

Time Management – A Way to Success



On 20th Aug, 2019 a workshop on Time Management by a noted clinical psychologist Dr. Aradhana Gupta was

organized in the college for students to understand importance of time management in today's fast and competitive environment. She said that if a student learns the proper use of his time, energy and resources towards a fixed goal, the success is inevitable. She was of the opinion that instead of focusing on larger goals, students should bifurcate their broader objectives into small fractions. She also suggested them to develop a weekly calendar and to do list to equip themselves with an organized approach. Dr. Asmita Dubey, Principal of the College presented the memento to Dr. Aradhana Gupta. Ms. Ambar Fatima, Assistant Professor in the college delivered the vote of thanks and expressed gratitude on the behalf of the entire college.