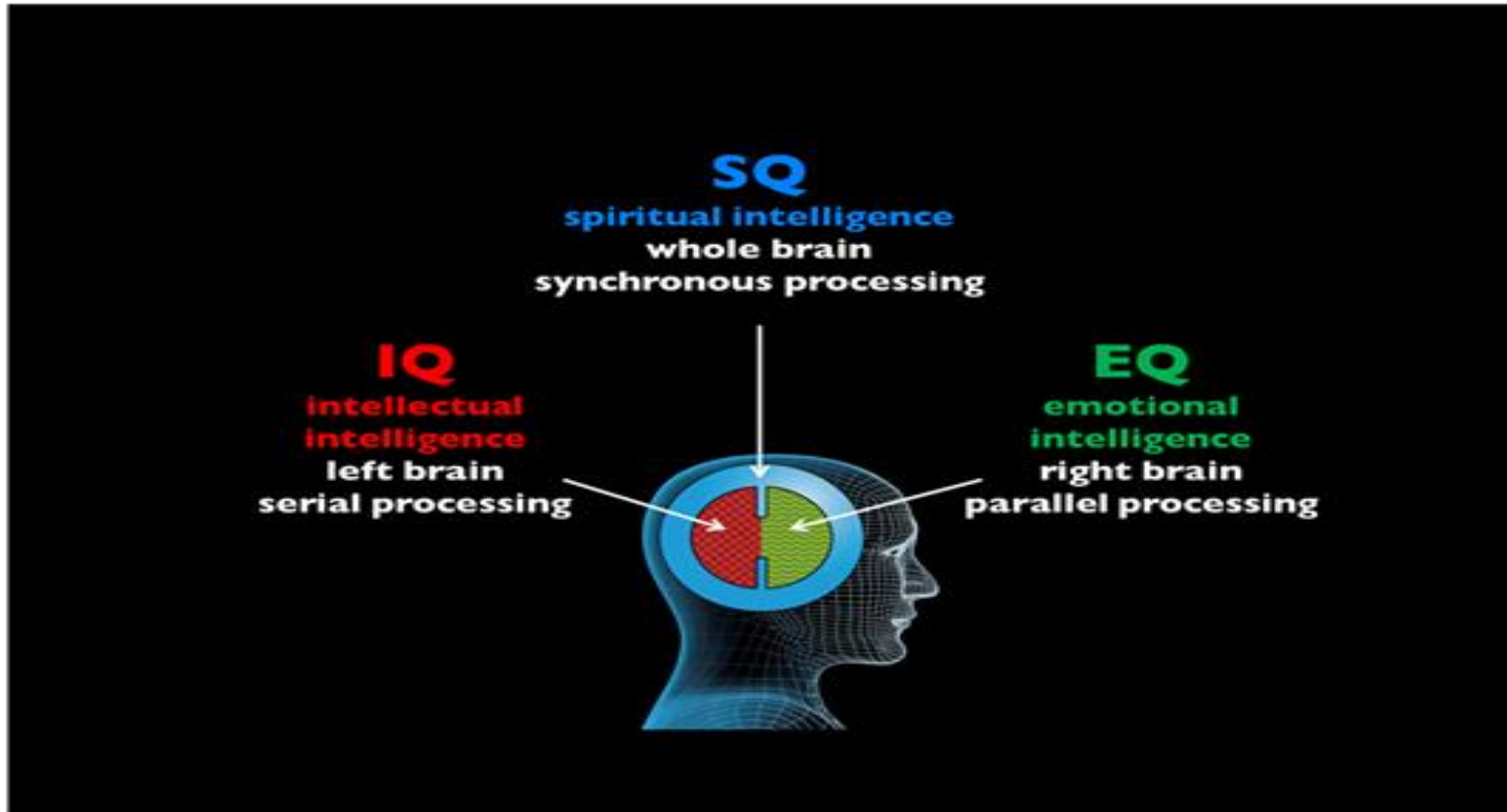


Introduction to PQ, IQ, EQ and SQ



By: Dileep Kumar

Secretary,

Association of Knowledge Workers, Lucknow

18-12-19

Physical infrastructure

- Cells: I am something like a big city. I have dozens of power stations, a transportation system, a sophisticated communications setup. I import raw materials, manufacture goods, and operate a garbage-disposal system. I have an efficient government a rigid dictatorship, really
- How 60 trillion cells in our body ,can live in such harmony-- each minding his own business, efficiently performing his own tasks-is something to contemplate. It is a wonder. Maybe it is the supreme wonder.
- My DNA can be compared to an architect whose job is to draw up the grand design for living. n the form of molecules, all information is "printed" on the interlocking twin spirals of DNA.
- Four Q are the necessary infrastructures on which life can properly be built and lived.

Physical Quotient

- PQ is the most important one on which any life can exist. Without it no other superstructure can be built upon it. It is manifested through an energetic and healthy body with all its multi-systems functioning well.
- Personality is determined to a large extent by a person's genes. In practice a tremendous amount can be done by the individual to restructure their own personality and even to improve intelligence.
- A lot can be done to improve brain chemistry and nutritional deficiencies too! Of most significance in the development of personality is an individual's experience, both pleasurable and painful, in this lifetime, from birth onwards. These experiences result in both positive and negative learning: the acquisition of skills and understanding, and the acquisition of fixed ideas and conditioning. This learning can be revised!

Intelligence Quotient

- IQ is defined as a uniform cognitive capacity that people are born with and can be measured by IQ tests. But today advance researches have accepted that one's IQ can grow and change according to one's response to conditions and new opportunities.
- Today it is generally accepted that each person has a unique profile or combination of intelligence since all human beings have several types of intelligences. We can improve each of our intelligence, though some people can improve more readily in one intelligence area than in another.
- Human intelligence is rooted in our genetic code. Neurologically, everything that bears on intelligence is routed through, or controlled by, the brain and its neural extensions into the body. One kind of neural organization enables rational, logical rule-bound thinking.

Emotional Quotient

- IQ contributes only 20% to life success – the rest of your achievements come from “emotional intelligence.”
- The five areas of emotional intelligence are self-awareness, managing emotions , self-motivation, empathy and handling relationships.
- Human beings have the equivalent of two minds – one that thinks and one that feels.Strong emotions interfere with clear thinking. Anxiety undermines the intellect.Your goal is to find an intelligent balance of reason and emotion.
- The success of a group is not determined by the IQ of its members, but by their emotional intelligence.
- EQ, which doesn't feature in the top 10 skills required today, will become one of the top skills needed by all, as requirement of fourth industrial revolution increases

Human Mind (Chitta)

- The mind is the biggest mystery. Your body has a form but your mind does not. So we are a combination of the form and the formless. Emotions are in the mind, but there is a corresponding hormone or sensation in the body. So it is a combination of both.
- The body manifests what goes on in the mind. Death means the link between the body and the mind, i.e., the breath stops. The mind is energy, it does not get destroyed, since matter and energy can never be destroyed.
- *Mind:Manas* is the recording faculty which receives impressions gathered by the senses. *Budhi* is the discriminative faculty which clarifies these impressions and reacts to them. *Ahamkara* is the ego sense which claims these impressions for its own and stores them up as individual knowledge. Our thoughts are the beginning of every creation. You are what you think.

Transformation: The Dalmia Bharat Enterprise Journey

- As the company is full of Engineers, the intellectual horse power did exist in the company. What we needed was also the emotional quotient. occupational personality test results astonished, 95% of the population scored low on personal insight, empathy, and social ease! A realization dawned upon management A realization dawned upon management that our company, which is on verge of complete transformation, may actually lack the emotional competency to achieve the very challenging objective.
- **Two worlds:** every human being exists in two worlds; one in which what actually occurs and the other in which he or she builds interpretations of what actually happened.
- **Life Transformation:** We designed a program on life transformation with life coach. The program revolved around three fundamental issues viz. Health, Happiness, Relationships.

Transformation: The Dalmia Bharat Enterprise Journey

- **Life Transformation:** We designed a program on life transformation with life coach. The program revolved around three fundamental issues viz. Health, Happiness, Relationships. Even if a single wheel of the tricycle was malfunctioning, a person could never be at peace, forget contributions or performance.
- The basic premise of the program was that every person is unique and indispensable. The route to deal with all of the above was to work with our people at rational, emotional, physical and karmic levels to enhance their consciousness levels and thus trigger their connectivity to their inner selves.
- The belief was that once they are free from their negative energies and old behavioral problems, their spirit would be free and would bring smiles, enthusiasm, and leadership to the work they are doing. This would impact productivity in the work arena.

Spiritual Health

- Spiritual health is a State of being where an individual is able to deal with day-to-day life in a manner which leads to the realization of one's full potential; meaning and purpose of life; and happiness from within. It is reflected through three domains-Self-Evolution, Self-Actualization and Transcendence.
- The 6 factors identified as constructs prior to the factor analysis found place under the 3 domains of spiritual health based on the items and the determinants. Factor 1 on wider perspective , factor 2 on nurturance-Art captured the domain-self-evolution; factors 3 and 4 on engineering from within and deeper meaning-purpose of life captured the domain self-actualization and factors 5 and 6 on universal love-sublimating jealousy and considering oneself as a part of the supreme captured the domain-transcendence.

What Does Business Have To Do With Spirituality?

- Business says, 'Go aggressively and earn', and spirituality says, 'Give up everything that you have'. Although they appear to be completely opposite to each other, I say, they are complimentary, like breathing in and breathing out
- For business, you need five ingredients: A Congenial Atmosphere, Passion to Do Business, Capital and Other Ingredients, Skills and Something very abstract called, **Luck**
- Basic thing is the line of ethics, 'I would not like anyone to cheat me, and so I will not cheat anyone. You want others to have integrity, honesty, straight forwardness and skill to deal with situations? .
- Trust is the backbone of business. If there is no trust, there can't be business. When trust starts eroding, it becomes our topmost duty to restore it. See whether it is capitalism, or communism, or secularism, no 'ism' will work if there is no humanism.

3Quotents, IQ, EQ and SQ of Human beings

FROM INTELLECTUAL TO EMOTIONAL TO SPIRITUAL

