



Date: 24/01/2019

Session on The Checklist – A Self Management and Winning Your Self

B.V. Patel institute of Management organized a session on A Self Management and Winning Your Self for 80 students of 12 standards of B.B. Sarvajani High School, Karcheliya.

Dr. Manisha Surti Started session with the song recitation “Chak De India”. First she called one student to recite song and afterwards students in a group recite song. She shared few stories related to confidence building. She also discuss regarding causes of low confidence, kinds of fears, four pillars of confidence, ways to handle fears.

The approach of whole session was to make the students understand the importance of knowledge, preparation, skills and attitude for building the self-confidence.

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.

