

Report on Success by Science

The webinar on Success by Science was conducted on 26th November, 2021.

Resource Person: Dr Shamim Suryawanshi

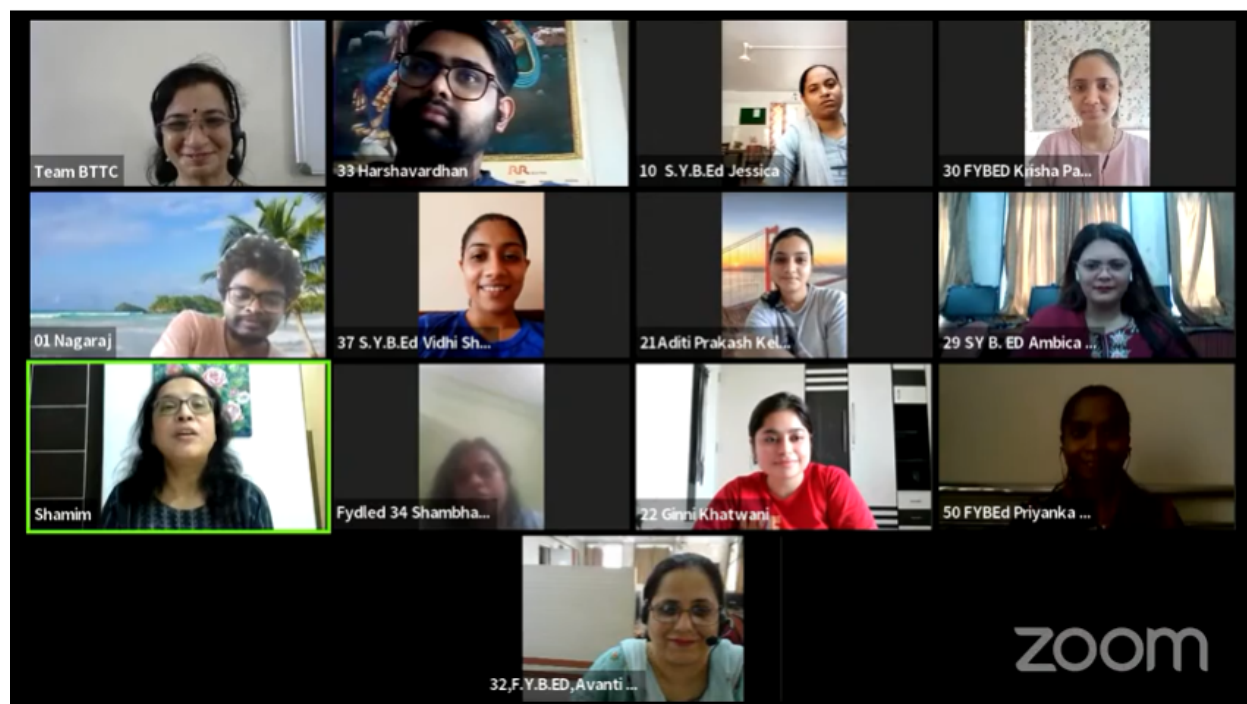
Organising Secretary: Dr Raju Talreja

Timings: 11am to 1pm

Link: <https://www.youtube.com/watch?v=JIGoIEdVc5E>

Registrations: 113 participants

Feedback and certification: 70 participants



The session began with paying obeisance to the almighty. Dr Raju Talreja began the session by a brief welcome and an introductory note on success. The resource person Dr Shamim Suryawanshi was introduced to the audience by Ms. Ambica Motwani. The resource person established a rapport with the audience. She shared 3 powerful research based strategies to achieve success and dramatically improve one's performance. She oriented the audience to three Pro tips. She moved from IQ, EO to PI. She expressed that the most decisive factor is the mind and scientifically shared the positive intelligence to achieve success. She elaborated on positive intelligence which is a judicious mix of positive psychology, neuroscience, cognitive psychology and performance science.

The audience interacted with the resource person where they shared the pre webinar activities done by them. Few of the participants shared their positive intelligence quotient. Positive intelligence quotient is the percentage of your time your mind is serving you versus sabotaging you. The achievement equation was told to the audience which is $Achievement = Potential * PQ$.

Ways and strategies to increase one's PQ were discussed. The three scientific research based strategies for PQ are weaken your saboteur muscle, strengthen your sage muscle and strengthen your self command muscle. These strategies were elaborated in detail by the resource person.

Few audience queries were answered and the webinar ended with the formal vote of thanks proposed by Ms. Avanti Pandit.