

Date: 21st November 2023

NOTICE

The Centre for Professional & Communication Enrichment is organizing a **Personality Development Workshop** for the students of **HSMS**.

Workshop Details:

- **Topic:** Goal Setting & Motivation
- **Date:** 28th November 2023
- **Time:** 11:00 AM – 1:00 PM
- **Venue:** HSMS Seminar Hall
- **Resource Person:** Ms. Garima Kapoor & Mr. Ayush Sharma

All the concerned participants are encouraged to attend and enhance their professional and soft skills through this engaging session.

Co-ordinated & Organised by C-PACE


Ms. Garima Kapoor
Career Counsellor,
C-PACE, SRHU

SWAMI RAMA HIMALAYAN UNIVERSITY
Swami Ram Nagar, Jolly Grant, Dehradun, 248016, Uttarakhand, India

REPORT ON PERSONALITY DEVELOPMENT WORKSHOP

THEME: GOAL SETTING AND MOTIVATION

The Centre for Professional & Communication Enrichment of Swami Rama Himalayan University organized a Personality Development Workshop on 28th November 2023 on the theme “*Goal Setting and Motivation*”, aimed at empowering students to align their academic journey with personal and professional aspirations. The workshop was conducted by Ms. Garima Kapoor, who delivered an engaging and thought-provoking session.

Ms. Kapoor highlighted the importance of setting clear, achievable goals and maintaining consistency and discipline in pursuing them. She emphasized that self-motivation, positive thinking, and resilience are key to overcoming challenges and reaching milestones. Through real-life examples and interactive discussions, she guided students on how to break down long-term ambitions into smaller, actionable steps, thereby making success both attainable and sustainable.

The workshop also included reflective exercises that encouraged students to identify their strengths, understand their priorities, and channel their energy productively. The highly interactive nature of the session kept students motivated and actively engaged throughout.

The session concluded on an inspiring note, leaving the students with a renewed sense of purpose, determination, and confidence to face the challenges of their academic and professional journey. A total of 75 students participated in the workshop, making it a memorable and impactful learning experience.



Lecture on Goal Setting and Motivation


Ms. Garima Kapoor
Career Counsellor,
C-PACE, SRHU