

Stay focused on your goals

1. Carve your goals into stone!

Take the time to write down your goals to make them official. immortalize them on paper and you will make your goals much more concrete. You will tend to remember them more easily and you can read them over if you forget about them.

State your goals in a positive way

Remove as much negativity as possible from your wording. Negativity will have a tendency to set you down and will diminish the impact of your sentence. Here's an

not likely to even try at all. Visualization plays an important part in obtaining that belief. You will get all the motivation and self-belief you need to achieve your dreams by simply imagining yourself, as vividly as possible, achieving them.

4. Track your progress!

Tracking your progress is important to help you ensure that you are actually moving towards your goals at a pace that satisfies you. If your goal is to be able to run 10 miles and you run every day without



example: "Be less shy and not be intimidated when speaking in public"

ii) Make your goals clear and leave no room for interpretation

How else will you really know that you've reached your goals? Make them measurable objectively. That way you can be 100% certain when you reach your objectives and get a superior feeling of accomplishment.

2. Speak up!

While writing down your goals is a good way to make them official, saying them aloud will bring them to life. Repeat a sentence often enough and you will begin to believe it. Look at yourself in the eyes in the mirror and repeat your goals aloud. If you find it awkward at first, you can try looking at yourself and repeating the sentence in your head. When you are ready, whisper it. Then speak it. Then repeat it with confidence.

3. Allow yourself to dream!

In order to achieve anything, you need to believe that you can really do it. If you don't believe in your objectives, you're

ever measuring the distance you run, you'll have no idea if you are actually making progress towards your goal.

5. Feed the fire!

In order to keep your goals in focus, it is good to remember them during the day in a way that will motivate you. Change your wallpaper - Set an image as your computer or cell phone wallpaper that represents your future achievements. Every time you see it, you'll remember them and feel motivated.

Make a motivational poster

Motivational posters still get the job done. Hang a picture where you can see it often or leave one on your desk.

Set a new password

Why not change your most commonly used password to a word that will remind you of your aspirations and motivate you? For security reasons, just make sure it is not easily guessable by anyone: make it a passphrase and mix numbers, symbols, lowercase, uppercase, etc

Perform the above actions daily and see your dreams come true!!!

VIBRANT VADODARA

A Walk down memory lane....

History

Modern Baroda is a great and fitting memorial to its late ruler, Sayaji Rao Gaekwad III (1875-1939 AD). It was the dream of this able administrator to make Baroda an educational, industrial and commercial centre and he ensured that his dream would come true.

Baroda is situated on the banks of the river Vishwamitri (whose name is derived from the great saint Rishi Vishwamitra). The city was once called Chandravati, after its ruler Raja Chandan, then Viravati, the abode of the brave, and then Vadpatra because of the abundance of banyan trees on the banks of the Vishwamitri. From Vadpatra it derived its present name Baroda or Vadodara.

Baroda has a rich historical background. The ardent historian can trace Baroda's history over 2000 years and more. However, the recent threads can be picked up when the Moghul rule over the city came to an end in 1732, when Pilaji brought the Maratha activities in Southern Gujarat to a head and captured it. Except for a short break, Baroda continued to be in the hands of the Gaekwads from 1734 to 1949.

The greatest period in the Maratha rule of Baroda started with the accession of Maharaja Sayajirao III in 1875. It was an era of great progress and constructive achievements in all fields.

Maharaja Sayajirao was one of the foremost administrators and reformers of his times. He initiated a series of bold socio-economic reforms. He attached great importance to economic development and

started a number of model industries to encourage initiative, and then handed back the working industries to private enterprise. He started model textile and tile factories. It is as a result of his policy of industrial development that Baroda is today one of the most important centres for textile, chemical and oil industries today. He introduced a number of social reforms. In no department of administration has the far-sighted policy of this wise ruler been more conspicuous than in education, and in none have the results been more real and tangible. He boldly introduced compulsory primary education and a library movement (the first of its kind in India) to augment his adult education scheme.

It was he who visualised a general scheme of development in all branches of knowledge at different stages, with the Maharaja Sayajirao University of Baroda at the apex. Modern Baroda owes its beauty, its educational institutions and its masterpieces of architecture to the insight and vision of this great ruler. There is a saying that nothing grows under the banyan tree, but this is not true of Baroda. Having witnessed the rise and fall of the empires and kingdoms of the Hindus, Pathans, Moghuls and Marathas, it now occupies a unique position on the educational, cultural and industrial map of India. Yet, it has been fortunate enough to retain the beauty of its rich and varied past. And it is one of the few cities in India which is still influenced by the lost might of its ruling dynasties.

The People & Culture

The people of Baroda like to tell visitors that their city is a 'Sanskari Nagari', that is, a 'cultured city'. By and large, the visitors agree. The city does indeed have rich cultural traditions. And today's Barodians have quite a full and hectic cultural life throughout the year. The outstanding trait about Baroda's cultural life is that it is remarkably cosmopolitan. And while there are hundreds of different identities, everyone participates in all activities. So, the culture of the city is not just history or heritage; it is dynamic, ever-changing and alive.

Yes, Baroda is one of India's most cosmopolitan cities. Thanks to the vision and broadmindedness of the Gaikwads, the subsequent industrialisation, the proliferation of academic activities and a strategically important geographical location, Baroda has welcomed a wide variety of people from all over India and also from all over the world.

More or less every Indian community has an active identity in this city. And this happy co-existence is reflected in the social and cultural life of the people. In all of this, the sprawling and cosmopolitan MS University campus and the large number of local, national and foreign industries act as a catalysing and unifying force.

The average Barodian is open to the world and overflowing with hospitality, as the history and growth of the city aptly testify.

If you want to see Baroda's cultural enthusiasm,

you should visit this city during any festive occasion Navratri, Diwali, Ganesh Chaturthi, Id, New Year, Uttarayan, Holi, campus fun fairs, etc. On any given day, some cultural activity or the other is going on in the city. Classical music and dance have their patrons, and so does the modern stage and pop culture. The culture and the traditions are both alive and being forever experimented with.

Can you expect anything less from a city which is blessed by its geography and its history, which is the home of a vibrant internationally renowned university and which is a key component of India's industrial base? The people of Baroda have not only hung on to the cultural heritage, they embellish it as they exuberantly go on with their daily lives.

The official language of Gujarat is Gujarati, but Hindi, Marathi and English are also widely used in Baroda. State and local government offices in the city use both Gujarati and English, Central government offices use English and Hindi and industrial and commercial organisations use English. The medium of instruction at the Maharaja Sayajirao University of Baroda (MSU) is English. The medium of instruction in the city's schools varies Gujarati, Marathi, Hindi, English, etc.

The cultural life is of course in many languages. And on the streets, in the markets and at other public places you can hear 'AKHA INDIA' (the whole of India).

Education

Baroda is synonymous with education. The patronage of education started with Maharaja Sayajirao and the city has built further on the academic infrastructure established by him.

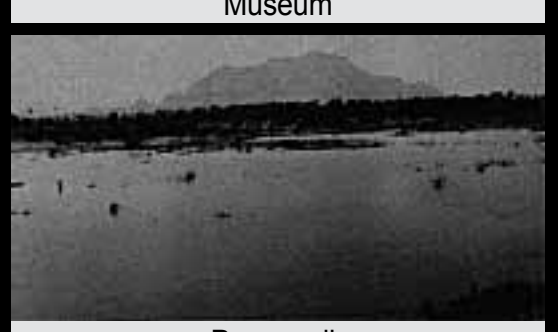
The present educational foundation rests on over 20 public schools and over 100 private schools. Towering benevolently over all is the Maharaja Sayajirao University, the jewel in the Baroda crown, so to speak. MSU is the only university in Gujarat with English as the medium of instruction. It has 13 faculties and 17 residential hostels, 4 of them for women students. The university caters to over 30,000 students.



Maharaja Sayajirao University



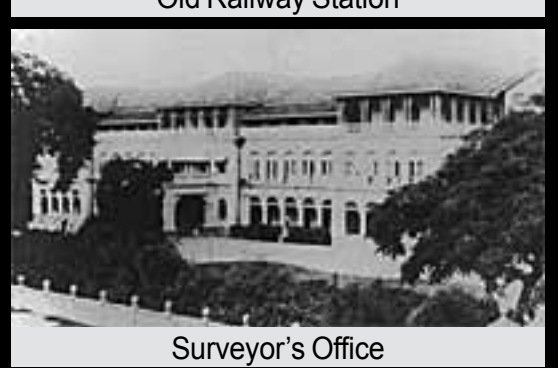
Museum



Pawagadh



Old Railway Station



Surveyor's Office



Suryanarayan Mandir



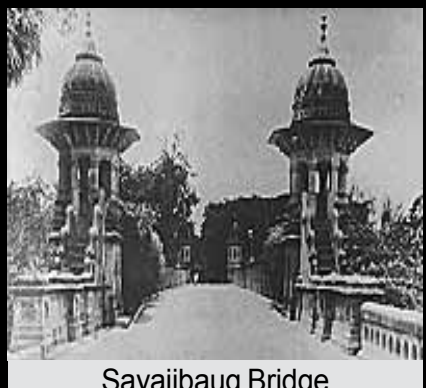
Tower Road



Wrestling Ring



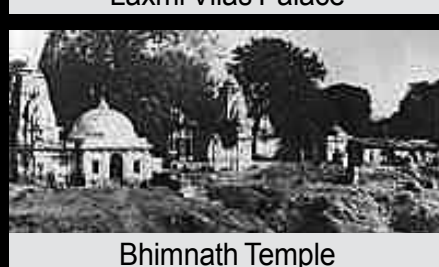
Mandvi



Sayajibaug Bridge



Laxmi Vilas Palace



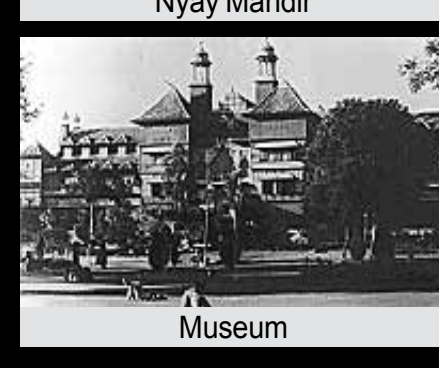
Bhimnath Temple



Jubilee Garden



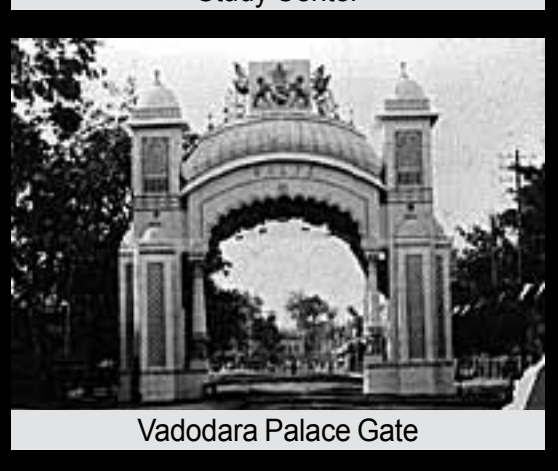
Nyay Mandir



Museum



Study Center



Vadodara Palace Gate



Khanderao Market



Laheripura