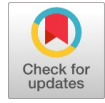# Social Interaction and Managing Relationships: Indispensable in Leading to Up-Gradation of One's Living Standards

**Radhika Kapur**

*Abstract: The main objective of this research paper is to acquire an efficient understanding of social interaction and managing relationships. From the stage of early childhood, throughout the lives of the individuals, they need to understand that in order to lead to progression, one needs to promote social interaction and manage relationships in an effective manner. These are necessary in personal and professional lives. Within and outside the homes, there are some job duties, which are carried out on an individual basis, whereas, there are others, which are carried out through working in collaboration and integration with others. One will be able to obtain help and support from others, only when cordiality and pleasantness are reinforced in terms and relationships. Hence, throughout the lives of the individuals, they are required to augment their information in terms of ways that are necessary in promoting social interaction and managing relationships. All types of ways are required to be put into operation in a well-ordered and satisfactory manner. As a consequence, one will render an important contribution in promoting good health and well-being, physically and psychologically. Furthermore, one will incur the feelings of pleasure and contentment. Therefore, it is well-understood, social interaction and managing relationships is indispensable in leading to up-gradation of one's living standards. The main concepts that are taken into account in this research paper are, understanding the importance of social interaction and managing relationships, measures to be implemented in promoting social interaction and managing relationships and advantages of promoting social interaction and managing relationships.*

*Keywords: Individuals, Information, Living Standards, Managing, Relationships, Social Interaction, Up-gradation*

## I. INTRODUCTION

The individuals are different from each other in terms of number of factors, i.e. castes, creeds, races, religions, genders, age groups, ethnicities, cultures, educational qualifications, occupations, communities and socio-economic backgrounds. In spite of these differences, they have one of the common goals of leading to up-gradation of their overall personality traits and standards of living.

When individuals are wholeheartedly committed towards achievement of desired goals and objectives, they need to acknowledge the meaning and significance of social interaction. Furthermore, they need to augment information in terms of ways of managing relationships. The relationships need to be managed in the personal and professional lives of the individuals. One needs to reinforce cordiality and amiability in terms and relationships (Fransson, n.d.). As a consequence, one will incur the feelings of pleasure and contentment. Furthermore, one will obtain help and assistance in carrying out all types of job duties and responsibilities in a well-ordered manner. Therefore, it is well-understood, social interaction and managing relationships is essential in leading to progression of other individuals. From the stage of early childhood, throughout the lives of the individuals, they need to put emphasis on leading to up-gradation of communication skills and interactive abilities. These are the key in facilitating social interaction and managing relationships. This is important with family and community members. As a consequence of putting into practice effective communication processes, one will be able to augment information in terms of different types of subjects and concepts; exchange various types of ideas and viewpoints; obtain answers to all types of questions that are overwhelming and clarify different types of doubts. Furthermore, individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude (Kos, 2020). As a consequence of augmenting communication skills, one will render an important contribution in promoting social interaction and managing relationships in an appropriate manner. Therefore, it can be stated, implementing effective communication processes are vital in reinforcing one's contacts with others.

### A. Understanding The Importance of Social Interaction and Managing Relationships

It is necessary for individuals to form positive viewpoints in terms of various factors within and outside the homes. The factors include, job duties, responsibilities, methodologies, procedures, practices, approaches, individuals, whom one is working and dealing with and overall environmental conditions. The individuals need to ensure, positivity in viewpoints is reinforced.

As a consequence, one will render an important contribution in forming cordial and amiable terms and relationships with each other. This is essential in not only reinforcing contacts, but also in leading to up-gradation of overall personality traits and standards of living. One of the important aspects is, individuals will render an important in putting into operation different types of tasks and activities in a well-ordered manner. But formation of positive viewpoints and honing interactive abilities will be facilitating to the individuals in putting into operation various types of job duties and responsibilities in a successful manner. Therefore, individuals are able to acquire an understanding of the importance of social interaction and managing relationships, when these are facilitating in implementing tasks and activities in a well-organized manner. The individuals, belonging to all age groups, occupations, communities, categories and socio-economic backgrounds need to reinforce the traits of efficiency, honesty and truthfulness. These traits would be facilitating to individuals in doing well in their job duties and achievement of desired goals and objectives in both personal and professional lives. As a consequence of acknowledging and putting into practice these traits, one will be able put into practice different types of job duties and responsibilities in a well-ordered and disciplined manner. Furthermore, the individuals make efforts to provide solutions to different types of problems in an efficient and satisfactory manner. In addition, these are prevented from giving rise to impediments within the course of putting into practice various types of job duties and responsibilities. Through communicating with others and managing relationships in a well-ordered manner, one will be able to acknowledge and put into practice these traits. Therefore, one is able to acquire an understanding of the importance of social interaction and managing relationships, when one is acknowledging the traits of efficiency, honesty and truthfulness. From the stage of early childhood, throughout the lives of the individuals, they need to be well-equipped in terms of various factors, i.e. implementing effective communication processes; forming positive viewpoints regarding various factors; making wise and productive decisions; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; depicting the traits of helpfulness and co-operation; reinforcing the traits of efficiency, honesty and truthfulness; coping with psychological problems in an effective manner; being well-informed in terms of job duties and responsibilities; being informative in terms of different types of methodologies and procedures; implementing time-management skills and carrying out different types of tasks and activities in a satisfactory manner. Putting into operation effective communication processes with family and community members will be facilitating in generating information in terms of all these factors. Therefore, an understanding of the importance of social interaction and managing relationships is acquired, when information is generated in terms of essential factors.

## B. Measures to be Implemented in Promoting Social Interaction and Managing Relationships

From the stage of early childhood, throughout the lives of the individuals, they need to acknowledge the meaning and significance of social interaction and managing relationships. One cannot live their lives in seclusion and loneliness. Hence, they need to ensure, they form an effective social circle. It comprises of family and community members. The community members include, educators, supervisors, employers, classmates, colleagues, neighbours, and so forth. In the lives of the individuals, they need to establish linkages in order to bring about improvements in their overall personality traits and standards of living (Hein, & Florentine, 2017). Hence, in the lives of the individuals, one needs to augment information in terms of different types of measures, which are necessary in promoting social interaction and managing relationships. One of the important aspects is, measures need to be put into operation in a well-ordered and disciplined manner. In other words, positivity needs to be reinforced in these measures. Furthermore, it needs to be ensured, these are favourable and worthwhile. Putting these into operation in a satisfactory manner is considered as fundamental in promoting social interaction and managing relationships. These are stated as follows:

## C. Implementing Effective Communication Processes

From the stage of early childhood, throughout the lives of the individuals, they need to put emphasis on honing communication skills and interactive abilities. These are the key in facilitating social interaction and managing relationships. This is important with family and community members. As a consequence of putting into practice effective communication processes, one will be able to augment information in terms of different types of subjects and concepts; exchange various types of ideas and viewpoints; obtain answers to all types of questions that are overwhelming and clarify different types of doubts. In this manner, one will be able to augment confidence levels (Giving Feedback, n.d.). Furthermore, individuals need to be well-informed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of accurate information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. As a consequence of augmenting communication skills, one will render an important contribution in promoting social interaction and managing relationships in an appropriate manner. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be implemented in promoting social interaction and managing relationships.

## D. Forming Positive Viewpoints Regarding Various Factors

It is necessary for individuals to form positive viewpoints in terms of various factors within and outside the homes. The factors include, job duties, responsibilities, methodologies, procedures, techniques, approaches, individuals, whom one is working and dealing with and overall environmental conditions. The individuals need to ensure, positivity in viewpoints is reinforced. As a consequence, one will render an important contribution in forming cordial and amiable terms and relationships with each other.

This is essential in not only reinforcing contacts, but also in leading to up-gradation of overall personality traits and standards of living. In some cases, it happens that certain factors within the environmental conditions are not appropriate. For example, one needs to make use of lap-tops in order to carry out certain tasks and activities, but these are not functioning well. As a consequence, one will experience setbacks within the course of putting into operation different types of tasks and activities. But formation of positive viewpoints will be facilitating to the individuals in putting into operation various types of job duties and responsibilities in a successful manner. Therefore, forming positive viewpoints regarding various factors is one of the significant measures to be implemented in promoting social interaction and managing relationships.

## II. REINFORCING A CONSTRUCTIVE APPROACH

Reinforcing a constructive approach is regarded as one of the major aspects in promoting social interaction and managing relationships. Hence, throughout the lives of the individuals, they need to acknowledge the meaning and significance of this concept. Constructive approach needs to be reinforced in terms of different types of factors, i.e. job duties, responsibilities, methodologies, processes, practices, techniques, individuals, whom one is working and dealing with and overall environmental conditions. The individuals need to ensure, positivity in viewpoints is reinforced. As a consequence, one will render an important contribution in developing mutual understanding with each other. This is essential in not only reinforcing contacts, but also in leading to up-gradation of overall personality traits and living conditions. As a consequence, one will be able to interact in an effective manner with other individuals. But reinforcement of a constructive approach will be facilitating to the individuals in putting into operation various types of job duties and responsibilities in a successful manner. One of the major aspects is, one will be able to obtain support and assistance from each other in doing well in their job duties and generating desired outcomes. Therefore, reinforcing a constructive approach is an expedient measure to be implemented in promoting social interaction and managing relationships.

### A. Inculcating The Traits of Morality and Ethics

Throughout the lives of the individuals, they need to inculcate the traits of morality and ethics. These are the traits, which are facilitating in making selection of the most favourable and worthwhile alternatives and options; differentiating between various types of appropriate and inappropriate factors; reinforcing the traits of diligence, resourcefulness and conscientiousness; depicting the traits of helpfulness and co-operation; reinforcing the traits of efficiency, honesty and truthfulness; coping with psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; being well-informed in terms of job duties and responsibilities; being informative in terms of methodologies and procedures; carrying out all types of tasks and activities in a well-ordered manner and forming positive viewpoints in terms of various factors. As a consequence of acknowledging the meaning and significance of these traits, one will not only emerge into moral and ethical

human beings and productive citizens of the country, but they will be able to carry out tasks in accordance to the expectations of family and community members. In this manner, they will be able to reinforce pleasantness in terms and relationships with others. Therefore, inculcating the traits of morality and ethics is an eminent measure to be implemented in promoting social interaction and managing relationships.

### B. Implementing The Traits of Diligence, Resourcefulness and Conscientiousness

Implementing the traits of diligence, resourcefulness and conscientiousness is regarded as one of the essential factors in carrying out all types of tasks and activities in a well-ordered manner. In this manner, one will render an important contribution in meeting the expectations of family and community members. The community members include, educators, supervisors, employers, classmates, colleagues, and so forth. One of the major benefits of these traits is, individuals will be able to cope with different types of problems and challenging situations in an adequate manner. Furthermore, these will be prevented from giving rise to impediments within the course of putting into operation various types of tasks and activities in a well-ordered manner. Within homes, educational institutions of all levels and in various types of employment settings, individuals will be able to do well in their job duties, achieve desired goals and meet the expectations of individuals in leadership positions and family members. In this manner, one will establish linkages and develop mutual understanding with others, including family and community members. Furthermore, one will acknowledge the meaning and significance of these traits. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is a renowned measure to be implemented in promoting social interaction and managing relationships.

## III. DEPICTING THE TRAITS OF HELPFULNESS AND CO-OPERATION

It is apparently understood that occurrences of different types of problems and challenging situations are an integral part of the personal and professional lives. The various factors in terms of which these are experienced are, job duties, responsibilities, methods, procedures, techniques, work pressure, lack of infrastructure, amenities, and facilities, scarcity of financial, human, technical, material and information resources, unawareness in terms of various factors and so forth. The different types of dilemmas and challenging situations are experienced in a major or minor form. In all areas, it is of utmost significance for individuals to depict the traits of helpfulness and co-operation. These traits would enable the individuals to lend a helping hand to others. As a consequence of implementing these traits, one will be able provide support to others in carrying out tasks and activities in a well-ordered and disciplined manner. The individuals make efforts to provide solutions to different types of problems in an efficient manner.

63

But they experience cases, when they are unable to cope with dilemmas on their own and have to take help from others. In such cases, one needs to ensure, traits of helpfulness and co-operation get reinforced. As a consequence, pleasantness will be reinforced in terms and relationships with each other. Therefore, depicting the traits of helpfulness and co-operation is a notable measure to be implemented in promoting social interaction and managing relationships.

### A. Reinforcing The Traits of Efficiency, Honesty and Truthfulness

The individuals, belonging to all communities, categories and socio-economic backgrounds need to reinforce the traits of efficiency, honesty and truthfulness. These traits would be facilitating to individuals in doing well in their job duties and achievement of desired goals and objectives in both personal and professional lives. As a consequence of acknowledging and implementing these traits, one will be able put into practice different types of tasks and activities in a well-ordered and disciplined manner. Furthermore, the individuals make efforts to provide solutions to different types of problems in an efficient manner. In addition, these are prevented from giving rise to impediments within the course of putting into practice various tasks and activities. Within personal lives of the individuals, when they are working and dealing with family members, the recognition of these traits would be facilitating in reinforcing cordiality. On the other hand, within educational institutions of all levels and in different types of employment settings, one will be able to put into practice the job duties and responsibilities in a well-ordered and satisfactory manner. Hence, one is able to realise that these traits are useful in meeting the expectations of family and community members. Therefore, reinforcing the traits of efficiency, honesty and truthfulness is a productive measure to be implemented in promoting social interaction and managing relationships.

### B. Coping With Psychological Problems in an Effective Manner

The experiencing of different types of psychological problems are regarded as an integral part of the lives of the individuals. They do experience situations in their lives, which would enable the individuals to experience these problems, i.e. anger, stress, anxiety, frustration and depression. The individuals are required to augment information in terms of different types of techniques, which would be facilitating in coping with these problems in an efficacious manner. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. Within personal and professional lives, individuals need to ensure, they manage these problems in an effective manner. When one is communicating and dealing with other individuals, they need to ensure, they promote a normal mind-set. In this manner, they will put into practice communication processes and interactive abilities in an effective manner. As a consequence, one will be able to deal with different types of problems and challenging situations in an appropriate manner. Furthermore, these are prevented from giving rise to impediments within the course of putting into operation different types of job duties and responsibilities. As a consequence, one will be able to communicate and deal with

others with pleasantness. Therefore, coping with psychological problems in an effective manner is a prolific measure to be implemented in promoting social interaction and managing relationships.

### C. Being Well-Informed in Terms of Job Duties and Responsibilities

The individuals, belonging to all occupations, communities and socio-economic backgrounds need to augment their information in terms of different types of job duties and responsibilities. These are manageable or complicated, these are put into operation on one's own or through working in co-ordination with others and these are carried out on one's own or through working in collaboration with other individuals. In promoting social interaction and in management of relationships, one needs to ensure, all types of job duties and responsibilities are put into practice in a moral and ethical manner. As a consequence, one will contribute efficiently in augmenting the feelings of pleasure and contentment among others. Within all types of professional settings, i.e. educational institutions of all levels and in various types of employment settings, generation of desired outcomes will be facilitating to individuals in acquiring appreciation and reverence from employers, supervisors and colleagues. On the other hand, within homes as well, family members will also incur the feelings of pleasure and contentment. Hence, pleasantness will be reinforced in terms and relationships with family members, employers, supervisors and colleagues. Therefore, being well-informed in terms of job duties and responsibilities is an essential measure to be implemented in promoting social interaction and managing relationships.

### D. Being Informative in Terms of Methodologies and Procedures

The utilization of various types of methodologies and procedures are regarded as the ways in order to carry out different types of job duties and responsibilities in a well-ordered and disciplined manner. These need to be put into operation in a disciplined and satisfactory manner. All types of methodologies and procedures are put into practice on one's own or through working in collaboration with other individuals. In promoting social interaction and in management of relationships, one needs to ensure, all types of methodologies and procedures are put into practice in a moral and ethical manner. As a consequence, one will contribute efficiently in doing well in one's job duties and achieving desired goals and objectives. When the individuals are home-makers, they are in jobs or are pursuing educational programs, they are required to augment information in terms of different types of methodologies and procedures in an efficient manner. The individuals need to acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. As a consequence, tasks and activities will also be carried out in a well-ordered and regimented manner. Furthermore, amiability will be reinforced in terms and relationships. Therefore, being informative in terms of methodologies and procedures is a useful measure to be implemented in promoting social interaction and managing relationships.

64

## E. Advantages of Promoting Social Interaction and Managing Relationships

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to acknowledge the meaning and significance of promoting social interaction and managing relationships. In order to achieve this goal, one needs to form an effective social circle. As a consequence, one will be able to benefit to a major extent (Interpersonal Skills, 2020). When conducting research on promoting social interaction and managing relationships, it is vital for individuals to augment information in terms of advantages of promoting social interaction and managing relationships. These are, forming an effective social circle; alleviating loneliness; augmenting information in terms of various factors; promoting enhancement of career prospects; promoting good health and well-being and bringing about improvements in one's overall quality of lives. These are stated as follows:

## IV. FORMING AN EFFECTIVE SOCIAL CIRCLE

From the stage of early childhood, throughout the lives of the individuals, they are required to form an effective social circle. It comprises of family and community members. In order to carry out this task in a well-ordered and satisfactory manner, one needs to augment social interaction and manage relationships in a well-ordered manner. It is vital for individuals to augment information in terms of different types of techniques, which would be facilitating in reinforcing contacts with others. Furthermore, it is necessary for individuals to put into operation communication processes in an effective manner. The implementation of factors, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information; depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude are useful on a comprehensive basis. Therefore, forming an effective social circle is regarded as one of the indispensable advantages of promoting social interaction and managing relationships.

## A. Alleviating Loneliness

Loneliness is regarded as one of the chronic and distressful conditions. It has unfavourable effects on the overall health and well-being of the individuals. The individuals get affected from the physical as well as psychological perspectives. In other words, they will experience different types of health problems and illnesses as well as psychological problems of anger, stress, anxiety, frustration and depression. Hence, they need to be well-informed in terms of different types of measures and approaches, which would be facilitating in alleviating loneliness. The individuals in some cases are residing in joint families. In such cases, they have contacts with number of relatives and they do not feel lonely. In other cases, the individuals reinforce their contacts with friends and are able to alleviate loneliness. Within personal and professional lives of the individuals, they need to interact with each other and form cordial and amiable terms and relationships. As a consequence, they will be able cope with the problem of loneliness in an effective manner. Therefore, alleviating loneliness is one of the significant advantages of promoting social interaction and managing relationships.

## B. Augmenting Information in Terms of Various Factors

The individuals, belonging to all communities, occupations, categories and socio-economic backgrounds need to augment their information in terms of various factors, i.e. implementing effective communication processes; forming positive viewpoints regarding various factors; making wise and productive decisions; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; depicting the traits of helpfulness and co-operation; reinforcing the traits of efficiency, honesty and truthfulness; coping with psychological problems in an effective manner; being well-informed in terms of job duties and responsibilities; being informative in terms of different types of methodologies and procedures; implementing time-management skills and carrying out different types of tasks and activities in a satisfactory manner. The acknowledgment and implementation of all these factors will be facilitating in forming an effective social circle. Furthermore, one will be able to manage terms and relationships with family and community members in an efficient manner. This is the key in leading to progression of individuals and promoting community well-being. Therefore, augmenting information in terms of various factors is an eminent advantage of promoting social interaction and managing relationships.

## C. Promoting Enhancement of Career Prospects

Promoting enhancement of career prospects is regarded as one of the major goals of individuals, belonging to all communities, occupations, categories and socio-economic backgrounds. In order to achieve this goal, it is necessary for individuals to be well-prepared. They get enrolled in educational institutions in order to augment their educational qualifications, competencies and abilities. Upon completion of education and within the course of pursuance of higher education, i.e. masters and doctoral programs, individuals get engaged in employment opportunities. In this manner, they are opening the doors towards promoting enhancement of their career prospects. The individuals need to ensure, they are well-equipped in terms of various types of ways of carrying out their job duties and responsibilities in a well-ordered and regimented manner. As a consequence, they will contribute efficiently in meeting the expectations of individuals in leadership positions and family members. In this manner, not only career prospects will be enhanced, but mutual understanding will also be reinforced with other individuals. Therefore, promoting enhancement of career prospects is an expedient advantage of promoting social interaction and managing relationships.

## D. Promoting Good Health and Well-Being

As it has been stated above, loneliness is unfavourable on the overall health and well-being of the individuals. As a consequence of not having communication links with others, health gets affected from physical as well as psychological perspectives.

Hence, when individuals promote social interaction and manage relationships, they are able to promote good health and well-being, physically and psychologically. The individuals, throughout their lives are required to augment their information in terms of different types of methods and procedures, which are facilitating in promoting good health and well-being. In promoting social interaction and managing relationships, one will be able to incur the feelings of pleasure and contentment. In this manner, one will be able to pay adequate attention towards implementation of all the factors, which are necessary in promoting good health and well-being. One of the important aspects that needs to be taken into account is, one incurs the feelings of pleasure and contentment, when they have someone around to share their ideas and viewpoints with. Therefore, promoting good health and well-being is a renowned advantage of promoting social interaction and managing relationships.

### E. Bringing About Improvements in One's Overall Quality of Lives

As a consequence of putting into operation all the factors that are promoting social interaction and managing relationships, one will be able to bring about improvements in one's overall quality of lives. The main reason being, through putting into practice communication processes, individuals will generate information in terms of all the factors, which are necessary in promoting enhancement of one's overall standards of living. In this manner, one will be able to render an important contribution in bringing about improvements in one's overall quality of lives. In this manner, one will be able to pay adequate attention towards putting into practice all the factors, which are necessary in bringing about improvements in one's overall quality of lives. One of the important aspects that needs to be taken into account is, one will have an effective social circle. In cases of occurrences of situations, when one is overwhelmed by dilemmas and setbacks, one will obtain ideas and suggestions from others. Therefore, bringing about improvements in one's overall quality of lives is a useful advantage of promoting social interaction and managing relationships.

## V. CONCLUSION

Social interaction and managing relationships is essential throughout the lives of individuals. Measures to be implemented in promoting social interaction and managing relationships are, implementing effective communication processes, forming positive viewpoints regarding various factors, reinforcing a constructive approach, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness, depicting the traits of helpfulness and co-operation, reinforcing the traits of efficiency, honesty and truthfulness, coping with psychological problems in an effective manner, being well-informed in terms of job duties and responsibilities and being informative in terms of methodologies and procedures. Advantages of promoting social interaction and managing relationships are, forming an effective social circle; alleviating loneliness; augmenting information in terms of various factors; promoting enhancement of career prospects; promoting good health and well-being and bringing about improvements in one's overall quality of lives. Finally, it can be stated, promoting social interaction and managing relationships are essential in leading to progression.

## DECLARATION STATEMENT

I must verify the accuracy of the following information as the article's author.

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