



# P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Website: www.ppncollege.org•

• email: ppncollegekanpur@gmail.com•

50

## 3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2019-20)

### Report of workshop on “Workshop on Research Methodologies for Motivation and Success Studies” organized by Department of Psychology, PPN PG College.

On February 3, 2020, an invigorating workshop titled "Motivate Yourself & Achieve Success" was organized by Dept. of Psychology with the intent of inspiring individuals to harness their internal motivation for personal and professional success. **Dr. Sonal Kumar, Consultant from University of Pennsylvania** and a seasoned expert in the field, served as the resource person, guiding participants through strategies and insights aimed at fostering self-motivation. The workshop began with the coordinator of the program **Dr. Abha Singh**, emphasizing the importance of intrinsic motivation in achieving sustainable success.

A pivotal aspect of the workshop was the session on setting personal goals. Dr. Kumar guided participants in defining clear, achievable objectives aligned with their values and aspirations. Attendees left the workshop with not only a heightened sense of motivation but also a personalized action plan to propel them towards success in their respective endeavors.

**Dr. Kumar** delved into the concept of intrinsic motivation, exploring how internal factors drive individuals to pursue goals with passion and determination. Drawing on psychological theories and real-world examples, participants gained a deeper understanding of how tapping into intrinsic motivation can lead to a more fulfilling and sustained journey toward success.



# P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Website: [www.ppncollege.org](http://www.ppncollege.org) •

• email: [ppncollegekanpur@gmail.com](mailto:ppncollegekanpur@gmail.com) •

51

The workshop seamlessly transitioned into practical tools for self-motivation. Dr. Sonal Kumar shared actionable strategies, including goal setting, visualization, and the power of positive affirmations. Participants engaged in interactive exercises designed to help them identify personal sources of motivation and create a roadmap for integrating these into their daily lives. Acknowledging that the path to success is often fraught with obstacles,

The "Motivate Yourself & Achieve Success" workshop, led by Dr. Sonal Kumar, proved to be a transformative experience for participants. Beyond theoretical insights, the workshop provided practical tools that empowered individuals to tap into their intrinsic motivation and overcome obstacles on their journey to success. The event exemplified the significance of internal motivation as a driving force for personal and professional achievements. The workshop is attended by over 70 students and many faculty members of the college.



# P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Website: [www.ppncollege.org](http://www.ppncollege.org) •

• email: [ppncollegekanpur@gmail.com](mailto:ppncollegekanpur@gmail.com) •

52

**3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2019-20)**



**P.P.N. (P.G.) College, Kanpur**

96/12 Mahatma Gandhi Marg, Kanpur -208001

• Telefax: (0512)2361924 • Mob: 8707538344 •  
• Website: [www.ppncollege.org](http://www.ppncollege.org) • • email: [ppncollegekanpur@gmail.com](mailto:ppncollegekanpur@gmail.com) •

## **Workshop on Research Methodologies for Motivation and Success Studies**

Date: 03.02.2020

Organized by

**Department of Psychology**

Resource Persons:

**Dr. Sonal Kumar**

**Coordinator:**

Dr. Abha Singh

Department of Psychology

PPN College, Kanpur

**Workshop on Motivate yourself and get Success organized by Dept. of  
Psychology on 03.02.2020**



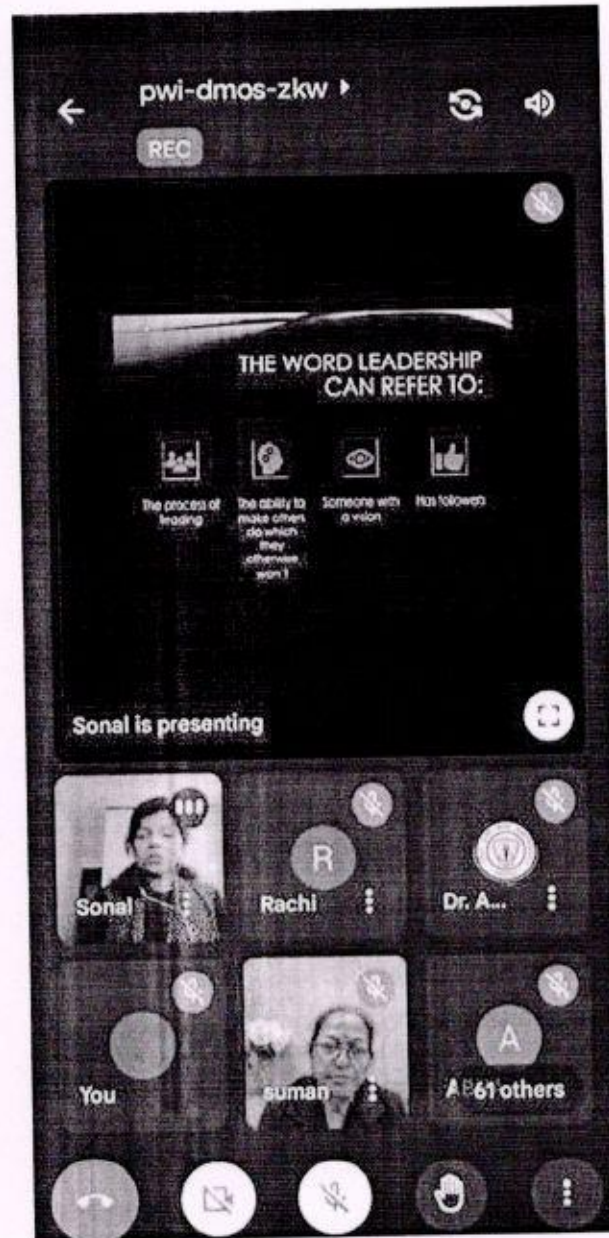
# P.P.N. (P.G.) College, Kanpur

96/12 Mahatma Gandhi Marg, Kanpur -208001

- Telefax: (0512)2361924 • Website: [www.ppncollege.org](http://www.ppncollege.org) •
- email: [ppncollegekanpur@gmail.com](mailto:ppncollegekanpur@gmail.com) •

(33)

### 3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2019-20)



Workshop on Motivate yourself and get Success organized by Dept. of Psychology on 03.02.2020