

REPORT

Dr. Ambedkar College, Deekshabhoomi, Nagpur

Psycho-Social Counseling Cell

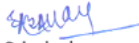
Name of activity: Goal Setting

DR. AMBEDKAR COLLEGE, DEEKSHA BHOOMI, NAGPUR

NOTICE

14 August 2018

All the students of Arts Faculty are hereby informed that a special lecture on Goal Setting in Life has been organized by The Department of Psychology on 17 August 2018. Mrs. Mangala Waghmare shall be the resource person for the lecture. All should attend.


Principal
Dr Ambedkar College
Deekshabhoomi, Nagpur
PRINCIPAL
DR. AMBEDKAR COLLEGE
NAGPUR

A special lecture was organized by the cell on **17th August 2018** for all the students in college. The topic was '**Goal Setting**'. Miss. Mangala Waghmare spoke on diverse aspects of goal setting among students. Students of Psychology and Sociology actively participated in this departmental program. Miss. Rohini Meshram and Miss. Shilpa Meshram and Ms. Sangita Somwanshi were present on the dais.

Mrs. Waghmare explained the importance of Goal Setting in life. She spoke on short term goal and long term goals. She explained the students how such goals can be dependent on time and conditioning of mind also. If we are planning for an achievable goal in life that should be planned knowing one's capacities and nothing beyond that.

Goals which are unrealising in nature cannot bring success rather they create negativity in life. Students asked some questions on goal setting on academics and various examinations which were explained satisfactorily by Mrs. Waghmare.

