



Inspirix, The HRD Cell of CVS 2020-21

<u>Name of the event</u>	<u>No. of participants</u>	<u>Date</u>
Webinar on HR Psychology and Team Motivation	100+ Participants	24th Feb 2021

Webinar on HR Psychology and Team Motivation

The webinar started with the introduction of our first speaker, Ms. Namita Rajpoot, who was an Assistant Professor and a PhD holder in finance, having prodigious knowledge of market and corporate sector. She started with the topic of positive psychology by giving the phrases “thank God it’s Friday” and “Oh God it’s Monday “. By this phrase she conveyed the message that everybody working in an institution waits for Friday to enjoy their weekends and hates Mondays because they need to wake up early to reach office. By this, she comments on the psychological nature of people of being unhappy with their office timings, feeling depressed and full of anxiety, whereas during the weekends they enjoy with their loved ones.

In this webinar, she shared a lot of information about this topic:

Impact of positive psychology on motivation. On the flip side anger, depression and worry are related to poor health outcomes. Our genes are responsible for about 50% of our happiness, 10% of happiness is determined by the circumstances in which you live and 40% accounts for our actions and attitudes. Team motivation helps the working of a person individually. Communication and making network connections strong helps a person to become confident and learn new things. Encouraging and promoting teamwork boosts productivity because it makes employees feel less isolated and helps them to feel more engaged with their tasks. A healthy and happy office environment has a significant impact on productivity and creativity. After this, she talked about the PERMA model, designed by Martin Seligman. The PERMA model represents the five core elements of happiness and well being.

P –positive emotions, E –engagement, R – relationship, M –meaning, A – accomplishments

When the PERMA model is followed, there are high chances of creating a happy workforce, which easily translates to a happy and productive workplace.

After completing her speech, she patiently addressed all the queries of the students.

Pictures:



**LIVE
WEBINAR**



INSPIRIX
THE HRD CELL OF CVS



HR Psychology and Team Motivation

• WEDNESDAY • 24 FEB'21 • 5-7 PM • GOOGLE MEET

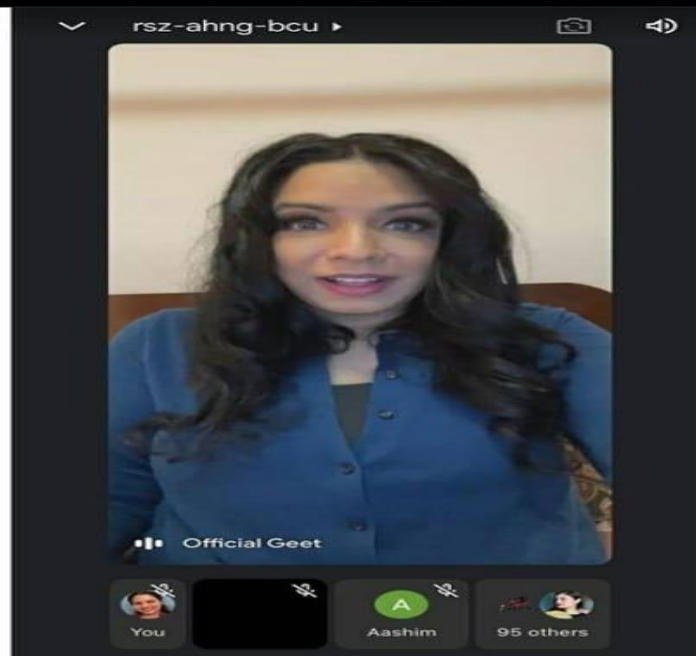


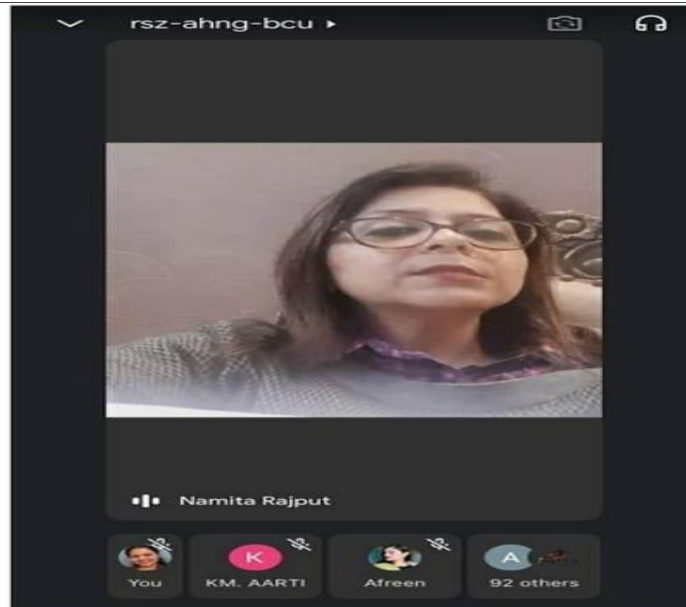
Ms. Geet
South Asian's first
wheel chair Actress,
coach and a speaker

Ms. Namita Rajput
Former Principal of Sri
Aurbindo College and a
great orator.



Save the date at <https://forms.gle/qU9Ji1CyET2rHJSj6>
Link for the webinar: <https://meet.google.com/yms-axuj-fnq>





Links:

- <https://www.instagram.com/p/CLn74WHHpmM/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CLn72uInNWt/?igshid=YmMyMTA2M2Y=>
- <https://www.instagram.com/p/CLn70G9nKQM/?igshid=YmMyMTA2M2Y=>
- https://www.instagram.com/p/CL_7fCsDshp/?igshid=YmMyMTA2M2Y=

This is to certify that the activity report (Teacher/Department/Society/Association) has been submitted for documentation to Internal Quality Assurance Cell, College of Vocational Studies, University of Delhi.

Anu Satyal

Dr. Anu Satyal
IQAC Coordinator
College of Vocational Studies

Ajay Jaiswal

Prof. Ajay Jaiswal
Officer on Special Duty
College of Vocational Studies
Principal/अ.एस.डी. / प्रधानाचार्य
College of Vocational Studies
कॉलेज ऑफ वोकेशनल स्टडीज
(University of Delhi) (दिल्ली विश्वविद्यालय)
Triveni Sheikh Sarai, Phase II
त्रिवेणी शेख सराय, फेज- II,
New Delhi-110017/नई दिल्ली -110017