



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University,
Kottayam)

1. Title of the program : Workshop: "Unlocking Your Potential - The Power of Goal Setting"

2. Name of the Coordinator/s : Dr. Neelima C A

3. Organizing Department/Cell : Department of Mathematics

4. Date : 18th March 2023

5. Number of participants: 28

6. Venue: Seminar Hall, SNM College

7. Resource Person/s : Dr. Swapnesh, an Assistant Professor in the Department of Mechanical Engineering at Rajiv Gandhi Institute of Technology, Pambadi Kottayam

8. Objective of the Program :

Organized with the aim of providing students with guidance and strategies to achieve their goals effectively. The workshop aimed to help students who already had goals but lacked proper methods and strategies, as well as those who didn't have clear goals.

9. Detailed description of the event:

The workshop took place on 18th March 2023 at the seminar hall. Dr. Swapnesh, an Assistant Professor in the Department of Mechanical Engineering at Rajiv Gandhi Institute of Technology, Pambadi Kottayam, served as the resource person for the workshop.

During the workshop, Dr. Swapnesh shared insights and guidance on setting and achieving goals. He began by highlighting the importance of having clear goals in personal and professional life. Dr. Swapnesh then introduced various strategies and methods to effectively set and pursue goals. He provided real-life examples to motivate and inspire the students, illustrating how goal setting can lead to remarkable achievements.

10. Outcome of the event/Evaluation by Program Coordinator:

The workshop helped students gain a clearer understanding of the importance of setting goals and the role it plays in personal and professional growth. Students who already had goals but lacked proper strategies learned valuable techniques to refine their goals and make progress towards them. Dr. Swapnesh's guidance and real-life examples served as a catalyst for change, motivating students to unlock their potential and take proactive steps towards their aspirations. The workshop empowered students to recognize their capabilities and work towards achieving their goals. The workshop had a transformative effect on the mindset of the students. It shifted their perspective, instilling a growth mindset and encouraging them to embrace challenges and persevere in the pursuit of their goals. The workshop acted as a catalyst for self-belief and

determination. Students gained practical strategies and methods to effectively set goals, develop action plans, and overcome obstacles along the way. The workshop equipped them with the tools necessary to create a roadmap towards success

The Department of Mathematics successfully organized the workshop "Unlocking Your Potential - The Power of Goal Setting," providing students with valuable guidance and strategies to achieve their goals effectively. The department expresses gratitude to Dr. Swapnesh for sharing his knowledge and experiences. The workshop proved to be a mind-changing experience for the students, fostering self-belief, and equipping them with practical strategies to unlock their potential and achieve their goals.

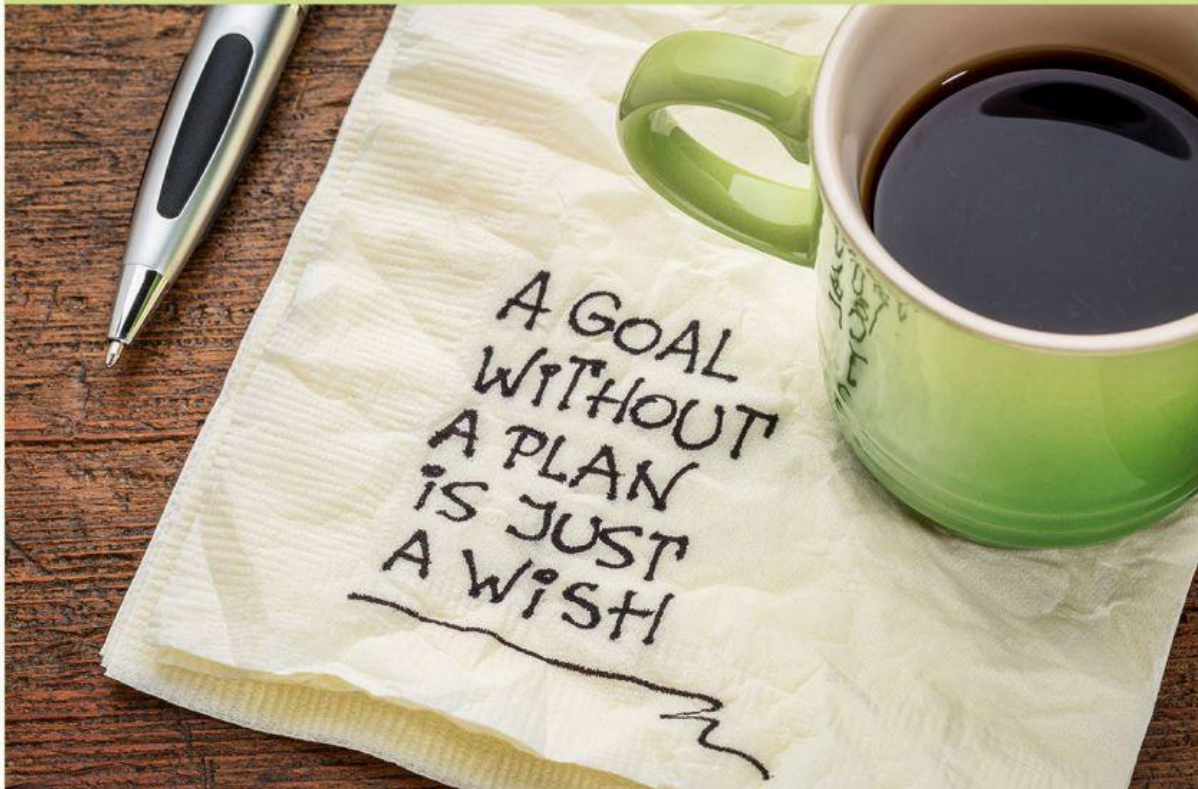
DEPARTMENT OF MATHEMATICS

SNM COLLEGE MALIANKARA

Organises a Workshop

ON

Unlocking your potential
The power of goal setting



Resource Person
Dr. Swapnesh S
Assistant Professor
Dept. of Mechanical Engineering
Rajiv Gandhi Institute of Technology,
Pampady, Kottayam

18th March, 2023

10:30 AM

@

Seminar Hall

12. Photos





13. List of participants

Department of Mathematics
SNM College Maliankara
List of Participants

Name of Programme : *Unlocking your potential - The power of goal setting*
Date : *18/3/23*
Venue : *Seminar Hall*

Sl No.	Reg. No./ Ad. No.	Name	Signature
1	220346	Aiswarya Saji	
2	220332	Amritha Sheejan	<i>Amritha Sheejan</i>
3	220373	Ashna A	
4	220345	Avani P A	<i>Avani P A</i>
5	220359	Devika P S	<i>Devika P S</i>
6	220339	Gireeshma T M	
7	220331	K R Aswini	<i>K R Aswini</i>
8	220353	Saranya T S	<i>Saranya T S</i>
9	220368	Sivamayi T H	<i>Sivamayi T H</i>
10	220393	Sneha Biju	<i>Sneha Biju</i>

Department of Mathematics
SNM College Maliankara
List of Participants

Name of Programme : *Unlocking your potential - The power of goal setting*
Date : *18/3/23*
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Sl No.	Reg. No./ Ad. No.	Name	Signature
1	220021030426	Abhinanth V S	<i>Abhinanth</i>
2	220021030427	Adithyan A R	<i>Adithyan</i>
3	220021030428	Akshay P R	<i>Akshay</i>
4	220021030429	Akshay P. S	<i>Akshay</i>
5	220021030430	Ananyaa M	<i>Ananyaa</i>
6	220021030431	Anjulakshmi V S	<i>Anjulakshmi</i>
7	220021030432	Athmana M S	<i>Athmana</i>
8	220021030433	Charutha Chandran K C	<i>Charutha</i>
9	220021030434	Deepthi .K .H .	<i>Deepthi</i>
10	220021030435	Devinandana M S	<i>Devinandana</i>
11	220021030436	Jiffna Mary	<i>Jiffna</i>
12	220021030437	Lakshmi Theertha Deepu	<i>Lakshmi</i>
13	220021030438	Nandana.K.S	<i>Nandana</i>
14	220021030439	Navya K A	<i>Navya</i>
15	220021030440	Pavithra E A	<i>Pavithra</i>
16	220021030441	Prathyu Prathap	<i>Prathyu</i>
17	220021030442	Rahul. M. R	<i>Rahul</i>
18	220021030443	Saniya Abraham	<i>Saniya</i>
19	220021030444	Shamal P M	<i>Shamal</i>
20	220021030445	Vaishnav V.V	<i>Vaishnav</i>
21	220021030446	Yadhubal B	<i>Yadhubal</i>

