



Date: 11/02/2019

Session on The Checklist – A Self Management:

70 students of 12th Commerce of B.A.B.S High School participates in The Checklist – A Self Management Session organized by B.V.Patel Institute of Management, Uka Tarsadia University.

Dr. Taral Patel started a session with the meaning of Time, Why it is important & why we have to value the time. He shared life journey of Usain Bolt who practiced 22 years for 9 minutes of their race and he become world champion in 100 metres, 200 metres and 4 × 100 metres relay. During the session he called some students for one



activity name “Throw it!!” The moral of this activity is, you are not through your valuables like mobile phone, pen or wallet then why you throw time, which is not come again.

After words he saw some videos and gives them lessons from those different videos. Different videos convey different messages about how to manage time and how to get success by effective time management. Students also mention their time spent on different activities daily and analyze it and revise it on one sheet.

Mr. Nisarg Shah started session with time management story on rocks, pebbles and sands and ask students regarding the moral of story. Student share their views on time management story. He also share a tips regarding how to set priority, avoid procrastination, how to overcome with it, and gives various time management tips like keep a diary, make a to do list, set your objectives, create a schedule, etc.



Whole session was very useful for students to manage time and be focused on their studies and career. During the session students participate well and enjoy the session.



**B.V. Patel Institute of Management,
Uka Tarsadia University**

