

St. Cecilia's Public School

Workshop on Intelligence Quotient Vs Emotional Quotient and Empathy

“It is very essential to comprehend that emotional intelligence is not different from intelligence but the unique intersection of both heart and head”



On 20th April 2023, a workshop was organized for more than 100 students of Class X to empower the young minds with a better understanding of their intelligence and emotions as well as the equilibrium between the two. Guest Spokesperson Ms Jayashree graced the workshop as the speaker to apprise the adolescents Quotient as it produces good relationships with others; gives a balanced psychological health and leads to success of an individual.

The purpose of the informative session was to examine issues surrounding the concepts of IQ and EQ, a theory of intelligence quotient and emotional quotient. The students understood how to differentiate their characteristics, benefits and effects to determine what is more important. The key factors that influence our perspective and decision making were discussed on how to efficiently take correct decisions, choose appropriate, behavior, career options, etc to make throughout our life. The students interacted with active participation by answering the questions raised by the speaker.

The objective of the workshop was well achieved that is to provide knowledge to students on how intelligence is measured as well as the characteristics and purpose of Emotional Intelligence and Intelligence Quotient. The teachers and students expressed their gratitude to Madam Principal for inviting guest speaker Ms Jayashree to address the much needed and relevant life skills.