

**Activity Report**  
Of  
Motivational Speech and Goal setting by Dr.Mohini Gurav  
On  
14<sup>th</sup>November 2022



**SANDIP**  
FOUNDATION

**Organized by ,**

Sandip Foundation's  
Department of Engineering Sciences and Humanities  
Sandip Institute of Technology and Research Centre, Nashik (MS)  
DTE Code: 5109

**Date:** 14<sup>th</sup>Nov 2022

**Aim: Goal Setting and Motivational Speech by Dr. Mohini Gurav**

**Objectives:**

- 1)To Enhance the creativity, reduce fear and apprehension into students life.
- 2)To offer a new outlook on things and helps to meet other people on the same age group to students.
- 3)To provide every student the opportunity to positively present their ideas and encourage others to follow their way of thinking.

**Venue:**SITRC, Nashik

D- Building,

Mechanical Dept. Seminar Hall

**Conducted By:**Sandip Foundation's,

Department of Engineering Sciences and Humanities

Sandip Institute of Technology and Research Centre, Nashik.

**Participants :**Students of First Year Engineering of Sandip Institute of Technology and Research Centre, Nashik.

**Outcomes :**

- 1) Students got an idea about the Importance Of Goal Setting Lies In The Fact That It Gives Direction To The Journey, While Also Allowing For Flexibility In Overcoming Obstacles.
- 2) Students understood the Power of positive affirmations, how to Prioritize goals by making the short term goal
- 3) Goal-setting can play an important role in students life. It gives students the opportunity to assess their life and define the direction in which students want to go.
- 4) Students can focus on their resources on attaining that goal. Students

become inspired to press forward in good times and bad times and realize happiness in the destination as well as the journey.

### **About Event:**

Department of Engineering Sciences and Humanities has arranged the Seminar on Motivation and Goal setting by Dr. Mohini Gurav Ma'am, Under this total 300 students enthusiastically participated in the Seminar. The Seminar was in one session, where students also shared their views and they actively engaged in it. With the help of Presentation Dr. Mohini Gurav Ma'am has explained the concept of Short term goal and long term goal and motivates the students. Seminar was inaugurated by Dr. M. M. Patil Sir in the presence of HOD of Engineering Science and Humanities and faculty members of Sandip Institute of Technology and Research Centre, Nashik.

### **Glimpses of the Seminar**



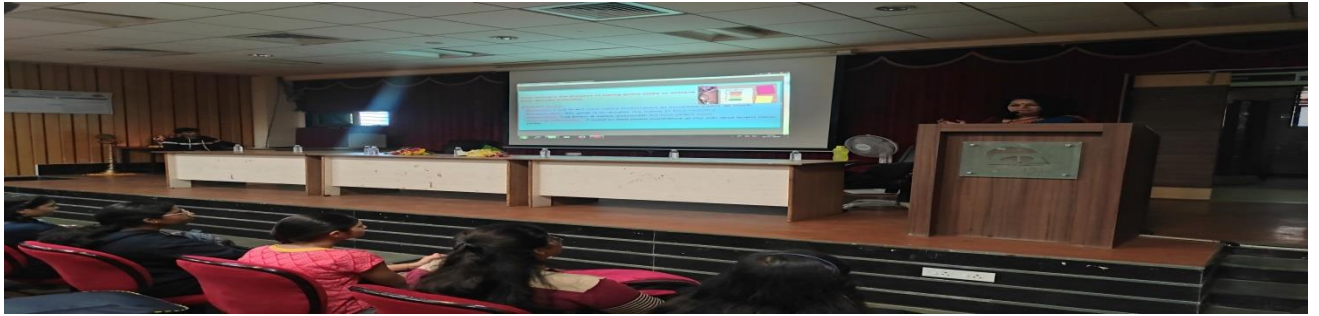
**Felicitation of Dr. Mohini Gurav by HOD Of ESH Dr. J.M. Shah**



**inauguration of Function by Dr. Mohini Gurav**







**Dr. Mohini Gurav interact with students by different ways by showing videos and sharing experiences.**

**Prof. V.P.Chittodkar**  
**Event Coordinator**

**Prof.Dr. J. M . Shah**  
**HOD**

**Dr. M.M.Patil**  
**Principal, SITRC**

