

VAN (Value Added Notes)

EMOTIONAL INTELLIGENCE

Emotional Intelligence is the ability to **recognize, understand, regulate, and effectively express emotions**, both one's own and others', in ways that promote self-awareness, empathy, motivation, and social competence. It integrates **emotional and cognitive skills** to enhance decision-making, conflict resolution, and leadership.

Daniel Goleman, who popularized the concept, identifies five key components: **Self-awareness, Self-regulation, Motivation, Empathy, and Social skills.**



“In hiring, IQ might get your foot in the door, but it’s emotional intelligence that determines how far you go.” – Daniel Goleman

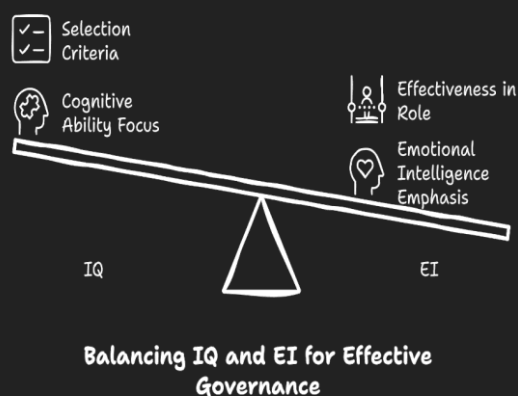


Figure 1. Components of Emotional Intelligence

Micro Point	Explanation	Example
Self-awareness	The ability to accurately recognize your own emotions, emotional triggers, strengths, limitations, and values—and how they affect thoughts and behavior. Self-aware officers are reflective, open to feedback, and know when to seek help or pause.	<i>E. Sreedharan</i> , the “Metro Man of India”, openly acknowledged his low tolerance for bureaucratic delays. Rather than letting frustration lead to conflict, he created transparent work protocols and a non-confrontational leadership style to keep large teams aligned and accountable.
Self-regulation	The ability to manage disruptive emotions and impulses. This includes thinking before acting, maintaining composure under stress, and adapting to changing situations without losing ethical focus.	During the <i>2020 Delhi riots</i> , IPS officer <i>Sanjay Kumar Sain</i> maintained calm amid severe provocation. Instead of reacting with force, he used dialogue and restraint to prevent further escalation in sensitive areas, earning public trust and avoiding collateral damage.
Motivation	Intrinsic passion to achieve public goals, overcome obstacles, and uphold values. Emotionally intelligent officers are resilient, optimistic, and internally driven—not reliant on external rewards or political validation.	Despite 27 years of imprisonment, Mandela remained motivated by his vision of a racially equal South Africa. His intrinsic commitment to justice and reconciliation helped peacefully dismantle apartheid without seeking revenge.
Empathy	The ability to perceive and understand others’ emotions, perspectives, and needs. Empathy strengthens inclusive policy-making, service delivery, and humane administration. It also prevents arrogance and desensitization in authority.	<i>IAS Durga Shakti Nagpal</i> , during her crackdown on illegal sand mining, ensured alternative livelihoods for affected laborers, reflecting empathy beyond enforcement.
Social Skills	Competency in managing relationships, building rapport, resolving conflicts, networking, persuading ethically, and team leadership. Officers with social skills navigate complex human systems without alienation or coercion.	<i>Kiran Bedi</i> , as DGP of Tihar Jail, reformed prison culture by earning trust, starting literacy programs, and creating a humane, rehabilitative environment.
Application in Governance	EI enhances governance by fostering emotionally stable leadership, ethical decision-making, staff morale, stakeholder engagement, crisis management, and citizen trust. It bridges the gap between rule-bound execution and human-centric service .	<i>IAS Smita Sabharwal</i> , known as the “People’s Officer,” implemented participatory governance in Telangana by involving citizens in district planning and grievance redressal.

•Intelligence Quotient (IQ)

- 1. IQ is the ability to reason, solve problems, and think logically.
- 2. It determines academic and analytical performance.
- 3. IQ develops through education and cognitive training.



Emotional Intelligence (EQ)

- 1. EQ is the ability to understand and manage emotions.
- 2. It helps build relationships and navigate social complexities.
- 3. EQ grows through life experiences and self-awareness.



Figure 2. EQ VS IQ

GS 1 MEP BOOKLET

Syllabus Topic: Indian culture will cover the salient aspects of Art Forms, literature and Architecture from ancient to modern times.

1. The Chola period is considered a golden age of South Indian temple architecture. Discuss the distinctive features of Chola architecture, highlighting its cultural, religious, and political significance with suitable examples.

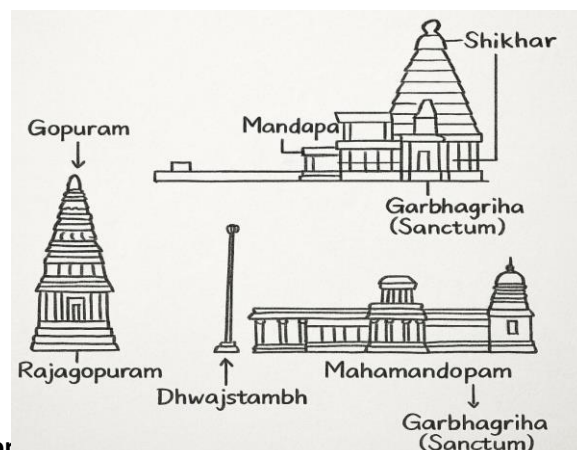
Introduction

The **Chola period (c. 9th–13th century CE)** marked a zenith in **South Indian temple architecture**, typified by monumental stone temples, intricate iconography, and spatial sophistication, reflecting a synergy of **cultural, religious, and political aspirations**.

Distinctive Features of Chola Temple Architecture

1. Dravidian Style Refinement

- Followed **Vastu Shastra principles** and matured the **Dravidian style**.
- Characterized by **vimana (tower above sanctum)**, **gopurams (gateway towers)**, and **mandapas (pillared halls)**.



- Example: **Brihadisvara Temple, Thanjavur (1009 CE)** built by Rajaraja I – UNESCO World Heritage Site.

2. Monumental Scale and Use of Granite

- Extensive use of **hard granite**, enabling larger structures.
- Example: **Gangaikonda Cholapuram Temple**, built by Rajendra I – noted for a lower yet broader vimana.

3. Iconographic and Sculptural Detail

- Emphasis on **Shaivite iconography** (e.g., Nataraja, Lingodbhava).
- Detailed friezes depicting **mythology, court scenes, and donors**.

4. Integration of Functional and Ritual Spaces

- Temples were designed as **socio-religious hubs** with **circumambulatory paths, assembly halls, and subsidiary shrines**.

These architectural innovations were not merely structural but also catalyzed broader cultural developments such as:

Cultural Significance

- Catalyzed **bronze sculpture tradition** (e.g., Chola Nataraja).
- Promoted **Tamil inscriptions**, poetry, and arts – visible in temple walls and copper plates.

Religious Significance

- **State-sponsored Shaivism**; temples became centers of **Bhakti movement**.
- Reinforced the **Agamic tradition** and temple rituals.

Political Significance

- Temples symbolized **imperial authority** and centralized control.
- Functioned as **economic centers**, managing land, water, and donations.
- Example: **Temple administration** recorded in inscriptions at **Darasuram** and **Thanjavur**.



Conclusion

The Chola temples transcended religious utility, evolving into enduring **cultural, economic, and political institutions**, laying the foundation for **South Indian temple towns** and influencing architecture across **Southeast Asia**.