



**SCHOOL OF HUMANITIES**  
**DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION**

**Ref. JMC /workshop/1/140**

**Notice**

**Date: 18-11-2022**

It is for information to all the **1<sup>st</sup> semester** students (**batch 2022**) of the department and the concerned faculty members that the **IQA Cell** of the university shall conduct two day workshop on goal setting and soft skill development training session for School of Humanities, on **25<sup>th</sup> and 26<sup>th</sup> Nov 2022**, from **8.30am** onwards at auditorium hall. Hence, registered students and concerned faculty members are advised to attend the session on time.

**Guest trainer of the workshop: Amreen Luthra**

**Copy To:**

- PS to hon'ble Vice Chancellor
- PS to hon'ble Director
- PS to hon'ble Director cum Dean, Students' Welfare
- Academic Coordinator
- All concerned Faculty/ Mentor
- AJU website
- Office file
- Notice board
- ERP coordinator
- Students group (Email/WhatsApp)

**Dr. Rahul Amin**  
**Programme Coordinator (JMC)**  
**School of Humanities**



**Report on- Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai**  
**Held on: 25.11.2022 - 26.11.2022**

<b>Date of Event</b>	25.11.2022 - 26.11.2022
<b>Name of Event</b>	Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai
<b>Type of the event</b>	Skill Development Program, Participative learning
<b>Conducted by</b>	School of Humanities(JMC, Eng & FD) and Department of B.COM
<b>No. of Participants</b>	65

**OBJECTIVE:** The objective of this workshop was to groom the first-year students. To provide goal setting, Personal Development training that aimed at fostering individuals with the effective skills imperative for continuous growth. To train students understanding the need for skill development for personal growth.

**DETAILS:** Arka Jain University organised two-day workshop on goal setting in association with a domain expert Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai. The workshop was organized by the Internal Quality Assurance Cell of the University. During the workshop, Amreen Luthra illustrated the basics related to goal setting meant for first-year students.

Under this workshop on goal setting, personal development training was given to the first semester students that aimed at fostering individuals with the effective skills imperative for continuous growth.

On the first day of training programme, topics such as finding one's strengths & weaknesses, find your Persona; Personality, develop self-esteem & positive personality, get out of your Fear, Set Realistic Deadlines, four P's of goal setting, Improving motivation, wise time management etc. were effectively covered.

On the second day of training programme, topics on communication skills such as effective communication, communication model, the art of body-language, make a great first impression, the power of public speaking. Topics on confidence building such as ways to build confidence, different types of confidence building etc. were also covered.

Students had a positive impression of the workshop. The workshop was productive for all the students who attended the workshop.

**OUTCOMES:** It was an enriching experience for the first-year students. It helped students to become open minded with strong mentality, develop various tactics related to Interpersonal communication, have positive body language and build an impressive persona for better future.



The poster features a dark blue background with a faint image of a workshop. On the right side, there is a portrait of Amreen Luthra, a woman with long brown hair wearing a red jacket, resting her chin on her hand. The text is arranged in a clean, modern layout with yellow and white colors.

**JGI** | **ARKA JAIN**  
**University**  
Jharkhand

**WORKSHOP ON**  
**GOAL SETTING**

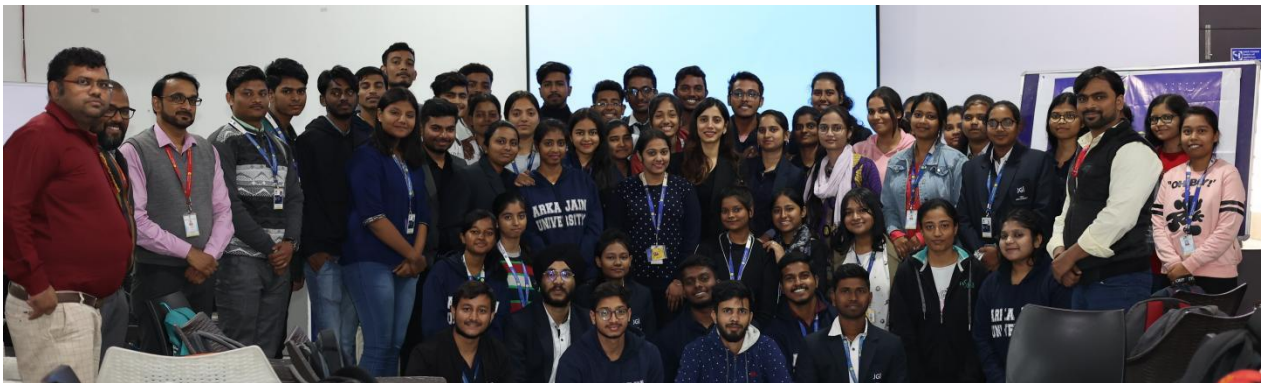
  
**AMREEN LUTHRA**  
FOUNDER & CEO, A.L.T.S  
CERTIFIED LIFE COACH, CORPORATE TRAINER

**Organized by IQA CELL**

[www.arkajainuniversity.ac.in](http://www.arkajainuniversity.ac.in) Toll Free : 1800-1200-200

**Fig.1.1** Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai

## Photos of the Event



**Fig:1.2** Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai



List of participants

Day 1 / Date: 25.11.2022

List of Participants			
Department of Journalism and Mass Communication			
School of Humanities			
Event: Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai			
Date: 25.11.2022			
Sl.no.	Student Name	Enrolment No	Signature
1	PRISHA MISHRA	AJU/221424	Prisha Mishra
2	VISHAKHA PANDEY	AJU/221569	Vishakha Pandey
3	RAHUL DEO MAHATO	AJU/221812	Rahul Deo Mahato
4	PIYUSH PAUL	AJU/221017	Piyush Paul
5	MOUSHMI PODDAR	AJU/220262	Moushmi Poddar
6	S. SNEHA	AJU/220294	Sneha
7	MUSKAN KUMARI	AJU/220045	Muskan
8	SANSKAR PANDEY	AJU/220763	
Signature of Event Coordinator		Signature of HOD	

List of Participants			
Department of Fashion Design			
School of Humanities			
Event: Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai			
Date: 25.11.2022			
Sl.no.	Student Name	Enrolment No	Signature
1	DEEPA SHARMA	AJU/220175	Deepa
2	TARANDEEP KAUR	AJU/220202	Kaur
3	MANISHA ORAON	AJU/220612	Manisha
4	PARWATI THAKUR	AJU/220645	
5	SHRUTI SHARMA	AJU/220691	Shruti
6	PREETI PRADHAN	AJU/221670	Preeti
7	SANA PERWEEN	AJU/221857	Sana
Signature of Event Coordinator		Signature of HOD	

List of Participants			
Department of English			
School of Humanities			
Event: Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai			
Date: 25.11.2022			
Sl.no.	Student Name	Enrolment No	Signature
1	PRERNA SINGH	AJU/220306	Prerna Singh
2	LARAIB ROSHAN	AJU/220365	
3	PRIYA DAS	AJU/220760	Priya
4	SHUBHAM SHARMA	AJU/221155	Shubham
5	SHANVI BABBER	AJU/221702	Shanvi Babber
6	MUSKAN NAG	AJU/221802	Muskan Nag
7	BALAJI NARAYAN	AJU/221807	Balajinarayan
Signature of Event Coordinator		Signature of HOD	

**List of Participants**

Department of B.COM(H)

School of Commerce and Management

Workshop on Goal Setting by Amreen Luthra, Founder &amp; CEO, A.L.T.S, Mumbai

Date: 25.11.2022

Sl.no.	Student Name	Enrolment No	Signature
1	ROSHAN KUMAR	AJU/221069	Roshan
2	NAMIT DAS	AJU/221604	Namit Das
3	DEBDOOT BISWAS	AJU/221605	Debdoot Biswas
4	HARSHIT KATHURIA	AJU/221914	Harshit Kathuria
5	KRISHNA BHARTIA	AJU/221888	Krishna Bhartia
6	VISHAL ANAND	AJU/221822	Vishal Anand
7	TANAY MANDAL	AJU/221709	Tanay Mandal
8	GURPREET SINGH	AJU/221298	Gurpreet Singh
9	KRISHNA KUMAR THAKUR	AJU/221587	Krishna Kumar Thakur
10	MUNGI AKANSHA	AJU/221212	Mungi Akansha
11	NAMRATA SANCHETI	AJU/221402	Namrata Sancheti
12	SHIVANGI GOUTAM	AJU/221837	Shivangi Goutam
13	PRAKRITY SONY	AJU/221182	Prakrity Sony
14	AAKANKSHA KUNDU	AJU/221872	Aakanksha Kundu
15	AKANCHA KUMARI	AJU/221760	Akancha Kumari
16	NAVNEET KAUR	AJU/221811	Navneet Kaur
17	SANA FIRDOUS	AJU/221978	Sana Firdous
18	NAUSHEEN ALI	AJU/221446	Nausheen Ali
19	SAKSHI SAUMYA	AJU/221836	Sakshi Saumya
20	ISHA KUMARI GOPE	AJU/221673	Isha Kumari Gope
21	SATHI ADHIKARY	AJU/221656	Sathi Adhikary
22	LAIBA FATIMA	AJU/221473	Laiba Fatima
23	LOKESH JAIN	AJU/221328	Lokesh Jain
24	ASHISH KUMAR	AJU/221527	Ashish Kumar
25	MD OZAIF ANSARI	AJU/221908	MD Ozaif Ansari
26	SONA KUMARI	AJU/220947	Sona Kumari
27	PRIYA KUMARI	AJU/220290	Priya Kumari
28	SNEHA KUMARI	AJU/220316	Sneha Kumari
29	KHUSHI SHARMA	AJU/222001	Khushi Sharma
30	AKHIL MISHRA	AJU/220724	Akhil Mishra
31	SHIVANSHU	AJU/220967	Shivanshu
32	CHANDAN DAS	AJU/220376	Chandan Das
33	MD AAMIR SOHEL	AJU/220946	MD Aamir Sohel
34	KAJAL KUMARI	AJU/220134	Kajal Kumari
35	SUSHILA GURIA	AJU/220991	Sushila Guria
36	ANUSURYA MAHESH	AJU/220123	Anusurya Mahesh
37	GUPTA JAYJEET MUKESH	AJU/220571	Gupta Jayjeet Mukesh
38	ISHA DAS	AJU/220210	Isha Das
39	TASHFEEN NASIM	AJU/220367	Tashfeen Nasim
40	MAYANK GARG	AJU/220943	Mayank Garg
41	TANISHA CHOUDHARY	AJU/220398	Tanisha Choudhary
42	MEGHA GOSWAMI	AJU/220140	Megha Goswami
43	ARCHANA	AJU/220405	Archana
44	PRIYANKA RAUT	AJU/220999	Priyanka Raut
45	NIMMI KUMARI	AJU/220178	Nimmi Kumari
46	JUHI SONI	AJU/220693	Juhi Soni
47	RAJESH PAL	AJU/220214	Rajesh Pal
48	ANIKET LAHIRI	AJU/220057	Aniket Lahiri
49	AMRIT	AJU/222017	Amrit
50	RASHIKA AGARWAL	AJU/221583	Rashika Agarwal
51	SEJAL KUMARI	AJU/221376	Sejal Kumari
Signature of Event coordinator		Signature of HOD	



**Day 2 / Date: 26.11.2022**

List of Participants			
Department of Journalism and Mass Communication			
School of Humanities			
Event: Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai			
Date: 26.11.2022			
Sl.no.	Student Name	Enrolment No	Signature
1	PRISHA MISHRA	AJU/221424	Prisha Mishra
2	VISHAKHA PANDEY	AJU/221569	Vishakha Pandey
3	RAHUL DEO MAHATO	AJU/221812	Rahul Deo Mahato
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8	SANSKAR PANDEY	AJU/220763	
Signature of Event Coordinator		Signature of HOD	

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Department of Fashion Design			
School of Humanities			
Event: Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai			
Date: 26.11.2022			
Sl.no.	Student Name	Enrolment No	Signature
1	DEEPA SHARMA	AJU/220175	Deepa
2	TARANDEEP KAUR	AJU/220202	Tarandeep
3	MANISHA ORAON	AJU/220612	Manisha
4	PARWATI THAKUR	AJU/220645	
5	SHRUTI SHARMA	AJU/220691	Shruti
6	PREETI PRADHAN	AJU/221670	Preeti
7	SANA PERWEEN	AJU/221857	Sana
Signature of Event Coordinator		Signature of HOD	

List of Participants			
Department of English			
School of Humanities			
Event: Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai			
Date: 26.11.2022			
Sl.no.	Student Name	Enrolment No	Signature
1	PRERNA SINGH	AJU/220306	
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**List of Participants**

**Department of B.COM(H)**

**School of Commerce and Management**

**Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai**

**Date: 26.11.2022**

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19	SAKSHI SAUMYA	AJU/221836	Sakshi Saumya
20	ISHA KUMARI GOPE	AJU/221673	Isha
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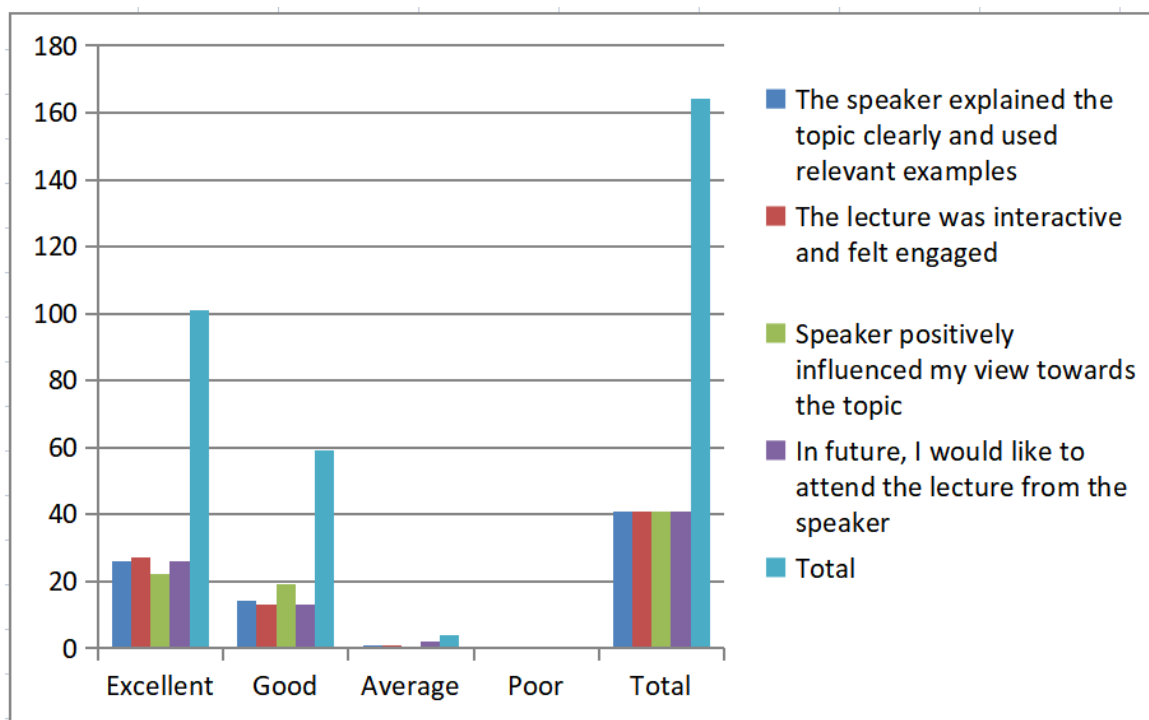
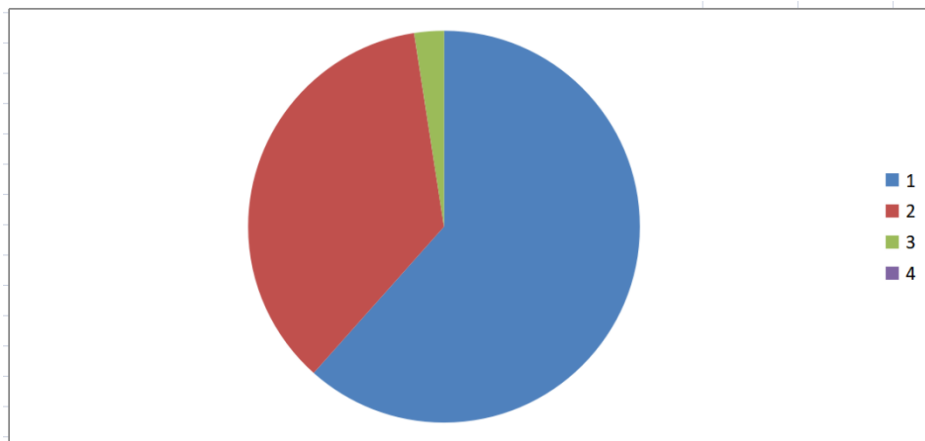
**Feedback Form on** Workshop on Goal Setting by Amreen Luthra, Founder & CEO, A.L.T.S, Mumbai

<b>Year / Section</b>	2022	<b>Academic Year</b>	2022-2023
<b>Name of the Guest</b>	Amreen Luthra	<b>Date of the workshop</b>	25.11.2022- 26.11.2022
<b>Topic of the lecture</b>	Workshop on Goal Setting	<b>Duration</b>	2 days

<b>Sl. No</b>	<b>Description</b>	<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Poor</b>
1	The speaker 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 lecture from the speaker	✓	✓		

### Feedback analysis

Student Feedback Analysis - (Feedback of participants)						
Sl. No.	Description	Excellent	Good	Average	Poor	Total
1	The speaker explained the topic clearly and used relevant examples	26	14	1	0	41
2	The lecture was interactive and felt engaged	27	13	1	0	41
3	Speaker positively influenced my view towards the topic	22	19	0	0	41
4	In future, I would like to attend the lecture from the speaker	26	13	2	0	41
<b>Total</b>		<b>101</b>	<b>59</b>	<b>4</b>	<b>0</b>	<b>164</b>



## Media Coverage

### **अर्का जैन यूनिवर्सिटी में लक्ष्य निर्धारण पर कार्यशाला का आयोजन**

जमशेदपुर, 22 नवम्बर ( रिपोर्टर ) : अर्का जैन यूनिवर्सिटी छात्रों की आवश्यकताओं को पूरा करने में अग्रणी रहा है. यूनिवर्सिटी के प्रथम वर्ष के छात्रों को अद्वितीय दृष्टिकोण की आवश्यकता होती है, इसलिए विश्वविद्यालय के आइक्यूएसी की ओर से लक्ष्य निर्धारण पर 21 से 26 नवम्बर तक कार्यशाला का आयोजन किया गया है.

यूनियन की कार्यशाला में लक्ष्य निर्धारण, व्यक्तिगत विकास, आइस ब्रेकिंग और अन्य संबंधित जानकारी छात्रों के बेहतर भविष्य के लिए दी जाएगी. इस कार्यशाला की मुख्य ट्रेनर अमरीन लुथरा थी जो ए.एल.टी.एस मुंबई की सीईओ और संस्थापक है और उन्होंने एनएमआईएमएस, मुंबई से एमबीए किया है. साथ ही एक प्रमाणित जीवन कोच और कॉर्पोरेट ट्रेनर भी है. इसके अलावा वह उज्ज्वल महिंद्रा फाउंडेशन एनजीओ में मेंटर और कोच हैं. कार्यशाला के प्रथम चरण में छात्रों को माइंडसेट, गोल सेटिंग, गेटिंग थिंग्स डन, कम्युनिकेशन स्किल्स , कॉन्फिडेंट बिल्डिंग की जानकारी दी गई.