

REPORT ON STUDENT'S WORKSHOP

Name of the Activity : Workshop for students of Class IX
Topic : Time Management
Day & Date : Tuesday, 06 February 2024
Resource Person : Mr. Bhavesh, Hindustan Times
: Mrs. Anjela Dahiya

A Glimpse of the Event

Objectives: To enable the learners to

- raise awareness about the importance of time management.
- equip with practical techniques and tools for efficient time management.
- foster a proactive approach towards prioritizing tasks and utilizing time wisely.
- encourage to develop a balanced schedule that encompasses academic, extracurricular, and personal activities.

"Time is the only resource that we can't buy, but we often waste."

-APJ Abdul Kalam

On February 6, 2024, the workshop on Time Management for Grade IX students was conducted by Mr. Bhavesh, our resource person and a representative from Hindustan Times at MBS International School, Dwarka. The session aimed to impart valuable insights and practical strategies to help students effectively manage their time for improved productivity and academic success. He initiated the session by discussing the significance of time management in achieving academic excellence and personal growth. He emphasized that managing time efficiently allows individuals to accomplish tasks more effectively, reduce stress, and achieve a better work-life balance.

Furthermore, he introduced various practical techniques for effective time management, such as creating to-do lists, using calendars and planners, breaking tasks into smaller segments, and avoiding procrastination. He also emphasized the significance of setting aside dedicated time for study, revision, and relaxation to maintain a healthy balance. The session concluded with a Q&A segment, allowing students to seek clarification on specific strategies and share their thoughts on implementing them.

In conclusion, the session proved to be informative and insightful for Grade IX students. By emphasizing the importance of prioritization, organization, and discipline, students were equipped with practical tools to manage their time effectively and achieve academic success while maintaining a healthy lifestyle. It is hoped that the knowledge gained from this session will empower students to take control of their time and maximize their potential in all aspects of life.

