



Internal Quality Assurance Cell

St. Edmund's College

(Affiliated to North Eastern Hill University, Shillong)

Recognized by the University Grant Commission under 2 (f) and 12 (B) of UGC act 1956)

Laitumkhrah, Shillong – 793003, Meghalaya, India

Website: <http://sec.edu.in>

REPORT ON FACULTY DEVELOPMENT PROGRAMME

TITLE: HAPPINESS - POSITIVITY & PRODUCTIVITY

DATE: 5TH JUNE 2022

TIME: 14:00 hrs onwards

DELIVERED BY: Dr A Srihari Krishna,
Professor & Registrar
The Assam Kaziranga University
Jorhat, Assam
Dr Arpita Basak
Professor, School of Business
The Assam Kaziranga University
Jorhat, Assam

MODE: Online

MEETING LINK:
<https://us02web.zoom.us/j/85457568828?pwd=UjlkSlZHNTl1RjUzY08rcHlpdlnGdz09>

TOTAL PARTICIPANTS:

Faculty: 41

KEY HIGHLIGHTS:

The resource person emphasizes on the REIKI as a medium for effective positivity which would venture to happiness. Some employer say they care about the well-being and “happiness” of their employees. But are such claims hype or scientific good sense? We provide evidence, for a classic piece rate setting, that happiness makes people more productive. In three different styles of experiment, randomly selected individuals are made happier and Lower happiness is systematically associated with lower productivity.



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OUTCOME:

Both the speakers well presented the systemic planning and given various examples for effective productivity and happiness.

FEEDBACK:

The participants appreciated the IQAC for organizing such lectures as it was an eye opener for them.



Organized by

INTERNAL QUALITY ASSURANCE CELL (IQAC)
St. Edmund's College,
Shillong
&
"ANANDA" - REKHI CENTRE FOR HAPPINESS
The Assam Kaziranga University,
Assam

Sunday | June 05 | 2022
14:00 hrs onwards

Target Participants:
Members of Staff & Others

Certificates shall be issued on submission of feedback forms

WORKSHOP ON

HAPPINESS – POSITIVITY & PRODUCTIVITY



Dr A Srihari Krishna
Professor & Registrar
The Assam Kaziranga University



Dr Arpita Basak
Professor, School of Business
The Assam Kaziranga University

PLATFORM: ONLINE (ZOOM)



KAZIRANGA UNIVERSITY
KNOWLEDGE & BEYOND



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The Serenity Flowchart

One of the happiest moments in life is when you find the courage to let go of what you

Stop struggling against your thoughts. Try holding them lightly and accept their presence.

BE KIND TO YOURSELF

Dr. Arpita Basak

St. Edmund's College...

Dr. A. Srihari Krishna

Dr. Sylvanus...

Simon Coelho

Ricky Basaiwmoit

Kitbok Nongk...

Monotosh

Akash Mishra

Alnamlin Dkhar

Dr. Prasenjit...

Debulman Sy...

Unmute Start Video Security Participants Share Screen Polls/Quizzes Reactions Apps Whiteboards More End

Happiness: Positivity & Productivity

Dr. Arpita Basak

Professor, School of Business

Kadiranga University, Jorhat

Dr. A. Srihari Krishna

St. Edmund's College...

Dr. Arpita Basak

Dr. Sylvanus...

Debulman Sy...

Simon Coelho

Debulman Sylemiong

Omarlin

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Ainamlin Dkhar

Dr. Prasenjit...

Gautam Deb

Sarmistha Deb

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