



# BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

## Session 2023-24 WORKSHOP REPORT

**EVENT NAME-** Goal Setting

**CLASS, DATE AND DAY-** VII-A (14/10/23) Saturday  
VII-B (16/10/23) Monday

**Objective:**

- To foster self-growth.
- To ignite the power of identifying what you want to achieve.
- To learn and come up with ideas of achieving one's goals.

**Participants:**

- Students of class VII-A (Present- 25 and Absent- 05)
- Students of class VII-B (Present- 26 and Absent- 03)

**Methodology:**

In this workshop, the activities were planned in order to help students learn about how to be more focused with the thinking pattern.

**Brief note about the activity:**

Students got the opportunity to learn how to be more focused and think out of the box i.e focusing on the multiple options.

**Learning Outcomes:**

- Learning how to set SMART goals.
- Understanding the benefits of being focused.
- Learning the ability of being attentive.

**Enclosure:**

- 1.Circular
- 2.Poster
3. Activities done by students



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CBSE AFFILIATION NO. 1730974

## CIRCULAR

### Workshop – Goal Setting – “Set and achieve your dreams”

Class – VII

Dear Parents/Students

Greetings!

"Setting goals is the first step in turning the invisible into the visible". Goal setting is an essential skill for students to develop as it can help in setting up specific, measurable, achievable, relevant, and time-bound goals. BPSG focuses in teaching how students can improve their growth mindset and can gain a deeper understanding of how to set and meet goals.

#### Objectives of the workshop

- Learning how to visualize and illustrate the goals.
- Learning how to progress towards the goal and stay motivated.
- Learning how to prioritize goals.
- Improving time management skills.

**NOTE-** The workshop will be conducted in the regular counselling periods.

*Regards*

*BPSG*

ESTD. 2019





## GOAL SETTING

"SET AND ACHIEVE YOUR DREAM"

**CLASS - VII**

### HIGHLIGHTS OF THE WORKSHOP

- What are goals and why are they important?
- Differentiating between short-term and long-term goals.
- Using imagination to see and feel your goals.
- Strategies to overcome setbacks and challenges.



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