

Goal Setting and Career Growth: Lessons from an Alumna

Organised by IQAC in Collaboration with the Old Student Association

Govt. Degree College Nankhari

Date: 19/02/2025

No of Beneficiaries: 33

The Internal Quality Assurance Cell (IQAC) of Govt. Degree College Nankhari, in collaboration with the Old Student Association of the college, organised an Alumni Lecture on 19th February 2025. The programme was conducted as part of the institution's continuous efforts to actively engage alumni and involve them in academic and developmental activities of the college.

The interactive session was presided over by Dr. Inder Singh Suryan, IQAC Convenor, whose guidance and encouragement added value to the programme. The theme of the session was **“Goal Setting and Career Growth: Lessons from an Alumna.”**

The lecture was delivered by Ms. Richika, an alumna of the 2020-23 batch. The resource person was formally introduced by Dr. Punita Verma, Member, IQAC, who warmly welcomed Ms. Richika on behalf of the college administration. Dr. Verma highlighted the academic excellence and achievements of Ms. Richika, describing her as a source of inspiration for the present students.

Ms. Richika completed her graduation from Govt. Degree College Nankhari in 2023. After graduation, she successfully cleared the entrance examination of Himachal Pradesh University and secured admission to the Master's programme in History at Sardar Patel University, Mandi, H.P. Adding another feather to her cap, she qualified the University Grants Commission National Eligibility Test (UGC NET) in 2025, marking a significant academic milestone in her career.

During her lecture, Ms. Richika shared detailed insights into her academic journey—from identifying her goals during her undergraduate years to preparing strategically for the HPU Entrance Examination and eventually clearing the UGC NET. She emphasized the importance of setting clear and realistic goals early in life. According to her, having a defined purpose provides direction and motivation, helping students stay focused amidst distractions.

She elaborated on how small, consistent efforts contribute significantly to long-term success. She encouraged students to break larger goals into manageable steps and work persistently towards them. Sharing her personal experiences, she discussed the challenges she faced during preparation and how she overcame them through discipline, time management, and self-belief.

A significant part of her lecture was devoted to stress management and maintaining emotional balance during difficult phases. She advised students not to lose hope in the face of failures and to treat setbacks as learning opportunities. Emphasizing a “never give in” attitude, she stated that regular effort, resilience, and patience are key elements in achieving one's aspirations.

The session was highly interactive, with students actively engaging in discussions and asking questions regarding exam preparation strategies, managing academic pressure, and balancing personal and professional commitments. Ms. Richika responded to their queries with practical suggestions and motivational guidance.

In his presidential remarks, Dr. Inder Singh Suryan appreciated the initiative of involving alumni in mentoring current students. He acknowledged Ms. Richika's achievements and encouraged students to take inspiration from her journey. He reiterated that such alumni interactions strengthen institutional bonds and provide valuable real-life guidance to students.

The programme concluded with a vote of thanks, expressing gratitude to the resource person, the IQAC team, the Old Student Association, faculty members, and students for making the event a success.

Overall, the alumni lecture proved to be an enriching and motivating experience, reinforcing the importance of goal setting, perseverance, and continuous self-improvement in shaping a successful academic and professional career.

Some glimpses from the event





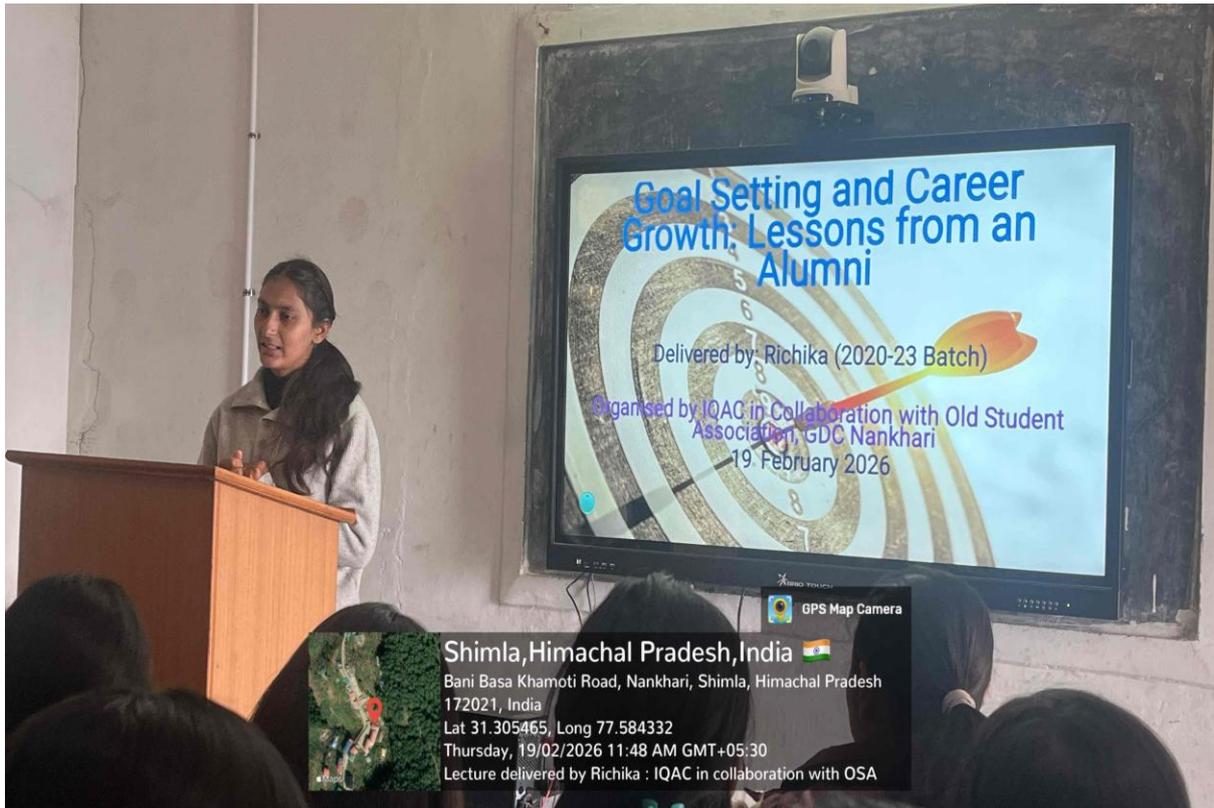
GPS Map Camera

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172021, India
Lat 31.305479, Long 77.584276
Thursday, 19/02/2026 11:48 AM GMT+05:30
Lecture delivered by Richika : IQAC in collaboration with OSA



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172021, India
Lat 31.305422, Long 77.584306
Thursday, 19/02/2026 11:49 AM GMT+05:30
Lecture delivered by Richika : IQAC in collaboration with OSA



Activity Name: Goal Setting & Career Growth: Lessons from an Alumni
 Date: 19-02-2026
 Students Present 33

Sr. No.	Name	Class	Roll No.	Signature
1	Ishika	BA 3rd Year	12327	Ishika
2	Sushma	BA 2nd Year	12402	Sushma
3	Shubnam	BA 3rd Year	12302	Shubnam
4	Hemlata	BA 3rd Year	12308	Hemlata
5	Kanika Mehta	BA 1st Year	2503010	Kanika
6	Pankita	BA 3rd Year	12317	Pankita
7	Smriti	BA III rd Year	12311	Smriti
8	Sandesh	BA II nd Year	12419	Sandesh
9	Riya	BA II nd Year	12405	Riya
10	Shubham	BA III rd Year	12401	Shubham
11	Rishi (Hoon)	BA II nd Year	12418	Rishi
12	Tanvi	BA II nd Year	12403	Tanvi
13	Muskan	BA 2 nd Year	12404	Muskan
14	Vanshika	BA 1 st Year	12321	Vanshika
15	Lakshya	BA 2 nd Year	12310	Lakshya
16	Nisha	BA 3rd Year	12324	Nisha
17	Poonam	BA 3rd Year	12309	Poonam
18	Ganga	BA 1st Year	2503009	Ganga
19	Krishna	BA 1st Year	2503007	Krishna
20	KAMLESH	BA 3rd Year	12207	Kamlesh
21	Aman	BA II nd Year	22401	Aman
22	Mohit	BA II nd Year	12439	Mohit
23	Nishi	BA 1 st Year	2503018	Nishi
24	Shivani	BA 1st Year	2503011	Shivani
25	Bhawika	BA II nd Year	12414	Bhawika
26	Ranika	BA 3rd Year	12304	Ranika
27	Rimika	BA 3rd Year	12318	Rimika
28	Rajat	BA 3rd Year	12306	Rajat
29	Akhil Gupta	BA II nd Year	2503015	Akhil
30	Jyoti Sangrati	BA 1st Year	2503008	Jyoti
31	Ujjwal	BA II nd Year	12415	Ujjwal
32	Rajan	BA II nd Year	12408	Rajan
33	Devang	BA II nd Year	12413	Devang
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40	Convenor			
41	ISAC & OSA.			
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Principal
 Govt. Degree College
 Nankhar, Distt. Shimla (H.P.)