



Report of



Expert talk on

UNLEASH YOUR TRUE POTENTIAL BY KNOWING HUMAN QUOTIENTS

Under ISTE Chapter-SAL EDUCATION

Institutional Membership No. : IM-1746

ISTE Student Chapter: GJ-051

ISTE Faculty Chapter: GU-076

Name of Institute: SAL Institute of Technology & Engineering Research, Ahmedabad

Date: 18/12/24

The session on "**Unleash Your True Potential by Knowing Human Quotients**" was conducted by the esteemed speaker **Dr. Kinjal Adhvaryu**, Principal, Sal Institute of Diploma Studies, in the presence of our 41 respected faculties. This expert talk explored the concept of human quotients as multidimensional metrics for personal and professional growth. The speaker highlighted various quotients, including Emotional Quotient (EQ), Intelligence Quotient (IQ), Social Quotient (SQ), and Adversity Quotient (AQ), explaining how each contributes to a holistic understanding of one's capabilities. Emphasis was placed on self-awareness, adaptability, and the balance between cognitive intelligence and emotional resilience. Practical strategies were shared to identify and strengthen these quotients, enabling individuals to unlock their full potential, build meaningful relationships, and achieve sustained success in life and work.

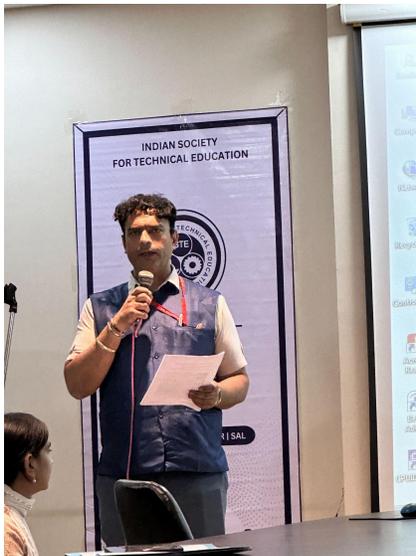
Topics covered:

The main objectives of an FDP are as follows:

1. Understanding Human Quotients (IQ, EQ, SQ, AQ, and CQ).
2. Importance of Emotional Intelligence (EQ) in personal growth.
3. Role of Adversity Quotient (AQ) in overcoming challenges.
4. Spiritual Quotient (SQ) and aligning with purpose.
5. Creativity Quotient (CQ) for innovative problem-solving.
6. Enhancing interpersonal relationships through EQ.

7. Strategies to integrate and unleash all quotients effectively.

Photos of the Programme:



Coordinator
Prof. Sachi Bhavsar

Dr. Ajay Upadhyaya
Chairman, ISTE-Chapter SAL Education