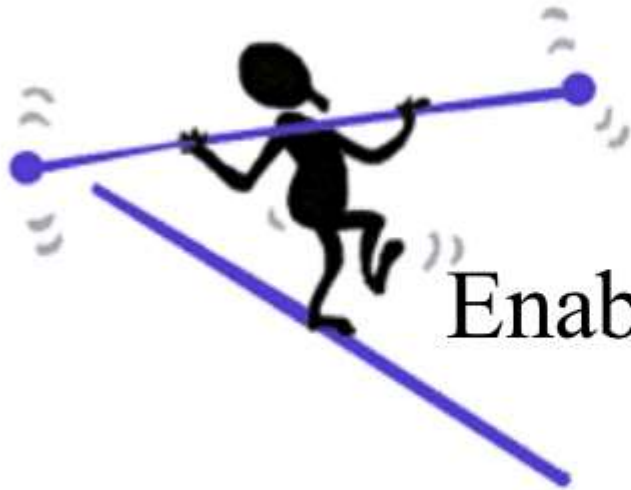
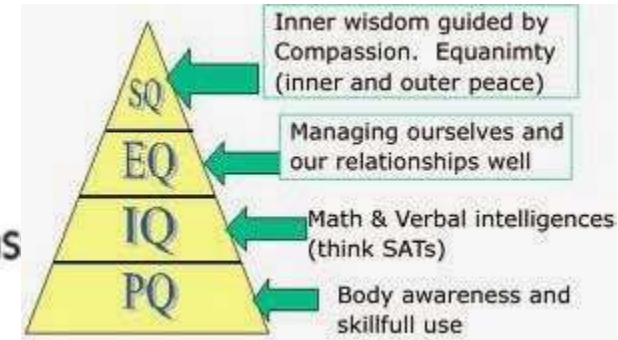
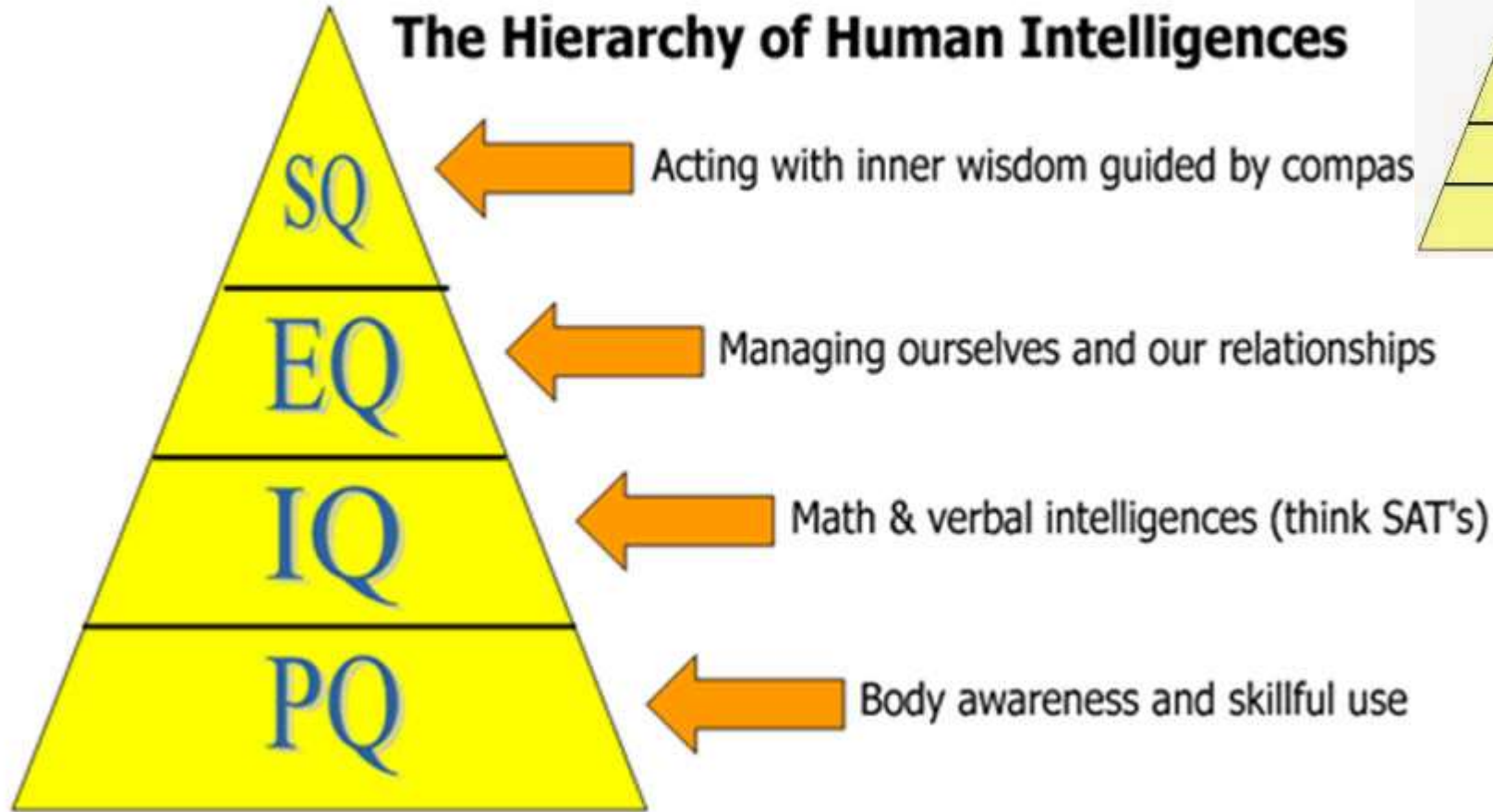


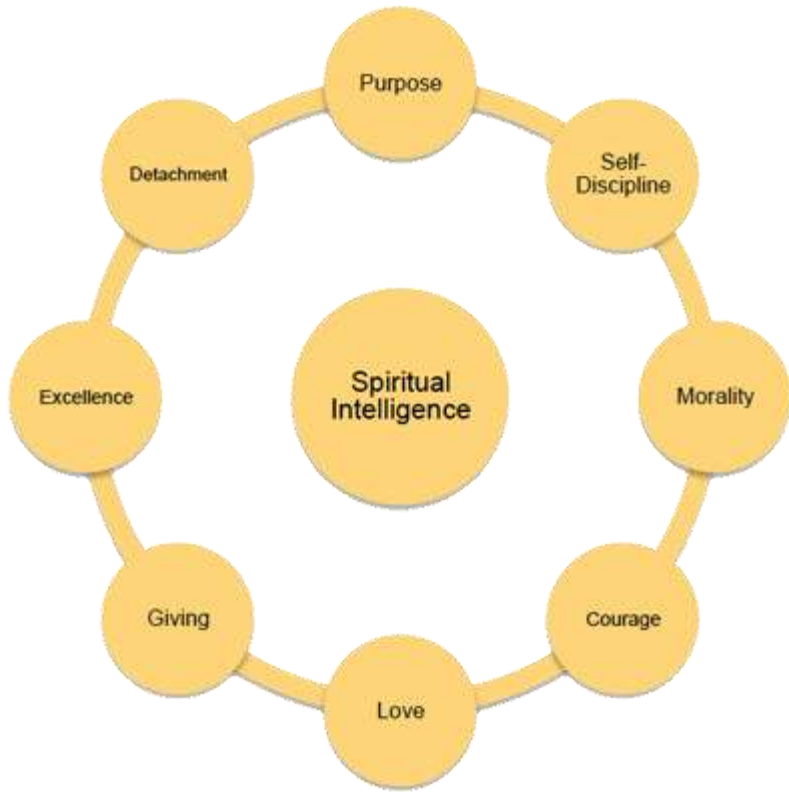
Benefits of SQ



Enables one to live more
balanced life.

The Hierarchy of Human Intelligences





MASLOW'S HIERARCHY OF NEEDS

Self-actualization

Achieving one's full potential

Esteem

Feeling of Accomplishment

MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS
SELF-ACTUALIZATION

Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, *Motivation and Personality*.

SELF-ESTEEM, CONFIDENCE, ACHIEVEMENT, RESPECT OF OTHERS, RESPECT BY OTHERS
ESTEEM

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

FRIENDSHIP, FAMILY, SEXUAL INTIMACY
LOVE/BELONGING

SECURITY OF BODY, OF EMPLOYMENT, OF RESOURCES, OF MORALITY, OF THE FAMILY, OF HEALTH, OF PROPERTY
SAFETY

BREATHING, FOOD, WATER, SEX, SLEEP, HOMEOSTASIS, EXCRETION
PHYSIOLOGICAL

SOUL TALK: Institutes' Renewed Spiritual Focus

IIM Kozhikode is starting a course for PGDM students called 'Self Incorporated'. It draws on the psychological insights of spiritual books like Bhagavad Gita and transfers them to a management context

Last month, SPJIMR rolled out a compulsory credit course titled 'The Science of Spirituality' as part of its executive MBA programme for practising managers

IIM-C has seen a spurt in interest among students for an elective called, 'Leadership Excellence – Insights into Indian Ethos', in its flagship MBA programme

IIM-B offers two electives as part of its flagship PGP: 'Spirituality and Self-Development for Global Managers' and 'Embedded Leadership Excellence'



In business, we tend to be ruthless and short-term. Some of these principles tell us to be long-term

Dharma is most urgently needed in the world of business and management. Management teacher

BEING ON A SPIRITUAL PATH DOES NOT PREVENT YOU FROM FACING TIMES OF DARKNESS. BUT IT TEACHES YOU HOW TO USE THE DARKNESS AS A TOOL TO GROW.

Spirituality is not a Religion, being spiritual just means you are in touch with your own divine self.

In balancing life, what is the role/contribution of

Money

Friends

Health

Job

Education

Hobbies

Family

Spirituality

.....

What is spirituality ?

Is it visible in a person ? How, where ?

Is it the same as religion ?

....

It is one source which helps us balance better, keeps our

Balance sheet also better

Let us see ...

the quality of being concerned with the human spirit or soul as opposed to material or physical things.

"the shift in priorities allows us to embrace our spirituality in a more profound way"

The meaning of spirituality has developed and expanded over time, and various connotations can be found alongside each other

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all

if you cultivate your body, mind, emotions and energies to a certain level of maturity, something else blossoms within you – that is what is spirituality. When your rationale is immature, it doubts everything. When your rationale matures, it sees everything in a completely different light.

It is the aspect of our philosophy that helps us find inner peace, seek happiness and to be motivated to improve the world in which we live. In all cases, a Humanist understands this to be a natural as opposed to supernatural experience

Secular spirituality

Description

Secular spirituality is the adherence to a spiritual philosophy without adherence to a religion. Secular spirituality emphasizes the personal growth and inner peace of the individual, rather than a relationship with the divine.

The Four Quotients for Complete Personality

For leading a successful happy life, a complete and healthy personality is necessary. The basic dynamics involved are represented in the form of universally accepted four quotients denoted as “PIES” which means:

- **Physical Quotient (PQ):** a healthy Physique
- **Intelligence Quotient (IQ):** sharp Intelligence
- **Emotional Quotient (EQ):** sound Emotion
- **Spiritual Quotient (SQ):** strong Spiritual Knowledge