

Report on Soft Skill Training Programme "Goal Setting"

Date: 16th Oct 2021 at 2:00 pm

A softskill training programme on "Goal Setting" was held on 16th Oct 2021 at 2:00 pm through online mode for the benefit of final year B.Sc. students. The programme was chaired by the Principal Dr APJ Abdul Kalam Govt. College, Silvassa and coordinated by Dr. Sony Amrendra, Assistant Prof. in chemistry, Dr APJ Abdul Kalam Govt. College, Silvassa. The programme was organised by the Human Capital Cell of Dadra and nagar haveli Industries Association a CSR initiative by Jai Corp Ltd. Around 34 students of various streams of Sciences like Chemistry, Maths, Microbiology and Botany actively took part and benefitted from this program.

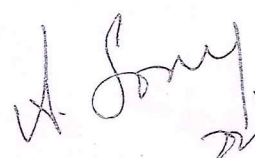
The speaker as well as the Guest of Honour was Shri. Amol Kulkarni, Director, Health View, Nashik, Maharashtra.

The programme started with a welcome note from the Coordinator and then Shri. Rahul Ahir, Manager of CSR, Jai Corp Ltd. introduced the Guest of Honour Shri. Amol Kulkarni to the audience.

The speaker with all means tried to make the session interactive by posing questions and seeking the answers from the students and also analysing them thereon. He beautifully explained the objective behind setting a goal in life, the difference between one's desires and goals, importance of setting goals through long term and short term plans. He imbibed in the audience the need to set personal, positive and flexible goals for one's own development. He explained the goal setting formula PPF-SMART and explained the need to set goals in a specific, measurable, achievable, review/renew periodically in a time bound manner. The students were very much motivated by each and every word of the speaker.

After the presentation the session was opened for questions wherein students and faculty actively participated and cleared their doubts.

The session ended with a vote of thanks by Dr. Bhagwanji Jha, Principal I/c, Dr APJ Abdul Kalam Govt. College, Dokmardi-Silvassa.


(Dr. Sony Amrendra)

Coordinator



Dr. A.R.J. Abdul Kalam Government College, S
(Affiliated to Gujarat University, Ahmedabad) UGC Recognized under section 2(f) and 12B, NAAC Accredited
(U. T. of Dadra and Nagar Haveli and Daman and Diu)

SOFT SKILL TRAINING PROGRAMME

“Goal Setting”

Date: 16th October 2021

Time: 2:00 p

On Google Meet: <https://meet.google.com/ufh-omhg-wyb>

Guest of Honor:

Shri. Amol Kulkarni

Director, HealthView, Nashik, Maharashtra

Organized by:

Human Capital Cell of Dadra and Nagar Haveli Industries Association

CSR Initiative by :

Jai Corp Ltd.

Principal: Dr. Bhagwanjee Jha

Coordinator: Dr. Sony

Google Meet Attendance Tracking Report

Meeting Name: ufh-omhg-wyb

Date: 16-Oct-2021



Download as pdf

Attendance Tracking Started At : 2:31:27 PM
 Attendance Tracking Stopped At : 2:31:30 PM
 Total Number of people Attended : 38
 Total Meeting Duration : 0 min 2s

Detailed Attendance Report

Apply filter

Number Of People Attended More Than 65% Of Meeting: 38

Number Of People Attended Less Than 65% Of Meeting: 0

Sr No	Participant Name	Attendance	Percentage
1	102 - AJAY MADANLAL SHARMA	0 min 2s	100%
2	136- AHER NILESH S	0 min 2s	100%
3	139-SHIVAM SAXENA	0 min 2s	100%
4	AARTI MAURYA	0 min 2s	100%
5	ABHISHEK KUMAR PANDEY	0 min 2s	100%
6	ABHISHEK M. GHUTIYA	0 min 2s	100%
7	AMOL KULKARNI	0 min 2s	100%
8	BHAGAVATI THAKARIYA	0 min 2s	100%
9	BHAVIK PATEL	0 min 2s	100%
10	BHUPENDRA SUMANBHAI PATEL	0 min 2s	100%
11	DIVYA SINGH	0 min 2s	100%
12	DR. SONY AMRENDRA	0 min 2s	100%
13	JAGADISH SURYAWANSHI	0 min 2s	100%
14	KHUSHBU TUSHAR JADAV	0 min 2s	100%
15	KHUSHI MALI	0 min 2s	100%
16	KIRTAN .A PATEL	0 min 2s	100%
17	KRISA DESAI	0 min 2s	100%



18	KUNAL A PATEL	0 min 2s	100%
19	MANJU MOURYA	0 min 2s	100%
20	NAMRATA DUBEY	0 min 2s	100%
21	NANDANI PANDEY	0 min 2s	100%
22	PATEL NAKUL	0 min 2s	100%
23	PATEL NILAM	0 min 2s	100%
24	PATEL SNEHALBHAI SURESHBHAI	0 min 2s	100%
25	PATEL VIXITA	0 min 2s	100%
26	POOJA SINGH	0 min 2s	100%
27	PRAKASH PATEL	0 min 2s	100%
28	PRINCIPAL DR APJ ABDUL KALAM GOVT. COLLEGE SILVASSA	0 min 2s	100%
29	PRITIKA GORAT	0 min 2s	100%
30	PRIYANKA PATEL	0 min 2s	100%
31	R AHIRE	0 min 2s	100%
32	RAHUL KUSHWAHA	0 min 2s	100%
33	ROHINI ASHOKBHAI PATEL-320	0 min 2s	100%
34	SAHU PINKY	0 min 2s	100%
35	SHIVANI PATEL	0 min 2s	100%
36	SONAL DAYARAMBHAI PATEL	0 min 2s	100%
37	URVISHA B PATEL	0 min 2s	100%
38	YAGNESH PATEL	0 min 2s	100%



- 3) Increase your pride & satisfaction achievement.
- 4) Increase self – confidence.
- 5) Increase very clear vision for future resulting no confusions & self doubts.
- 6) Increase your capacity of making better Decisions

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PCC-9th-REGULAR(21-22)

39 154/154

Amol is presenting



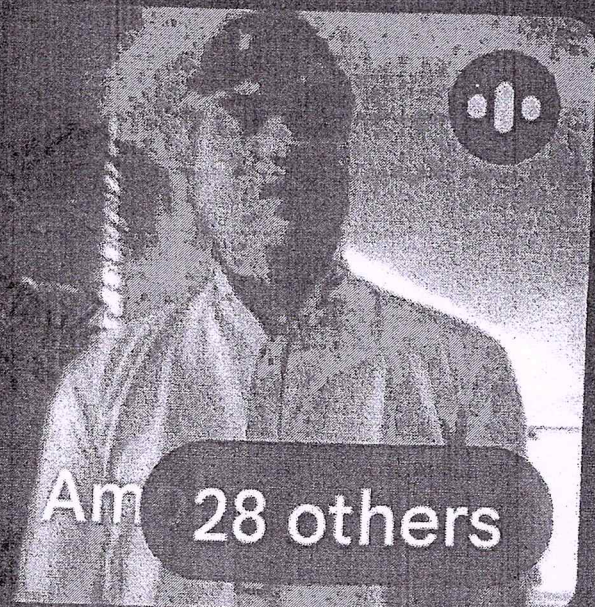
136- Ah...



139-Shi...



You



Amol 28 others

THANK YOU

Mr. Amol Kulkarni
Clinical Psychologist

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Amol is presenting



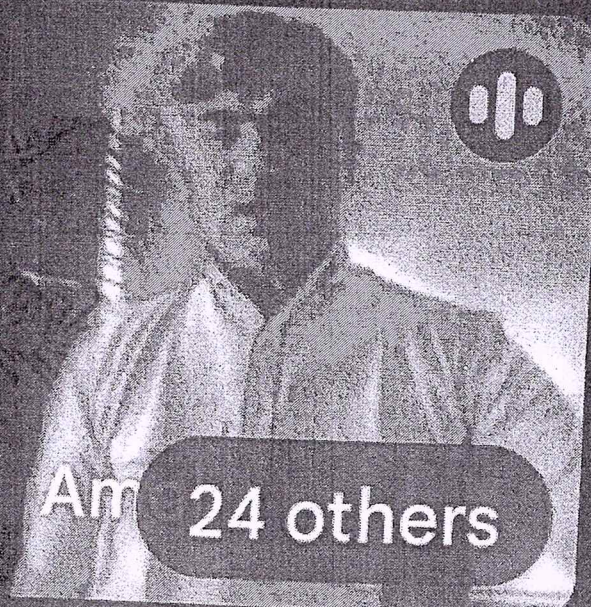
136- Ah...



139- Shi...



You



Amol 24 others



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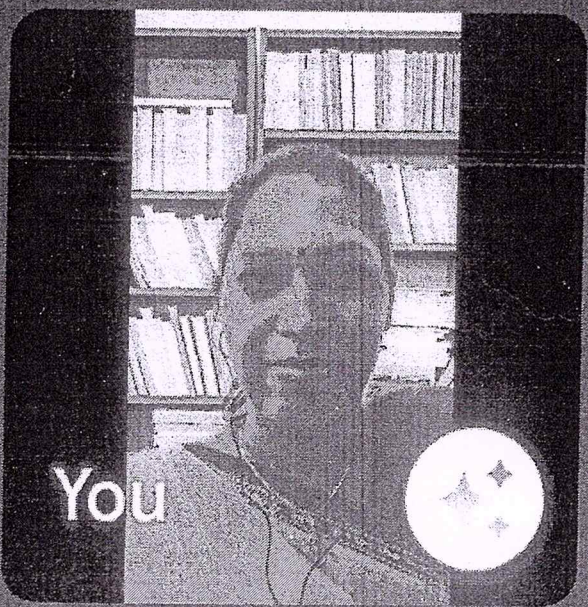
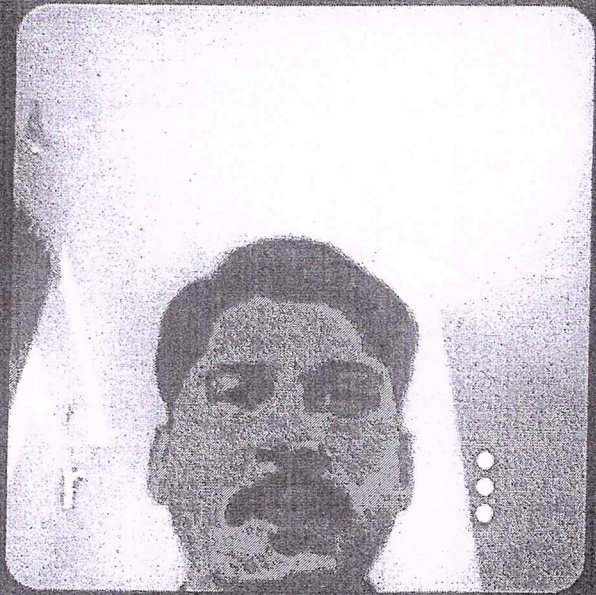
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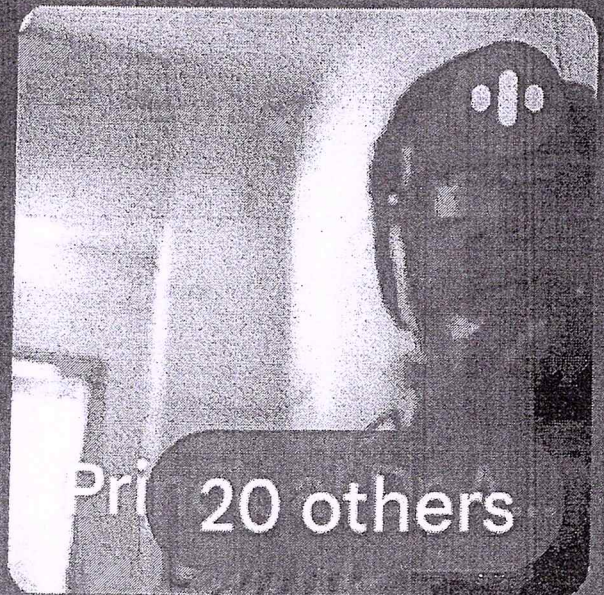
Amol



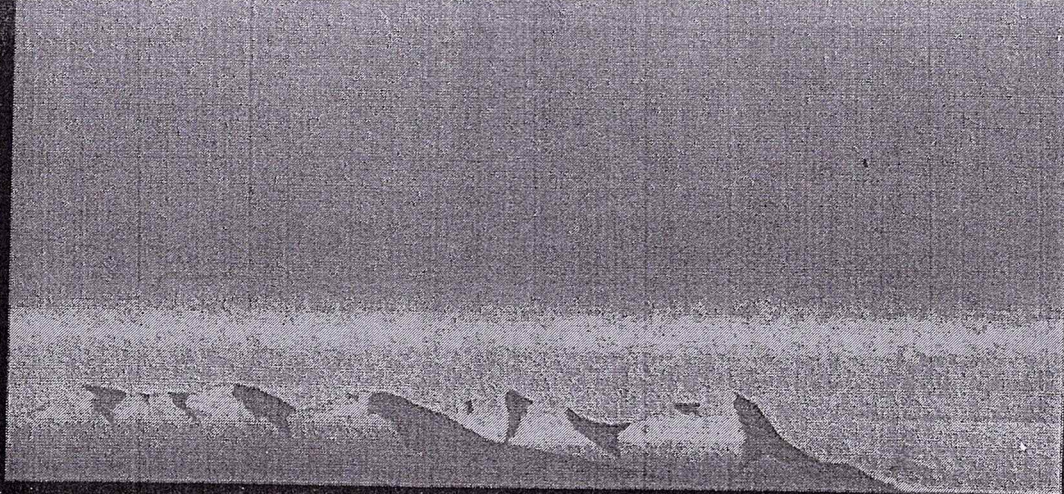
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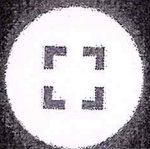
You



Pri 20 others



Amol is presenting



Amol



Kunal a



You



139 31 others



5) Measurable

6) Achievable

7) Review / Renew periodically

8) Time Bound

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Amol is presenting



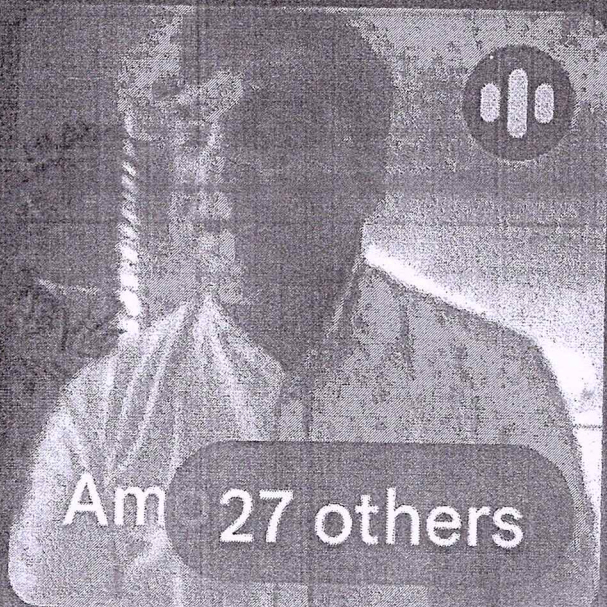
136- Ah...



139-Shi...



You



Amol 27 others