



ADHIYAMAAN COLLEGE OF ENGINEERING (Autonomous)
Dr. M. G. R. Nagar, Hosur – 635 130, Tamil nadu.



Internal Quality Assurance Cell (IQAC)

15/11/2018

Report on
“Motivational Programme on Goal Setting for Professional Students”

Speaker: Dr. Sivasubramanian, National Trainer, JCI India

Time: 02:00 PM

Venue: Aeronautical Seminar Hall

On 15th November 2018, a motivational programme on goal setting was conducted for professional students at our college. The programme aimed to inspire and motivate students to set and achieve their career and personal goals. The session was conducted by Dr. Sivasubramanian, National Trainer, JCI India, a motivational speaker and career coach with over 15 years of experience.

Key Takeaways:

During the programme, Speaker highlighted the following key takeaways on goal setting:

Clarity: Goals should be specific and clear. Professional students should have a clear idea of what they want to achieve in their career and personal life and why it is important to them. This will help them stay motivated and focused on their goals.

Realistic: Goals should be realistic and achievable. Professional students should set goals that are challenging yet achievable based on their skills, knowledge, and resources. Unrealistic goals can lead to frustration and demotivation.

Action-Oriented: Goals should be action-oriented. Professional students should break down their goals into smaller, actionable steps that they can take on a daily or weekly basis. This will help them stay on track and make progress towards their goals.

Measurable: Goals should be measurable. Professional students should track their progress and measure their success. This will help them stay motivated and celebrate their achievements along the way.



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Accountability: Professional students should hold themselves accountable for their goals. They should share their goals with mentors, colleagues, or family members and seek feedback and support. This will help them stay motivated and committed to their goals.

Conclusion:

Overall, the motivational programme on goal setting was a success as it helped professional students to understand the importance of setting and achieving goals in their career and personal life. The key takeaways shared by speaker were practical and relevant to the needs of professional students. The programme encouraged participants to take ownership of their goals and to develop a positive attitude towards achieving them. It is hoped that this knowledge will lead to improved career prospects, personal growth, and overall well-being of professional students. The college plans to organize similar programmes in the future to continue to support and motivate students to achieve their goals.