

Atharva Institute of Management Studies

Activity / Event report

Name of event	: FACULTY SPEAKS, Episode 17
Date(s) of conduction	: 1 December 2021
No. of participants	: 19
Student coordinator/ committee	: Sneha Kamalpuria (MMS)
Resource person	: Prof. Monika Chopra
Designation	: Assistant Professor
Contact no.	: 8108414998
Email ID	: monika.chadha@atharvasb.edu.in

DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



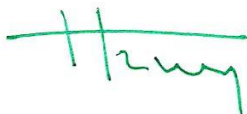
DESCRIPTION

Objectives:

- Work life balance.

Key Takeaways:

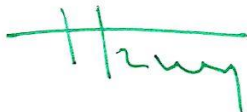
- What is work life balance?
- When we are relaxed, we increase our productivity.
- Businesses that have mastered work-life balance:
 - Etsy
 - Starbucks
 - Intuit
 - Slack
 - Zoom
- How we can start achieving work-life balance?
- The work is work-life balance, people got some time to think what they actually want in life. Its about the unpredictability of life.
- Only India has added 1600 start-ups in the tech sector in 2020.



DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



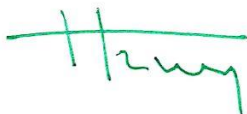
- The 6 biggest challenges HR faces in a post COVID world:
 - The evolution of skills
 - Reimagining recruitment process
 - Work diversity
 - Staying flexible
 - Remaining focused on wellness
 - Getting real on equality and inclusion
- HR is making efforts to rekindle the relationships to make the employees happy to achieve mutual goals.
- Reimagining work & work places.
- Four ways:
 - Reconstruct how work is done.
 - Reclassification of work.
 - Redesign the workplace to support organizational priorities.
 - Resize the footprint creatively.
- Work towards mutual goals.
- Together everyone achieves more.
- Hyper-productivity gone wrong.
- Acceptance of change & challenge is the rule of life.
- Now is the time to fight back against all odds.



DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



FLYER OF THE EVENT



DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.





17

#facultyspeaks

ATHARVA INSTITUTE OF MANAGEMENT STUDIES
(Affiliated to Mumbai University)

presents

FACULTY SPEAKS



LIVE



DEC 1st, 2021
9:45 AM - 10:45 AM (IST)

WEDNESDAY



Prof Monika Chopra
B.Com, M,Com, PGDBA, P.hd (Pursuing)

Work Life Balance



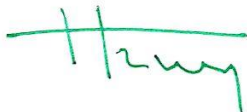
www.atharvaims.edu.in

Flyer Designed by: Piyush Chaudhary (MMS)

DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



GLIMPSES



DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. The meeting title is 'Monika Chopra is presenting'. The main content area shows a PowerPoint slide with the title 'Work life Harmony : A LEGECY THAT PANDEMIC LEFT BEHIND'. The slide features an image of a laptop with two white paper bags labeled 'WORK' and 'LIFE' on it. The right side of the screen shows a grid of participants: Gahesh Apte, Monika Chopra, Dr. R.C. Rathawat, Poonam Patel, Ansha Gupta, Deepak Asarpota, Deepak Asarpota, Sandeep Rasal, Dr Komal Ahuja, Bincy Baby, and 'You'. The bottom of the screen shows the macOS dock with various application icons.


DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



The screenshot shows a Google Meet interface on a Mac. The main window displays a PowerPoint presentation titled "Work Life Balance/Harmony". The slide content includes the title, a definition: "Work life balance means abilities of the employee to deal successfully with work ,family and personal life.", and a collage of diverse people's faces. The meeting controls at the bottom show a recording icon, a microphone icon, and a red "14" notification. The dock at the bottom contains various application icons including Safari, Photos, Messages, Mail, App Store, Music, and Google Chrome.


DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. A notification bar indicates 'Monika Chopra is presenting'. The main content area shows a PowerPoint slide titled 'Work-life balance.pptx' with the following diagram:

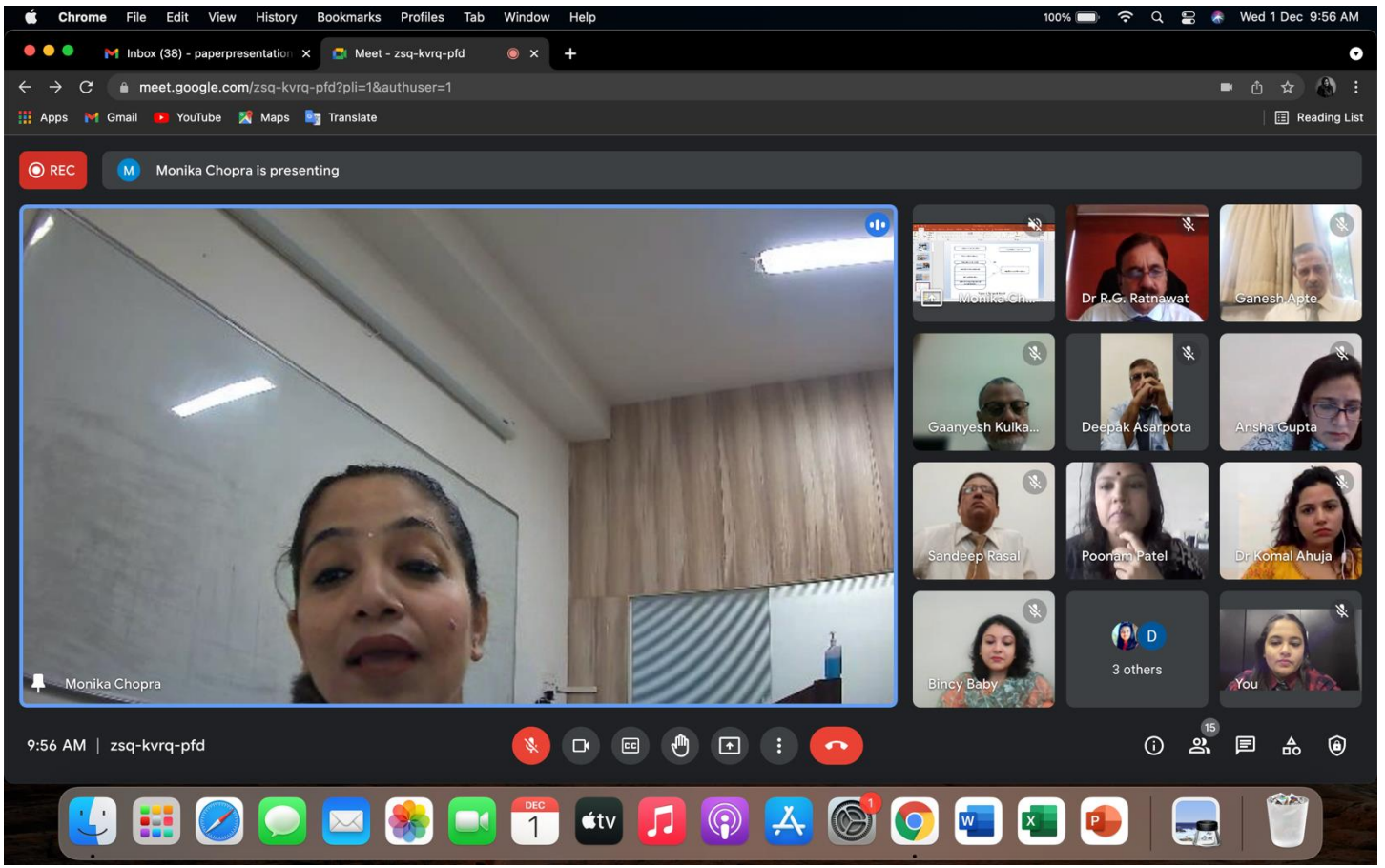
Figure 1. Research Model

The diagram illustrates the relationship between independent variables, dependent variables, and employee performance. Independent variables include Work-life balance, Happiness at work, employee engagement, job satisfaction, and affective organizational commitment. These variables are hypothesized to influence employee performance (H1 and H2). Dependent variables include Work-life balance and Happiness at work.

Participants in the meeting include: Monika Chopra, Dr. R.G. Rathawat, Ganesh Apte, Gaanyesh Kulka..., Deepak Asarpota, Ansha Gupta, Sandeep Rasal, Poonam Patel, Dr. Komal Ahuja, Bincy Baby, and 3 others.


DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. The meeting title is 'Monika Chopra is presenting'. The main content is a PowerPoint slide titled 'Work life balance.pptx'. The slide text reads: 'A balanced life boosts energy and increase efforts to perform productively. It further strengthens emotional, intellectual, physical and spiritual aspect of one's life and enhances positive attitude and productive behaviour.' To the right of the text is a bar chart titled 'The Happiest Countries in the World' showing the ranking of the world's happiest countries by index value (2020). The chart lists 18 countries with their respective index values.

Rank	Country	Index Value (2020)
1	Finland	7.89
2	Iceland	7.58
3	Denmark	7.52
4	Switzerland	7.51
5	Netherlands	7.50
6	Sweden	7.31
7	Germany	7.31
8	Norway	7.29
9	New Zealand	7.26
10	Austria	7.21
...
14	U.S.	7.03
...
18	UK	6.80

Participants visible in the grid include: Dr. R.G. Ratnawat, Monika Chopra, Poonam Patel, Ganesh Apte, Gaanyesh Kulka..., Deepak Asarpota, Ansha Gupta, Sandeep Rasal, Dr. Komal Ahuja, Pallavi Rane, and 4 others. The system clock shows 10:02 AM on Wednesday, December 1st, 2021.


DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



Chrome File Edit View History Bookmarks Profiles Tab Window Help 100% Wed 1 Dec 10:06 AM

meet.google.com/zsq-kvrq-pfd

REC Monika Chopra is presenting

Work life balance.pptx - PowerPoint

QUESTION FOR MY TEAM

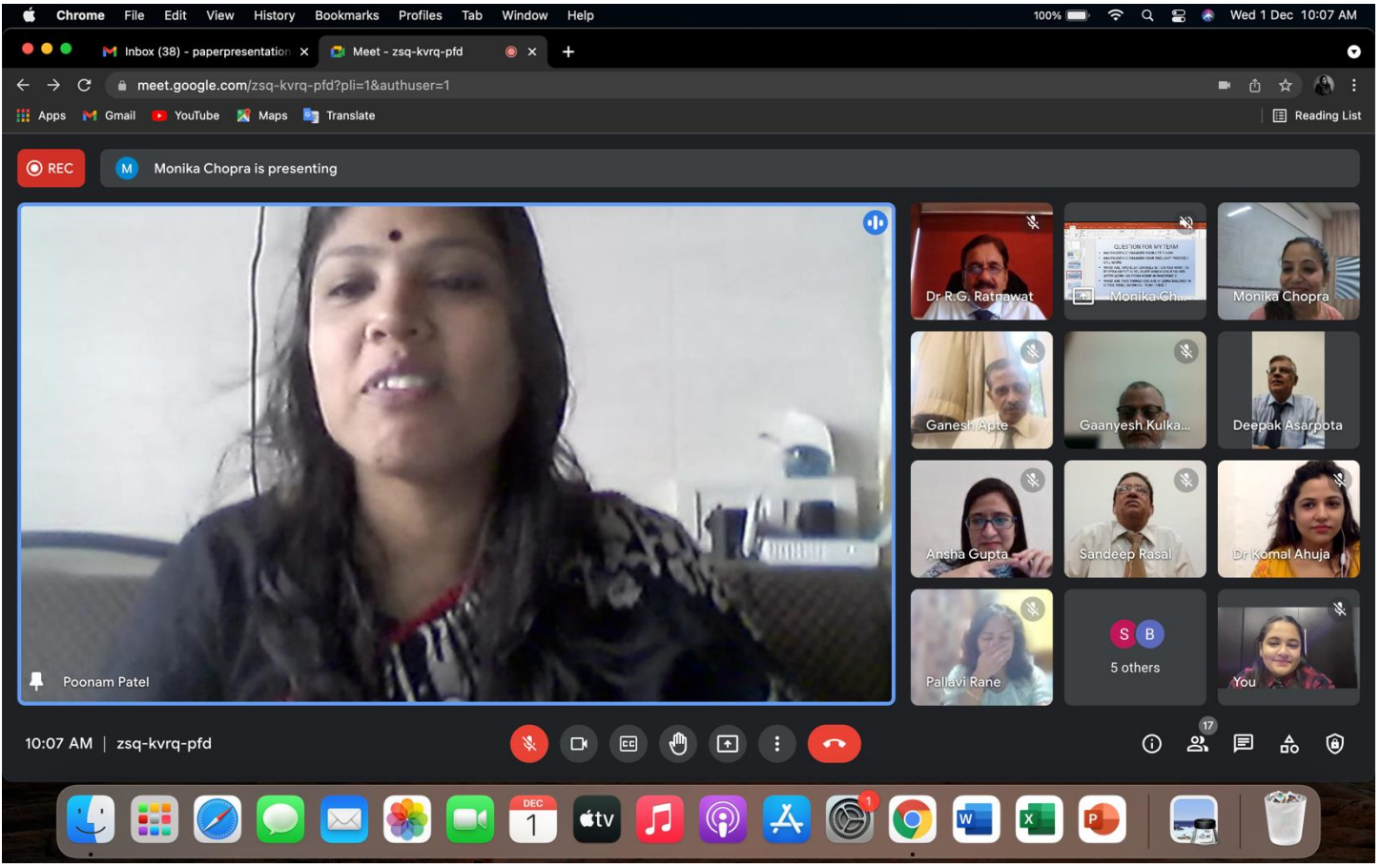
- HAS PANDEMIC CHANGED YOUR LIFE ? HOW
- HAS PANDEMIC CHANGED YOUR THOUGHT PROCESS ? ONE WORD
- WHAT ARE TWO BEST CHANGES WHICH YOU WANT TO BE PERMANENT IN YOUR LIFE WHICH YOU REALISED AFTER WORKING FROM HOME IN PANDEMIC ?
- WHAT ARE TWO THINGS YOU ARE MISSING MAJORLY IN OFFICE WHILE WORKING FROM HOME ?

Participants: Dr.R.G. Rathawat, Monika Chopra, Poonam Patel, Ganesh Apte, Gaanyesh Kulka..., Deepak Asarpota, Ansha Gupta, Sandeep Rasal, Dr.Komal Ahuja, Pallavi Rane, 5 others, You

10:06 AM | zsq-kvrq-pfd


DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.





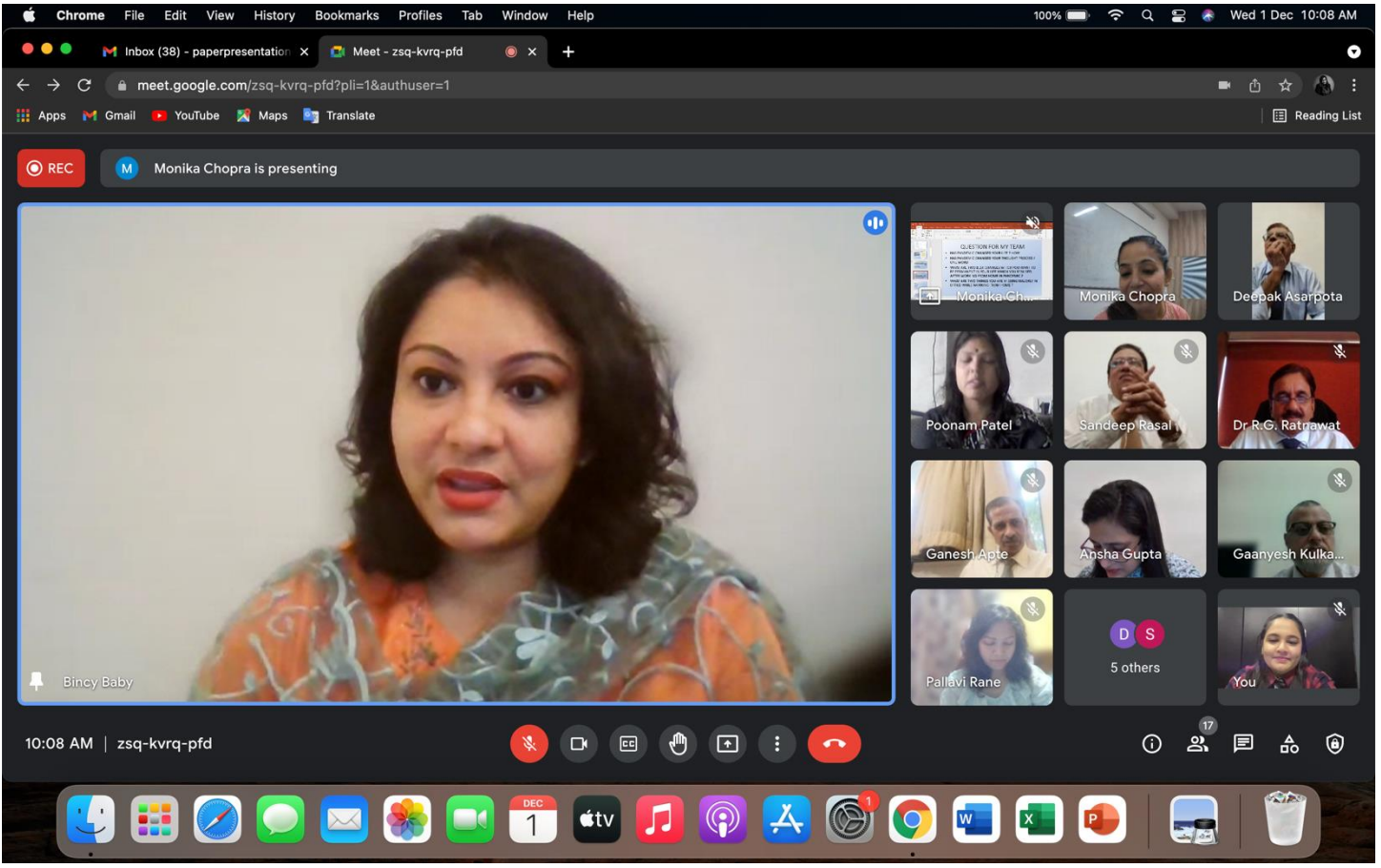

DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.





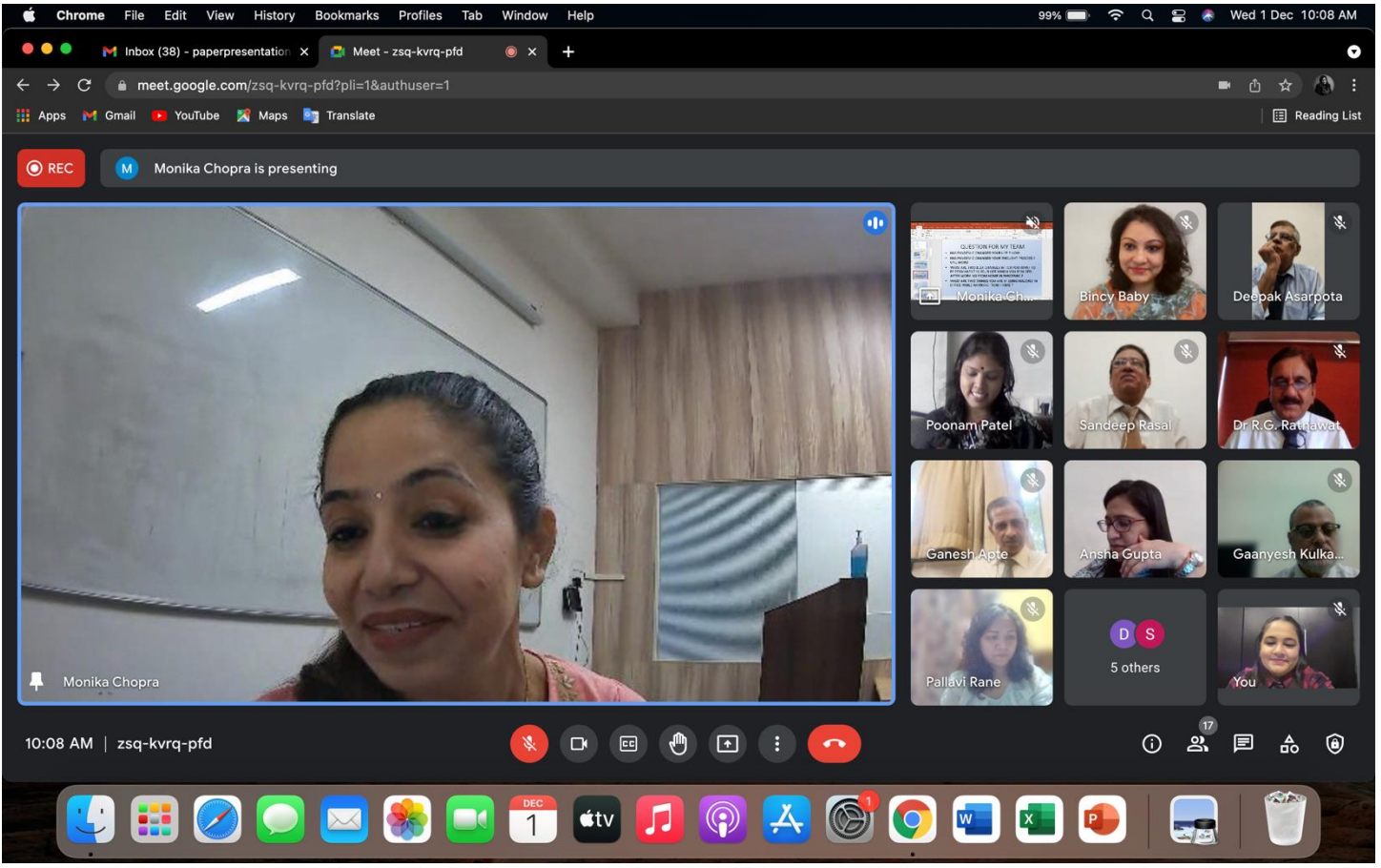

DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.



The screenshot shows a Google Meet interface on a Mac. The main window displays a PowerPoint presentation by Monika Chopra. The slide content is as follows:

Work life balance.pptx - PowerPoint
Monika Chopra

Reimagine work and workplaces
How work should be done and the role of the Workplace?

15
16
17
18
19
20

Slide 19 of 34 | English (India)

10:22 AM | zsq-kvrq-pfd

Participants in the grid:
- Monika Chopra (presenting)
- Poonam Patel
- Bincy Baby
- Ansha Gupta
- Deepak Asarpota
- Sandeep Rasal
- Dr R.G. Ratnawat
- Ganesh Apte
- Gaanyesh Kulka...
- Dr Komal Ahuja
- 7 others
- You

Mac dock icons: Safari, App Store, Messages, Mail, Photos, Calendar (DEC 1), Apple TV, Music, Podcasts, App Store, Chrome, Word, Excel, PowerPoint, System Preferences, Trash.


DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.





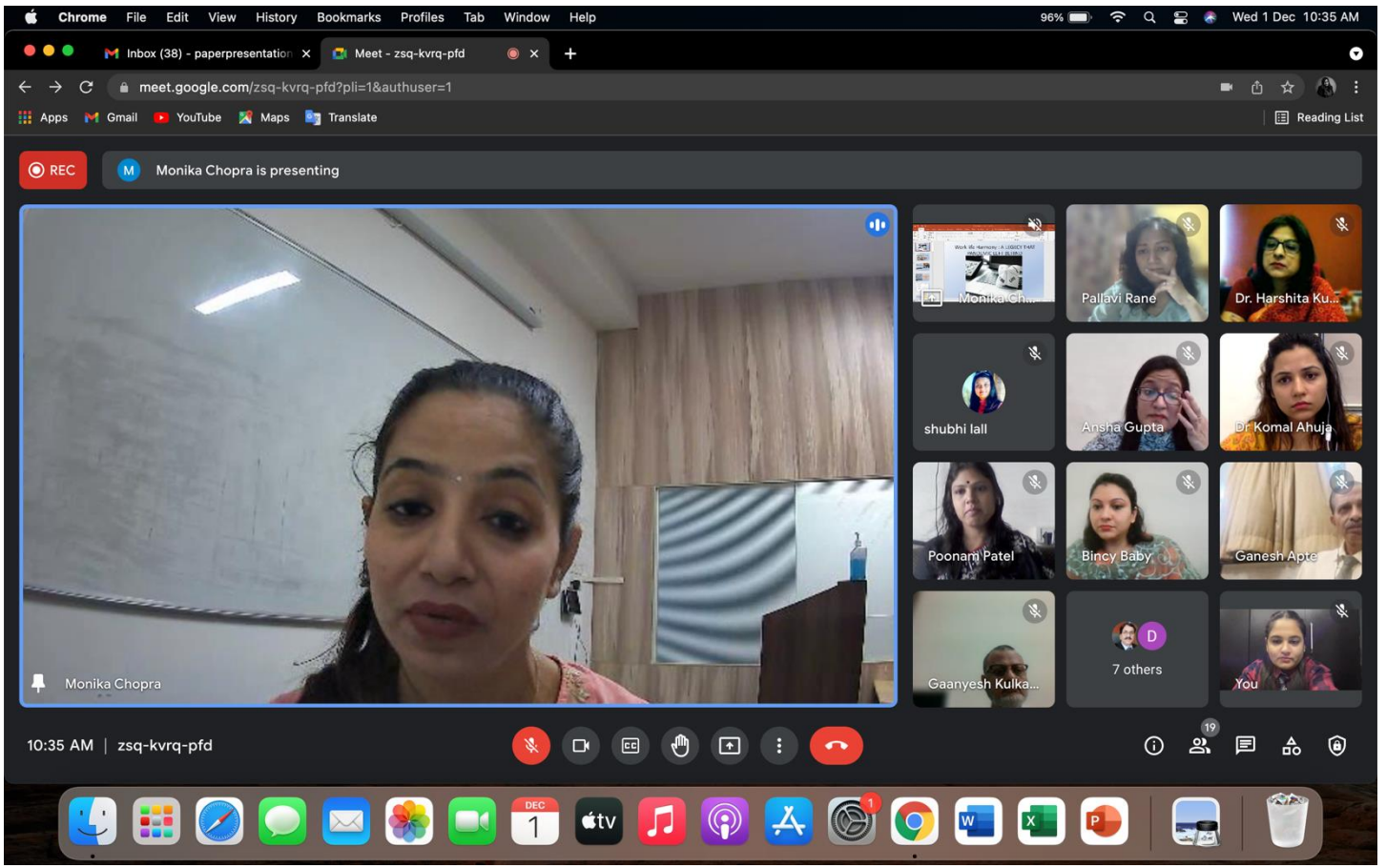

DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.






DIRECTOR
Atharva Institute of Management Studies
MUMBAI-95.





EVENT REPORT PREPARED BY: SNEHA KAMALPURIA, STUDENT, MMS DIVISION B.

Verified by: Dr. Shubhi Lall Agarwal, Director, IQAC, AIMS.

Submitted to: Dr. R.G. Ratnawat, Director, Atharva Institute of Management Studies.

This video was recorded on the Email ID paperpresentation@atharvacoe.ac.in

Live session was initiated by Sneha Kamalpuria.


DIRECTOR
 Atharva Institute of Management Studies
 MUMBAI-95.

