



**Pulla Reddy Institute of Pharmacy**  
**Domadugu(V), Gummadidala(M), SangaReddy Dist, Telangana**

### **Report on Goal settings – 01.08.2023**

A seminar on Goal settings was organized by Pulla Reddy Institute of Pharmacy. **Goal setting** involves the development of an action plan designed in order to motivate and guide a person or group toward a goal. Goals are more deliberate than desires and momentary intentions.

With prior scheduling the event was conducted in the presence of our beloved Principal Sir “ Dr. V. Rama Mohan Gupta and with the kind support of our Chairman garu “Ch. Sathi Reddy” and Director garu, Ch.Aditya Reddy”, seminar on Goal settings was conducted on 01-08-2023 in the college. Guest, K.S.K.Jayadeva Rao has conducted seminar for B.Pharm and Pharm.d and M.Pharm. Students.

Goal setting is **a process that starts with careful consideration of what you want to achieve, and ends with a lot of hard work to actually do it.** In between, there are some very well-defined steps that transcend the specifics of each goal. Knowing these steps will allow you to formulate goals that you can accomplish.

**The methods for effective goal-setting will vary from person to person or team to team, but here are some steps to get you started:**

- Brainstorm actionable objectives. ...
- Identify realistic and specific goals. ...
- Break down goals into smaller steps. ...
- Identify possible obstacles. ...
- Schedule a timeframe.

The Program was carried out successfully with the cooperation of supporting faculty and also by the involvement of all students.

Herewith, we are attaching few photographs of Goal settings.

Interactive session of Guest with students



Group photo of Guest with faculty

