



Beyond Emotional Intelligence

Beyond the pleasures and pains of partial successes and failures towards our undivided potential as human beings

In the last couple of decades or so, we have come to realize that intelligence as measured by IQ and tests does not produce happy or “successful” human beings. We have come to realize that emotional maturity as determined by Emotional Intelligence is an important determinant of an individual’s state of

existence. Yet, even with this intelligence, we find that our lives are as fragmented as ever. We find ourselves stuck in the rut of daily living with the increased pressures of modern life that affect our personal relationships and also our professional careers. We have made use of knowledge, technology and specialization as solutions

but the problems of everyday living seem as convoluted as ever.

Is there an intelligence that goes beyond the sensation and sentimentality of

emotion? Is there an intelligence that can help us look at the problems of our life not as specialists but as total and non fragmented human beings?

Is this workshop relevant for me?

As working professionals, as students or even as individuals grappling with the conflicts of daily living, we have all sometime or the other wondered about the chasm between our lives and our livelihood; between 'what must be done' and 'what ought to be done', between our 'analytical reasoning' leading us one way and our 'emotional self' leading the other way; between the 'freedom to do whatever we choose to do' and an experience of 'compulsion' in dealing with 'worldly and practical matters'; and between our knowledge of success and happiness and our experience of it. We have all, quite often, found ourselves bounded by duties, 'practical wisdom' and specialized knowledge of experts

We may have the intelligence quotient to deal with complex mathematical and scientific theories and we may have the emotional wherewithal to navigate the complex maze of personal and professional relationships and yet we find our fleeting successes and failures to be unsatisfactory. We find ourselves constantly torn between hard choices and tough decisions to be made but are unable to know how to make them. This workshop is for all of us, who find ourselves in a state of conflict; who wonder if specialization in particular fields or careers and expert opinions will ever lead to harmony both within us and in the world we live in. This workshop is for all of us who have at one point in time or the other felt a sense of frustration at not being able to tap our undivided human potential

This interactive workshop is intended to be a stepping stone and set the wheels of understanding and exploration in motion. This workshop is not intended to be pedantic

The two day sessions will involve:

- Sharing circle based interpersonal interactions
- Games and activities dealing with life issues
- Screening of short films and clips from across the globe dealing with relevant issues and discussions about the same



- Interaction of Krishnaji (Jiddu Krishnamurti) with Fritjof Kapra and others where discussions relevant to the topic take place
- Shared perspectives on intelligence in action in our day to day lives

It is intended that each participant take whatever they feel as relevant from the workshop and find their own unique way of going beyond emotional intelligence. The interactive workshop is thus a means to provide the participants a small but necessary thrust in the awakening of an all encompassing intelligence

About the facilitators:

This workshop will be facilitated by Ali A Sanwarwalla and Fatema K Sanwarwalla who are the co-founders of Joie De Vivre Education (JDVE). JDVE works with schools and colleges, organizations and communities as well as individuals and provides holistic self exploration based workshops and activities that are geared towards education for life and not just livelihood. To know more, kindly visit www.joiedevivreeducation.com

Ali interacts with students, groups, individuals and organizations on topics related to life, education, Indian and Western philosophy, Advaita, Buddhism and Zen. He divides his time between Mumbai and Kolkata and moonlights as a musician and a librarian. He has an experience of over eight years as a management consultant. Fatema facilitates workshops with children and has a deep interest in classical Indian dance forms, particularly Bharatnatyam. She has an experience of over five years in human resources and has been involved in training and development

About KFI, Kolkata

Krishnamurthi Foundation India (KFI), Kolkata is located at 30 Deodar Street, Kolkata 700 019. The four storeyed building was for many years since the nineties known as the Self-Education Centre and was founded by the late J K Patnaik. He wanted the place to flower as a self-study in all matters relating to philosophy and religion. In 2006, he requested KFI to take over and run the centre

The Kolkata Centre has a library on the first floor which is open Tuesdays to Sundays in the evening. The library has a complete range of the works of J Krishnamurti and also select books on philosophy, psychology, science etc. On every Sunday evening, the Centre arranges screening of J Krishnamurti talk videos in the auditorium on the fourth floor of the building. From time to time, the Centre also arranges dialogues, workshops and talks by speakers on different themes



Date: 14th and 15th August, 10.30 am to 4.30 pm on both days

Venue: Krishnamurthi Foundation India (KFI)- Kolkata, 30 Deodar Street, Kolkata 700 019.

Phone no: +91 98316 09643

Contribution: INR 750 per person

(Contribution includes tea and lunch on both days as well as all materials for the workshop)

Registration Process

The number of participants in this workshop is limited to 30. Interested individuals are requested to register beforehand since the confirmation will be on a first come first served basis. Participants can send confirmation to the email addresses mentioned in the **Contact Us** section and payment can be made as follows:

Cash, cheques and DD can be deposited at KFI Kolkata Centre during its working

hours (Evenings, Tuesday to Sunday). Cheques / DD to be made in favour of **Krishnamurti Foundation India-Kolkata**

Payment can also be made through Net banking. Details are as follows:

Beneficiary: **Krishnamurti Foundation India-Kolkata**

HDFC Bank, Kolkata Central Plaza

S.B account: **00141110004576**

IFSC Code: **HDFC0000014**

Contact us:

For any queries or additional information please contact us:

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