

**YOUTH DEVELOPMENT SESSION**

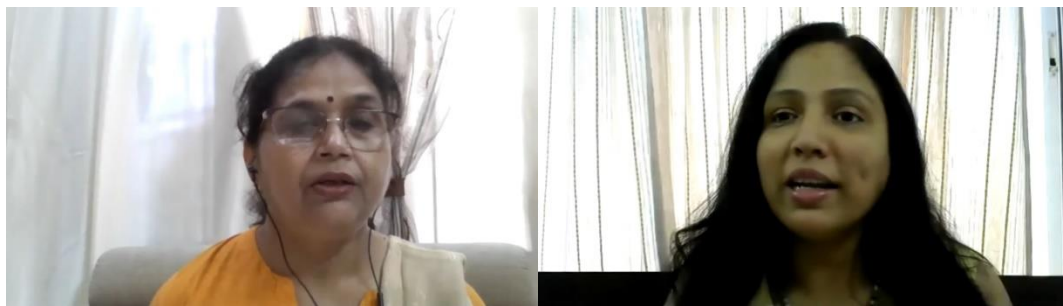
**DREAM IT.  
ACHIEVE IT.**

In collaboration with  
Counselling and Guidance Cell  
**UNIVERSITY OF LUCKNOW**  
for Department of Ancient  
Indian History and Archeology.

Prof. Madhurima Pradhan  
Director, Counselling & Guidance cell

22<sup>nd</sup> June 2021  
4:00 PM - 5:00 PM  
ON ZOOM

Powered by Maitribodh Parivaar





# INDIVIDUAL DREAM AND PURPOSE OF LIFE



## Check Your Dreams



 Should not arise out of competition

 Realistic

 Clear Vision

 Achievable



## DIFFERENCE BETWEEN DREAMS AND GOALS



### Dreams

- Long Term
- Intangible
- Vision
- Must always involve benefit of others

### Goal

- Short Term
- Tangible
- Action
- May or may not involve benefit of others



**Number of participants: 90**

**Main points covered:**

- Students should make small goals to achieve a big goal.
- Only those dreams should be followed which are one's own and enjoyable
- Find out Why? When? With whom? And How? Of your goal.
- Dreams should not arise out of competition. Dreams should be realistic clear, achievable.
- One year master plan of your Dream should be made.
- Focus, agility, correct pace and speed with clear target will determine how fast a leopard jump. This analogy can help to achieve life goal.

**Feedback:**

The feedback of students was highly positive. They were very content with the answers and reported that their queries were resolved. The session was described as being immensely inspiring and motivating in its spirit and content.