RIMT University
School of Education
Department of Education
Punjab-147301

Event Report

Event Type: Alumni Talk

Topic: "Time Management and Goal Setting for Career Success"

Date: 8th November, 2025

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Ms. Rupinder Kaur (Assistant Professor)
Event Coordinator

Dr. Satish Kumar
(Dean & Principal)

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REPORT

On **8th November 2025**, the Department of Education at **RIMT University** organized an insightful **Alumni Talk** for the students of **1st, 3rd, and 7thsemesters**.The session, conducted in **hybrid mode**, took place in **Lecture Room-01**, Ground Floor, and School of Education.
The guest speaker, **Ms. Sandeep Kaur**, a distinguished alumna from the **2020batch**, currently serving as a **Lecturer at Nagaland**, was invited to share her professional journey and perspectives on the topic "Time Management and Goal Setting for Career Success."

Session Highlights:

- **Ms. Sandeep Kaur** began the session by reflecting on her academic journey at RIMT University and how it laid the foundation for her professional career.
- She explored goal setting for career success because it increase productivity reduced stress and lead to a better work-life balance. While effective time management ensure you have a plan to achieve them leading to higher target.
- A significant part of the session focused on real-world challenges faced during internships, such as:
  - ✓ Balancing theoretical knowledge with practical application
  - ✓ Handling critical work place culture
  - ✓ Dealing with equipment handling during internship
  - ✓ Importance of communication and team work in institutions
- She provided valuable tips and strategies for excelling during internship, emphasizing the need for continuous learning, confidence, and professional ethics.
- Students from all three semesters actively participated in the interactive Q&A session, asking questions about career paths, certifications and guidance skills.

Conclusion:

The session was highly engaging and informative, offering students a deeper understanding of the teaching profession and preparing them for upcoming internships and career opportunities. It also strengthened the alumni-student connection, fostering culture of mentorship and continuous learning. The event concluded with a vote of thanks by the faculty Dr. Sarita Sharma, appreciating Ms. Sandeep kaur’s efforts and encouraging students to stay updated and passionate about their field.

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Student Attendance

ALUMNI TALK

RIMT UNIVERSITY

DATE:- 8th Nov 2025

Expert:- Ms. Sandeep kaur (PGT Chemistry)

Sr. No	Student Name	Class	Signature of Students
1	Ramandeep kaur	B.Ed (III rd Sem)	Ramandeep Kaur
2.	Softy	B.Ed (III rd Sem)	Softy
3.	Anu Salodia	B.Ed (III rd Sem)	
4.	Ravneet Kaur	B.Ed. (III rd Sem)	
5.	Arshdeep kaur	B.Ed [III rd Sem]	
6.	Kulwant Kaur	B.Ed (III rd Sem	
7.	Sandeep Kaur	B.Ed (III rd Sem	S Kaur
8.	Sukhwinder kaur	B.Ed (III rd Sem)	
9.	Amandeep kaur	B.Ed (III rd Sem)	
10.	Priya	B.ED [III rd Sem]	
11.	Mandeep kaur	B.ED [III rd Sem]	
12.	Amanpreet kaur	B.ED [III rd Sem]	
13.	Rajdeep kaur	B.ED (III rd Sem	
14.	Harjeet kaur	B.ED (III rd Sem)	Harjeet kaur
15.	Tamanna	B.Ed III rd Sem	
16	Kamalpreet kaur	B.Ed (3rd Sem)	Kamalpreet kaur
17	Mamta	B.Ed (3rd sem)	Mamta
18	Gurpreet Parsad	B.Ed (3rd sem)	Gurpreet Parsad
19	Sanjana	B.Ed. (3rd Sem)	Sanjana
20	Kiranpreet Kaur	B.Ed C 3rd Sem)	Kiranpreet kaur
21	Kawaljeet Kaur	B.Ed (3rd Sem)	Kawaljeet Kaur
25	Amandeep kaur	B.ED (Ist) Sem	
26	Navinder kaur	B.ED 1st	Navinder kaur
27	Jaspreet	B.ED (1st	Jaspreet kaur
28	Pinky	B.Ed 1st	Pinky
29.	Simranpreet k	B.Ed Ist	Simranpreet kaur
30.	Amanpreet kaur	B.Ed 1st	Amanpreet kaur
31	Baby	B.ED 1st	Baby
32	Harsimrandeep kaur	B.ED (1st	Harsimrandeep kaur
33	Manveer kaur	B.ED 1st	Manveer kaur
34.	Kulwinder k	B.ED 1st	Kulwinder

ALUMNI TALK

RIMT UNIVERSITY

DATE:- 8th Nov 2025

Expert:- Ms. Sandeep kaur (PGT Chemistry)

Sr. No	Student Name	Class	Signature of Students
1	Harmanpreet Kaur	BA+B.ED [7th Sem]	Harmanpreet k
2	Harpreet Kaur	BA-B.ED [7th Sem]	Harpreet Kaur
3	Kalpna	BSC-B.ed (7th)	Kalpna
4.	Simranjit kaur	BA+B.ed (7th)	Simranjit kaur
5.	Jasneel kaur	BA+B.ed (7th)	Jasneel Kaur
6.	Mandeep Kaur	BA.BED (7th)	Mandeep Kaur
7.	Babita	BA-BED (7th	Babita
8.	Kirandeep Kaur	BA-BEd (7th)	Kirandeep Kaur
9.	Roohi Handa	BSC-BED (7th)	Roohi handa
10.	Nagita	BA-BEd (7th)	Nagita
11	Shilpa Puri	22-BA-BED (7th)	Shilpa Puri
12	Sukhden	BA-BED (7th)	[illegible]
13.	Navjot Kaur	BA.B.Ed (1st	Navjot Kaur
14.	Amanpreet kaur	B.A.B.ED (1st)	Amanpreet kaur
15	Sukhdeep Kaur	B.A. BED (1st)	Sukhdeep Kaur
16	Amritpal kaur	BA.B.Ed (1st)	Amritpal kaur
17	Simranjot kaur	BAB.Ed (1st)	Simranjot kaur
18	Bhawna	BA.B.ED (1st)	Bhawna
19	Gagandeep kaur	BA.BEd (1st)	Gagandeep kaur
20	Alka Rani	BA.BEd (1st)	Alka Rani
21	Navjot Kaur	BA.BEd (1st)	Navjot Kaur
22	Parvjot Kaur	BA.BED (1st)	Parvjot kaur
23	Gagandeep kaur	BA.BEd (1st)	Gagandeep kaur
25	Pallvi	B.A.B.ED (1st)	Pallvi
26	Harmoon kaur	B.ABED (1st)	Harmoon kaur
27	Anjali	B.A.B.ED (1st)	Anjali
28	Sandeep kaur	B.A.BED (1st)	Sandeep kaur
29	Saloni	BA.BEd (1st	Saloni
30.	Damanjeet Singh	BABEd (1st	Damanjit Singh
31.	Sukhpreet Kaur	BA.BEd 1st	Sukhpreet Kaur
32.	Amanjot Singh	BA BEd (1st)	Amanjot Singh

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Social Media post

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Photographs

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GPS Map Camera
Fatehgarh Sahib,Punjab,India
Grand Trunk Road, Amloh, Fatehgarh Sahib, Punjab 147301, India
Lat 30.646737, Long 76.333337
Saturday, 08/11/2025 11:22 AM GMT+05:30
Note : Captured by GPS Map Camera
Maps

GPS Map Camera
Fatehgarh Sahib,Punjab,India
Grand Trunk Road, Amloh, Fatehgarh Sahib, Punjab 147301, India
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Maps

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GPS Map Camera
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Grand Trunk Road, Amloh, Fatehgarh Sahib, Punjab 147301, India
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vivo V27
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vivo V27
Fatehgarh Sahib Punjab Nov 8, 2025, 11:10

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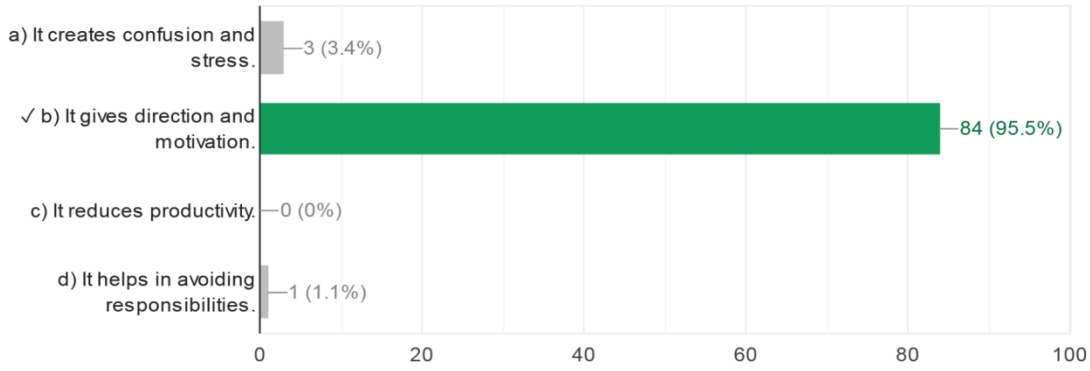
FEEDBACK SURVEY SHEET

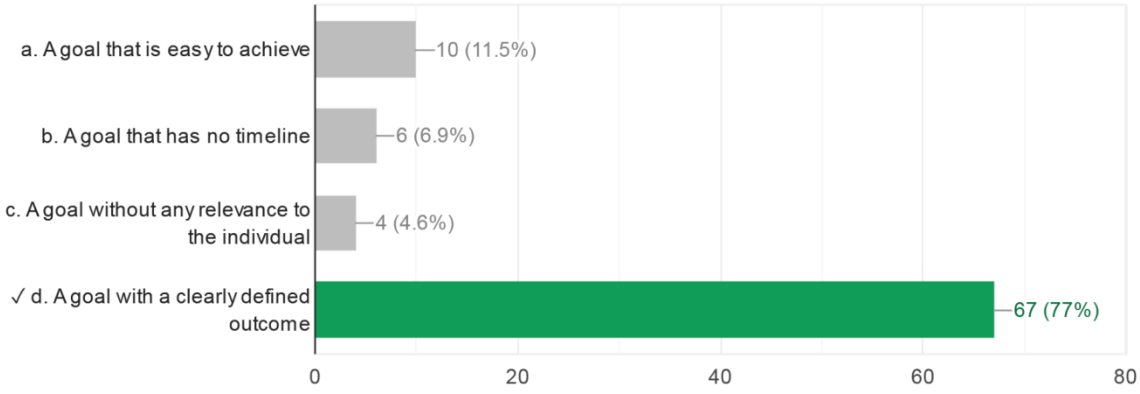
Why is goal setting important for career success?

84 / 88 correct responses



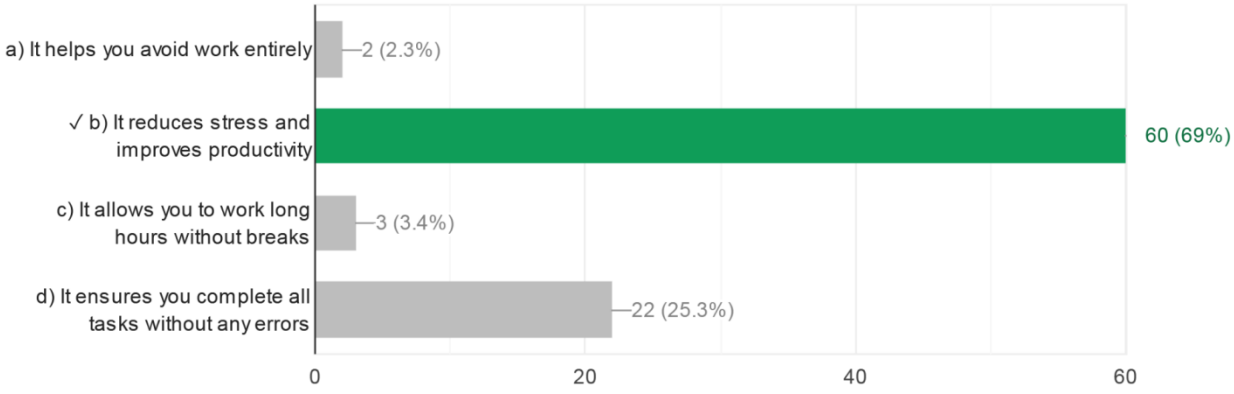
What does a 'specific goal' mean?

67 / 87 correct responses



Why is time management important?

60 / 87 correct responses



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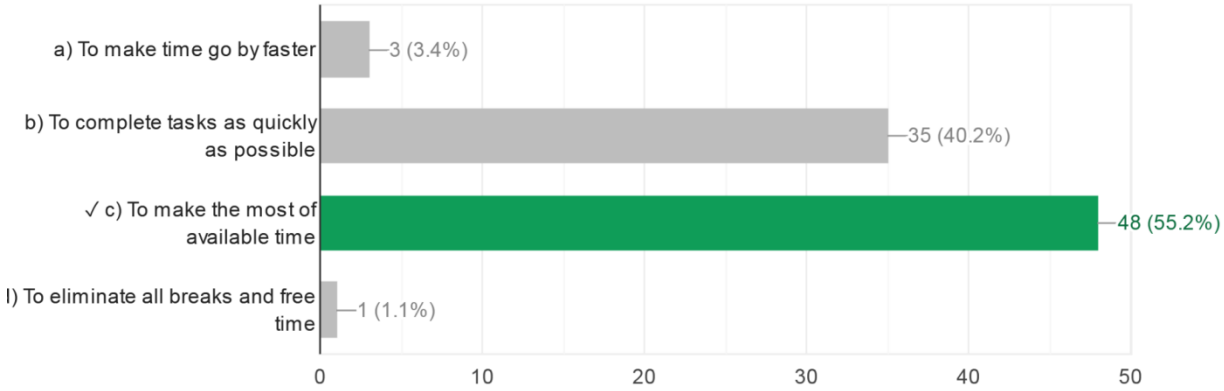
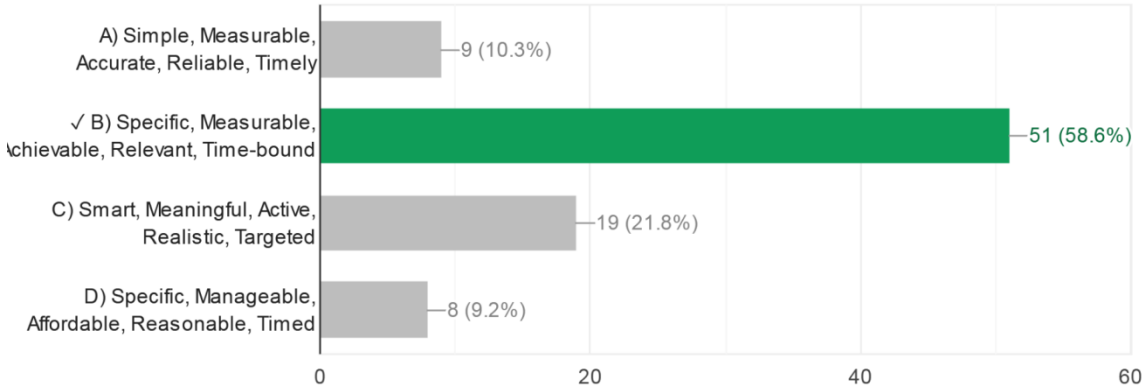
What is the goal of time management?

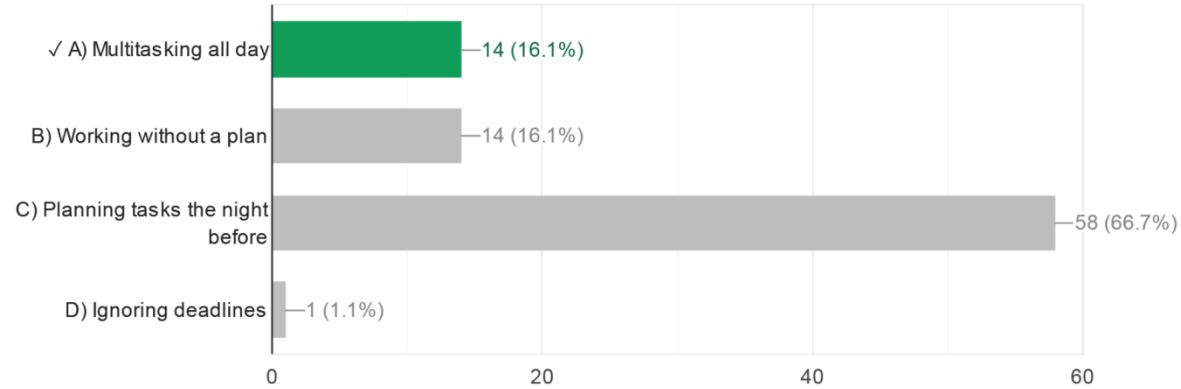
48 / 87 correct responses



SMART goals stand for:

51 / 87 correct responses



Which activity best demonstrates good time management?

14 / 87 correct responses