

CIRCULAR

Ref. No:AJU/SCOM/2022/125/

Date: 26.11.2022

This is to inform students of MBA semester I (2022-2024) that the IQA Cell is organizing a workshop on goal setting by Ms. Reeba Kapoor.

The workshop begins on the 28th November 2022, 9:00AM. Do reach the venue on time and maintain the decorum.

The poster and the brochure for the programme is attached here with.



Dr. Urvashi Thakur
Program Coordinator I/C
MBA



Dr. Praveen Kumar
Dean I/C
School of Commerce & Management

Copy to

Office of the Registrar
DSW and Campus Director
Class Coordinators
In charge website
Office Record
Student Whats App group

Report on–Workshop on Goal Setting by Ms. Reeba Kapoor
Held on –28.11.2022 & 29.11.2022

Date of Event	28.11.2022 & 29.11.2022
Name of the Event	Workshop On Goal Setting
Type of the Event	Non Academic Event (Life Skill Development)
Conducted by	IQAC in association with Department of MBA
No. of Participant	40
Guest Speaker	Ms. Reeba Kapoor is a brain coach, entrepreneur and a motivational speaker.
Faculty Co-Ordinator	Dr. Sonal Shrivastava

1.OBJECTIVE: To train the first year students in concepts as goal setting, personality development and Corporate readiness.

DETAILS: A workshop on Goal Setting was conducted for MBA 1st Year students by Ms.Reeba Kapoor. The workshop was organized by IQA Cell and was co-ordinated by Department of MBA. The workshop was organized to groom the first year students to make them corporate ready with employability skills, personality carving, creative carving and more . Around 40 students of MBA 1st year attended the workshop. The students were highly motivated by attending the workshop. The event was coordinated by Dr. Sonal Shrivastava.

TAKEAWAY (OUTCOMES):. The event was organized to make the participants better learners and they developed an ability to brainstorm and prioritize goals.



Poster of the Event

The poster is for a 'WORKSHOP ON GOAL SETTING' by Reeba Kapoor. It features a blue background with a large white arrow pointing right, containing a black and white photo of Reeba Kapoor. The JGI and ARKA JAIN University logos are in the top left. The text 'WORKSHOP ON GOAL SETTING' is in large yellow letters. Below it, 'REEBA KAPOOR' is in white, followed by her credentials: 'DIRECTOR WHATS IN THE NAME BRAIN COACH, TRAINER, MOTIVATIONAL SPEAKER'. It is organized by the IQA CELL. The bottom has a yellow bar with the website 'www.arkajainuniversity.ac.in' and the toll-free number '1800-1200-200'. Decorative white dots are arranged in two horizontal rows on the left side of the poster.

JGI | **ARKA JAIN**
University
Jharkhand

WORKSHOP ON
GOAL SETTING

REEBA KAPOOR
DIRECTOR
WHATS IN THE NAME
BRAIN COACH, TRAINER, MOTIVATIONAL SPEAKER

Organized by IQA CELL

www.arkajainuniversity.ac.in Toll Free : 1800-1200-200

Poster of the Event: Workshop on Goal Setting by Ms. Reeba Kapoor

Photos of the Event



Photo of the Event: Workshop on Goal Setting by Ms. Reeba Kapoor

Brochure of the Event



WORKSHOP ON GOAL SETTING

Ms. Reeba Kapoor

ARKA JAIN University has always been at the forefront in the context of catering to the requirements of the students. The university understands well that the first-year students need to be handled in a different manner and it requires an altogether unique approach while making them a part of the University set-up. In this regard, the induction programme was the first step. Further, a unique two-day training programme is being organized in association with a domain expert who would train the young minds in such concepts as goal setting, personality development, ice breaking, and other related concepts which should be essentially dealt with as far as grooming first-year students is concerned. It is expected that the participants of this training programme would make the most of it and come out as better learners once it is over.



About the Trainer: Ms Reeba Kapoor Director- Whats in the name - A Brain Coach. Reeba is a successful Entrepreneur, Coach and a Motivational Speaker. She has a genuine passion for coaching and that's what makes her a thorough and passionate coach. Over fifteen years of experience of working with FTSE 100 companies in India and UK, people, teams and consistently adding value through personal coaching and training. She lives to coach and develop the right content. She has a strong background in sales, recruitment and training within Education, Financial services, Oil and Gas, Pharmaceutical, IT, Manufacturing, Automobile, FMCG, Telecom and Utilities arena. She is a well-researched, methodical and an unconventional thinker who is passionate about working with people, teams, and companies to help them reach their goals through training.



Educational Workshops conducted by Reeba Kapoor Consulting include Corporate Readiness Programs - Employability Skills - Language Orientation - Personality Carving - Creative Carving and more.

Details of the two-day Training Programme

Day 1 - 6 Hours – Hands-on methodology, activity-based, ppt, games, and videos.

- Ice Breaking Activity
- Goal Setting with a purpose and realist framework - Activity-based
- Creative and critical thinking skills for a brighter future - Activity-based
- Crave your niche - to be able to stand out - Activity-based
- Assertive / Articulation and Presentation Skills - To hold your ground in college and outside - Activity-based - Small assignment

Day 2 - 6 Hours

- Opening the day with the assignment given on day 1
- Productivity and Time Management - to use time and energy at their best - Activity-based
- Whole Brain Strategy and concept for more success in college and outside - Activity-based
- Self-motivation | Discipline, and Focus - Activity-based
- Executive presence, body language, and grooming for ultimate winning innings - Activity-based



Attendance Sheet:

<div style="display: flex; align-items: center; justify-content: center;"> <div> ARKA JAIN University <small>Jharkhand</small> </div> </div>				
School of Commerce and Management				
Department of MBA				
Semester – I (2022-24)				
Attendance Sheet of Workshop on Goal Setting by Ms. Reeba Kapoor				
SL.NO.	ENROLLMENT NO.	STUDENT NAME	SIGNATURE(Morning Session)	SIGNATURE(Afternoon Session)
1	AJU/221331	ADAPA BHARGAVI	Adapa Bhargavi	Adapa Bhargavi
2	AJU/221594	AKASH KUMAR JAISWAL	Akash Kumar Jaiswal	
3	AJU/221892	SHUBHAM SAGAR KUJUR		
4	AJU/220060	SOURAV GHOSHAL	Sourav Ghoshal	Sourav Ghoshal
5	AJU/221659	DOLLY SHARMA	Dolly Sharma	Dolly Sharma
6	AJU/221776	ROHIT KUMAR	Rohit Kumar	
7	AJU/220130	UMAR FAROOQUE	Umar Farooque	Umar Farooque
8	AJU/221684	RIYA KUMARI		
9	AJU/220190	MAYANK RAJ	Mayank Raj	Mayank Raj
10	AJU/221651	FARAH AFREEN		
11	AJU/221225	AMIT KUMAR SAH	Amit Kumar Sah	
12	AJU/221560	RIMPI DAS	Rimpi Das	
13	AJU/221563	KHUSHBU KUMARI	Khushbu Kumari	
14	AJU/220356	PUJA KUMARI	Puja Kumari	Puja Kumari
15	AJU/220974	SAKLEN MUSTAK	Saklen Mustak	Saklen Mustak
16	AJU/221704	RIYA DAN	Riya Dan	Riya Dan

SL.NO.	ENROLLMENT NO.	STUDENT NAME	SIGNATURE(Morning Session)	SIGNATURE(Afternoon Session)
17	AJU/222008	ABHISHEK MANDAL	Abhishek Mandal	Abhishek Mandal
18	AJU/220230	NAMAN BAGE	Naman Bage	Naman Bage
19	AJU/221680	SHUMAILA ANAM ASHRAF	Shumaila Ashraf	Shumaila Ashraf
20	AJU/221660	SMITA KUMARI	Smita Kumari	Smita Kumari
21	AJU/220103	PRITY KUMARI	Prity Kumari	Prity Kumari
22	AJU/220515	ZEENAT SHABRIN	Zeena Shabrin	Zeena Shabrin
23	AJU/220374	SAFIA QAMER	Safia Qamer	Safia Qamer
24	AJU/221821	SHARON KERKETTA	Sharon Kerketta	
25	AJU/221833	AMISHA KUMARI	Amisha Kumari	
26	AJU/221967	ROBIN DAS	Robin Das	Robin Das
27	AJU/221790	DIMPLE AGARWAL	Dimple Agarwal	
28	AJU/221927	JONSON EKKA	Jonson Ekka	Jonson Ekka
29	AJU/221599	MANPREET KAUR	Manpreet Kaur	Manpreet Kaur
30	AJU/220388	SNEHA SHARMA		
31	AJU/220281	MEGHA SENGUPTA	Megha Sengupta	
32	AJU/221526	BRIGHT BANSRIYAR	Bright Bansriyar	Bright Bansriyar
33	AJU/221573	PAWAN KUMAR	Pawan Kumar	Pawan Kumar
34	AJU/221408	SANIA ARSHAD		
35	AJU/221507	SATYA NARAYAN SHAW	Satya Narayan Shaw	Satya Narayan Shaw
36	AJU/221600	SHWETA KHANDELWAL	Shweta Khandelwal	Shweta Khandelwal
37	AJU/220195	PAYEL DUTTA	Payel Dutta	Payel Dutta
38	AJU/221548	AMAN PANDEY		
39	AJU/221405	NABEEL AHMED	Nabeel Ahmed	Nabeel Ahmed
40	AJU/221808	ANKIT MAJUMDAR	Ankit Majumdar	

SL.NO.	ENROLLMENT NO.	STUDENT NAME	SIGNATURE(Morning Session)	SIGNATURE(Afternoon Session)
41	AJU/220712	SUMIT SAGAR	Sumit Sagar	Sumit Sagar
42	AJU/220590	APRAJITA		
43	AJU/220253	AFTAB KHAN	Aftab Khan	Aftab Khan
44	AJU/220254	FARHEEN BEGUM	Farheen Begum	Farheen Begum
45	AJU/220145	MAHIMA KUMARI		
46	AJU/220038	ANURAG ATUL SRIVASTAVA		
47	AJU/220253	AFTAB KHAN		
48	AJU/220254	FARHEEN BEGUM		
49	AJU/220145	MAHIMA KUMARI	Mahima Kumari	
50	AJU/220038	ANURAG ATUL SRIVASTAVA	Anurag	


 Signature of Event Coordinators


 Signature of HoD

Feedback Form 2022-23 School of Commerce and Management

MBA

Year/Section	2022	Academic Year	2022-2023
Name of the Guests	Ms. Reeba Kapoor	2022	

Feedback Form on Guest Lecture Sessions – 20 22
 School of Commerce and management
 Program MBA

Year / Section	2022 - 24	Academic Year	2022 - 24
Name of the Guest	REEBA KAPOOR	Date of the Lecture	28 th - 29 th Nov.
Topic of the lecture	Goal Setting.	Duration	2 days

Sl. No	Description	Excellent	Good	Average	Poor
1	The instructor explained the topic clearly and used relevant examples	✓			
2	The lecture was interactive and felt engaged		✓		
3	Speaker positively influenced my view towards the topic	✓			
4	In future, I would like to attend the lectures from the speaker	✓			

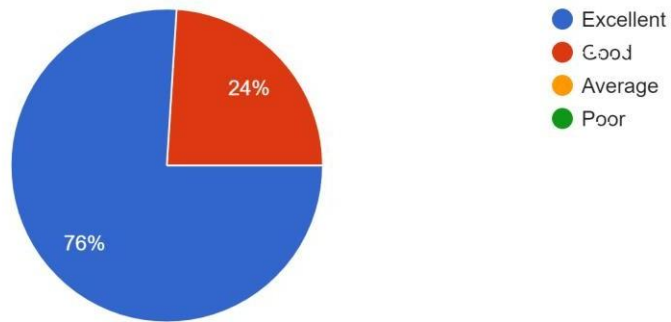
Mention few points you have learnt from the lecture

focus on goals.
 Smart goals
 SWOT Analysis
 personality Traits.
 Self Motivation.
 Communication Skills.
 public Speaking.

Feedback Analysis:-

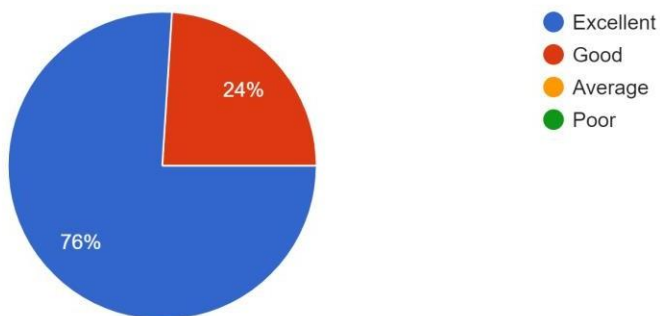
The instructor explained the topic clearly and used relevant examples.

25 responses



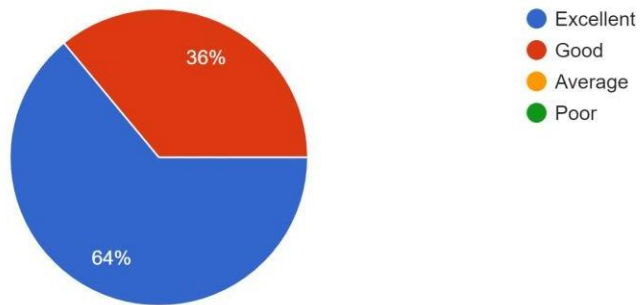
The lecture was interactive and felt engaged.

25 responses



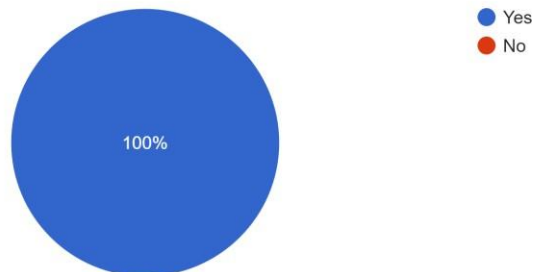
Speaker positively influenced my view towards the topic.

25 responses



In future , I would like to attend the lectures from the speaker.

25 responses



Media Coverage

अरका जैन विश्वविद्यालय : लक्ष्य निर्धारण पर कार्यशाला का आयोजन

जमशेदपुर, 29 नवंबर (रिपोर्टर) : छात्रों की आवश्यकताओं को पूरा करने के संदर्भ में अरका जैन विश्वविद्यालय सदैव अग्रणी रहा है। विश्वविद्यालय प्रथम वर्ष के छात्रों को लिए एक कार्यशाला अरका जैन विश्वविद्यालय के आईक्यू सेल द्वारा 28 नवंबर से 3 दिसंबर तक के लिए आयोजित की गयी है। इस कार्यक्रम की प्रमुख वक्ता रीबा कपूर हैं जो व्हाट्स इन द नेम की डायरेक्टर भी हैं साथ ही ब्रेन कोच रीबा एक सफल एंटरप्रेन्योर, कोच और मोटिवेशनल स्पीकर हैं। उन्हें भारत और यूके में एफटीएसई 100 कंपनियों, लोगों, टीमों के साथ काम करने और व्यक्तिगत कोचिंग और प्रशिक्षण के माध्यम से लगातार मूल्यों को जोड़ने का पंद्रह



वर्षों का अनुभव है। वो लोगो को प्रशिक्षित करने और विकसित करने के लिए सदैव तत्पर रहती हैं।

वह एक अच्छी शोधित, पद्धतिगत और एक अपरंपरागत विचारक हैं साथ ही शिक्षा, वित्तीय सेवाओं, तेल और गैस,

फार्मास्युटिकल, आईटी, विनिर्माण, ऑटोमोबाइल, एफएमसीजी, दूरसंचार और उपयोगिता क्षेत्र में उनकी एक मजबूत पृष्ठभूमि है। उनके प्रशिक्षण के माध्यम से छात्रों को अपने लक्ष्यों तक पहुंचने में मदद मिलेगी।

दो दिवसीय प्रशिक्षण कार्यक्रम का विवरण तथा उद्देश्य रीयलिस्टिक ढांचे के साथ लक्ष्य निर्धारण, ऊर्जवत भविष्य के लिए रचनात्मक और विचारात्मक कौशल, अपनी जगह बनाने की लालसा – अलग दिखने में सक्षम होने के लिए – गतिविधि-आधारित अभिव्यक्ति और प्रस्तुति कौशल जैसे कई विषयों पर आधारित थी। इस कार्यशाला में उपस्थित सभी छात्रों ने इस कार्यशाला के प्रति अपनी दिलचस्पी दिखाई।