

Activity Report



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| School/ Institute | DR D Y PATIL SCHOOL OF MANAGEMENT (DYPSOM) |
| Activity Name – Corporate Executive Series Event | Activity 4 – Neuroscience of Habit Formation |
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| Total no of Students | 72 |
| Total no of teaching staff | 9 |
| Total no. of non- teaching staff | 2 |
| New joining during the month | 00 |
| Staff leaving during the month | 00 |
| Any Incidents/ Mishaps/ lapses during the month with root cause analysis and preventive action/ corrective action details | - |



Activity 4:

Neuroscience of Habit Formation

Date of Activity - August 2021

Brief particulars: -

The speaker of the event was Mr Sachin Narke, Head of Learning and Development Function and also HR Function of the Core Business Group at Forbes Marshall.

He mentioned the following important aspects:

- 1.Habits are universal and we are better at catching bad habits than the good ones.
- 2.Our consistency of the habits should triumph over the intensity.
- 3.Habit is the summation of the subconscious and routine.
- 4.Habits are like auto pilot mode hence it is energy efficient.
5. Good habits are high on reward, high on difficulty and the gratification is delayed.
6. Micro tiny habits are the essence of forming good habits.