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Dear Parents & children,

The tragic news of the untimely demise of the actor Sushant Singh Rajput has highlighted some important issues of life. Sushant Singh might not have sustained the 4th QUOTIENT from the description below.

This is a little heavy dose of the so called ‘ Gyaan’ that we as elders never fail to give our children!

Sharing extracts of an article read elsewhere.

‘ IQ, EQ, SQ, AQAccording to psychologists, there are four types of intelligence:

Intelligence Quotient (IQ)

Emotional Quotient (EQ)

Social Quotient (SQ)

Adversity Quotient (AQ)

Intelligence Quotient, a measure of your comprehension ability; solve math puzzles, memorize & recall subject matters.

Emotional Quotient, a measure of your ability to maintain peace with others, keep to time, be responsible, be honest, respect boundaries, be humble, genuine & considerate. It represents your character!

Social Quotient, a measure of your ability to build a network of friends and maintain it over a period of time. It represents your charisma!

People that have higher EQ & SQ tend to go farther in life than those with higher IQ but low EQ & SQ. Most schools try to improve the IQ of the children whereas EQ & SQ are played down. And parents also tend to insist on the schools on improving the IQ of the child.

Give in to habits that will improve these Q’s but more specifically your EQ & SQ. Please don’t teach children only to have higher IQ, but also have higher EQ and SQ.

Now there is a 4th one; A new paradigm.

THE ADVERSITY QUOTIENT (AQ)

The measure of your ability to go through a rough patch in life and come out without losing your mind. AQ determines who will give up in face of troubles and many abandon their goals & dreams in the face of adversity. In the current context of Corona, many professionally successful people & young adults are going through bouts of depression. Because they haven’t seen and thus unprepared for **Adversity**.

So dear parents, expose children to other areas of life than just academics. Be supportive of the school when it decides to introduce new co-curricular initiatives and sometimes decides to forego a Math class to hear an inspirational speaker as a part of TED talks. Our collective endeavor should be to make them love manual work, sport & art. And the current situation is an ideal opportunity for us to do so.

Develop their EQ, SQ and AQ. They should become multifaceted human beings, able to do things independently of the parents.

Finally do not prepare the road for the children, prepare the children for the road!’

Teachers of APSDK