

Technical Essay Competition

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Emotional Intelligence and its impact on self-improvement.

Intelligent quotient also known as IQ is a measure of our intellect. There are various types of intelligence other than intellect like spatial intelligence (ability to think in 3d) or linguistic intelligence. One of the important types of intelligence which is gaining traction nowadays is emotional intelligence. A high IQ can help you in getting to a college and score well however a high EQ helps in managing the emotions that you face in your life.

So, what is emotional intelligence?

Emotional intelligence (EQ) is the ability of a person to handle his or her emotions especially in such a way that it helps in relieving the stress, building strong relationships and leads to better communication. A high EQ can help the person in handling various social situations and emotional situations. According to me a high EQ is much more necessary than having a High IQ. A person with a good EQ has a high self-awareness along with advanced social skills. These people are self-motivated and can easily build a relationship with other workers. One of the most important characteristics of people with high EQ is their ability to tackle and handle a failure. They know how to recover from a failure at work and as we know failure is not falling down but staying down.

Coming to an individual level, managing your emotions helps you in better management of yourself. Everyone gets angry or faces some adversity in their life. However, knowing what, when and where to speak about your emotions is a crucial part in managing or defusing any conflict. When our closed ones whom we trust say something that hurts us deep down we tend to say few things that hurt them in a way we don't mean to. As we all know any words said can only be forgiven not forgotten. Here having control of your emotions comes into the picture. It helps in defusing any conflict and prevents any irreparable damage to any relationship. People with high EQ can also control their moods. Moods are just emotions that last for some period of time. These people know how to get into a certain mood to focus on something and try again instead of accepting defeat. A part of EQ is also empathy. It means the ability to put yourself in someone's else's shoes and understand what they are going through. It helps us to empathize with the person having strong emotions and forges a strong bonding. Being in harmony with your emotions also helps you to distinguish between a friend and a foe, identify your strengths,

weaknesses and have self-confidence. You can walk into a room descending into storm of chaos and be the eye of the storm.

Nowadays many companies are preferring candidates with high EQ and low IQ then people having low EQ and high IQ. The reason being all the characteristics these people bring to the table. They help to motivate others, inspire loyalty among the team, build strong relationships and try their best to excel at the job. The companies look for people with learn-it-all attitude then know-it-all attitude. They want people who can work on themselves. Coming to the development of EQ it happens as we mature and grow old. The various experiences in our life help us in figuring out our emotions and different ways to manage them. Various regrets or failures in a person's life make him mature about his emotions. You can also develop your EQ by labelling various emotions that you feel throughout the day. This will help you in figuring out how you feel in certain situations and increase your self-awareness as well as your self-control. So always remember that any experience good or bad is a priceless collector's item.