

## TIME MANAGEMENT SESSION

"Either run the day, or the day runs you"

Keeping the spirit alive for effective time utilization, a time management session was conducted by Dr. Jasmine Lamba Ma'am for the members of Udyamita and Sofica. The objective was to enable the students to develop a mental framework which would capacitate them to make quality decisions. Ma'am taught about the numerous ways one could exploit to gain control, and to improve the ability to focus. The equivalence between increased focus and enhanced efficiency, facilitated by balance of momentum was appreciated by students. It was a fun, interactive session filled with activities and prizes for all. At the end of the session, the members were able to understand and prioritize the tasks in relation to their purpose, while simultaneously allocating the right amount of time to each.

