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### EMOTIONAL INTELLIGENCE AND FIXATION OF EMOTIONAL QUOTIENT

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#### ABSTRACT

Emotional Quotient offers parents guidance in recognising and nurturing emotional intelligence in their children, both within the home and outside. To excel in life, a child needs to master the art of compassion, impulse control and self-motivation. EQ affect how good one feels, how much one can achieve and the quality and richness of one's relationships. It impacts parents as well as children. Increasing EQ offers quick dividends and affects many area of one's life.