

Title: Emotional intelligence as the core of intelligence: a perspective based on the bhagavad gita

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The human race is one of the youngest species on earth and considers itself very intelligent compared to other species. Indeed, humanity has advanced in all spheres and enjoys a lifestyle of comfort and luxury compared with earlier generations. Nevertheless, this same intelligent humanity is causing various problems for itself and other species as well as non-living things. Today, professionals, students, and people in general are familiar with the theories on intelligence developed in the West. However, despite the importance and comprehensiveness of these theories, we seem to lack an understanding of the wisdom provided by ancient scriptures like the Bhagavad Gita regarding what intelligence is. This paper deals with interpreting and comprehending intelligence based on the Bhagavad Gita. It also addresses why emotional intelligence is essential, dives deeper into the understanding of the five parameters of emotional intelligence identified by Daniel Goleman, and helps comprehend them from the perspective of the Bhagavad Gita. According to the Bhagavad Gita, awareness and understanding of the comprehensive meaning of intelligence and emotional intelligence can inspire academicians, professionals, and students to strengthen and enhance their emotional intelligence rather than focus only on their intelligence quotient (IQ). Such an approach would provide a sustainable solution to various issues and help humans have sustainable and purposeful lives.

Biography

I have completed my Ph.D. in Emotional Intelligence from Symbiosis International University, Centre for research and Innovation. I am dual gold medallist having topped the university during my Masters in Counselling Psychology as well as Bachelors in Human Development. I have also completed my MBA, specializing in Human Resources from Pune University y (PUMBA).