



"ज्ञान, विज्ञान आणि सुसंस्कार यांचाही शिक्षण प्रसार" - शिक्षणमहर्षी डॉ. बापूजी साठुंबे  
Shri Swami Vivekanand Shikshan Sanstha, Kolhapur.

# VIVEKANAND COLLEGE, KOLHAPUR

(An Empowered Autonomous Institute)

Affiliated to Shivaji University

NAAC Reaccredited "A+" CGPA 3.29 | College with Potential for excellence | ISO 9001:2015

## Department of Management Studies



Ref.No:

Date: 27/11/24

### Notice

This is to inform you that a Workshop has been scheduled for the 1<sup>st</sup> Year students of MBA. The details are as follows:

- **Day and Date:** Saturday, 30 November 2024
- **Time:** 11.00 Am
- **Venue:** Room No. 509
- **Topic/Theme:** Goal Setting
- **Resource Person/Company:** Dr, LeeAna Sane

Attendance is mandatory for all students of 1st Year MBA. Ensure that you report on time.



*Vijetha*  
Mr. Viraj V. Jadhav  
**HEAD**  
DEPARTMENT OF M. B. A.  
VIVEKANAND COLLEGE, KOLHAPUR  
(EMPOWERED AUTONOMOUS)

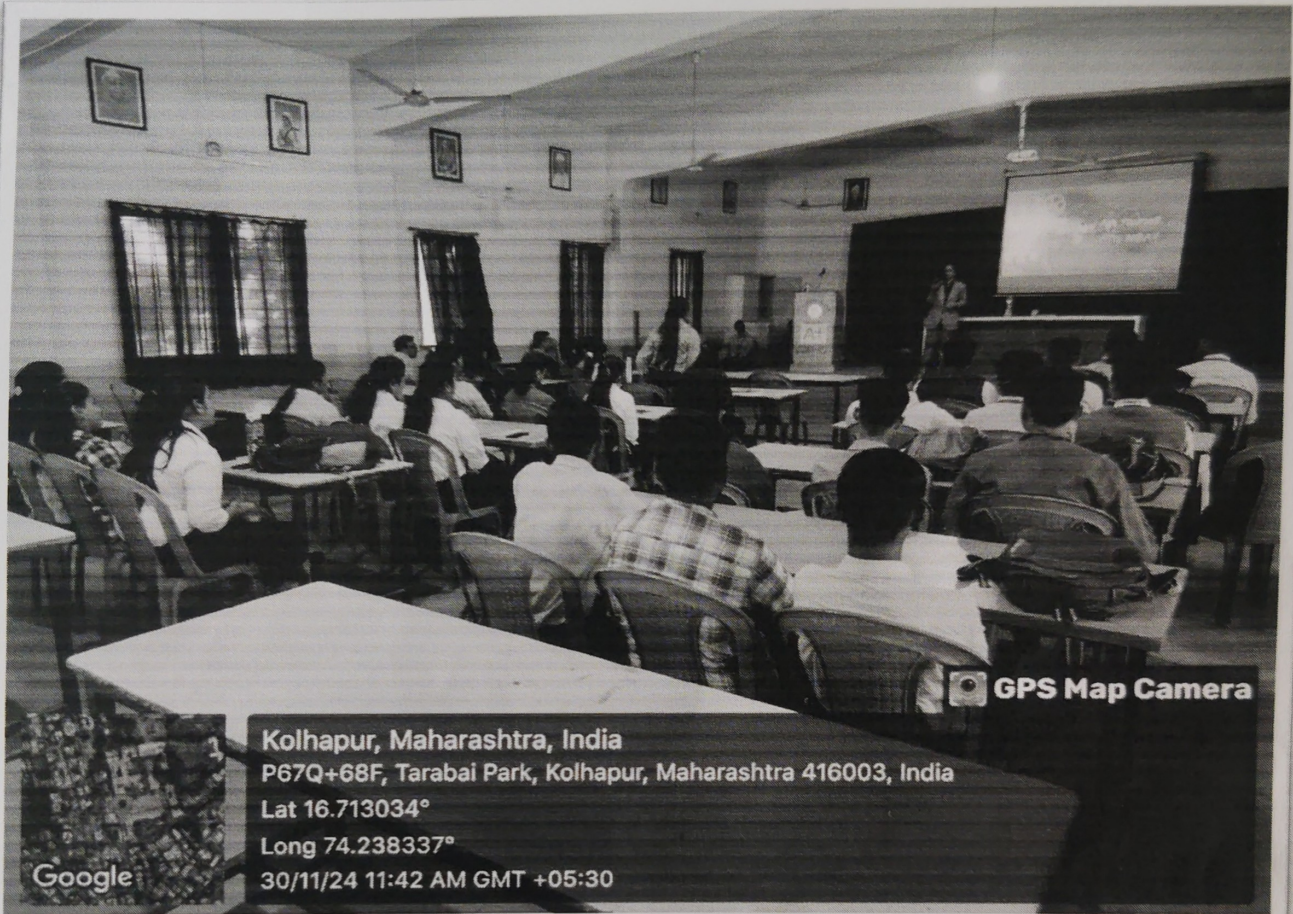


# One Day Workshop on “Goal Setting” by Dr. LeeAna Sane

Date: 30th November 2024

Speaker: Dr. LeeAna Sane

Audience: MBA Students



A one-day workshop on Goal Setting was organized on 30th November 2024 for MBA students. The session was conducted by Dr. LeeAna Sane, a renowned motivational speaker and personal development coach. The objective of the workshop was to provide students with practical strategies for setting and achieving goals in personal and professional life. Dr. Sane began by stressing the importance of clarity and direction. She explained that goals give purpose and focus, distinguishing between vague dreams and structured objectives. She introduced the SMART framework—Specific, Measurable, Achievable, Relevant, and Time-bound—and guided students to reframe general aspirations into concrete, actionable goals. The session also addressed the psychological aspects of goal setting, including visualization, affirmations, and self-discipline. Dr. Sane encouraged students to break long-term goals into smaller milestones and shared tips such as journaling progress, setting daily priorities, and overcoming procrastination. The workshop was interactive, with students participating in activities and discussions. Dr. Sane highlighted the importance of intrinsic motivation, resilience, and adaptability in achieving success. The session concluded with a Q&A, after which students expressed that the workshop was inspiring and practical. Overall, it equipped them with valuable tools and renewed confidence to pursue their goals effectively.



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Event Workshop on  
Goal setting

Date- 30/11/2024

Roll No	Student Name	Sign
1	Prasanna Prashant Mule	<u>Pmule</u>
2	Pranav Jeevan Mane	<u>Pjmane</u>
3	Siddhesh Mahesh Chavan	<u>Siddhesh Chavan</u>
4	Roshan Ramesh Name	<u>Roshan</u>
5	Samiksha Anil Chavan	<u>Samiksha</u>
6	Pooja Pandit Gutar	<u>Pooja</u>
7	Swati Sanjay Chougule	<u>Swati</u>
8	Amrutesh Prakash Timgude	<u>Amrutesh</u>
9	Pallavi Phanaaji Desai	<u>Pallavi</u>
10	Snehal Vijaykumar Patil	<u>Snehal</u>
11	Kooshal Kiran Mohite	<u>Kooshal</u>
12	Gwagnil Baban Patil	<u>Gwagnil</u>
13	Onkar Ramchandra Tekondkar	<u>Onkar</u>
14	Pranav Umesh Misal	<u>Pmisal</u>
15	Prasad Satish Sutar	<u>Prasad</u>
16	Purnu Jeevan Mane	<u>Purnu</u>
17	Yash Sandip Patil	<u>Yash</u>
18	Sudesh Kiran Dhure	<u>Sudesh</u>
19	Sayali Sanjay Patil	<u>Sayali</u>
20	Prachi Nikin Patil	<u>PNPatil</u>
21	Ujjwala M. Chougule	<u>Ujjwala</u>
22	Pavitra D. Shingade	<u>Pavitra</u>
23	Kunal Kiran Bhosale	<u>Kunal</u>
24	Seushti Patil	<u>Seushti</u>
25	Rutuja Mali	<u>Rutuja</u>
26	Manojima Powar	<u>Manojima</u>
27	Eupom Gidd	<u>Eupom</u>
28	Sandip Hogale	<u>Sandip</u>
29	Prasad Chavan	<u>Prasad</u>
30	Aditya Rajan Satkapat	<u>Aditya</u>
31	Jyoti Sanjay Satwekar	<u>Jyoti</u>
32		
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