

## Using Emotional Intelligency In Times of Conflicts and Other Difficult Situation

Dr. Seema Dayama, Principal, B.Sc.B.Ed., Sri Balaji P.G. Mahavidyalaya, Jaipur  
Dr.Madhu Sharma, Assist. Prof., Sri Balaji P.G. Mahavidyalaya, Jaipur

### Abstract

In present days emotional stability affects the students study as well as their carrier. It is becoming very needed thing to find the solution to solve the problem. In this article main objectives are to understand the meaning of emotion, emotional intelligency , the needed of emotional intelligency and using Emotional intelligency in times of conflicts and other difficult situation. There is also discussed about the tips to improve emotional intelligence and School's efforts to devevelop emotional intelligence.

**Key words-** Emotional intelligency, conflicts, School's efforts so on.

