



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**NAAC ACCREDITED GRADE "A" INSTITUTE**

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University  
Recognized Under Sec. 2(f) of UGC Act 1956

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## HAPPINESS CLUB EVENT REPORT

Event	: Talk on Understanding Intelligence Quotient and Emotional Quotient
Date	: 16 <sup>th</sup> February 2022
Time	: 3:00 PM
Mode	: Online
Platform	: Microsoft Teams
Time	: 1:00 pm onwards
Beneficiaries	: 73



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DELHI INDIA



# Happiness Club

Established under the norms of  
All India Council for Technical Education (AICTE)  
organizes  
Talk on “Enhancing Intellectual and  
Emotional Quotient”  
on  
16<sup>th</sup> Feb 2022  
From 11:00 AM Onwards  
Venue: Multipurpose hall, TIAS



The illustration at the bottom features a woman on the left, a red brain icon, a man at a computer with the text 'IQ + EQ = SUCCESS', another man holding a mask, and two large profile silhouettes on the right: a red one with a heart inside labeled 'EQ' and a blue one with a brain inside labeled 'IQ', with 'vs' between them.

**Learning Objective: To make students understand the importance of Intelligence Quotient and Emotional Quotient for happiness.**

## **REPORT**

The Happiness Club of Tecnia Institute of Advanced Studies organized an online talk on the topic “Understanding Intelligence Quotient and Emotional Quotient” on 16<sup>th</sup> February 2022. The resource person for the event was Ms. Keenika Saini. The event began with a welcome address by Dr. Ruchi Srivastava. She briefly described about Intelligence Quotient (IQ) and Emotional Quotient (EQ). She also explained how a balance between IQ and EQ is important in a student’s life. Then, she requested Ms. Keenika Saini to further enlighten the students on this topic.

Ms. Keenika began her presentation by describing that happiness means different things to different people. For some people, happiness might be being with family and friends, while for others it might be spending time at a religious place. She then explained various positive emotions that are linked to happiness. These include gratitude, awe, serenity, pride, joy, inspiration etc. She also asked the participants to share experiences when they have felt such emotions in their life. Many participants responded by sharing their personal positive moments.

Further, the resource person explained that IQ and EQ are the two most important pillars of happiness. First, she began by describing Intelligence Quotient which mainly comprises of logical reasoning abilities, grasping of new ideas, planning, strategizing and applying existing knowledge to newer scenarios. She also told the students that IQ primarily reflects a person’s mental ability and can be easily measured using standard tests. Next, Ms. Keenika described Emotional Quotient as a person’s ability to assess, control and express his/her emotions. She gave various examples to help the participants understand how EQ differs from IQ.

At the end, Ms. Keenika also elaborated on how IQ and EQ play a crucial role in a student’s life. She concluded by saying that although a student’s IQ can help him/her get a job, but EQ plays a very important role in maintaining that job. This was followed by a vote of thanks from Dr. Ruchi who appreciated the presentation by the resource person and also the audience who interacted enthusiastically during the entire event.

# What is Happiness?

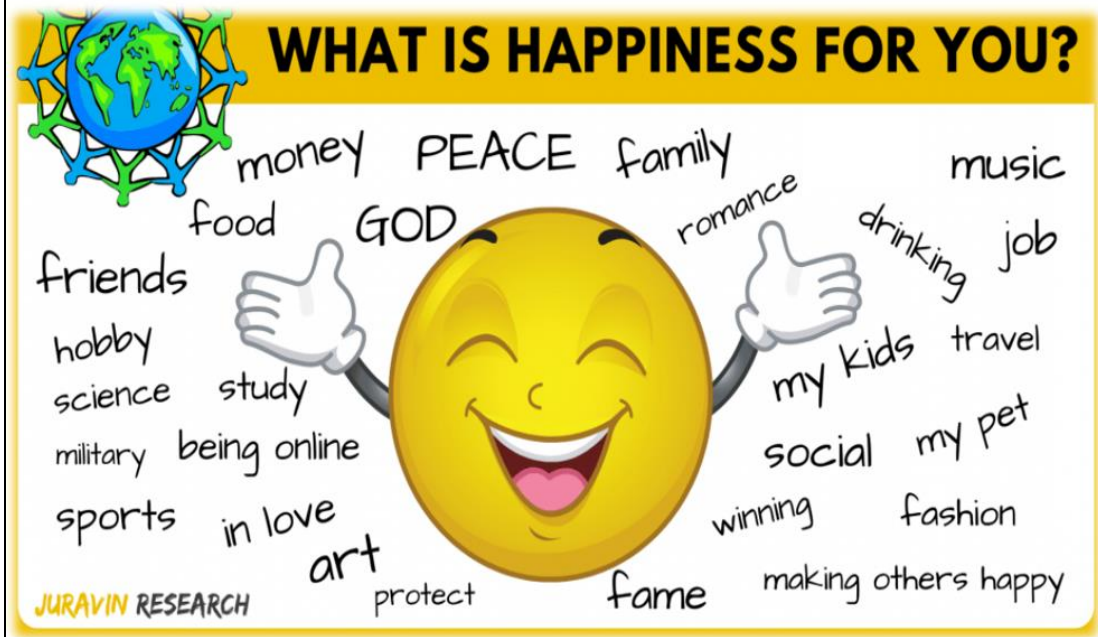


Figure: Snapshot showing how happiness varies from person to person

## Positive Emotions Beyond Happiness

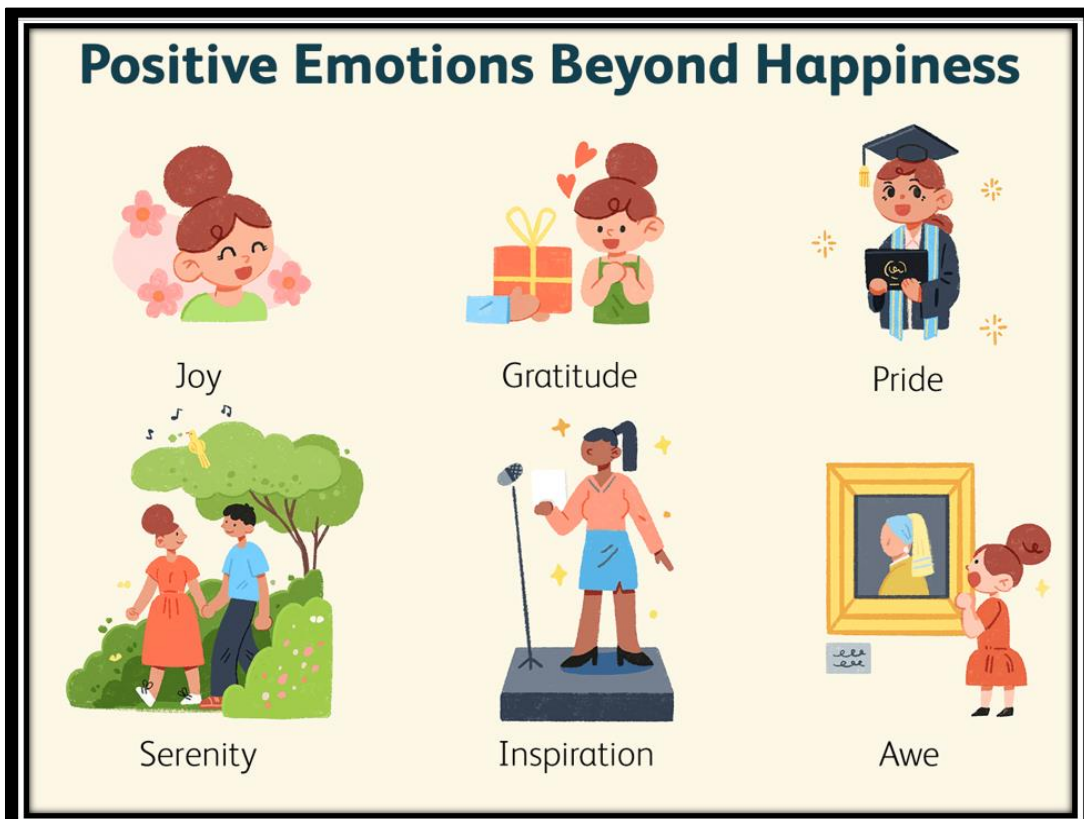




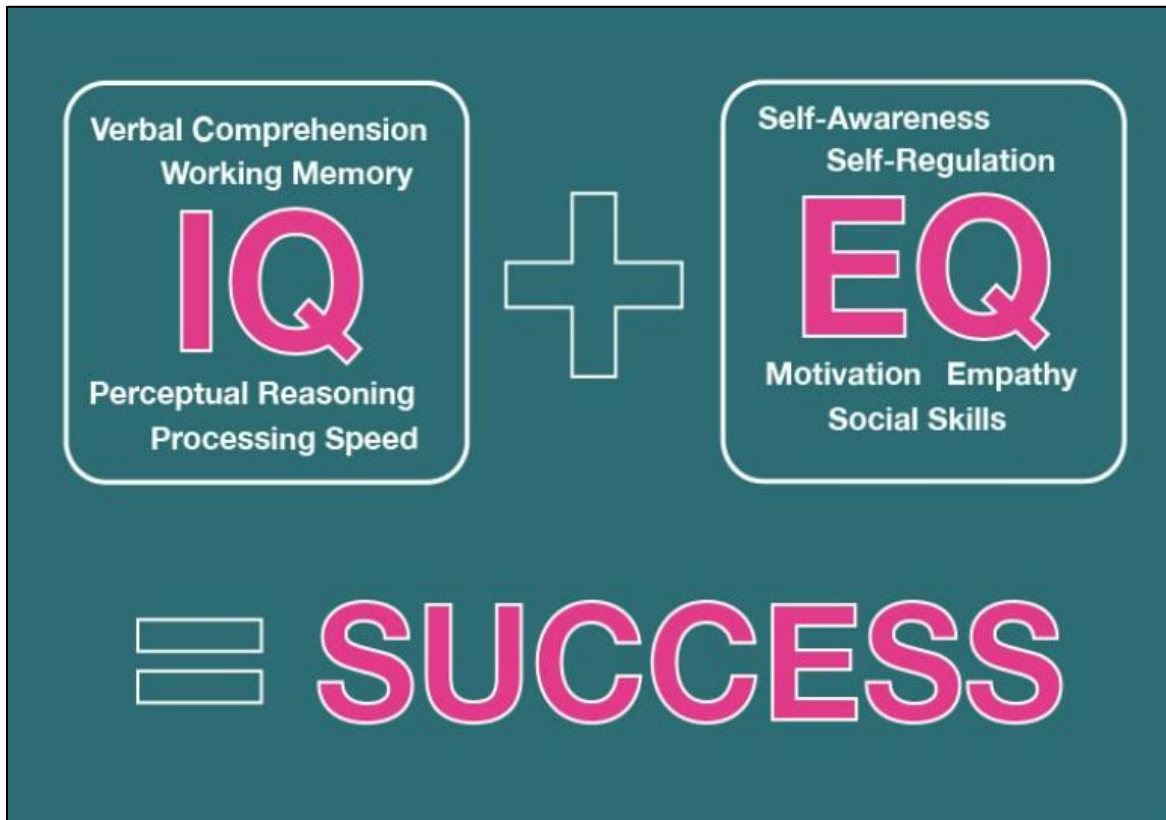
Figure: Various positive emotions contributing to happiness

 <b>IQ</b> <i>(Intelligence Quotient)</i>	 <b>EQ</b> <i>(Emotional Quotient)</i>
<b>- Definition -</b>	
<p>Derived as a score from one of the tests that are standardized and designed to be able to assess intelligence</p>	<p>Also known as emotional intelligence, this is about the ability to be able to assess, identify and control the emotions of the self and of others</p>
<b>- Abilities -</b>	
<ul style="list-style-type: none"> <li>• Information is learned, understood and applied to skills, logical reasoning, word comprehension, math skills, abstract and spatial thinking</li> <li>• Irrelevant information is being filtered out</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional meaning are understood and used to facilitate thinking</li> <li>• Own emotions are identified, evaluated, controlled and expressed</li> <li>• Emotions of other are also perceived and assessed</li> </ul>

**Figure: Comparison between IQ and EQ**



**Figure: The iceberg of IQ and EQ**



**Figure: The contribution of IQ and EQ towards success in career**

**Learning Outcomes:**

Students have learnt about:

- Intelligence Quotient (IQ)
- Emotional Quotient (EQ)
- Importance of IQ and EQ in achieving happiness and success

## Beneficiaries

<b>S. No.</b>	<b>Name</b>	<b>Course</b>
1	Aatif Khan	BCA
2	Aayushi Tyagi	BCA
3	Agrima	BAJMC
4	Akriti Malhotra	BAJMC
5	Akshita Chauhan	MBA
6	Amit	BCA
7	Ankit	MBA
8	Anmol Gupta	MBA
9	Archi Aggarwal	BBA
10	Arpit Kumar	BBA
11	Arshpreet	BBA
12	Ashima Mehta	BCA
13	Ashwin Singh Rawat	BCA
14	Ayushi	BBA
15	Bharat Mathur	MBA
16	Deepak Chandel	BCA
17	Deshik Chawla	BBA
18	Devina Dugar	BCA
19	Dhruv Verma	BCA
20	Divyanshu Sharma	BBA
21	Gagan	BCA
22	Harshita Maheshwari	BBA
23	Harshri Yadav	BBA
24	Ishita	BBA
25	Jasnoor Singh	BCA
26	Jayesh Lakra	BCA
27	Kajal Goyal	BBA

28	Kanika Jain	BBA
29	Kanishka Garg	BAJMC
30	Keshav Garg	BCA
31	Kirti Ajmani	BCA
32	Lakshit	BBA
33	Mahiva Bansal	BCA
34	Maneesh	BCA
35	Md Parvez	BBA
36	Mehak Goel	BCA
37	Muskaan Gupta	BCA
38	Muskan	BCA
39	Naina	BBA
40	Naman Vij	BBA
41	Nandini Sharma	BBA
42	Nishant Narang	BBA
43	Nishita Gupta	BCA
44	Niwanshu Sharma	BCA
45	Paramjeet	BCA
46	Preeti	BCA
47	Priyam Purang	BAJMC
48	Priyanshu Choudhary	BCA
49	Radhika Jangid	BBA
50	Rahul	BCA
51	Richa Singh	BBA
52	Risha	BCA
53	Risha Gupta	BCA
54	Ruchika Sawan	BAJMC
55	Sampann Arora	BCA
56	Sarthak Arora	BCA
57	Sarthak Jain	BCA

58	Satvik	BCA
59	Shivek Gosain	BCA
60	Shrey	BBA
61	Shruti Dwivedi	BBA
62	Swati Chandola	BCA
63	Swati Chandola	BCA
64	Sweta	BBA
65	Tripti Khandelwal	BBA
66	Ujjwal Juneja	BCA
67	Vanshika Negi	BCA
68	Vasu Narang	BBA
69	Vedant Kumar	BCA
70	Vivek Manocha	BAJMC
71	Vivek Singh	BBA
72	Yash Gupta	BBA
73	Yash Upadhyay	BCA