

TARA Government College Sangareddy
(Autonomous)



Training Programme

For
Selected students of TARA
On
Goal setting
(Organised by the TSKC)



Submitted by

Telangana Skills and Knowledge Centre (TSKC)
TARA GOVERNMENT COLLEGE SANGAREDDY (A)
(Re-Accredited 'B' by NAAC)

DISTRICT: SANGAREDDY, TELANGANA

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Tara Government College Sangareddy
(Autonomous)



An ISO 9001: 2015 certified college

Telangana Skills and Knowledge Centre (TSKC)

A brief report on

Training Programme on

Goal setting

Organised by TSKC



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Telangana Skills and Knowledge Centre (TSKC) Goal setting Training by TSKC

Telangana Skills and Knowledge Centre (TSKC) unit of Tara Government College Sangareddy (A) conducted a training programme on Goal Setting on 27 July 2022 for selected UG and PG students in room number 7. The resource person was Dr. K. Mallikarjun Rao, Assistant Professor of Commerce, Government City College (A), Nayapool, Hyderabad.

Objectives:

- To sensitise students to find their goals.
- To help students in motivating themselves to achieve their goals.
- To train them to find their voice.



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Office Sangareddy
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Sangareddy
Telangana
India

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2022-07-27(Wed) 01:30(PM)

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Introduction to the programme and requesting the dignitaries to start the session by Mr. A.V.Sharma



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The programme started as Mr. A. V. Sharma, Assistant Professor of English, and coordinator TSKC. requesting for permission to start the session as Dr. S. Upender, the vice principal gave a nod. He introduced about the session. He clearly explained the objectives of the session and why he had to choose and who are the beneficiaries of the programme. He also introduced about the participants f the programme.



Sri Md. Jaleel, Assistant Professor of English and Head, Department of English
He then requested Dr. S. Upender, to give a few inaugural words. The vice principal explained about the initiatives undertaken in the college to bridge the skill gap.



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Google Maps interface showing a map of Sangareddy, Telangana, India, with labels for 'District Registrar Office Sangareddy', 'TARA GOVT. COLLEGE SANGAREDDY', and 'VENUE COLONY'.



Sri Shareef Miya introducing the profile of Dr. K. Mallikarjun Rao, the resource person



The resource person Dr. K. Mallikarjun Rao

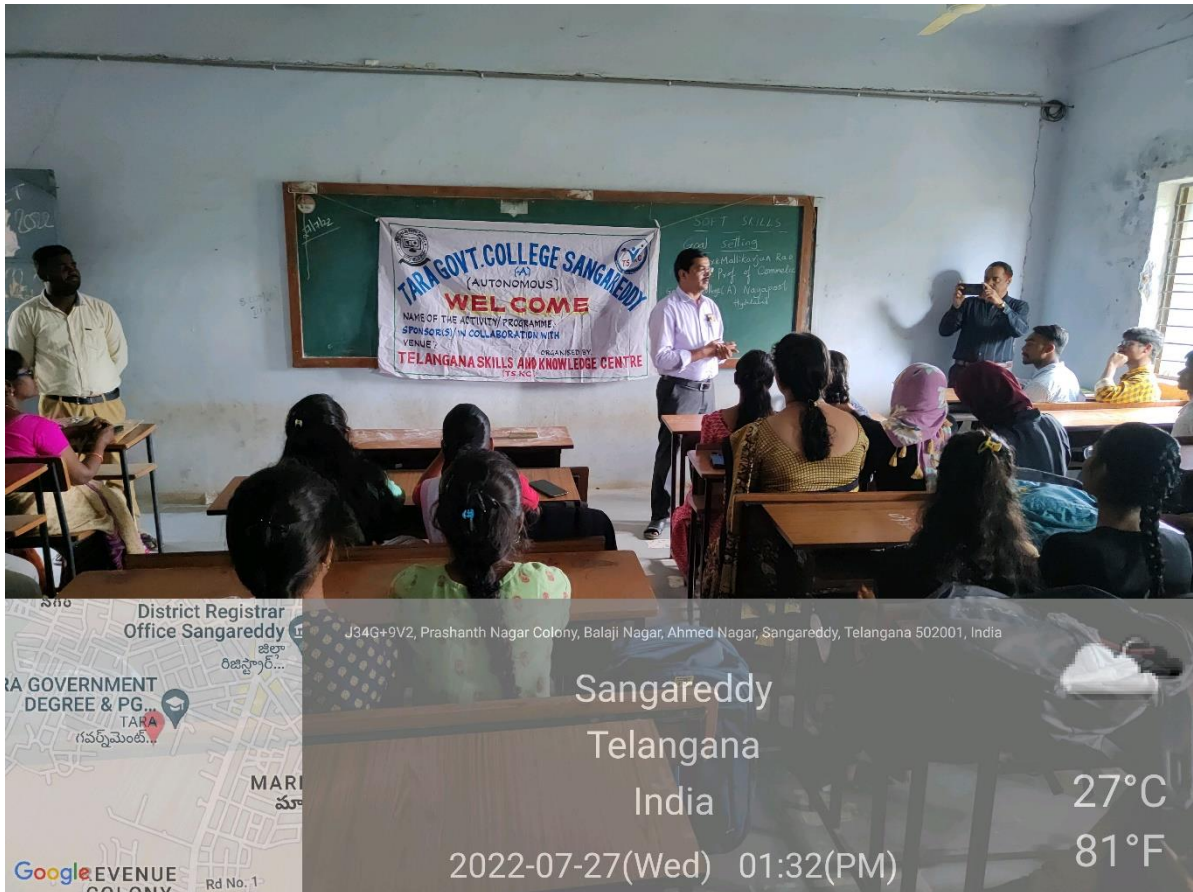




Then, Sri Shareef Miya, Assistant Professor of English, welcomed the resource person to start the session.



The resource person interacting with students



Data about the main topic

- There are 8 billion people on the earth but a few get the Nobel each year . Only a few compete for the first rank in any field. Some 15lakh aspirants complete for civil services exam but less than 0.1% get it. What is the reason for the constant success of a few people in all fields under the sun? Is it their caste, creed, region or religion? Wisdom shows us that success is not

confined to any category. But it has something to do with inside the mind. Motivation is the desire to do something. It is called intrinsic if we are motivated by ourselves to achieve success. Mother Teresa. Abdul Kalam, Gandhi, Nelson Mandela and Dr. B.R Ambedkar are a few examples. Motivation can be extrinsic also. Some of us prepare for exam during the last hour. This is because we fear failure. We hate to be humiliated. “Dream is not the one which you get, it is the one that doesn’t make you rest”, Says Kalam. Internally motivated people achieve success. “Ordinary people have wishes; great people have goals”, goes a saying. This goal setting differentiates extraordinary from the rest. If we read the life histories of great people we understand that they are like

any of us, but for that they set their goals and do not rest until they achieve them. There are 2 kinds of goals. Short term ,like getting first rank in internal exam and Long term ,like becoming an IAS officer

To achieve goals we have to be motivated after we identify our goals we must

write our plan to achieve it. Remember! Unwritten goals are wishes.
Motivation : Makes someone want to do something.

1. Extrinsic 2. Intrinsic

- Achievement motivation
- Avoidance motivation

Goal setting

- Long term
- Short term

In many ways goal setting helps makes managing tasks easier and gives our life a sense of direction. Needs and Motives force us to be motivated

Satisfaction is silent while dissatisfaction is violent.

Discontent is the spur of progress

We get satisfaction by work and opportunities offered by work and personal life.

Important needs and motives are achievement

- Strength- power
- Association
- Recognition
- Order.
- people have an internal need that makes them strive for self-actualization.
- The needs are

1. Physiological

2. safety
 3. Social
 4. Esteem
 5. self-actualization or self-fulfillment
- ⊙ Help you focus your energies on a target
 - ⊙ Help you increase your worth
 - ⊙ Keeps you motivated

(4) Help you attain a state that readies

you to accomplish

- Goals can be aimed at either learning or proving (performing). A learning-goal orientation means that an individual is focused on acquiring new skills and mastering new situations.
- A proving-goal orientation is aimed at wanting to demonstrate and validate the adequacy of your competence by seeking favorable judgments of competence. People with a learning-goal orientation are more likely to seek feedback.
- Goal setting is widely used on the job. Goals set by employees at lower levels in an organization are supposed to contribute to goals set at the top.

An important part of goal setting job is priority setting.

Link your personal goals to career goals. This gives you satisfaction

- (1) social and family
- (2) hobbies and interests
- (3) physical and mental health
- (4) career
- (5) financial

Link your goals to Action Plans

Characteristics of Effective goals

1. specific
2. concise- precise
3. Realistic
4. challenging

Key techniques of self-motivation include setting goals for yourself

- (2) engaging in intrinsically motivating work
- (3) getting feedback on your performance
- (4) applying behaviour modification to yourself

Key techniques of self-motivation include

- (5) improving your skills relevant to your job
- (6) raising your level of self- expectation
- (7) developing a strong work-ethic

Achieving goals and staying motivated requires self-discipline.

How to develop self-discipline ?

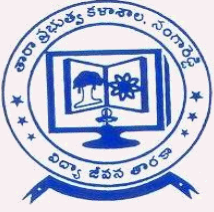
- (1) Write your mission statement
- (2) Identify who your role model is
- (3) Identify goals for each task
- (4) Write down your Action Plans
- (5) use visual and sensory stimulation
- (6) Enjoy your work – Work- Pleasure concept
- (7) No excuses

- Vote of thanks was offered by Sri B. Shanthi Kumar, Lecturer in English

Sl. No	Name	phone number	Year and group	Arts/science/ Commerce.
1	A. Anitha	9390716028	BSc (H.S.C) 2 nd year	science
	B. Sreeja	9581898149		
2	C. shravani	8328072717	BSc (H.S.C) 2 nd year	science (Ar)
3	Swathi	9133856876	MSc (Physics)	science.
4	K. Keerthi	8886828090	MSc (Physics)	science.
5	Neha Jabbarum	7997921067	MSc (Physics)	science.
6	Sai chandrasekhar	6300297980	MSc (Physics)	science.
7	K. Swapna	6301033636	MSc (Physics)	science.
8	G. panchakshela	9121154687	MSc (Physics)	science
9	Ch. Lavanya	910055024	B.Com (CA) 2 nd year	Science. Commerce
10	M. priya	9666121974	BSc (H.P.C) 3 rd year	science (B.M)
11	V. Anuradha	7036417134	BSc (H.P.C) 3 rd year	Science (B.M)
12	P. Akshitha	9703422856	BSc (H.P.C) 3 rd year	science (B.M)
13	C. Akshaya	9963563003	BSc (H.P.C) 3 rd year	Science (D.S)
14	K. Abhisma	9394021492	BSc (H.P.C) 3 rd year	science.
15	K. Amrutha	9963563003	BSc (H.P.C) 3 rd year	science.
16	J. Sneha	8721804441	BSc (H.P.C) 3 rd year	science (Ar)
17	Ch. Akshaya	9441715165	BSc (H.P.C) 3 rd year	Science (Ar)
18	B. Sai Keerthana	8492043501	BSc (H.P.C) 3 rd year	Science (Ar)
19	J. Dayanika	9866003502	BSc (H.P.C) 3 rd year	Science (Ar)
20	G. shravani	7075023639	BSc (M.B.B.T) 3 rd year	science (Ar)
21	M. Akshaya	7075005597	BSc (M.B.B.T) 3 rd year	science (Ar)
22	R. Sanitha	9866365022	MSc (Botany)	science (Ar)
		6303507381	3 rd year - Reg	science (Ar)

S.No	Name	phone number	year and group	Arts/science/ commerce
23.	Ambika madhu shalini	9490236627	Bsc (CBCS) 3 rd year	science
24.	vijaya laxmi	9640920332	Bsc (CBCS) 3 rd year	science
25.	A. laxmi prasanna	6305672973	post graduate 1 st year	science [Msc - Botany] (DS)
26.	A.Sman Narsaha	9885400363	P.G 1 st year	science [M-sc physics]
27.	R. shravani	9000512672	Msc (zoology)	Digital Marketing (Science)
28.	P. Moonika	6304662275	Msc (zoology)	Science (digital marketing).


Principal (PAC)
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