


## NOTICE

**Students**  
(2021-22)

This is to inform all the students that, the Department of Commerce has organized Seminar Series on Understanding Control to set realistic goals on 11th to 16th April 2022. Interested students are hereby requested to attend the same.



  
(Principal)

Date:16-13-12-11-2022

B.Com		B.A.B.Ed	
F.Y. B.Com A		F.Y.B.A.B.Ed A	
F.Y. B.Com B		F.Y.B.A.B.Ed B	
S.Y. B.Com A		S.Y.B.A.B.Ed A	
S.Y. B.Com B		S.Y.B.A.B.Ed B	
T.Y. B.Com A		T.Y.B.A.B.Ed A	
T.Y. B.Com B		T.Y.B.A.B.Ed B	
		4 TH .Y.B.A.B.Ed A	
		4 TH .Y.B.A.B.Ed B	



## ACTIVITY REPORT

Submission Date : 18-04-2022

Course Name : Counselling  
Department Name : Commerce  
Nature of the Activity : Counselling lecture series  
of the Activity : Understanding Control to set realistic goals  
Activity In-Charge : Dr. Ujvala Hanjunker, HOD, Commerce  
Activity Venue : B. Com classes  
Event Date : 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> and 16<sup>th</sup> April 2022

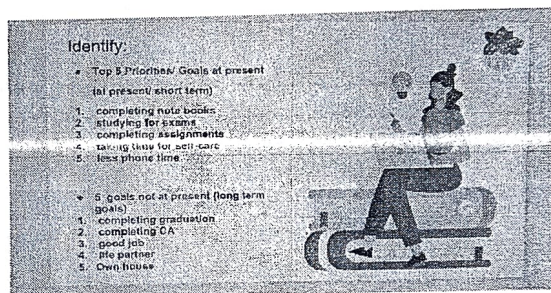
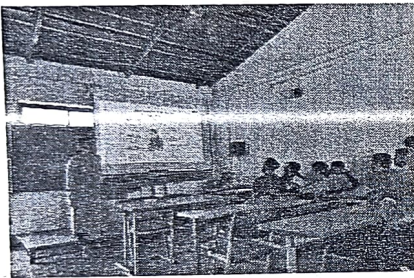
### Resource Person Details

Name

Ms. Shrishti S. Tamankar,  
Counsellor

Organisation

Vidya Prabodhini College, Parvati



### Report

A counselling lecture series was conducted for the B. Com department on the 11th, 12th, 13th and the 16th of April 2022. The topic chosen for the lecture series was **Understanding Control to set realistic goals** which was designed and executed by the resource person Ms. Shrishti S. Tamankar, the college counsellor.

#### Objectives of the lecture series were as follows:

- To help the students identify their short term and long-term priorities/goals followed by students being asked to tell one goal that they have for themselves in both the categories.
- Students were briefed about the circle of control, the circle of influence and the circle of concern. Further motivating the students to identify the factors/situations that are in their direct control, indirect control and out of their control.
- The students were made to come up with their own examples by applying this knowledge in an activity where they were made to draw the circles, name them and write these examples in each circle. More examples were given to the students too.
- This information was further applied to the priorities they had come up with initially in the session. Thus, helping them gain awareness of how they can go about setting realistic & achievable goals for themselves.
- A short reflection was done on control in relationship.

The program was attended by 251 students in total.

The program was organized by Dr. Ujvala Hanjunker, HOD, Commerce.

Dr. Bhushan V. Bhawe  
(PRINCIPAL)



Dr. Ujvala Hanjunker  
(PROGRAMME INCHARGE /HOD, COMMERCE)



## Understanding Control to Set Realistic Goals

