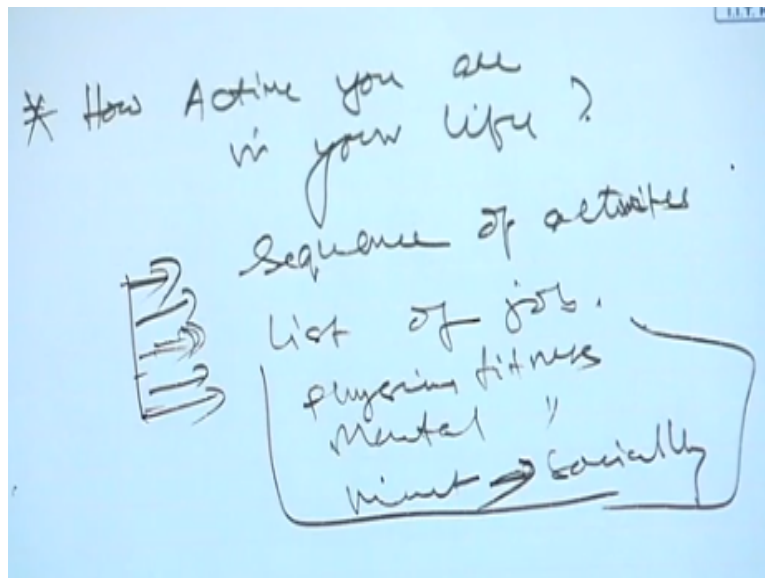


Emotional Intelligence
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Module No # 7
Lecture No # 32
Emotional Intelligence and Happiness Positive Psychology (Contd.)

Yes now when we talk about that being be active than that contributes towards ones wellbeing how. So le let us have small exercise on how active you are in your life how active you are in your life. This is a very small question silly question but that will bring if you write five ten lines about that means that will reflects how engaged you are how busy you are what kind of responsibility you have.

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You are not going blank so people often say you know the there is a famous saying in Hindi language in India that kaam karne waala bandha kabhi nahi thakhtha jo kaam nahi kartha vo jaldi thakhtha hai you know a man. Who does not work gets easily exhausted than a person who works continuously why because you do not know how to spend your time. So that is why you feel frustrated restlessness oh my god so I have sitting alone without any job nine to five so that is a big tension in human life.

But a person whose starts working normally know who gets up in the morning gone for a morning walk then after morning walk he come back then you get fresh have your breakfast then start for your office. So you know you have a sequence of activities to do, then when you go for office then the moment you enter into office again you know you have a list of jobs to carry out. But I have seen people say oh my god I have so many jobs I do not have time to go for a walk.

I have seen you know many Professors here you know at the very early age they experience stroke you know what do you mean by stroke you know cardiac arrest even. Recently I came to know that a person assistant professor or assistant professor at the age of thirty eight. He was working downstairs he fell down and came to know he experienced the stroke just mere doing your office work concentrating one side of life and neglecting rest of life does not bring ones happiness in life you have to maintain a balance.

See your physical fitness is related to your mental fitness and this mental fitness also related to your social fitness If you are doing well mentally you can function in the society very well you know so that is why you know be being win active does not win only active only in your office work. How active in your family life? Are you giving time to your children? Are you giving time to your wife? Are you giving time your parents? Are you giving time to your relatives? Are you giving time to your friends and colleague?

Because in office the moment you enter you have only jobs when your colleagues ask you lets go for a tea. No I have lot of jobs please bare me so actually you know in the process you are actually not performing jobs. You are performing tensions so that is why we are we are going through loose our wellbeing factors. So be active just be normal do your usual activities morning you get up go for walk come back take bath and have breakfast then go office.

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Five Ways to Well-being



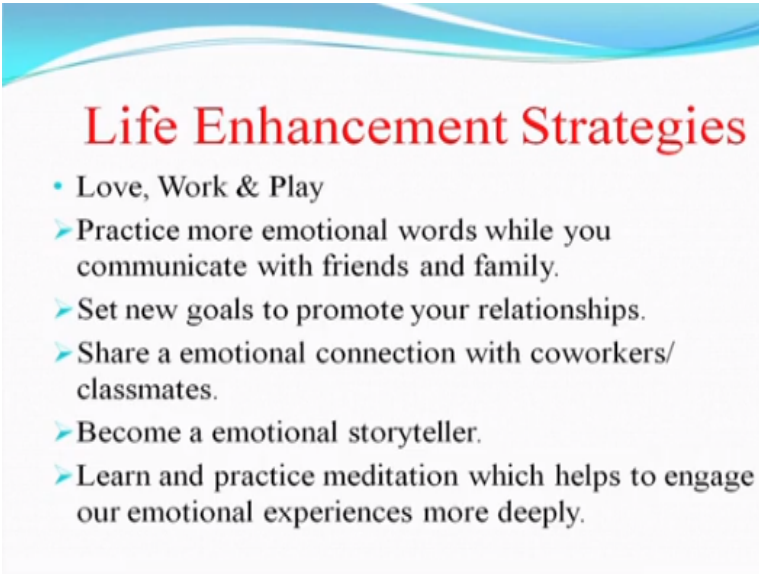
So do not take everything so seriously that dominates your life creating stress and tension and take noticed. Yes you should be aware of what is happening are things happening to your side or it is diverting from your goals and targets that is very important and keep learning is a continuous process one should not say oh this was my target I had to complete my project I finished it is all about my life. No that is not the moment you stop learning that means you stopping the door for your personal growth and development and you know and a limited learning.

There will be a point of time that will stop you functioning well but a continuous updating of knowledge will keep you resonant and vibrant knowledge wise you know convincing others expanding your horizon expanding your awareness of what is happening in your areas and other areas. So yes then give back when somebody is helping you this is more or less you also give it back to your like for simple example simple parents what is gratitude? Even expressing a word of thanks is also called give back.

You cannot help them by paying money to your parents you cannot make them happy if you say that I am in debt to you for whatever you have done for me. That is enough for them you know so that is how you know connecting people in organization in office in leisure that is also another dimensions of what you call ones wellbeing so mental capital relates to your resilience, self-esteem, cognitive capacity and what we call the emotional wellbeing or otherwise what you call emotional intelligence.

So these are five important dimension like resilience, self-esteem, cognitive capacity and what you call the emotional intelligence these are what you call the important mental capital it that can be encash properly one would enjoy you know endless wellbeing. So that is you know in a nutshell we talk about well being but there are many other ways that if one want practice in everyday life possibly can enhance the level of wellbeing these are some of the you know techniques.

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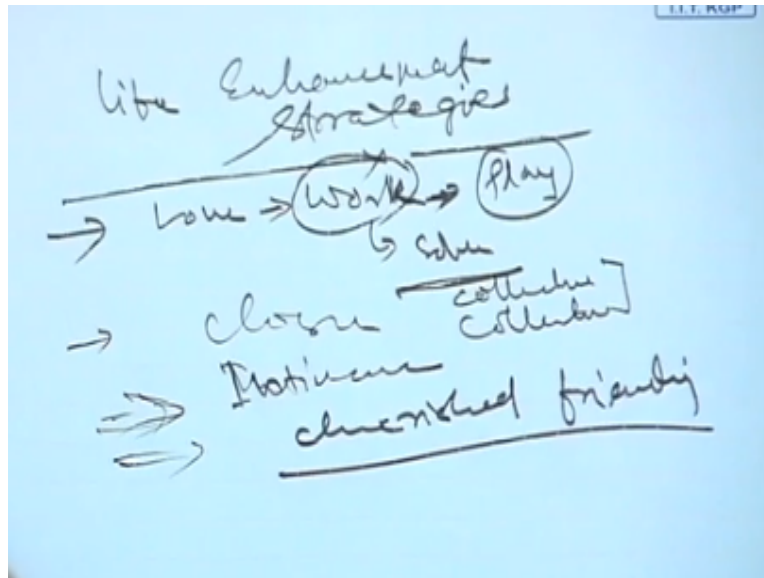


Life Enhancement Strategies

- Love, Work & Play
- Practice more emotional words while you communicate with friends and family.
- Set new goals to promote your relationships.
- Share a emotional connection with coworkers/classmates.
- Become a emotional storyteller.
- Learn and practice meditation which helps to engage our emotional experiences more deeply.

I would like to recommend for everyone whether students or the teacher or a counselor or a player sportsman everybody you know. There are some life enhancement strategies these are called you know life enhancement strategies.

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Say for example how love work and play can be source of one's wellbeing. People often say that oh I am less interested in sports and games but you do not know you know by making fun of others, mixing with others, sharing your ideas with others.

You know you never know that fifty percent of stress or tension releases at you know your sports ground so that mixing with others. You know sports and games brings mixing through others work, working together with others you know people those who isolate themselves no I do not want others to disturb me in my work. There are people they are very particular but in the process you know if something is going wrong and you are not able solve the problems.

So what will happen because by that time you are alone, so that is why you know team work always succeed faster than individual work? Because in team collective responsibility is their collective intelligence is available. So that facilitate your work and performance you know a attitude of love affection and appreciation that creates you know milestone for living. Because when you express you love affection and appreciation towards others feel very positive about it that creates you know millions of love millions of bliss and you feel oh my god I am very happy.

That I have got a very manne yae couple of good people around me who are there to die for me help me and they are ready to sacrifice anything for me. We have seen in movies you know recently one movie released I do not know that Amitabh Bachchan also played a role very big

role that is related to you know independent boys and girls they are going for parties. Yes pink you know but see how their friends they are fighting for each other.

They are helping each other to fight the odds, so that shows because you have cherished those moments of friendship love with each other then you know. Practice more emotional words while you communicate with friends and family, like you know parents says you are the only one in my life you are the only son of ours there is nobody you are only daughter for us you are the only hope. So these kinds of emotional word you know that creates you know lots of expectation unending unlimited hopes.

So that creates people life for longer and that enhances your possibility of living and that is what called all about wellbeing. Wellbeing always creates scope for living set new goals to promote your relationship. How you can build better relationship that is why i used to tell students that you know you can be very friendly person but you may not have good friends so that is why some people have large number of friends some people have few good friends.

But there are people says I sir I have other only one best friend. So why people create best friends and they prioritize their relationship that shows the level of their closeness, there level of intimacy. Some people say sir we are very intimate friends we can die for each other so that should be that is then you can realize that yes you have cherished your friendship. Cherishing friendship for lifetime is very important for in ones wellbeing and therefore you should set new goals to promote your friendship.

So new goals means there are many ways of creating friends you can ask let us go for a cup of tea. Then next level when you get close why not why not go for a lunch lets go for a lunch then next time invite for celebration of your birthday. So this is how you keep on setting goals and then in organizations close friends celebrates their anniversary mane say you can say birthday or the marriage anniversary etc., even job anniversary also the day they joined the let they are so (()) (11:39) they celebrate they are going to parties.

They share come then emotional connections with coworkers and classmates you can decide it where you can cherish, where you can enjoy your work like in MNC nowadays it is a trend. That every weekend they can go for a party, so that creates a sense of you know closeness we are working together you know like the movie Hum Saath Saath Hain. So you all are together we can achieve our team goals so that is how in organizations affairs.

We can relate we can build up our emotional connection with our co-workers or even in classmates while I used to ask students you know in this semester there is one HSS humanity students who has not getting a group to perform their group activities. Then he wrote me mail sir I am the only person who is struggling to find a group that itself says that you know he is not able to getting along.

So then suddenly you know I wrote a very emotional appeal to all IITian so dear students who all are IITians so when you write IITians KGPians we all are IIT KGPians so therefore we should help each other. There is a student he is struggling to find a group for his group activity. So i expect that all of you come for your and accommodate him at least in your group yeah surprisingly you cannot imagine and my last line was let us keep the KGP tempo high.

So by next two days he was already in a group and he was performing, so that is this kind of emotional appeal and a connection bring people closer and creates a healthy living status. Then become an emotional storyteller like you know always try to express your emotional sorrows and happiness. And that will build up better connections with peoples and if you have some tragedy in your life the moment you express with good friends, your good colleagues, your parents, sister like you know.

I often advice these students the moment you feel isolated troublesome and mentally not happy, please share with your next door colleague or any good friends. If you are not finding any good friends simply take leave from your and go to your parents talk to your parents, talk to your brother, your sisters so that you know they can find out reasons the solution for your problems. And that is why you know more you isolate yourself more depression will prevail upon you.

So the moment you express your emotional tragedies or sorrows may be like the way you know we see in Titanic movies and after telling the whole story at the end of this the whole the old lady cries in such a way few drop you know waters come out of his eyes and then so related and satisfied and people sitting so mindfully to the stories and starts clapping. What a great story and that is where she derives sense of satisfaction and the moment you know who feel satisfied.

All the sorrows go down goes out of you and then you forget oh my god all these let these all sorrows go to hell now I am happy. So that is the benefit of becoming emotional storyteller in one life anybody in fact in family in school, in organizations even in organizations leaders speak out their success stories even their trouble stories also you know. Even I have seen a when I was interacting with a naval officer he talked about when during one work the captain of the sea they lost around hundreds of you know soldiers.

They fought for the country but they died and they know out of his emotional involvement he said all of my soldiers they fought for me I could have been also killed by my enemy but they supported me. Even it is also reflected in Titanic movie when people were dying you know one of the traveler in one of the tourist in that ship he started to jump because that that boat was meant for ladies but gents started to jump and many people also out of hurry many people also jumped here and there.

Then one of the you know naval officers just started firing, blank then he started I think I want somebody but there after he realized oh my god I am here to bring them to their safe zone. But instead I am killed person so he feels so hesitant about himself he killed himself so as if he created a billion dollar blunder. But it is not that is why but that is his realization so this kind of you know then there top boss he says he salutes him oh what a soldier I had I lost him and this kind of emotional story telling you know creates a meaning about the meaning of sacrifice for others and that creates lots of satisfaction.

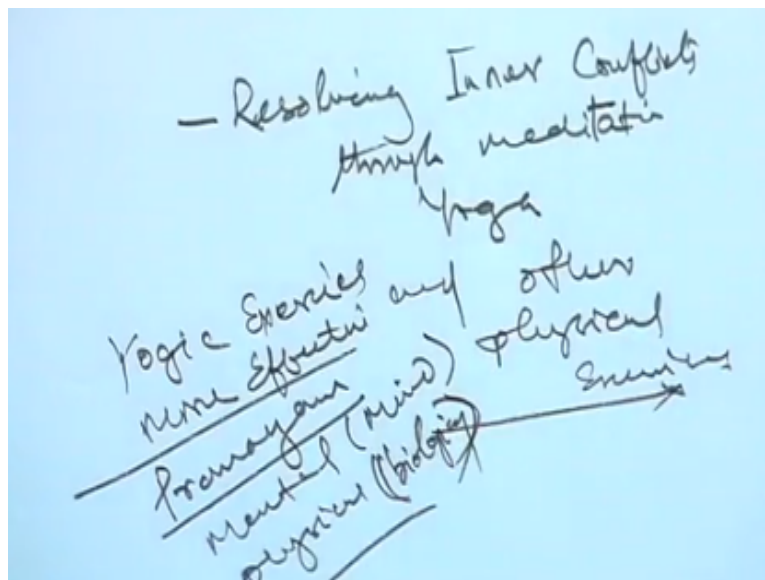
Learn and practice meditation which helps to engage our emotional experiences more deeply yes. When you are I often advice people when you are in a state of disturbance trauma, emotional trauma just sit down for a while and close your eyes. You know just look what look straight and

think about any god that say for examples that you think the most loved one in your life and take a deep breath probably after few seconds you will realize it is so calm so tranquil it all around.

And that will that kind of feeling will bring you to a comfort zone maybe you will feel there are fifty percent you know emotional pent up of energy has gone out of you. So this and many times you know that is why you many yoga practices are now engaged in this kind of how to calm down your body?

How to you know spiritually connect yourself with a kind of realizing self why are you feel that oh my god what i am gaining out of this conflicts are this emotional fight with each other. So let us give up and come down to a comfort zone so this kind of you know deep sense of feeling through meditation will reserve most of our inner conflicts.

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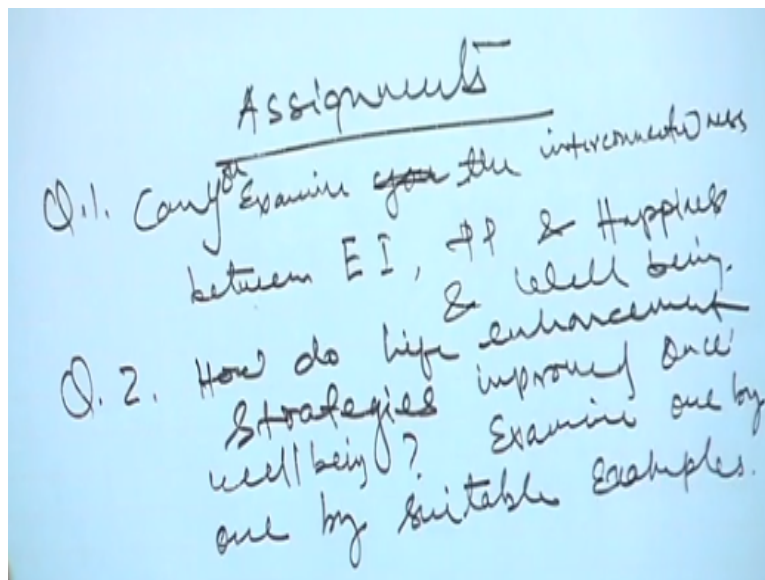
So resolving you know resolving inner conflicts through meditation, yoga and other exercises other physical exercises also even. Say for examples like other exercises particularly the yogic exercises are more effective so like I say for like one one exercise is very famous called pranayama.

So this takes care of both you know mental and physical. Mental means related to mind exercises and physical you know it creates a kind of cleanness with your inner total nervous system inner

neural networks takes place. So a person suffering from any kind of psycho it is you know biological. Any kind of psychosomatic diseases we often say that you know it cures many of the diseases likes about constipation, digestion etc.,

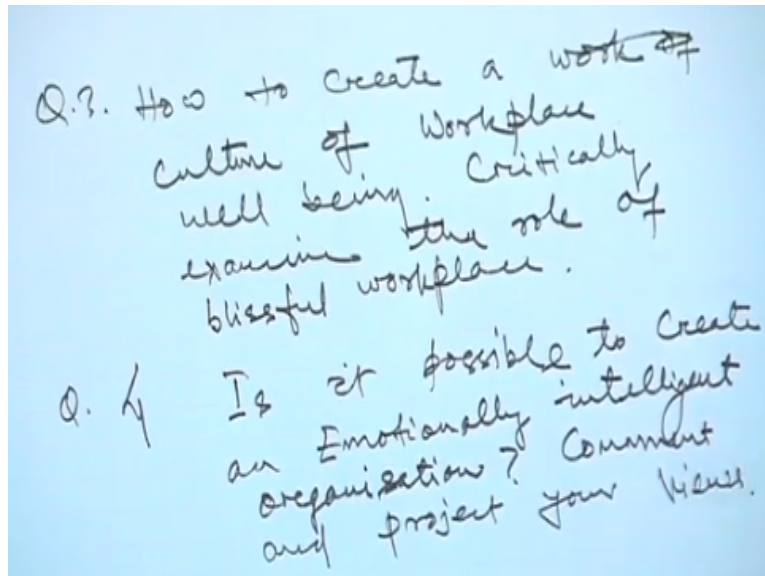
So any kind of stomach related diseases and it cleanness and it also gives you a kind of you know mental peace within yourself. So this are some of the techniques in that arrange general way be helpful in establishing ones happiness and well beings. So the thank you very much for your kind patience listening this class on emotional intelligence, positive psychology and happiness, so these are some of the assignments I would like to place order

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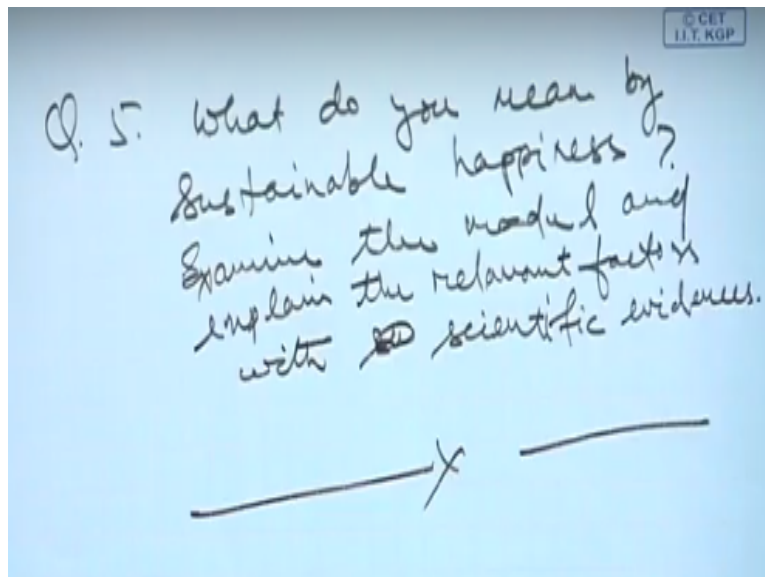
Can you examine the interconnectedness between emotional intelligence, positive psychology and happiness and wellbeing? Question two how do life enhancement strategies improves ones wellbeing examine one by one examine one by one by suitable examples.

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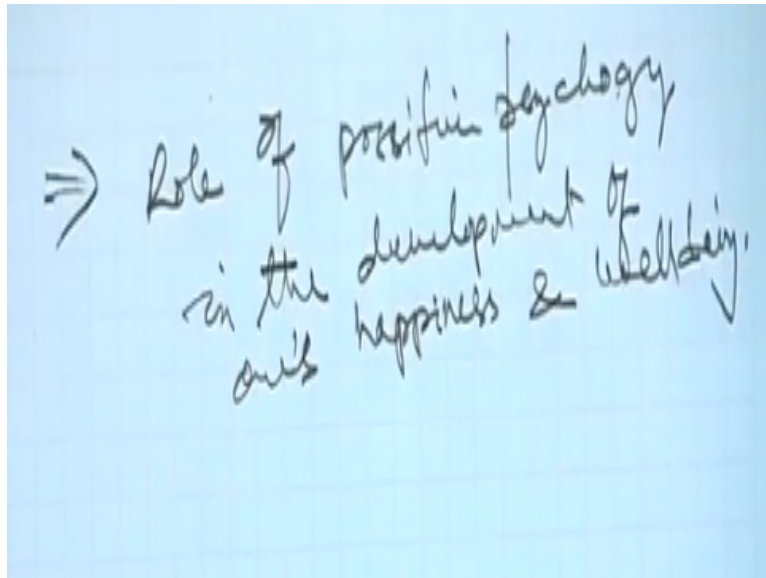
Question three how to create a work of how to create a work of a culture of workplace wellbeing workplace wellbeing critically examine critically examine the role of blissful workplace. Is it possible to create an emotional intelligent organization comment and project your view?

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Question number five what do you mean by sustainable happiness examine the module and explain the relevant factors with scientific evidence. So these are some of the questions to begin with question number one to question number five. So if you possible answer this questions you will develop overall understanding of you know the interconnectedness between intelligence happiness and positive psychology.

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Yes one more important area is called role of positive psychology. Role of positive psychology in the development of one's happiness and wellbeing. So how different agents of positive psychology? Say for examples like you know positive emotions, positive thoughts, and positive institutions. How these three they contribute towards the development of one's happiness and wellbeing finally you know developing a positive community and positive society.

That will be very interesting to realize the applications of you know positive emotions what we call otherwise emotional intelligence in the framework of human happiness in wellbeing. So with this note I conclude this session, may be when we come back will discuss about in specifically how emotional intelligence is helpful in developing a positive leadership you know how emotional intelligent leader can cater meaningfully towards their organizations you know for enhancing employees commitment performance and productivity thank you very much.