

MOTIVATION

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Motivation

Motivation is the processes that drive individuals to take action toward achieving goals.

In simple terms, motivation can be defined as a process that maintains, initiates, guides, and attracts goal-oriented behaviour.

Maslow's Hierarchy of Needs



Herzberg's Two-factor Theory

Hygiene Factors

- ✓ Relationship with peers
- ✓ Company policies
- ✓ Physical workspace
- ✓ Working conditions
- ✓ Salary
- ✓ Status
- ✓ Security
- ✓ Supervision



Motivating Factors

- ✓ Achievement
- ✓ Recognition
- ✓ The work itself
- ✓ Job advancement opportunities
- ✓ Growth opportunities



MCCLELLLENAD'S THEORY OF NEEDS



Characteristics of need for affiliation

- **Relationship – Driven**
- **Conflict avoidance**
- **Team players**
- **Need for approval**
- **Co-operative over competition**

Characteristics of need for Power

- **Leadership oriented**
- **Goal and status focused**
- **Need for impact over popularity**
- **Assertive in groups**

Characteristics of need for Achievement

- Goal setting and risk taking
- Motivation and rewards
- Execution and locus of control
- Feedback and improvement

MCGREGOR'S XYZ Theory

	THEORY X	THEORY Y	THEORY Z
VIEW OF WORK	Dislike and avoid it	Viewed as something natural	Whole part of a person
ATTITUDE TOWARD RESPONSIBILITY	Avoid it, seek formal direction	Accept and seek it	Collective responsibility
ATTITUDE TOWARD INNOVATIONS	Security valued over ambition	Individuals capable of innovation	Whole is better than sum of parts
ABILITY TO CONTROL	Coerced, controlled and threatened	Self direction, self control	Implicit control by loyalty to team

Expectancy Theory of Motivation:

Victor Vroom -1964

Motivation is driven by the belief that effort will lead to performance, performance will lead to rewards and those rewards are valued by the individuals.

Key components of ETM

Expectancy - The belief that effort will leads to desired performance

Instrumentality - The belief that performance will result in rewards

Valence – The value placed on those rewards

Goal Setting Theory of Motivation:

This theory proposes that setting clear, specific and challenging goals can significantly enhance motivation and performance - **Edwin Locke**
1968

Key components GSTM

- ❖ Clarity
- ❖ Challenge
- ❖ Commitment
- ❖ Feedback
- ❖ Task complexity

Reinforcement theory

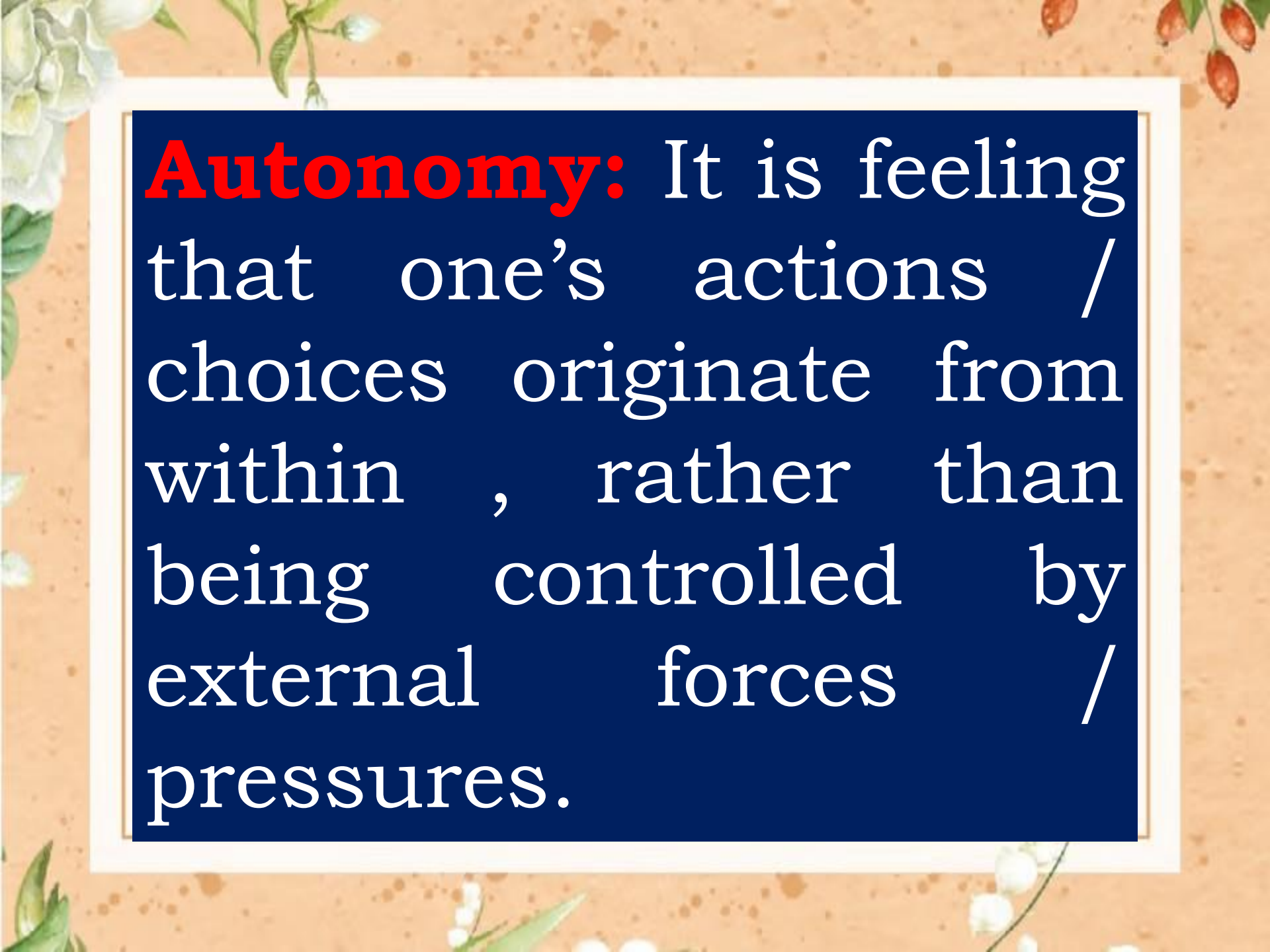
This theory proposes that behavior is determined by its consequences. It suggests that behaviours followed by positive consequences (reinforcement) are likely to be repeated, while behaviours followed by negative consequences are less likely to be repeated.

This theory focuses on how external factors, like rewards and punishments influence behaviour and motivation - **BF Skinner**

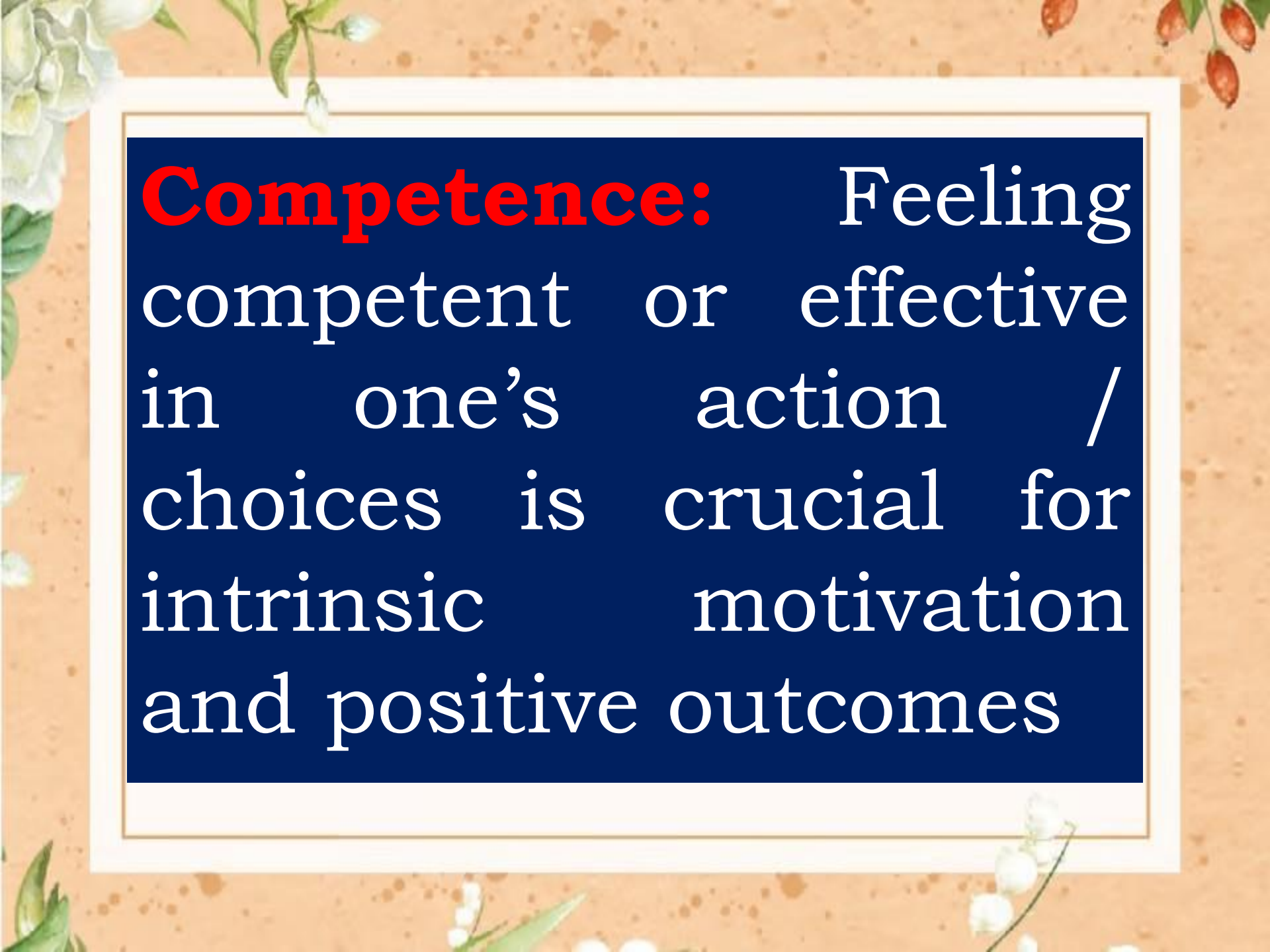
Self Determination Theory

It is widely recognized theory of motivation . It emphasizes the importance of autonomy, competence and relatedness in fostering intrinsic motivation and well-being.

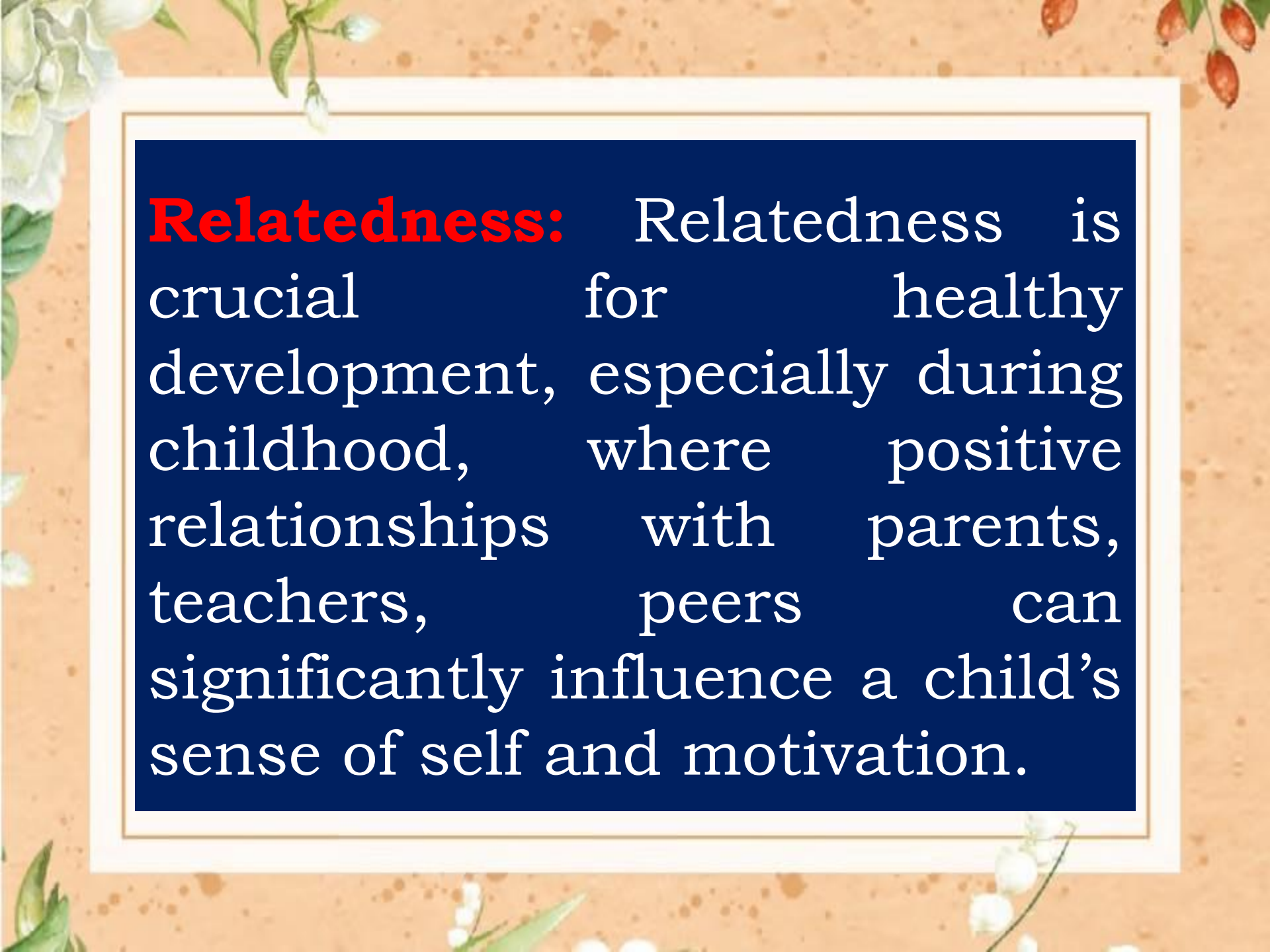
It suggest that when these basic psychological needs are met, individuals are more likely to be self determined, engaged and perform at their best. - **Deci and Ryan**



Autonomy: It is feeling that one's actions / choices originate from within , rather than being controlled by external forces / pressures.



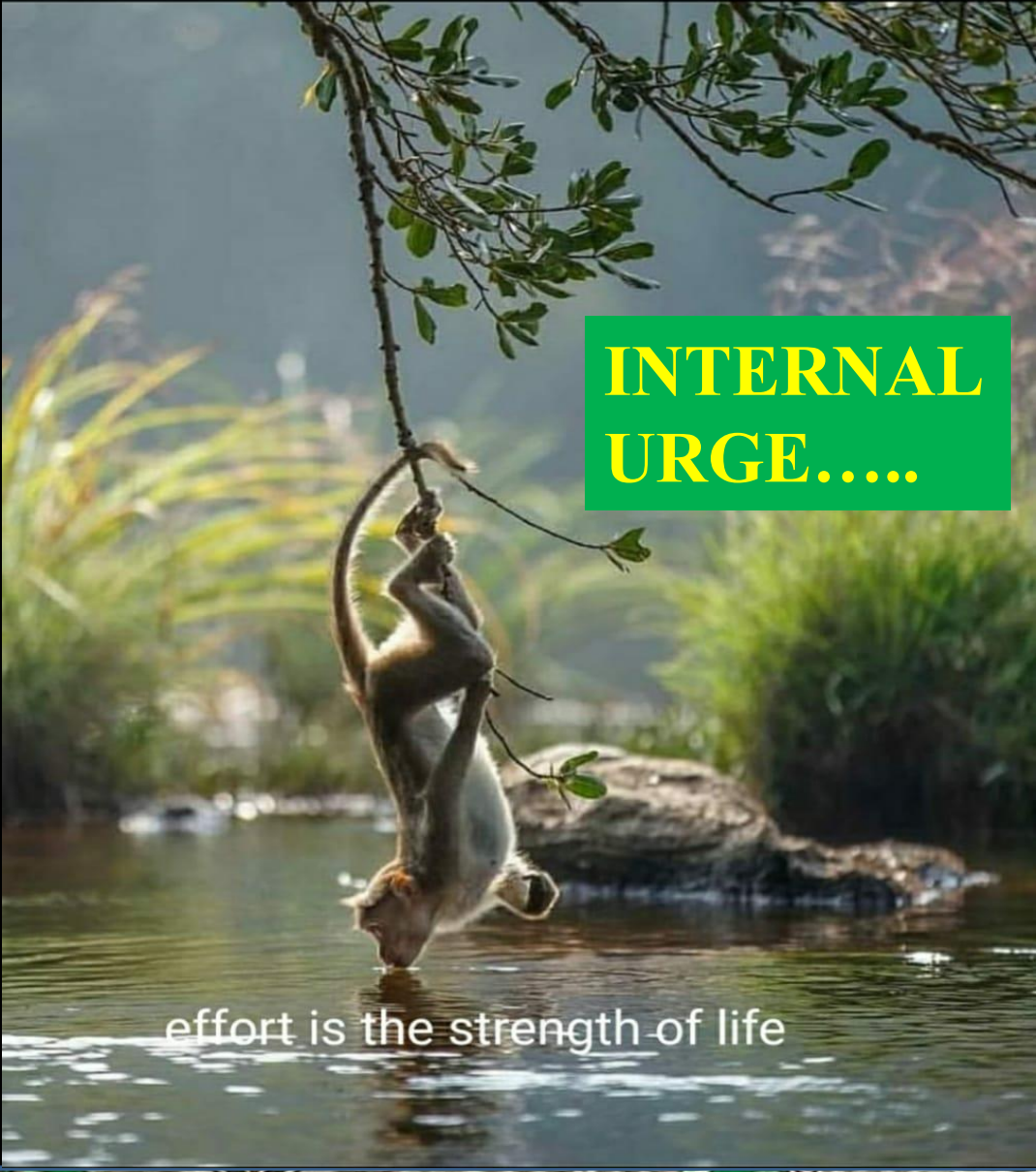
Competence: Feeling competent or effective in one's action / choices is crucial for intrinsic motivation and positive outcomes



Relatedness: Relatedness is crucial for healthy development, especially during childhood, where positive relationships with parents, teachers, peers can significantly influence a child's sense of self and motivation.

Motivation factors

- Situational factors
- Family safety and development
- Positive company culture
- Professional development opportunities
- Financial benefits
- Flexible work schedules
- Job security
- A Positive work environment

A photograph of a monkey hanging upside down from a thin branch, its head just above the surface of a body of water. The monkey's tail is curled around the branch. The background shows a blurred landscape with green foliage and a body of water. The entire image is framed by a decorative border with a repeating pattern of red, orange, and yellow circles.

INTERNAL URGE.....

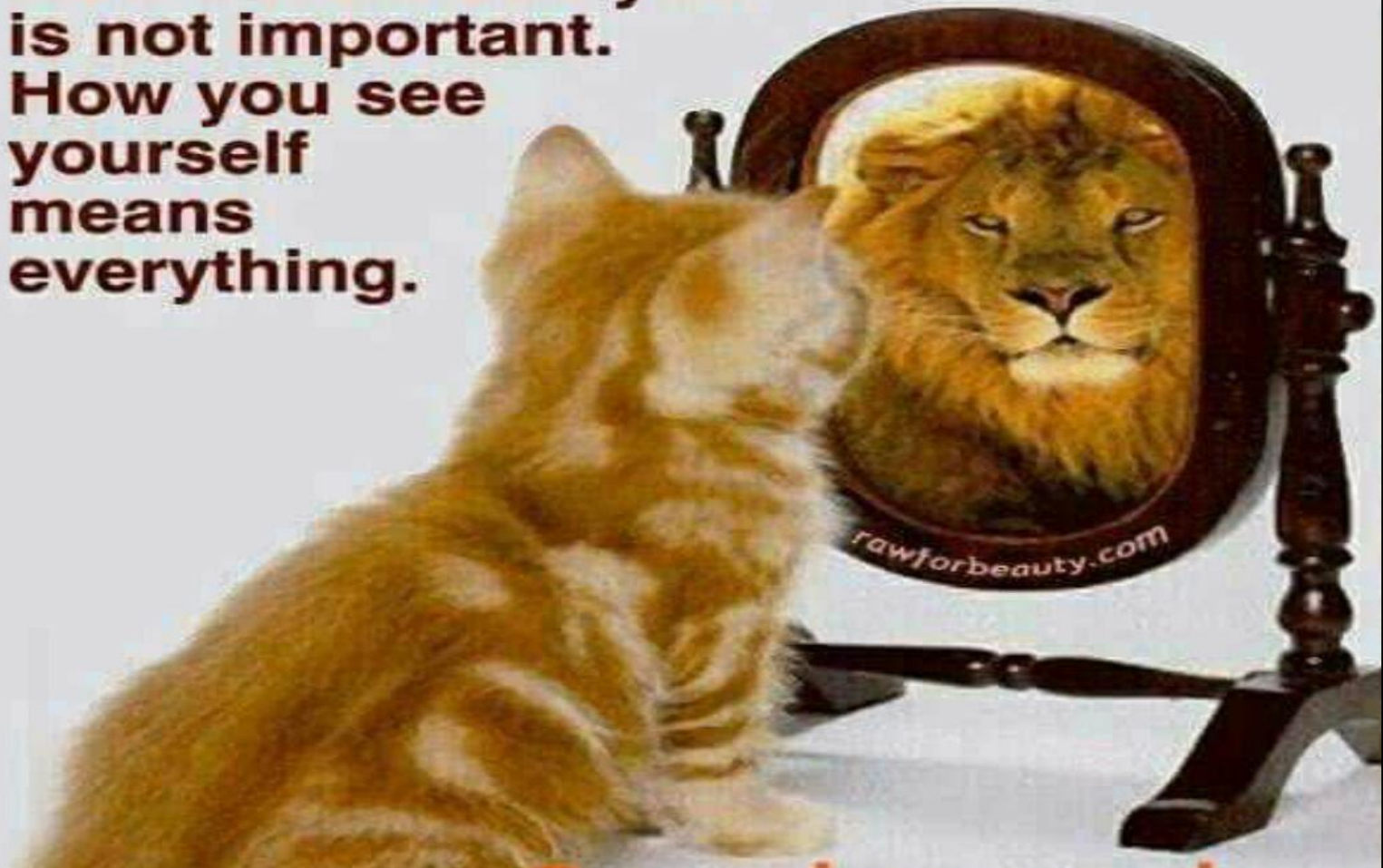
effort is the strength of life

ಬದುಕುವ ಫಲವಿದ್ದರೆ ಎಲ್ಲಾದರೂ ಬದುಕಬಹುದು



SELF IMAGE

**How others see you
is not important.
How you see
yourself
means
everything.**



CHANGE IS THE KEY

**“It is not the strongest of the species
that survives”**

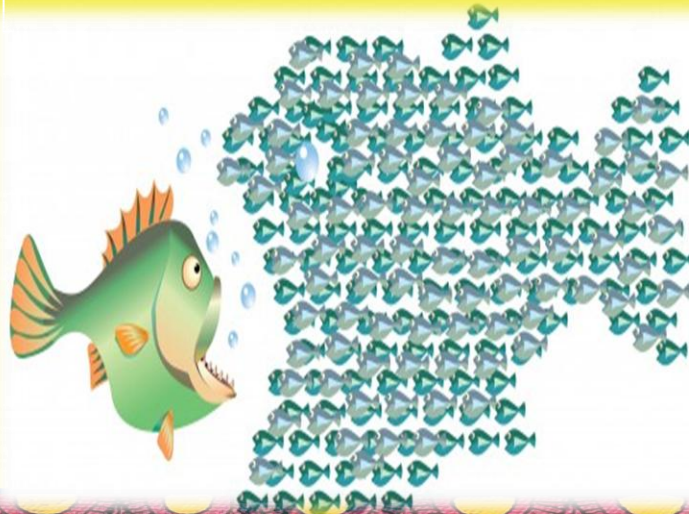
Nor

“The most intelligent”

But

“The ones most responsive to change”

-Charles Darwin



EMOTINAL INTELLIGENCE

It is an ability to understand, use and manage your own emotions in positive ways to

1. Relieve Stress
2. Communicate effectively
3. Empathize with others
4. Overcome challenges and defuse conflict

CREATIVITY

It is tendency to generate or recognize ideas, alternatives or possibilities that may be useful in solving complex problems.



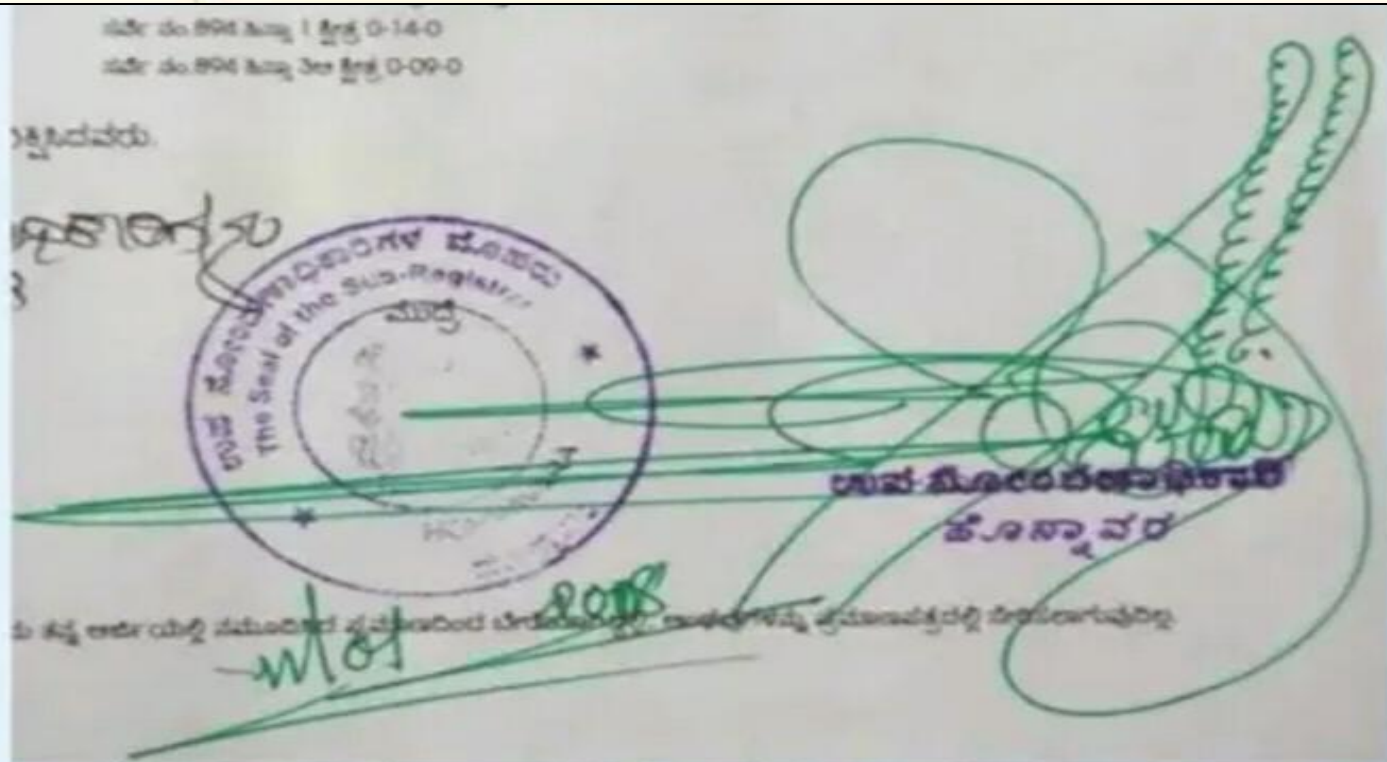
Select 3 BALLS and place them inside the circles, the sum must be 30

$$\bigcirc + \bigcirc + \bigcirc = 30$$





Road



ಕರ್ನಾಟಕದ ಹೊನ್ನಾವರದ ಉಪ ನೋಂದಣಾಧಿಕಾರಿಯಾಗಿ
ಕರ್ತವ್ಯ ನಿರ್ವಹಿಸಿದ ಅಧಿಕಾರಿಯ ಸಹಿ ಈಗ ಯುನೆಸ್ಕೋದಲ್ಲೂ
ಕೂಡ ಸದ್ದು ಮಾಡಿದೆ. ಇಂತಹ ಸಹಿ ಅಪರೂಪ ಮತ್ತು ಅದ್ಭುತ
ಎಂದು ಬಣ್ಣಿಸಿದೆ.

2016

COMMUNICATION SKILLS

❖ READING

❖ WRITING

❖ SPEAKING

❖ LISTENING

LEADERSHIP

- ❖ INFLUENCING
- ❖ DIRECTING
- ❖ MOTIVATING
- ❖ GUIDEING
- ❖ REACHING GOAL

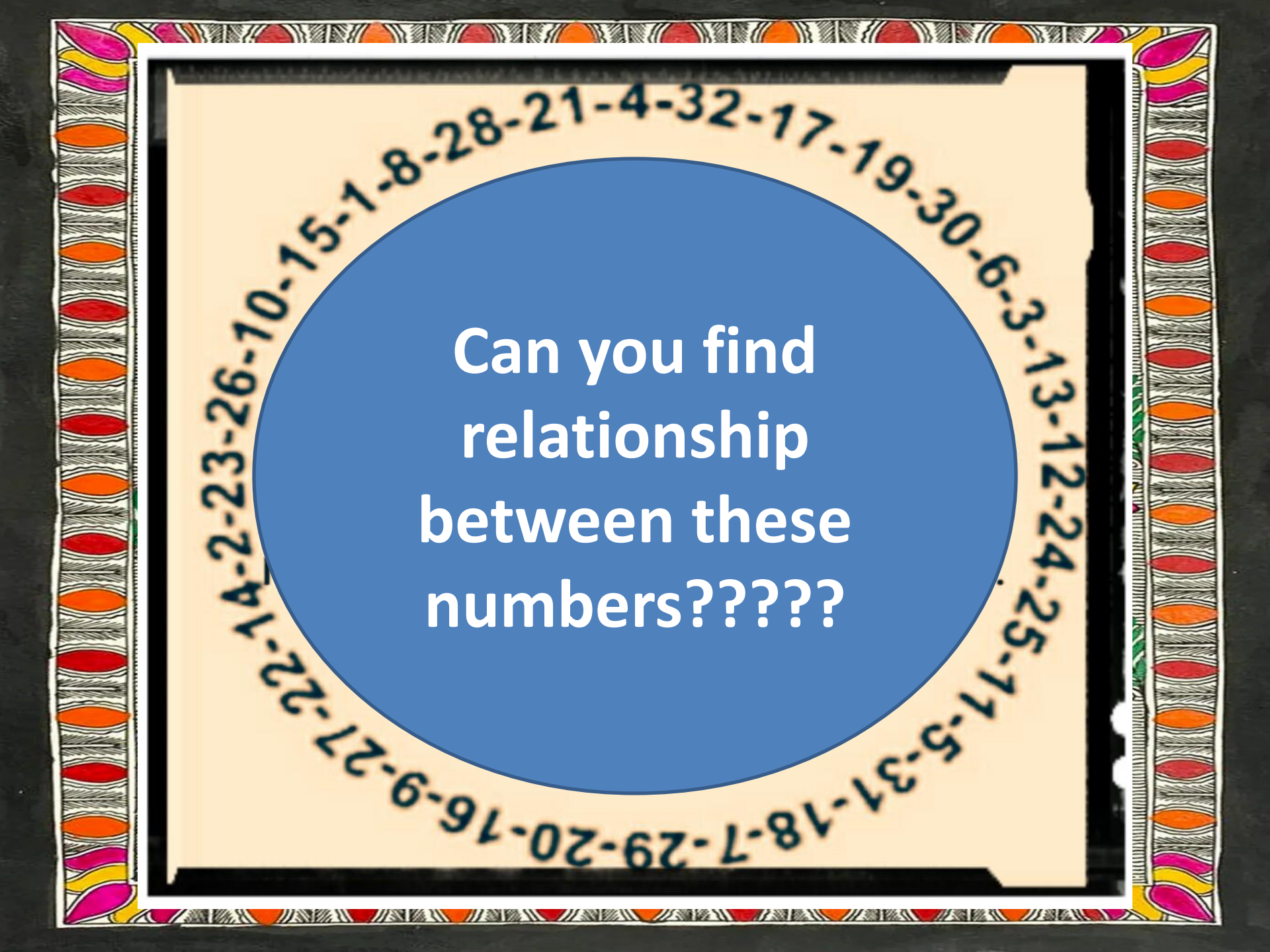


Remembering C. H. Lakshamanaiah on his birth anniversary 🙏 who as been regarded as 'Ragi Brahma' his pioneer work resulted release of 16 varieties.. 🙏



OBSERVATION SKILLS

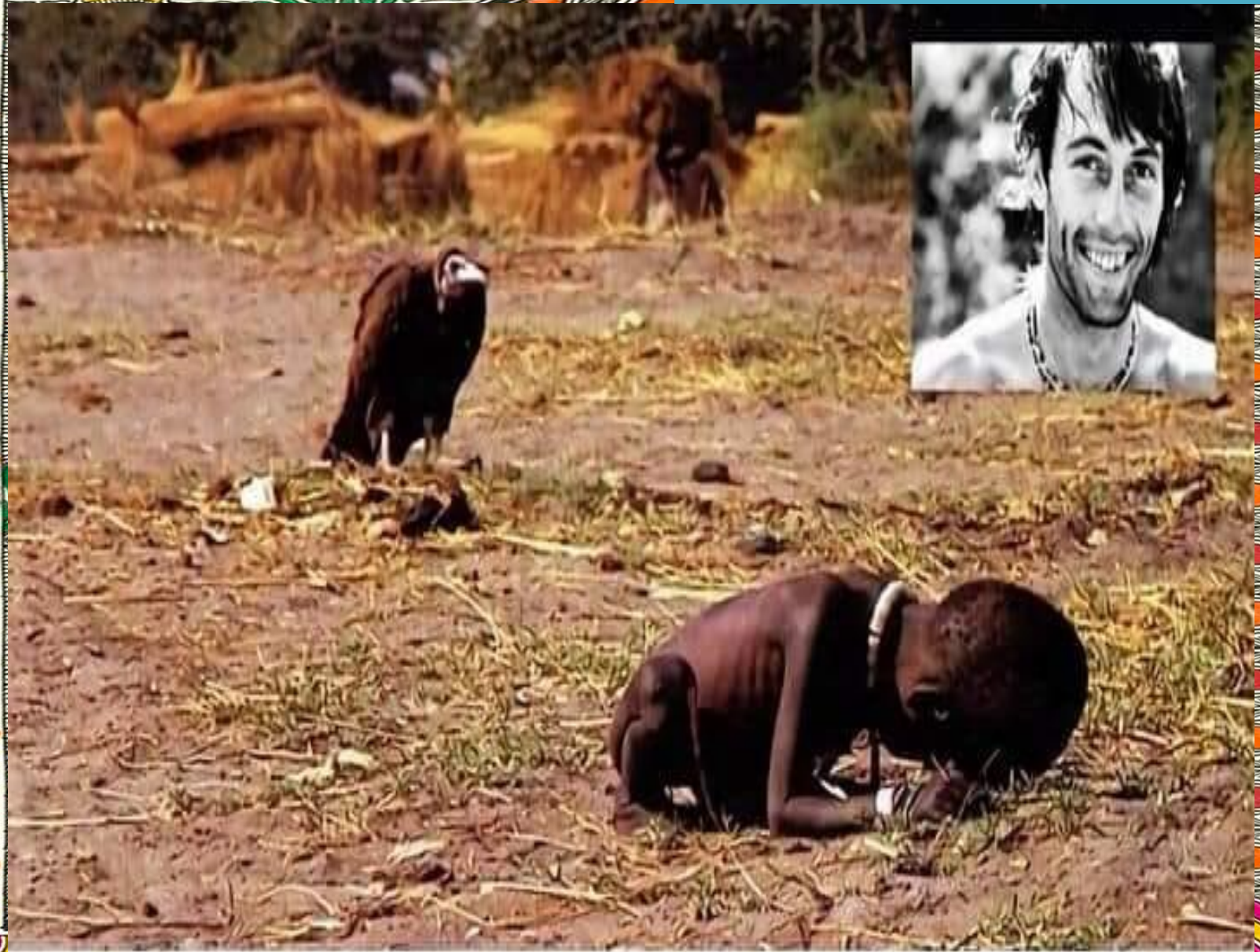
Read this slowly
GODISNOWHERE



Can you find
relationship
between these
numbers?????

14-2-23-26-10-15-1-8-28-21-4-32-17-19-30-6-3-13-12-24-25-7-5-31-18-7-29-20-16-9-27-22-14

FEEL HUNGER...



BE EMPHATHETIC.....



NEVER LOOSE HOPE



Be Here and Now !



IG | @SUCCESS.RULE

SIX!

NINE!

@millionaire_mentor





**REAL PHOTO OF
TIPU SULTAN**



**PHOTO THAT CONGRESS
KEPT PRINTING IN INDIAN
SCHOOL TEXT BOOKS**



Media

सबसे घातक और सब से बड़ा वायरस मीडिया है

actual 🖐️ She is enjoying
Media 🖐️ she is hanged

FORGIVENESS IS THE KEY



Like the Profession which you do...



PASSION IS THE KEY....



Guru Vidushi Smt. Vijaya Murthy

Bharatanatyam is a passion and a way of life for **Vidushi Smt Vijaya Murthy**, daughter of Late Sri K.S. Aswath, veteran Kannada film actor. She was initiated into the art of Bharatanatyam at a tender age of six. Her early skills were sharpened by Late Guru Madhava Rao and Late Guru Vishnudas of Mysore. Later she landed at the door step of Guru Vidushi Smt. Vasundhara Doraswamy and finally became a student of Late Guru Muralidhara Rao. She is a Widow degree holder in Bharatanatyam from Government of Karnataka.

Vidushi Vijaya hails from the princely city of Mysore. She is a classical dancer, choreographer, teacher and author. She is the Founder of "**NARTHANA SHALA**" – a school of Bharatanatyam in Saraswathipuram, Mysuru and has trained numerous students for over 39 years. She is a gifted dancer with graceful movements and explicit hand gestures. She is natural, when it comes to facial expressions, emoting and depicting characters. Her dance also carries in equal measure, the joy of movement and rhythm and the intrinsic beauty of the art. She has won many prizes and accolades from a very young age and during her college days she received an award from His Highness Sri Jayachamarajendra Wodeyar, the erstwhile Maharaja of Mysore.

Vijaya has performed at state & national level programs besides various temples festivals in several cities of India. She has performed 11 times in Tirumala Tirupati Temple, Andhra Pradesh. She has also given performances in other countries like Australia, Singapore, Nepal, Malaysia, Thailand and the United States of America.

Vijaya has choreographed and staged several many dance dramas like K.V. Puttappa's (Kuvempu) *Sree Ramayana Darshanam*, *Chitrangada*, *Tirupavai* in Kannada, *Andal Kalyanam* and *Rasa Leela*. She has also choreographed and presented Saint Thilagaraja's Pancharatna Krithis, Dikshitar's Krithis, Dasara Padas, Vachanas, Ashtapadis, Padams, Javalis, Nadageethes and Patriotic songs. Her repertoire also includes songs like *Tirupati Girivasa*, *Januma Janumada Anubandha*, *Lakshmi Baaramma*, *Ilidu Baa Taaye* and *Divya Gaganam Vanavasin* which were performed in "Madura Maduravi Manjula Gana" program of DD Chandana Channel.

Vijaya has authored a book titled **NARTHANA KAIPIDI** which is very useful for Bharatanatyam students. She has presented papers in seminars on Bharatanatyam and conducted workshops in schools and college.

Vijaya holds a Masters Degree in Political Science and was a Lecturer of Political Science at the prestigious Sarada Vilas College, Mysore and later she retired as Head of the Department of Political Science of Mahajana First Grade College, Mysore. She has also written a text book on Political Science useful for Junior college students.

Vijaya is honoured with the title "**NRUTYA KALA SINDHU**" from Bharatiya Nritya Kala Parishad, Mysore an organisation wholly dedicated to promotion of Indian Classical Dance apart from many other titles.

Vidushi Vijaya, a stickler to tradition and purity of Bharatanatyam, wishes to make an indelible mark on the vast canvas of this divine art and illustrious tradition in this great land of India.



NARTANASHALA®
Dance Research Centre

2691/91, 4th Main, 6th Cross
Saraswathipuram
Mysore-570009



Vidwan Prahlad P. Bhat

Bharatanatyam is a classical dance style of South India that combines artistic expression with spirituality. Only few are blessed to pursue this graceful art. One such blessed young artist is **Vidwan Prahlad P. Bhat**. Born and brought in the cultural heritage city of Mysuru, he is the son of **Smt. Bhavani A & Sri T.K. Prakash Bhat** and beloved brother of **Kumari Bhoomika P. Bhat**.



He completed his Primary Education from Ideal Jawa Rotary School, Mysuru and High School, PUC at Marimallappa's Institution, Mysuru. Currently he is pursuing his final year B.Sc (Agriculture) at University Of Agricultural Sciences(UAS), Gandhi Krishi Vignana Kendra (G.K.V.K), Bengaluru.

Prahlad is learning Bharatanatyam under the tutelage of **Guru Vidushi Smt. Vijaya Murthy**, Director of Nartanashala®, Dance Research Centre, Saraswathipuram, Mysuru.

With the encouragement & support of his parents he started learning Bharatanatyam at the tender age of 6. For over 15 years, Nartanashala has been his second home. He has completed his Junior, Senior, Pre Vidwat & Final Vidwat exams in first class conducted by Karnataka Secondary Education Board. He has learnt different nuances of the divine art from his Guru and with her constant motivation and encouragement he has blossomed into an versatile young dancer.

He has performed in several dance programs along with his Guru **Vidushi Smt. Vijaya Murthy** in Mysuru, Bengaluru, Udipi, Kollur, Kateel, Sirsi and Horanadu in Karnataka and New Delhi, Kashi (varanasi), Haridwar and Rishikesh in North India.

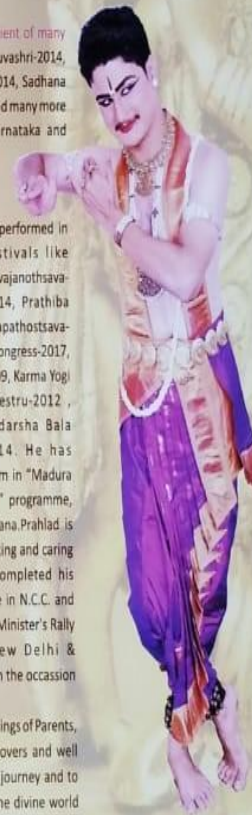
He has also actively participated in several cultural activities and has performed in various festivals, competitions and programs in school and college.



Prahlad is the proud recipient of many Awards : Kalashri-2011, Yuvashri-2014, Karnataka Kala Rathna -2014, Sadhana Rathna Prashasthi-2014 and many more from Government of Karnataka and other institutions.

He has participated and performed in various Cultural Festivals like Natarajosthava-2013, Yuvajanothstava-2013 , Kalauthstava-2014, Prathiba Karanji-(2009-2011), Jalapathoststava-2014, National Science Congress-2017, Kannada Rajyosthava-2009, Karma Yogi Namma Chamaiyya Mestru-2012 , Kalasharada-2014, Adarsha Bala Prathibarathna-2014. He has performed Bharatanatyam in "Madura Maduravi Manjula Gana" programme, organized by DD Chandana. **Prahlad** is multi-talented, hard working and caring person. He has also completed his 'A', 'B', and 'C' Certificate in N.C.C. and has attended the Prime Minister's Rally in 2014 held at New Delhi & represented Karnataka in the occasion of Republic Day.

He seeks the kind blessings of Parents, Guru, God, elders, art lovers and well wishers to continue his journey and to contribute his best to the divine world of art & culture.

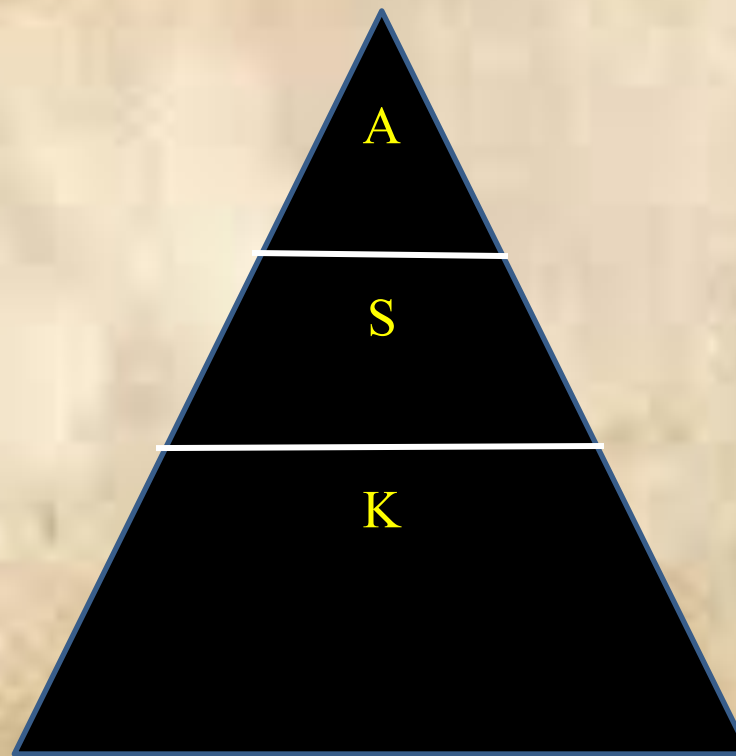




The power of stepping away.

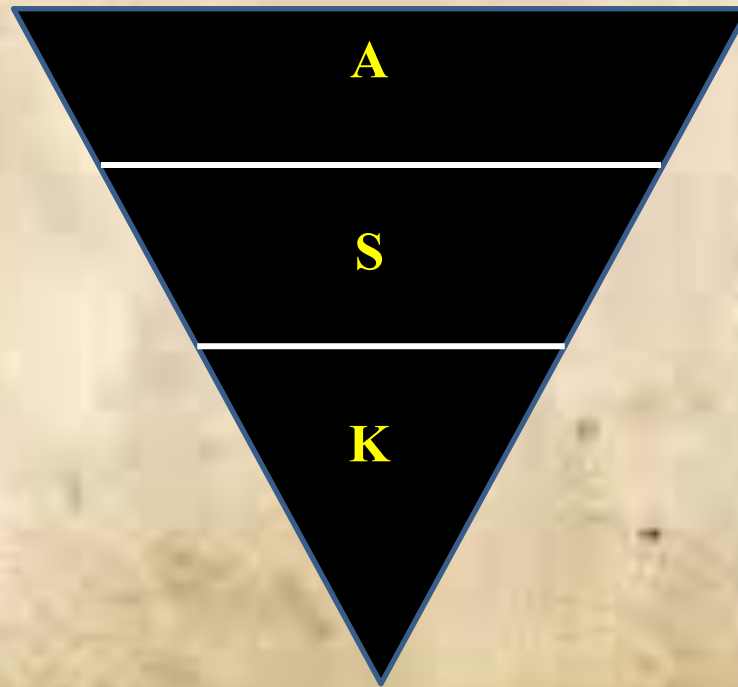
EDUCATION

Information Education



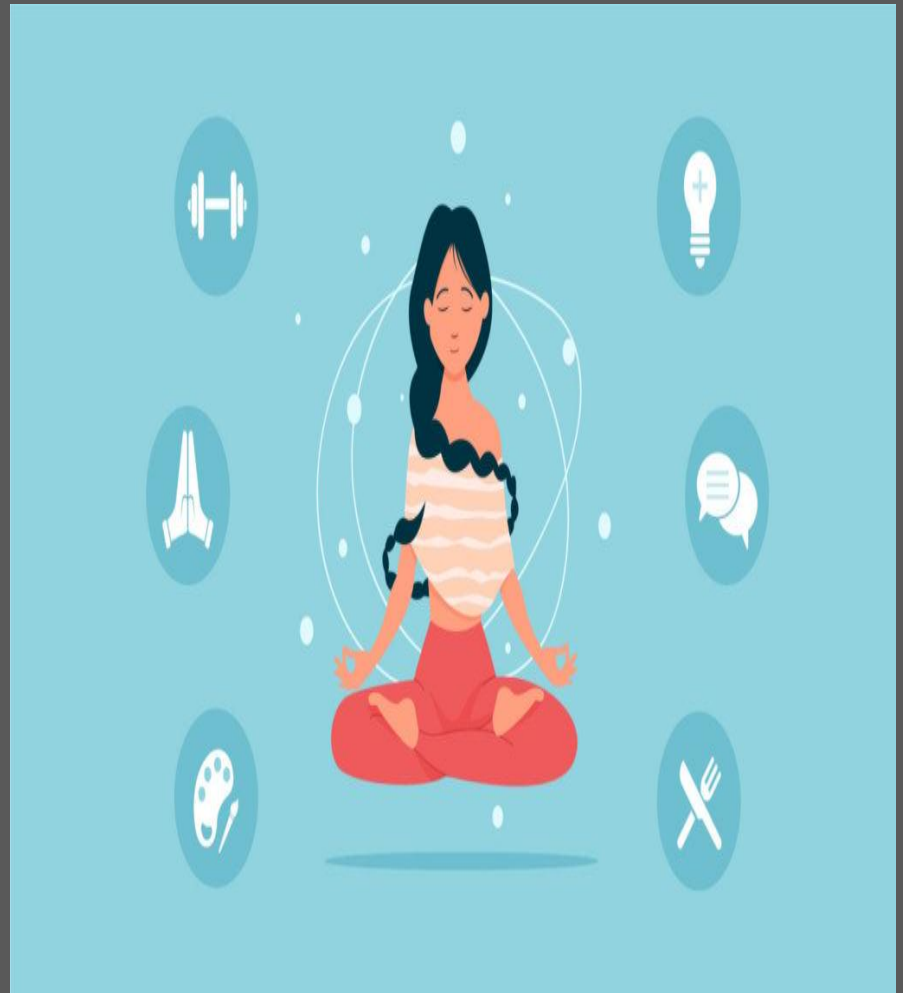
EDUCATION

Transformation Education

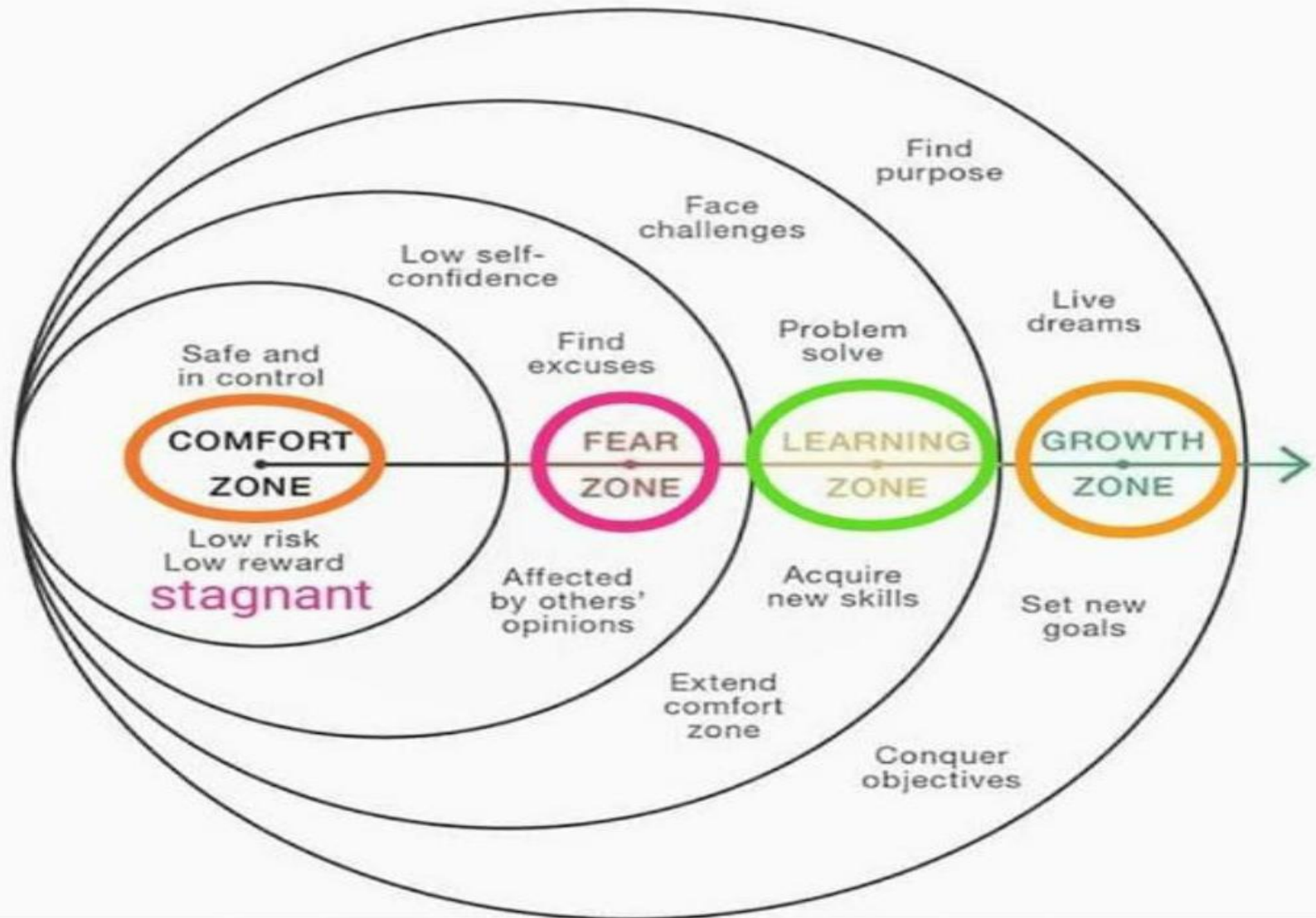


Stress Management Practices

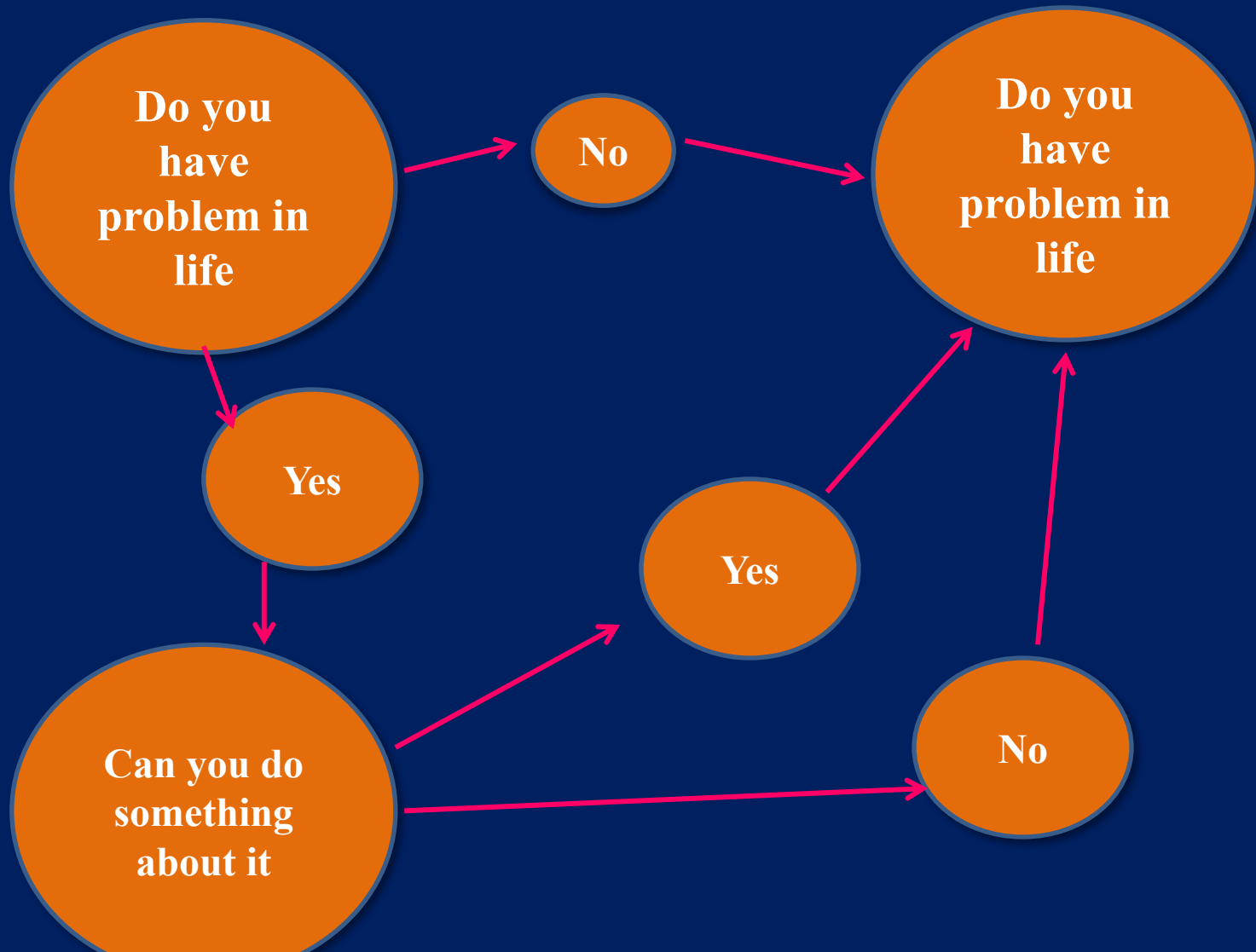
1. Meditation
2. Long breath
3. Laughing
4. Exercise
5. Listen to music
6. Here and now



THE COMFORT ZONE



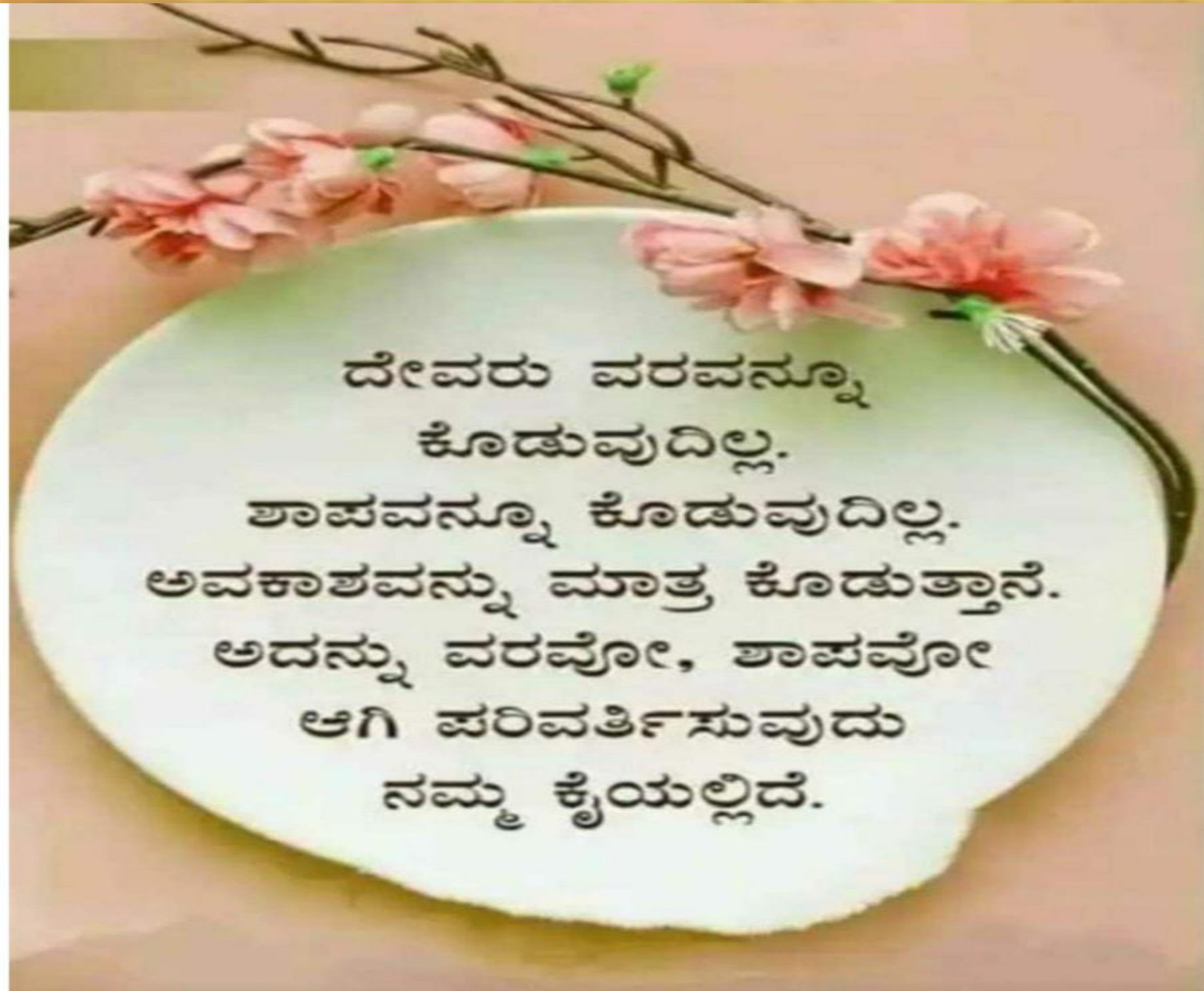
Be Happy



Charlie Chaplin's Quotes

1. The most wasted day in life is the day in which we not laughed
2. I like walking in the rain, because no body can see my tears
3. Any one who has never made a mistake has never tried anything new

- Albert Einstein



ದೇವರು ವರವನ್ನೂ
ಕೊಡುವುದಿಲ್ಲ.

ಶಾಪವನ್ನೂ ಕೊಡುವುದಿಲ್ಲ.

ಅವಕಾಶವನ್ನು ಮಾತ್ರ ಕೊಡುತ್ತಾನೆ.

ಅದನ್ನು ವರವೋ, ಶಾಪವೋ

ಆಗಿ ಪರಿವರ್ತಿಸುವುದು

ನಮ್ಮ ಕೈಯಲ್ಲಿದೆ.



Thank You