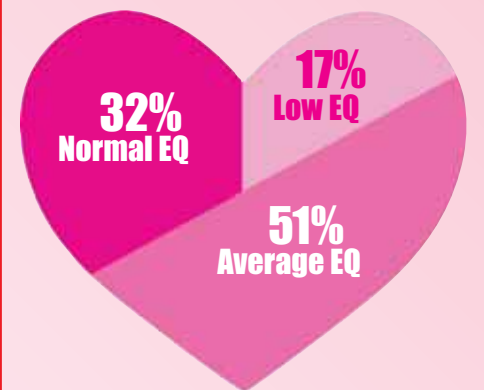


People can instantly recognise their emotional state.



Of people don't know how they feel.

YOUTH POWER FINDINGS



Survey size: 645 Methodology: Questionnaire
Sample group: General Public



Facial muscles are used to express emotions.

Source: Internet
100+
Human Emotions
Is all we know about.

Low Emotional Intelligence		High Emotional Intelligence
Aggressive, Demanding, Egoistic, Bossy, Confrontational	Self-awareness	Assertive, Ambitious, Driving, Strong willed, Decisive
Easily distracted, Selfish, Poor listener, Impulsive	Empathy	Warm, Enthusiastic, Sociable, Charming, Persuasive
Resistant to change, Passive, Un-responsive, Slow, Stubborn	Self management	Patient, Flexible, Consistent, Good listener
Critical, Picky, Fussy, Hard to please, Perfectionistic	Skills	Detailed, Careful, Meticulous, Systematic, Neat

Source: Internet

