



**B.V. Patel Institute of Management,  
Uka Tarsadia University**



**Date: 16/07/2019**

**Session on Goal Setting**

B.V. Patel Institute of Management has organized a session on Goal Setting for 100 students first year BBA on 16<sup>th</sup> July 2019. The session conducted by Ms. Nimisha Jariwala, Ms. Vaishali Pillai, Dr. Taral Patel and Dr. Manisha Surti.



**Goal = Ambition + Action plan + Target Date**

The session carried the importance of goal setting and its utilization in personal as well as in professional life. Points that covered during session were as follows.

- Goals gives you focus.
- Goals allow you to measure progress.
- Increases sense of direction.
- Goal gives you motivation.

Also the session carried the importance of SMART goals. Say for S - Special means. What details do you want to accomplish? M – Measurable All goals should have a way to evaluate whether or not there were accomplished. A – Attainable Goal must be something you are capable of reaching. R – Realistic Make goal that is important to you and your lifestyle. T – Timely Make sure that you have a time set as a “dead o line” so your goal is not unending.