RIMT University
School of Education
Department of Physical Education and Sports
Punjab-147301

Event Report

Event Type: Alumni Talk

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

Date: 11th November, 2025

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On 11th November 2025, the **Department of Physical Education**, RIMT University, organized an insightful **Alumni Talk** for the students of **1st, 3rd, and 5th semesters**. The session was conducted in **hybrid mode** in **Lecture Room–01, Ground Floor, School of Physical Education**. The guest speaker, **Mr. Jahangir Alam**, a distinguished alumnus from the **2023 batch** and currently serving as **Principal, Sideeqia Cosmopolitan Academy, Jammu & Kashmir**, was invited to share his professional journey and expert insights on the chosen theme.

Session Highlights

- **Dr. Parnam Singh Brar Director Physical Education and Sports** opened the session by reflecting on the academic journey at RIMT University and how it laid a strong foundation for a successful professional career.
- The speaker discussed the importance of **goal setting** for career success, emphasizing how it enhances productivity, reduces stress, and supports a healthier work–life balance. He highlighted that effective **time management** ensures structured planning and helps in achieving professional targets efficiently.
- A significant part of the talk focused on **real-world challenges** encountered during internships, including:
    - Balancing theoretical knowledge with practical application
    - Managing diverse workplace cultures
    - Handling equipment and resources during internship duties
    - The importance of communication and teamwork within institutions
- He shared valuable **tips and strategies** for excelling in internships, stressing the importance of continuous learning, confidence, discipline, and professional ethics.
- Students from all three semesters actively participated in a highly interactive **Q&A session**, asking questions related to career paths, certifications, skill development, and professional guidance.

Conclusion

The session proved to be highly **engaging, informative, and motivating**, providing students with a deeper understanding of the teaching profession while preparing them for future internships and career opportunities. It also strengthened the bond between alumni and current students, fostering a culture of mentorship and continuous learning.

The event concluded with a **vote of thanks** by **Dr. Pranam Singh Brar**, who appreciated the efforts of Dr. Adarsh Kant Sharma, Mr.Harinder Singh and Mr. Anoop Singh encouraged students to remain updated, dedicated, and passionate about their field.

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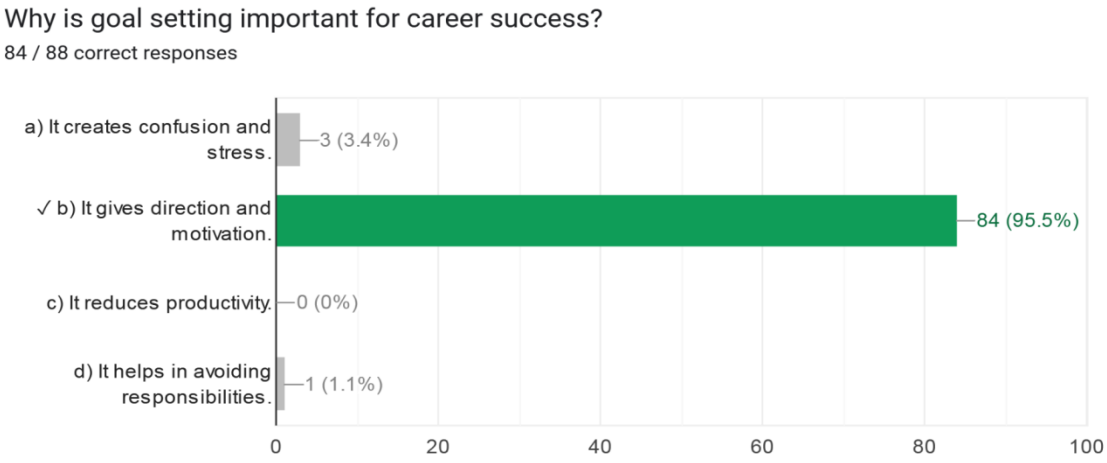
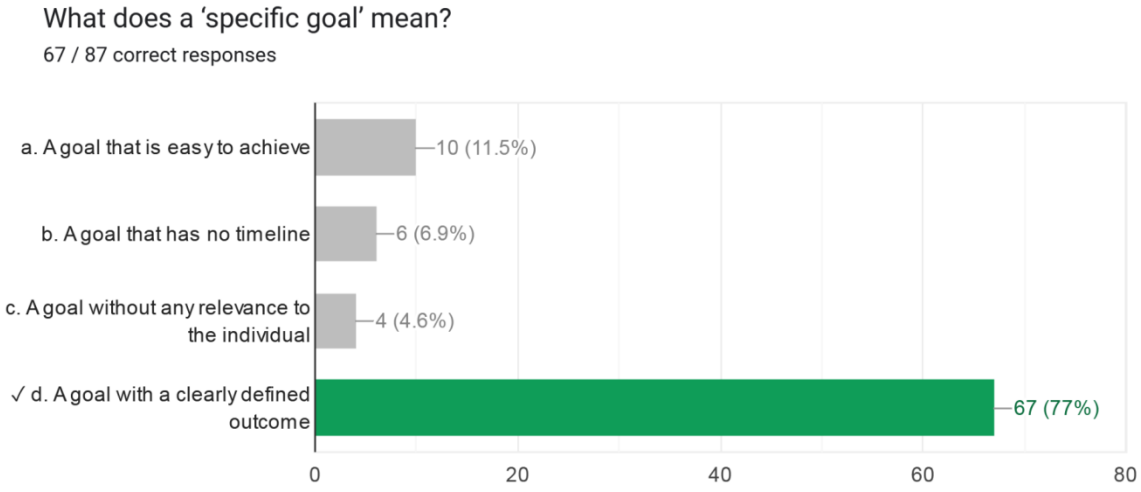
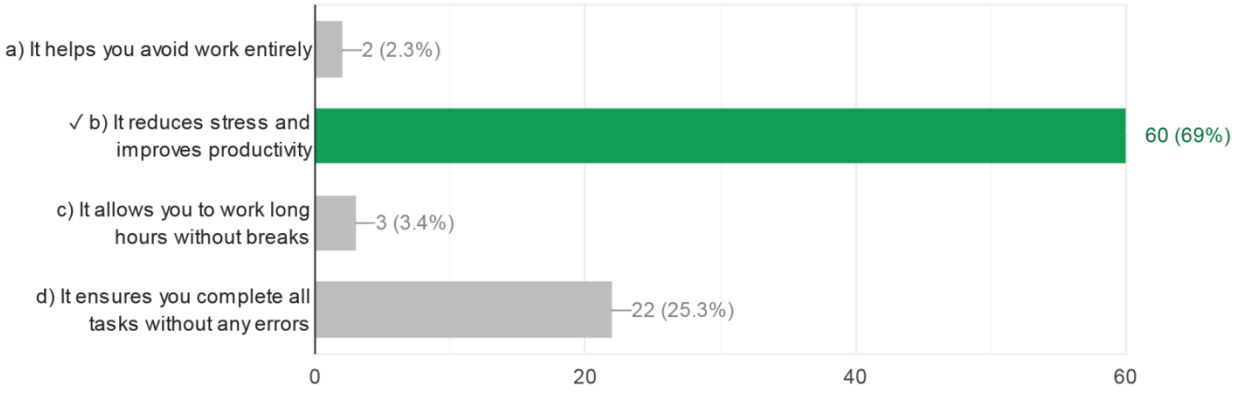
FEEDBACK SURVEY SHEET





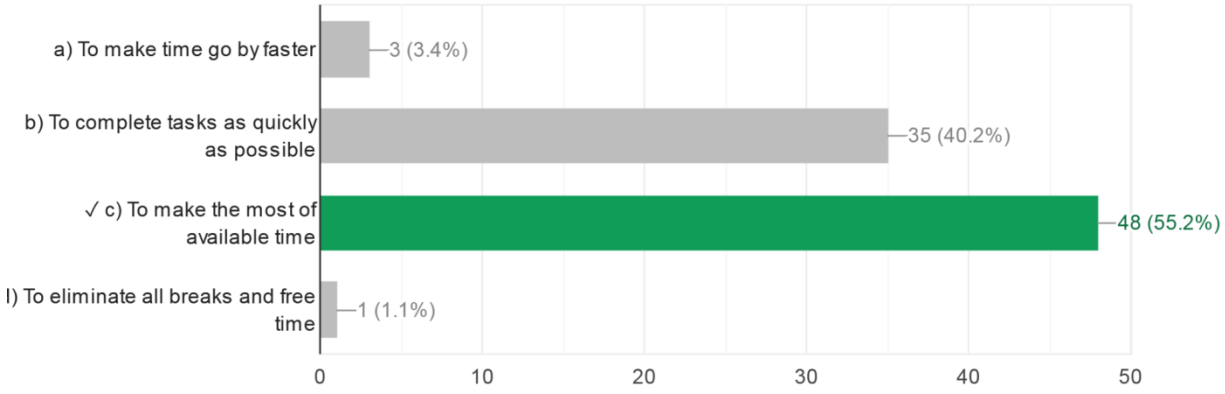
Why is time management important?

60 / 87 correct responses



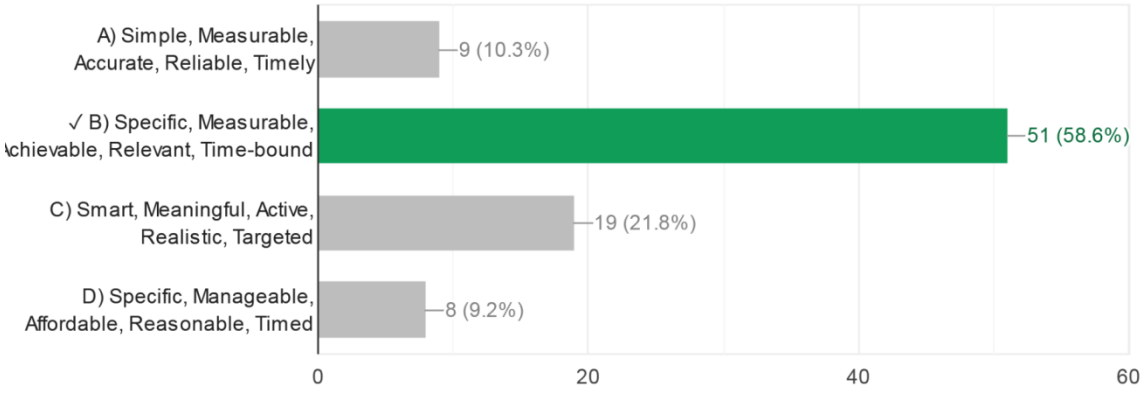
What is the goal of time management?

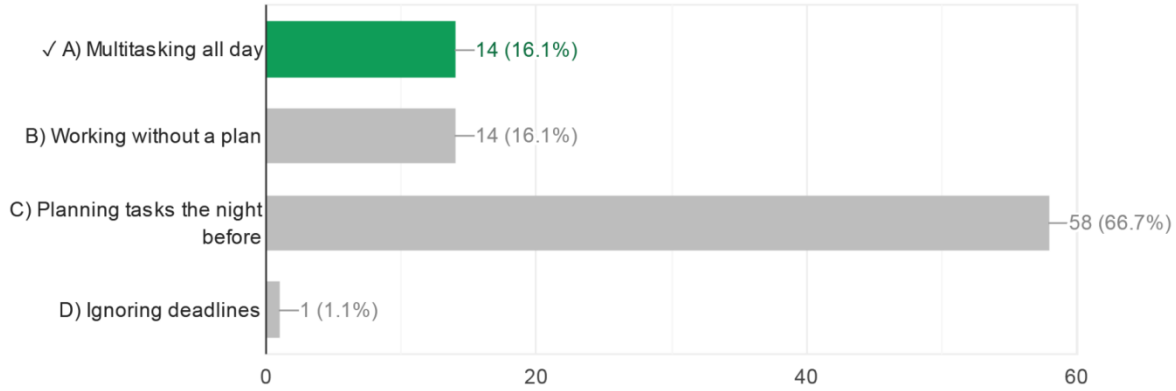
48 / 87 correct responses



SMART goals stand for:

51 / 87 correct responses



Which activity best demonstrates good time management?

14 / 87 correct responses