

## CAREER DEVELOPMENT CENTRE



Date: 02/01/2023

### NOTICE

### GOAL SETTING & TEAM BUILDING (Academic Year- 2022-23)

**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 9<sup>th</sup> Jan 2023 and will be held at Vedanta Auditorium.

The details are as follows

COURSE	SoPS & SoLAM
KEY SPEAKER	Ms. Sushila Khurana
TIMINGS	4 PM to 6 PM
COURSE DURATION	40 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.

Career Services Cell  
DIT University, Dehradun

**Mr Saurav Badoni**  
(In charge-CDC)

To

All / Dean / Director / Head of Department

Chairman

Chancellor

Vice Chancellor

Pro Vice Chancellor

Manager Admin

HR Department

For information please

Date: 25<sup>th</sup> Jan 2023

### 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 **Vishweshwara-101 Seminar hall**, 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. Sushuela Khurana** Duration of Course was **30 hrs (9<sup>th</sup> January to 22<sup>nd</sup> January 2023)**.

#### 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	9 <sup>th</sup> January to 22 <sup>nd</sup> January 2023
Course Duration	40 Hours
Timings	4:00 – 6:00 PM
Venue	Vedanta Auditorium
Course Coordinator	Ms. Sushuela Khurana
Coordinator contact Id	softskilstrainer@dituniversity.edu.in

#### 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. 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.
- 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.*

## Value added course Details (Academic Year: 2022-23)

VAT Course Name: Goal Setting and Team Building

VAT Code: VAT 30

Duration in Hours: 42

Number of Students Enrolled: 120

Number of Students Completed: 115

**Grades:**

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

Student ID	Student Name	Program/Course	Passing Grade
191148017	RIYA GUPTA	Bachelor of Arts(Hons) in Psychology	G
191074018	AKSHAT KUKSHAL	Bachelor of Science (Hons)in Physics	S
201074012	ABHISHEK KUMAR JHA	Bachelor of Science (Hons)in Physics	S
201172008	VANSHIKA MAHAJAN	Bachelor of Arts(Hons) in Economics	S
201172006	RIYA ARORA	Bachelor of Arts(Hons) in Economics	G
201073012	KUSHAGRA SANWAL	Bachelor of Science (Hons)in Maths	G
201148006	DHOLARIYA BHUMI PRAKASHBHAI	Bachelor of Arts(Hons) in Psychology	G
201074010	KANKSHI DODIA	Bachelor of Science (Hons)in Physics	G
201149009	PALAK JHA	Bachelor of Arts (Hons)in English	G
201148008	SANAM PREET KAUR	Bachelor of Arts(Hons) in Psychology	P
201073010	PRASOON PANDEY	Bachelor of Science (Hons)in Maths	S
201073013	LUBHNA UNIYAL	Bachelor of Science (Hons)in Maths	S
201074011	NAVDEEP HANDA	Bachelor of Science (Hons)in Physics	G
201073014	AMIT JOSHI	Bachelor of Science (Hons)in Maths	G
201148009	PREETI BUTOLA	Bachelor of Arts(Hons) in Psychology	G
201149008	SANJIVANI SINGH	Bachelor of Arts (Hons)in English	G
201148007	SHIKHAR SINGH	Bachelor of Arts(Hons) in Psychology	G
201073015	TANISHA MITTAL	Bachelor of Science (Hons)in Maths	S
201075007	AAKRITI BHATT	Bachelor of Science (Hons) in Chemistry	S
201074005	ARUSHI BALI	Bachelor of Science (Hons)in Physics	S
201172004	ANANYA KHARKWAL	Bachelor of Arts(Hons) in Economics	G
201074006	ANKIT KUMAR	Bachelor of Science (Hons)in Physics	G
201074009	KANAK	Bachelor of Science (Hons)in Physics	G
201148002	SHIMMER SHIMMER	Bachelor of Arts(Hons) in Psychology	G
201149005	ADITI KANDWAL	Bachelor of Arts (Hons)in English	G
201148003	VIDUSHI SINGH CHAUHAN	Bachelor of Arts(Hons) in Psychology	S
201149003	DEVANSHI SINGH	Bachelor of Arts (Hons)in English	S
201172005	SRASHTI GARG	Bachelor of Arts(Hons) in Economics	S
201075006	TUSHAR AGGARWAL	Bachelor of Science (Hons) in Chemistry	G
201172007	SHIKHA BHANDARI	Bachelor of Arts(Hons) in Economics	G
201073007	ASHIS MEDHI	Bachelor of Science (Hons)in Maths	G
201073008	VISHRUTI BHATT	Bachelor of Science (Hons)in Maths	G
201073006	DEEPIKA	Bachelor of Science (Hons)in Maths	G
201149007	APOORVA SINGH	Bachelor of Arts (Hons)in English	S
201148004	PRANSHUL NEGI	Bachelor of Arts(Hons) in Psychology	S
201073009	DIVYANSH CHAUHAN	Bachelor of Science (Hons)in Maths	S
201075005	ARYAN GUPTA	Bachelor of Science (Hons) in Chemistry	G
201075003	KASHISH BARTWAL	Bachelor of Science (Hons) in Chemistry	G
201149006	ROSEY SINGH	Bachelor of Arts (Hons)in English	G
201149012	SRISHTI RAWAT	Bachelor of Arts (Hons)in English	G
201148020	ALIYA QURESHI	Bachelor of Arts(Hons) in Psychology	G
201075001	MANAN KUMAR PANT	Bachelor of Science (Hons) in Chemistry	S

201074008	UJJAWAL SAH	Bachelor of Science (Hons)in Physics	S
201073001	VAIBHAV SHARMA	Bachelor of Science (Hons)in Maths	S
201074001	ASHWANI PANWAR	Bachelor of Science (Hons)in Physics	G
201172001	GUNJAN RAWAT	Bachelor of Arts(Hons) in Economics	G
201172002	NEHA VARSHNEY	Bachelor of Arts(Hons) in Economics	G
201148017	RUDRAKSHI KANDWAL	Bachelor of Arts(Hons) in Psychology	G
201073004	SIDDHANT SINGH	Bachelor of Science (Hons)in Maths	P
201148001	TANU CHIB	Bachelor of Arts(Hons) in Psychology	S
201073005	SURYANSH GUPTA	Bachelor of Science (Hons)in Maths	S
201075002	NEHA ARYA	Bachelor of Science (Hons) in Chemistry	S
201074002	PRINCE CHOUDHARY	Bachelor of Science (Hons)in Physics	G
201074003	ADITYA SINGH KARKI	Bachelor of Science (Hons)in Physics	G
201075009	RIYA	Bachelor of Science (Hons) in Chemistry	G
201073002	ANJALI NAYAL	Bachelor of Science (Hons)in Maths	G
201075004	CHERRY SINGH	Bachelor of Science (Hons) in Chemistry	G
201172003	YOGRAJ SINGH PARMAR	Bachelor of Arts(Hons) in Economics	S
201148012	NAMRATA KHATRI	Bachelor of Arts(Hons) in Psychology	S
201148010	MAHIKA KAJAL	Bachelor of Arts(Hons) in Psychology	S
201073003	SRISHTI BAHUGUNA	Bachelor of Science (Hons)in Maths	G
201074016	SONALI KARKI	Bachelor of Science (Hons)in Physics	G
201074015	SWETA BORA	Bachelor of Science (Hons)in Physics	G
201073020	ADARSH AMIT OJHA	Bachelor of Science (Hons)in Maths	G
201148022	MEGHNA RATRA	Bachelor of Arts(Hons) in Psychology	G
201073016	ARYAN RAGHUVANSHI	Bachelor of Science (Hons)in Maths	S
201148018	ANISHA RAJPUROHIT	Bachelor of Arts(Hons) in Psychology	S
201075011	ANISHA KHATRI	Bachelor of Science (Hons) in Chemistry	S
201074013	DEV DUTT SHARMA	Bachelor of Science (Hons)in Physics	G
201149001	MAYA RAM	Bachelor of Arts (Hons)in English	G
201075010	SUSHANT VERMA	Bachelor of Science (Hons) in Chemistry	G
201149010	SONIYA PANWAR	Bachelor of Arts (Hons)in English	G
201074014	RAHUL PANWAR	Bachelor of Science (Hons)in Physics	G
201148015	RAHUL PANDEY	Bachelor of Arts(Hons) in Psychology	S
201148011	MANSI	Bachelor of Arts(Hons) in Psychology	S
201074021	SHIVAM TIWARI	Bachelor of Science (Hons)in Physics	S
201148016	PRIYANKA BHATT	Bachelor of Arts(Hons) in Psychology	G
201073019	HARSHIT ARYA	Bachelor of Science (Hons)in Maths	P
201073021	MAYANK WALIA	Bachelor of Science (Hons)in Maths	G
201074017	STUTI KARTIKEY TRIVEDI	Bachelor of Science (Hons)in Physics	G
201149011	KRITIKA RAWAT	Bachelor of Arts (Hons)in English	G
201073018	PRINCE DHIMAN	Bachelor of Science (Hons)in Maths	S
201149013	SACHIN SINGH PANGTEY	Bachelor of Arts (Hons)in English	S
201149016	GUNEET SINGH	Bachelor of Arts (Hons)in English	S
201074018	KUSHAGRA SAXENA	Bachelor of Science (Hons)in Physics	G
201148019	NEHA RAJ RANA	Bachelor of Arts(Hons) in Psychology	G
201073028	ASHISH KUMAR	Bachelor of Science (Hons)in Maths	G
201149022	LABHANSHI DIWAKER	Bachelor of Arts (Hons)in English	G
201075014	ANJALI JUJAL	Bachelor of Science (Hons) in Chemistry	G
201149014	SUNNY B JOSEPH	Bachelor of Arts (Hons)in English	S
201148029	RAKESH RAWAT	Bachelor of Arts(Hons) in Psychology	S
201074020	RITWIK RAWAT	Bachelor of Science (Hons)in Physics	S
201075015	MALLIKA	Bachelor of Science (Hons) in Chemistry	G
201172010	ANUSHA SAXENA	Bachelor of Arts(Hons) in Economics	G
201073031	SHIFALI SINGH	Bachelor of Science (Hons)in Maths	G
201073024	YASH YADAV	Bachelor of Science (Hons)in Maths	G
201172011	AKHIL UNIYAL	Bachelor of Arts(Hons) in Economics	G
201074019	HIMANSHU CHAURASIA	Bachelor of Science (Hons)in Physics	S
201073022	RIYA JOSHI	Bachelor of Science (Hons)in Maths	S
201073025	KIRAN KANWAR	Bachelor of Science (Hons)in Maths	S

SA

201148024	AMISHA RANA	Bachelor of Arts(Hons) in Psychology	P
201073023	ROHIT RANJAN	Bachelor of Science (Hons)in Maths	G
201148021	ESHIKA SHARMA	Bachelor of Arts(Hons) in Psychology	G
201148023	PRIYANKA	Bachelor of Arts(Hons) in Psychology	G
201073026	SHIVANI KUMARI	Bachelor of Science (Hons)in Maths	G
201073029	ARTI	Bachelor of Science (Hons)in Maths	S
201148026	ARPITA SINGH	Bachelor of Arts(Hons) in Psychology	S
201073030	RITIK RATURI	Bachelor of Science (Hons)in Maths	S
201148025	ANOUSHKA DUTT THAPLIYAL	Bachelor of Arts(Hons) in Psychology	G
201148027	TANUSHREE SAH	Bachelor of Arts(Hons) in Psychology	G
201172012	ABHISHEK KUMAR	Bachelor of Arts(Hons) in Economics	G
201148028	GYANESHWAR SHARMA	Bachelor of Arts(Hons) in Psychology	G
201149018	SHOBIT CHHETRI	Bachelor of Arts (Hons)in English	G
201149017	KHUSHI RANA	Bachelor of Arts (Hons)in English	P
201148030	MEHKASH NAAZ	Bachelor of Arts(Hons) in Psychology	S
201075016	DHARA BISHT	Bachelor of Science (Hons) in Chemistry	S
201148031	HEMANT SINGH PUSHKAR	Bachelor of Arts(Hons) in Psychology	G
201172013	MD AAFREED ASHRAFI	Bachelor of Arts(Hons) in Economics	G
201149020	SOUMYA SAHAY	Bachelor of Arts (Hons)in English	G
201149021	AKANKSHA MAKHLOGA	Bachelor of Arts (Hons)in English	G

  
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