

CAREER DEVELOPMENT CENTRE



Date: 02/01/2022

NOTICE

GOAL SETTING & TEAM BUILDING (Academic Year- 2021-22)

VAT: 30

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

The details are as follows

COURSE	SoPS & SoLAM
KEY SPEAKER	Ms. Vrinda Sharma
TIMINGS	4 PM to 7 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.

Gaurav Singh
(Head-CDC)

Head - CDC
Career Development Cell
DIT University, Dehradun

- To
- All / Dean / Director / Head of Department
 - Chairman
 - Chancellor
 - Vice Chancellor
 - Pro Vice Chancellor
 - Manager Admin
 - HR Department

For information please

Registrar
DIT University, Dehradun

Date: 2nd Jan 2022

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- 3rd 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. Vrinda Sharma**. Duration of Course was **30 hrs** (8th January to 22nd January 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.

Details as follows:

Branch/Year	SoPS & SoLAM
Date	08 January to 18 January 2022
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. Vrinda Sharma
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

Registrar

DIT University, Dehradun

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



Registrar
DIT University, Dehradun

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.*



Registrar
DIT University, Dehradun

Annexure - II

Value added course Details (Academic Year: 2021-22)

VAT Course Name: Goal Setting and Team Building

VAT Code: VAT 30

Duration in Hours: 42

Number of Students Enrolled: 126

Number of Students Completed: 120

Verified

[Signature]

Grades:

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

Student ID	Student Name	Program/Course	Year	Passing Grade
190921001	SAMARTH ARORA	Bachelor of Arts (Hons)in English	3rd Year	S
191149001	TANUJA LATWAL	Bachelor of Arts (Hons)in English	3rd Year	P
191149002	ROHIT CHANDRA	Bachelor of Arts (Hons)in English	3rd Year	S
191149003	KRITI SANNA LUTHER	Bachelor of Arts (Hons)in English	3rd Year	S
191149004	ANOUSHKA MEHTA	Bachelor of Arts (Hons)in English	3rd Year	G
191149005	AISHWARYA THAPA	Bachelor of Arts (Hons)in English	3rd Year	G
191149006	SAUMY KAPRI	Bachelor of Arts (Hons)in English	3rd Year	S
191149007	AVANTIKA CHAUHAN	Bachelor of Arts (Hons)in English	3rd Year	S
191149008	CHIRAG RADHYAN	Bachelor of Arts (Hons)in English	3rd Year	S
191149009	SHACHI SHARMA	Bachelor of Arts (Hons)in English	3rd Year	S
191149010	MUSKAN SHAH	Bachelor of Arts (Hons)in English	3rd Year	G
191149011	ADITI PUJARI	Bachelor of Arts (Hons)in English	3rd Year	G
191149013	KANIKA CHOUDHARY	Bachelor of Arts (Hons)in English	3rd Year	S
191149014	ISHIKA	Bachelor of Arts (Hons)in English	3rd Year	S
191149015	MOHAMMAD FAISAL	Bachelor of Arts (Hons)in English	3rd Year	G
191149016	MAHAK BISWAS	Bachelor of Arts (Hons)in English	3rd Year	G
191149017	VANSHIKA TUMBARIA	Bachelor of Arts (Hons)in English	3rd Year	S
191149020	NAINA ADHIKARI	Bachelor of Arts (Hons)in English	3rd Year	S
191149021	SANSKRITI KUKRETI	Bachelor of Arts (Hons)in English	3rd Year	G
191149022	MOHIT SINGH BHANDARI	Bachelor of Arts (Hons)in English	3rd Year	S
191149023	MEGHA ASWAL	Bachelor of Arts (Hons)in English	3rd Year	S
191149024	VARUN GUPTA	Bachelor of Arts (Hons)in English	3rd Year	G
191149025	MD. SHAHRIAR RAHMAN	Bachelor of Arts (Hons)in English	3rd Year	G
191172001	SHREYA PANWAR	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172002	SARAH GAIROLA	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172003	YASH GARG	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172004	MAYANK PATHAK	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172005	SHORYA KALKHANDE	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172006	VIRENDRA SINGH	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172007	UJJWAL GARG	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172008	MD SAHIL	Bachelor of Arts(Hons) in Economics	3rd Year	G
191172009	ISHIKA SHARMA	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172010	DHRUV NEGI	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172011	SIDDHARTH RANA	Bachelor of Arts(Hons) in Economics	3rd Year	G
191172012	KHYATI BAMBA	Bachelor of Arts(Hons) in Economics	3rd Year	G
191172013	APARNA DAHIYA	Bachelor of Arts(Hons) in Economics	3rd Year	S
191172014	GAURI BISHT	Bachelor of Arts(Hons) in Economics	3rd Year	P
191172015	AKASH RAWAT	Bachelor of Arts(Hons) in Economics	3rd Year	G
191172016	KIRAT KAUR	Bachelor of Arts(Hons) in Economics	3rd Year	G
181148024	SIDHARTH SISODIA	Bachelor of Arts(Hons) in Psychology	3rd Year	S

[Signature]

190102147	KHUSHI SHARMA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148001	MEGHA RAWAT	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148002	AAYUSHI DHARMENDRA AGARWAL	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148003	DHANRAJ DHAKAD	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148004	BHANU YADAV	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148005	PRERANA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148006	SAMBHRANT THAKUR	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148007	LAVANYAA RANA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148008	AYUSH CHANDRA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148009	JAHANVI BHATIA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148010	TAVLEEN KAUR	Bachelor of Arts(Hons) in Psychology	3rd Year	P
191148011	NIHARIKA KHANDURI	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148012	SAJAL SHARMA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148013	SHREYA DUBEY	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148014	NANDINI SAINI	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148015	ASIF HUSSAIN	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148016	PREETI RANA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148017	RIYA GUPTA	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148018	DIPALI MEHTA	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148019	BAMANG AMY	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148020	NEHA GOLA	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148021	JAANVI HARNAL	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148022	PRIYAMVADA BHARGAVI	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191148023	MISBAH IMRAN	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148024	JATIN KHURANA	Bachelor of Arts(Hons) in Psychology	3rd Year	G
191148026	YUVRAJ KHICHER	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191182001	AYUSHI CHAMOLI	Bachelor of Arts(Hons) in Psychology	3rd Year	S
191075001	RUPAL MAMGAIN	Bachelor of Science (Hons) in Chemistry	3rd Year	G
191075002	AMAN LAKHERA	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075003	PALAK KAMPANI	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075004	TANU BAKSHI	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075005	VAISHNAVI RANA	Bachelor of Science (Hons) in Chemistry	3rd Year	G
191075006	RIYA GREWAL	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075007	AARTI BHATT	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075008	SAHIB TYAGI TYAGI	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075009	BHARAT UPADHYAYA	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075011	RASHMI SINGH	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075012	RITIKA SINGH	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075013	HIMANI SAHU	Bachelor of Science (Hons) in Chemistry	3rd Year	S
191075014	PRATEEK PARASHAR	Bachelor of Science (Hons) in Chemistry	3rd Year	G
191075015	AWANTIKA JOSHI	Bachelor of Science (Hons) in Chemistry	3rd Year	P
191073001	SHUBHAM KUMAR	Bachelor of Science (Hons)in Maths	3rd Year	S
191073002	MEGHA BISHT	Bachelor of Science (Hons)in Maths	3rd Year	S
191073003	ATUL RAWAT	Bachelor of Science (Hons)in Maths	3rd Year	G
191073004	RIYA ANAND	Bachelor of Science (Hons)in Maths	3rd Year	S
191073005	RIYA BHATT	Bachelor of Science (Hons)in Maths	3rd Year	S
191073006	MANAVI RAUTHAN	Bachelor of Science (Hons)in Maths	3rd Year	S
191073008	APOORVA SHARMA	Bachelor of Science (Hons)in Maths	3rd Year	S
191073009	SIMRAN PANWAR	Bachelor of Science (Hons)in Maths	3rd Year	S
191073010	SHEFALI THAPA	Bachelor of Science (Hons)in Maths	3rd Year	S
191073013	SWAPNIL KUMAR SINGH	Bachelor of Science (Hons)in Maths	3rd Year	S
191073014	BALJEET KAUR	Bachelor of Science (Hons)in Maths	3rd Year	S
191073015	NETRIKA CHHETTRI	Bachelor of Science (Hons)in Maths	3rd Year	S
191073016	SANSKRITI KAMBOJ	Bachelor of Science (Hons)in Maths	3rd Year	S
191073017	SANIYA JAIN	Bachelor of Science (Hons)in Maths	3rd Year	S
191073018	AYUSHMAAN SINGH	Bachelor of Science (Hons)in Maths	3rd Year	G
191073019	KAMAKSHI GOEL	Bachelor of Science (Hons)in Maths	3rd Year	G
191073020	AKRITI RATURI	Bachelor of Science (Hons)in Maths	3rd Year	S

191073021	PIYUSH MISHRA	Bachelor of Science (Hons)in Maths	3rd Year	S
191073022	KUNJIKA BISHT	Bachelor of Science (Hons)in Maths	3rd Year	S
191073023	DIVY SHARMA	Bachelor of Science (Hons)in Maths	3rd Year	S
191073024	VIHAAN SINGH ARORA	Bachelor of Science (Hons)in Maths	3rd Year	G
191073025	KIRANJOT KAUR	Bachelor of Science (Hons)in Maths	3rd Year	G
191073026	GAURAV SAGTA	Bachelor of Science (Hons)in Maths	3rd Year	S
191073027	ISHITA GOEL	Bachelor of Science (Hons)in Maths	3rd Year	S
191073028	NITIN BHANDARI	Bachelor of Science (Hons)in Maths	3rd Year	S
191073029	SWEETY RANI	Bachelor of Science (Hons)in Maths	3rd Year	S
191074001	ADITYA BHANDARI	Bachelor of Science (Hons)in Physics	3rd Year	G
191074002	SAGAR SINGH CHAUHAN	Bachelor of Science (Hons)in Physics	3rd Year	G
191074003	SHAILJA YADAV	Bachelor of Science (Hons)in Physics	3rd Year	S
191074004	ISHA BIRORIYA	Bachelor of Science (Hons)in Physics	3rd Year	P
191074005	SHUBHAM RANA	Bachelor of Science (Hons)in Physics	3rd Year	G
191074006	SHUBHAM KUMAR GAUTAM	Bachelor of Science (Hons)in Physics	3rd Year	G
191074007	SARGIN RAMCHING	Bachelor of Science (Hons)in Physics	3rd Year	S
191074008	MOHIT SONTIYAL	Bachelor of Science (Hons)in Physics	3rd Year	S
191074009	AVI GUPTA	Bachelor of Science (Hons)in Physics	3rd Year	G
191074010	ABHAY PRATAP SINGH	Bachelor of Science (Hons)in Physics	3rd Year	S
191074011	BHANU JAISINGH	Bachelor of Science (Hons)in Physics	3rd Year	S
191074012	KSHITIJ SAHANI	Bachelor of Science (Hons)in Physics	3rd Year	G
191074013	ARCHIT AGARWAL	Bachelor of Science (Hons)in Physics	3rd Year	G
191074014	MAHIMA SAPPAL	Bachelor of Science (Hons)in Physics	3rd Year	P
191074015	AFFAN HASHMI	Bachelor of Science (Hons)in Physics	3rd Year	S
191074016	FALGUNI SHARMA	Bachelor of Science (Hons)in Physics	3rd Year	S
191074017	AYUSH SHARMA	Bachelor of Science (Hons)in Physics	3rd Year	S
191074018	AKSHAT KUKSHAL	Bachelor of Science (Hons)in Physics	3rd Year	S
191074019	ANIRUDH LAKHERA	Bachelor of Science (Hons)in Physics	3rd Year	S



Registrar
DIT University, Dehradun