



DELHI PUBLIC SCHOOL GANDHINAGAR
Academic Session 2026-27
Event Report

Title: Correlation between IQ, EQ and SQ	Date: 24/06/2026
Venue: Auditorium	Class: XI

A workshop on the topic “Correlation of IQ, EQ and SQ” was conducted for the students of Class 11. During the session, students were introduced to the meaning and importance of IQ (Intelligence Quotient), EQ (Emotional Quotient), and SQ (Spiritual Quotient). The speaker explained that IQ helps in logical thinking, decision-making, problem-solving, and academic achievement, while EQ helps in understanding emotions, building healthy relationships, improving communication skills, and managing stress effectively. SQ was explained as the intelligence that develops moral values, self-awareness, inner peace, kindness, and a deeper purpose in life. Through examples, discussions, and interactive activities, students learned how these three forms of intelligence are interconnected and together contribute to overall personality development and long-term success.

The workshop proved to be highly informative, inspiring, and beneficial for the students. It encouraged them to focus not only on academic excellence but also on emotional balance, positive thinking, ethical values, and spiritual growth. Students also learned different ways to improve IQ, EQ, and SQ through reading, teamwork, meditation, self-reflection, discipline, and regular practice of good habits. The session helped students understand that success in life depends on balanced development in all areas of personality. The knowledge and guidance gained from this workshop will surely help them become confident, responsible, emotionally strong, and successful individuals in the future.

