

Balancing Duty and Joy: Emotional Intelligence Through Indian Wisdom

Pune, Maharashtra | 17th April, 2026



On 17th April, 2026, the Counselling Department of S.B. Patil Public School conducted an enriching and thoughtfully curated session titled “Balancing Duty and Joy: Emotional Intelligence Inspired by Indian Wisdom.” The workshop was facilitated by Ms. Manasvi Kulkarni and Ms. Sabitha Nair, who brought together philosophy, psychology, and practice in a manner that felt both rooted and relevant.

The session opened with a reflective exploration of key Indian philosophical ideas — Dharma (duty) and Ananda (inner joy). Rather than presenting them as opposing forces, the facilitators gently revealed how these concepts can coexist, guiding individuals to live with purpose while remaining anchored in personal fulfilment. Participants were encouraged to examine how responsibilities need not come at the cost of inner peace, but can, in fact, become pathways to it.



This dialogue was further enriched through parallels drawn with the Japanese concept of Ikigai, thoughtfully reinterpreted through an Indian lens of self-realisation and meaningful contribution. The conversation moved beyond theory, inviting participants to reflect on their own lives — where duty feels heavy, where joy feels distant, and where the two might meet if given conscious attention.

Building on this philosophical grounding, the session transitioned into core emotional intelligence competencies. Self-awareness was positioned as the starting point — the ability to recognise one's emotional patterns without judgement. This was followed by self-regulation, emphasising mindful responses over impulsive reactions; empathy, as a means to deepen human connection; and social skills, essential for nurturing supportive and healthy relationships. Each element was presented not as abstract terminology, but as lived, practicable habits.



A particularly evocative moment in the session was the integration of music as a therapeutic tool. The use of the sitar created a calm, almost meditative atmosphere within the space, allowing participants to momentarily step away from cognitive engagement and simply feel. The gentle resonance of the instrument echoed traditional Indian understandings of sound as a medium for healing, offering a sensory experience of stillness, release, and reconnection.

Through guided reflections and interactive exercises, participants were invited to map their own balance between duty and joy — not as a fixed destination, but as an evolving practice. The session concluded with practical, grounded takeaways, leaving both parents and staff with a renewed perspective on emotional well-being — one that honours responsibility without abandoning the self.

It was not merely a workshop, but a quiet reminder — that a life well-lived is not a choice between duty and joy, but a careful weaving of both.