

## CAREER DEVELOPMENT CENTRE



Date: 8<sup>th</sup> January 2021

### NOTICE

### GOAL SETTING & TEAM BUILDING (Academic Year- 2020-21)

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 17<sup>th</sup> January 2021 and will be held at Online on MS TEAM.

The details are as follows

COURSE	BA/BSC- 3 <sup>rd</sup> Year
KEY TRAINER	Ms. Vrinda Sharma
TIMINGS	2 PM to 3 PM
COURSE DURATION	42 Hours
ORGANISING DEPARTMENT	Career Development Centre

#### NOTE:

1. The training will run in online mode (till further notice) on MS Team. Students will be assigned batch (as per the schedule) and will be added to their respective MS Teams.
2. It is suggested to all the above-mentioned students to attend the training (detailed schedule will be shared in your respective batch on MS Team).
3. The Department concerned shall notify the details about timings and MS Team batch of the training sessions. In case of any query please contact the Career Development Centre, DIT University.

  
Head - CDG Gaurav Singh  
Career Development Cell  
DIT University, Dehradun (Head - CDC)

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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**VAT-30 || Training Report on : GOAL SETTING AND TEAM BUILDING  
(Platform- Online – MS TEAM)**

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 platform for the training was MS TEAM as the training was conducted online, 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. Vrinda Sharma**. Duration of Course was **42 hrs (17th January 2021 to 23<sup>rd</sup> April 2022)**.

**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.

**Requirements:**

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

**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.

  
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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

### **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.

  
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- 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: 2020-21)

VAT Course Name: Goal Setting and Team Building

VAT Code: VAT 30

Duration in Hours: 42

Number of Students Enrolled: 138

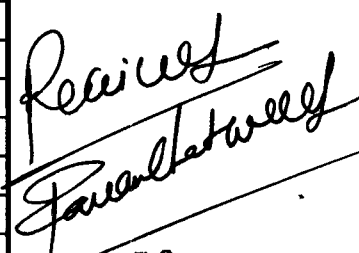
Number of Students Completed: 135

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

Student ID	Student Name	Program/Course	Year	Passing Grade
181149033	HIMANI THAKUR	BA-ENG	3rd Year	G
181148019	POOJA ARYA	BA-PSY	3rd Year	S
181149028	SUKANYA NEGI	BA-ENG	3rd Year	S
181149025	ANUSHKA SINGH	BA-ENG	3rd Year	G
181148006	AYUSHI JAIN	BA-PSY	3rd Year	G
181172016	EAPSHITA RAKSHIT	BA-ECO	3rd Year	S
181149017	UTTAM KUMAR	BA-ENG	3rd Year	S
181149023	SHRISHTI NAINWAL	BA-ENG	3rd Year	S
181073025	SATYAWRAT BENIWAL	BSc-MAT	3rd Year	G
181075025	JAHANVI AGARWAL	BSc-CHE	3rd Year	G
181075015	VASUNDHARA SINGH	BSc-CHE	3rd Year	S
181148003	MEHAK Aaftab	BA-PSY	3rd Year	S
181149003	SIMMI ROHELLA	BA-ENG	3rd Year	G
181172011	KAJAL SRIVASTAVA	BA-ECO	3rd Year	G
181148022	SIDRA Qureshi	BA-PSY	3rd Year	S
181148024	SIDHARTH SISODIA	BA-PSY	3rd Year	S
181075023	ANKIT KUMAR	BSc-CHE	3rd Year	G
181074028	DIVYANSHU DOBHAL	BSc-PHY	3rd Year	S
181074027	DEVESH KUMAR	BSc-PHY	3rd Year	S
181074007	PIUSH SHAH	BSc-PHY	3rd Year	G
181074015	MANSI RANA	BSc-PHY	3rd Year	G
181075006	AMRIT PAL SINGH	BSc-CHE	3rd Year	S
181074002	SURAJ SONI	BSc-PHY	3rd Year	S
181074011	SIDDHARTH RANA	BSc-PHY	3rd Year	G
181073011	MANISHA CHAUHAN	BSc-MAT	3rd Year	G
181073018	KANIKA NARANG	BSc-MAT	3rd Year	S
181149010	SAMRIDHI DIMRI	BA-ENG	3rd Year	S
181172009	SHUBH JAISWAL	BA-ECO	3rd Year	G
181075010	SWARNIM SINGH	BSc-CHE	3rd Year	G
181075001	KUNAL SHARMA	BSc-CHE	3rd Year	S
180921023	DIPANKAR BARUA	BSc-CHE	3rd Year	S
181073021	ANIKET CHOUDHARY	BSc-MAT	3rd Year	G
181148018	MAYANK KHARKA	BA-PSY	3rd Year	S
181074029	AVIDIT NEGI	BSc-PHY	3rd Year	S
181075018	AKASH CHAUDHARY	BSc-CHE	3rd Year	G
181148001	ADITI RAJPUT	BA-PSY	3rd Year	G
181074013	MUSKAAN MAHESHWARI	BSc-PHY	3rd Year	S
181073002	SAKSHAM TOMAR	BSc-MAT	3rd Year	S
181073016	NEHA NEGI	BSc-MAT	3rd Year	G



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Career Development Cell  
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181148002	SHRESTHA SEN	BA-PSY	3rd Year	G
181073006	RITIKA AGARWAL	BSc-MAT	3rd Year	G
181148017	MUSKAN VIG	BA-PSY	3rd Year	S
181172008	MIKA FONIA	BA-ECO	3rd Year	S
181075024	AYUSH CHAUDHARY	BSc-CHE	3rd Year	G
181073013	MUSKAN SHARMA	BSc-MAT	3rd Year	P
181075003	MAHESH LOITONGBAM	BSc-CHE	3rd Year	S
181148010	SHUBHA MITTAL	BA-PSY	3rd Year	G
181075007	SWATI SINGH	BSc-CHE	3rd Year	G
181074023	ANKIT RAWAT	BSc-PHY	3rd Year	S
181074022	SAURABH RATHORE	BSc-PHY	3rd Year	S
181074030	DINESH RAWAT	BSc-PHY	3rd Year	G
181075022	PARDEEP KUMAR	BSc-CHE	3rd Year	S
181074016	NAMAN GUPTA	BSc-PHY	3rd Year	S
181148016	MEHAK GROVER	BA-PSY	3rd Year	G
181149004	SATAKSHI BHANDARI	BA-ENG	3rd Year	G
181075017	ARJUN RAJ PRASHAR	BSc-CHE	3rd Year	P
181148014	KUMARI SHIVANGI	BA-PSY	3rd Year	S
181148007	MANSI RAWAT	BA-PSY	3rd Year	S
181073015	SHIVAM CHUADHARY	BSc-MAT	3rd Year	G
181172013	KARTIKEY SINGH	BA-ECO	3rd Year	G
181075008	ANJALI BISHT	BSc-CHE	3rd Year	S
181149001	MANNEET KAUR	BA-ENG	3rd Year	S
181149032	DEBASMITA GHOSH	BA-ENG	3rd Year	G
181149013	RITIKA MANCHANDA	BA-ENG	3rd Year	G
181074020	SHIVANSH SINGHAL	BSc-PHY	3rd Year	S
181148015	VANSHIKA BALI	BA-PSY	3rd Year	S
181073001	VARSHA NEGI	BSc-MAT	3rd Year	G
181074008	DIVYA PANDEY	BSc-PHY	3rd Year	S
181172014	PARAMJEET SINGH	BA-ECO	3rd Year	S
181148011	AKANKSHA KUNWAR	BA-PSY	3rd Year	G
181074031	AMAN KUMAR	BSc-PHY	3rd Year	G
181073005	SHUBHI CHUGH	BSc-MAT	3rd Year	S
181073009	BHAWANA RAWAT	BSc-MAT	3rd Year	S
181073008	ANUPRIYA KASANA	BSc-MAT	3rd Year	G
181148013	MANSI DABRAL	BA-PSY	3rd Year	G
181074025	HIMANSHU RANA	BSc-PHY	3rd Year	S
181149011	SUMAYYA .	BA-ENG	3rd Year	S
181074001	RAGHAV BAHUGUNA	BSc-PHY	3rd Year	G
181073028	DEEKSHA SHARMA	BSc-MAT	3rd Year	G
181148012	SHAMBHAVI SHUKLA	BA-PSY	3rd Year	S
181073007	KANISHKA BHATT	BSc-MAT	3rd Year	S
181148005	KIRAN TOMAR	BA-PSY	3rd Year	G
181073026	SUNNY .	BSc-MAT	3rd Year	S
181149014	RITU MEHTA	BA-ENG	3rd Year	S
181172002	USHNA DWIVEDI	BA-ECO	3rd Year	G
181074021	AJITHRA S L	BSc-PHY	3rd Year	G
181149015	BHANU RAINA	BA-ENG	3rd Year	S
181075011	PRIYANSHI SAINI	BSc-CHE	3rd Year	S
181149007	AAKSHI CHHETTRI	BA-ENG	3rd Year	G



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181148023	DEEKSHA BHANDARI	BA-PSY	3rd Year	G
181149029	NIMISHA GAIROLA	BA-ENG	3rd Year	G
181075019	RIYA ARYA	BSc-CHE	3rd Year	S
181149024	GARIMA SINGH	BA-ENG	3rd Year	S
181172001	SHIVESH BIJALWAN	BA-ECO	3rd Year	G
181149006	NAYANSHREE .	BA-ENG	3rd Year	S
181074009	HARSHIT KUMAR TYAGI	BSc-PHY	3rd Year	P
181149021	LEENA KABIRAJ	BA-ENG	3rd Year	G
181148025	TANYA NEGI	BA-PSY	3rd Year	G
181172004	ADITI AGARWAL	BA-ECO	3rd Year	S
181149009	AANCHAL RAWAT	BA-ENG	3rd Year	S
181149020	AAYUSHI BADOLA	BA-ENG	3rd Year	G
181149002	RHYTHM DHYANI	BA-ENG	3rd Year	S
181149022	GARGEES RAWAT	BA-ENG	3rd Year	S
181149026	KUMARI RASHI NAUTIYAL	BA-ENG	3rd Year	G
181075021	SONALI RAGHAV	BSc-CHE	3rd Year	G
181075005	SHIVANGI CHHETRI	BSc-CHE	3rd Year	S
181172006	DISHA .	BA-ECO	3rd Year	S
181172010	URVASHI BHARDWAJ	BA-ECO	3rd Year	S
181074004	HEMANT SINGH MEHTA	BSc-PHY	3rd Year	G
181075004	KSHITIZ JOSHI	BSc-CHE	3rd Year	G
181074010	SNEHA SHARMA	BSc-PHY	3rd Year	S
181073017	VISHAKHA CHOUDHARY	BSc-MAT	3rd Year	S
181172007	LOKESH HARISH CHAND	BA-ECO	3rd Year	G
181075020	RITIKA .	BSc-CHE	3rd Year	G
181074019	SHRUTI RAUTELA	BSc-PHY	3rd Year	S
181149016	DRISHTI RAWAT	BA-ENG	3rd Year	S
181073003	AASTHA SINGH	BSc-MAT	3rd Year	G
181172012	SHELJA .	BA-ECO	3rd Year	S
181074014	SHALINI .	BSc-PHY	3rd Year	S
181075009	JAYA SETHI	BSc-CHE	3rd Year	G
181073029	ARJUN SINGH RAWAT	BSc-MAT	3rd Year	G
181074006	PRERANA CHAMOLI	BSc-PHY	3rd Year	S
181073030	HARSHITA SINGH	BSc-MAT	3rd Year	S
181075012	PARAS DOBHAL	BSc-CHE	3rd Year	G
181075014	ARPIT KUMAR SAXENA	BSc-CHE	3rd Year	G
181149008	AAKRITI CHHETRI	BA-ENG	3rd Year	S
181073019	KUNAL PANWAR	BSc-MAT	3rd Year	S
181073023	STUTI BHATNAGAR	BSc-MAT	3rd Year	G
181074017	AMAN THAPLIYAL	BSc-PHY	3rd Year	G
181172003	KM SANDHYA ARYA	BA-ECO	3rd Year	S
181074012	ATUL CHAUDHARY	BSc-PHY	3rd Year	S
181073020	SNEHIL NEGI	BSc-MAT	3rd Year	G
181073010	PRIYANKA MEHTA	BSc-MAT	3rd Year	S
181148009	MEETEILEIMA KHUMUKCHAM	BA-PSY	3rd Year	S
181073012	DEEPENDRA CHAUHAN	BSc-MAT	3rd Year	G
181149031	JAHNVI KAUSHIK	BA-ENG	3rd Year	G
181074005	ANKIT PUROHIT	BSc-PHY	3rd Year	S
181075016	MAYANK GIRI	BSc-CHE	3rd Year	S

  
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