

## CAREER DEVELOPMENT CENTRE



Date: 02/01/2020

### NOTICE - (Academic Year- 2019-2020)

### GOAL SETTING & TEAM BUILDING

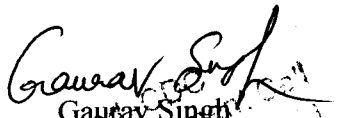
VAT: 30

All the students of SoPS & SoLAM (BA/BSc- 3<sup>rd</sup> Year) are hereby informed that training on "Goal Setting & Team Work" is scheduled from 8<sup>th</sup> Jan 2022 and will be held at Vedanta Auditorium.

The details are as follows

COURSE	SoPS & SoLAM
KEY SPEAKER	Ms. Meghna Gupta
TIMINGS	3 PM to 5 PM
COURSE DURATION	42 Hours
ORGANISING DEPARTMENT	Career Development Centre

**Objective** Goal setting is a process that starts with careful consideration of what you want to achieve, and ends with a lot of hard work to actually do it. To anyone who want to achieve success and do good in personal and professional life, Goal setting and team building is a "MUST DO" exercise.

  
Gautav Singh  
Head  
Career Development Centre  
DIT University, Dehradun

To

All / Dean / Director / Head of Department

Chairman

Chancellor

Vice Chancellor

Pro Vice Chancellor

Manager Admin

HR Department

For information please

  
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DIT University, Dehradun

# CAREER DEVELOPMENT CENTRE

## VAT-30: GOAL SETTING AND TEAM BUILDING

The Goal Setting and Team Building training was conducted for students of **School of Physical Sciences & School of Liberal Arts and Management (BA/BSc- 3<sup>rd</sup> Year)**, the venue for the training was DIT University **Vedanta Auditorium**, and the targeted students for the training were those who had to be skilled for marketing jobs through social media marketing tools and digital images creation in their domain, it was conducted by Career Development Centre, the main trainer for the training was **Ms. Meghna Gupta**. Duration of Course was **30 hrs (8<sup>th</sup> January to 18<sup>th</sup> January 2019)**.


### OBJECTIVE:

CDC is organizing a workshop on Goal Setting and Team Building for all the interested students of School of Physical Sciences & School of Liberals Arts and Mangement Workshop will focus on the development of an action plan designed to motivate and guide a person toward a goal. Details as follows:

Branch/Year	SoPS & SoLAM
Date	08 January to 18 January 2019
Course Duration	30 Hours
Timings	Slot 1: 9:00 A.M. – 12:00 P.M. (SoPS) Slot 2: 2:00 P.M.- 5:00 P.M. (SoLAM)
Venue	Vedanta Auditorium
Course Coordinator	Ms. Meghna Gupta
Coordinator contact Id	Aptitude.trainer@dituniversity.edu.in

### Requirements:

- Have an open mind : To complete the exercises in the workbooks provided
- A will to win in life

  
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## Overview:

Everyone has something that they want to achieve. These goals can apply to any part of their lives, and can range from simple to complex. Even on a daily basis, people have goals that they want to reach before the day is over. The nature or complexity of these goals do not always dictate their importance, but they all hold value for the individual who originally set them. Goals shape a person and guide them through different aspects of their life throughout their lifetime. When you think of it that way, don't you want to make sure that you are setting goals as effectively as possible? We all agree that the most important thing is to set the goals when we want to achieve the same. However, it is equally true that most of us don't have any idea about how to do it? The biggest mistake is to consider the dreams as the goals. We help you in understanding the difference between the dreams and goals.

*Attend the 'Making Goals Happen Workshop' and learn it in a step-by-step, systematic manner. We talk about the six areas where you can set the goals.*

## Training Outline:

- How Goal Setting Exercises Work
- What are Goal Setting Tools?
- Planning with Goal Setting Sheets
- Useful Sheets for Setting Goals (incl. PDF & Word Printable)
- Goal Setting Questions to Ask
- Goal Setting Workshop Activities for Adults
- Helpful Goal Setting Models
- Do Visualization and Meditation Help Goal Setting?
- Training Games & Exercises for Goal Setting Workshops
- Goal Setting Exercises for Couples
- What is Group Goal Setting?
- Creating a Goal Setting Workshop Outline
- What is a Group Goal Setting Questionnaire?
- A Take-Home Message



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## **Training Outcome:**

- This course will explore goal setting for individuals, focusing on different areas of a person's life where goals can be applied.
- These include goals pertaining to people's personal relationships, their health and well-being, their finances, their professional and educational development, and for their overall lifetime.
- The course will also look at the different rules and guidelines involved in effective goal setting, planning, and achievement, as well as the value that goal setting has in society and in life.
- This will include valuable tools and smart practices that can help you out with your own goals, no matter what they are or what they involve.

## **Who should be the Audience?**

Goal setting is a process that starts with careful consideration of what you want to achieve, and ends with a lot of hard work to actually do it. *To anyone who want to achieve success and do good in personal and professional life, Goal setting and team building is a "MUST DO" exercise.*



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## Annexure - II

### Value added course Details (Academic Year: 2019-20)

VAT Course Name: Goal Setting and Team Building

VAT Code: VAT 30

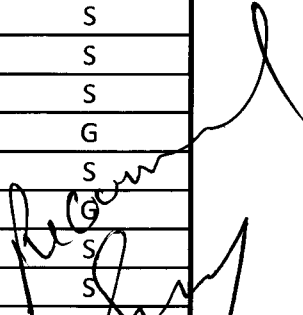
Duration in Hours: 42

Number of Students Enrolled: 63

Number of Students Completed: 61

**Grades: G = GOOD ; S = Satisfactory ; P = Poor ; W = Withdraw**

Student ID	Student Name	Program/Course	Year	Passing Grade
171075018	NIKITA BAJAJ	BSc-CHE	3rd Year	S
171075005	PURVA BHATT	BSc-CHE	3rd Year	G
171073001	AASTHA PURI	BSc-MAT	3rd Year	S
171074001	CHITRANGAD SHUKLA	BSc-PHY	3rd Year	S
171075013	AYUSH RAI	BSc-CHE	3rd Year	G
171075010	MANSI GAUTAM	BSc-CHE	3rd Year	G
171073002	DEVISH CHOPRA .	BSc-MAT	3rd Year	S
171172007	RAHUL SINGH TIWARI	BA-ECO	3rd Year	G
171172006	ASHUTOSH KHATRI	BA-ECO	3rd Year	S
171172005	RAHUL RAI	BA-ECO	3rd Year	S
171172004	SUPRIYA BHANDARI	BA-ECO	3rd Year	P
171074007	DIVYA SINGH	BSc-PHY	3rd Year	G
171074004	MRINALINI SHARMA	BSc-PHY	3rd Year	S
171075007	RIYA MASCARENHAS	BSc-CHE	3rd Year	G
171172018	PRABHAV .	BA-ECO	3rd Year	S
171075008	APURVA GAMBHIR	BSc-CHE	3rd Year	P
171075014	SHAHANA PARVEEN	BSc-CHE	3rd Year	S
171074002	SHUBHAM SINGH NEGI	BSc-PHY	3rd Year	S
171075017	PRACHI PANT	BSc-CHE	3rd Year	G
171074005	AKSHANSH NEGI	BSc-PHY	3rd Year	S
171172010	AARUSHI KUMAR	BA-ECO	3rd Year	S
171172001	SHREYA SHARMA	BA-ECO	3rd Year	S
171172002	ANIKET KUMAR SINGH	BA-ECO	3rd Year	G
171075012	UJJWAL KANDPAL	BSc-CHE	3rd Year	S
171073013	VRINDA MAKKER	BSc-MAT	3rd Year	S
171075015	AYUSH KUMAR CHAUHAN	BSc-CHE	3rd Year	G
171073003	SOMYA SHARMA	BSc-MAT	3rd Year	S
171172011	ARUNIMA .	BA-ECO	3rd Year	S
171075002	NIHARIKA PUNDIR	BSc-CHE	3rd Year	S
171073010	PRATIBHA RAWAT	BSc-MAT	3rd Year	G
171172016	TANYA AGARWAL	BA-ECO	3rd Year	S
171172003	KM ANURADHA .	BA-ECO	3rd Year	S
171073009	AKHILESH KUNWAR	BSc-MAT	3rd Year	S
171073007	SANJOLI SAHNI	BSc-MAT	3rd Year	S
171075009	PRIYAMVADA SHARMA	BSc-CHE	3rd Year	S
171074003	JOANNA LANCE	BSc-PHY	3rd Year	G
171075006	CHHAVI SHARMA	BSc-CHE	3rd Year	S
171073015	SHUBHAM BIST	BSc-MAT	3rd Year	G
171075003	NEHA OLI	BSc-CHE	3rd Year	G
171074008	PRAJWAL SHARMA	BSc-PHY	3rd Year	G

  
 Head - ODC  
 Career Development Cell  
 DIT University, Dehradun  
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171073004	ADITEE ARORA	BSc-MAT	3rd Year	S
171073011	NITIN ASWANI	BSc-MAT	3rd Year	G
171172013	DOREMI BALA	BA-ECO	3rd Year	S
171172008	NIDHI CHOUDHARY	BA-ECO	3rd Year	S
171073005	KARTIKEYA CHITKARIA	BSc-MAT	3rd Year	S
171073014	VANSHIKA CHAWLA	BSc-MAT	3rd Year	G
170102333	DEV NARAYAN UNIYAL	BSc-PHY	3rd Year	S
171075016	KOMAL SHARMA	BSc-CHE	3rd Year	G
171075011	MOHD. AZHAR BADSHASH	BSc-CHE	3rd Year	S
171073008	RINKI .	BSc-MAT	3rd Year	S
171073012	AKANSHA AHUJA	BSc-MAT	3rd Year	S
171073017	PRABHU RANA	BSc-MAT	3rd Year	S
171172009	DIVYA JUGRAN	BA-ECO	3rd Year	G
171172012	NAMAN VERMA	BA-ECO	3rd Year	S
171075020	AYESHA .	BSc-CHE	3rd Year	S
171074011	ARIBA KHAN	BSc-PHY	3rd Year	S
171172021	ANSHU RAWAT	BA-ECO	3rd Year	G
171172019	SUHANA NAAZ	BA-ECO	3rd Year	S
171172023	ASHISH KANWAR	BA-ECO	3rd Year	S
171172024	VIMAL RANA	BA-ECO	3rd Year	G
171073018	RAKSHIT MONGA	BSc-MAT	3rd Year	S
171074013	AKASH DEEP AWASTHI	BSc-PHY	3rd Year	S
171172025	SANJANA VERMA	BA-ECO	3rd Year	S

  
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