



School of Management organizes a Workshop on Self-Management Skills

October 17, 2022, Monday

Under the patronage of Honourable Vice Chancellor Prof. R. P. Tiwari, the Department of Financial Administration, School of Management, Central University of Punjab, Bathinda (CUPB), organised a Workshop on Self-Management Skills for school students at Government Senior Secondary Smart School, Ghudda. The objective of this workshop is to empower youngsters with necessary life skills related to self-management.



The programme commenced with opening remarks by Dr. Anand Thakur, Dean & Head, School of Management, followed by a welcome address by Ms. Karamjeet Kaur, Principal (Incharge), Govt. Sen. Sec. Smart School, Ghudda.

Dr. Thakur enlightened the students regarding the purpose of the workshop and the need to enhance the self-management skills of the youth. The focus of the workshop was to impart



valuable insights on managing themselves to the students of 12th standard. The workshop was divided into four sessions, namely, time management; stress management; self-motivation; and personal development. The session on time management was conducted by a team consisting of

Dr. Eronimus A., Ms. Kamini Singla and Ms. Kavita Singla. It began with an illustration of the real meaning of time and the difference between an individual's perception of time. It further

included discussion on the value of time, myths about time management and modern strategies to manage time. It was followed by a talk on stress management by the team of Ms. Vayu Tewari, Ms. Sheetal Sharma and Ms. Priya Singla, which aimed at educating students regarding the symptoms and causes of stress and practical techniques for avoiding and dealing with stress. The third session on self-motivation started with a live demonstration of factors that



drive a student's performance by Dr. Hareesh Kumar T, Ms. Anu Grover and Ms. Jyoti Kamboj. The session was continued by a discussion on the importance and principle of self-motivation and the need to break out of the comfort zone.

The team of Dr. Anand Thakur, Ms. Kamini Singla and Ms. Kavita Singla commenced the final session by providing valuable inputs on five facets of personal development, including physical, emotional, spiritual, intellectual and social development. The session concluded with the essentials of personal development, including the discussion on attitude, self-concept and excellence. The workshop was conducted using interactive tools such as in-class activities, the method of story-telling and interesting quizzes. Towards the end, Dr. Hareesh Kumar T, Assistant Professor, Department of Financial Administration, extended the vote of thanks. The school's teachers, comprising Ms. Karamjeet Kaur, Mr. Pritampal Singh Mr. Suresh Bansal and Mr. Sandeep Singh appreciated the Central University of Punjab for this unique initiative.



ਪੰਜਾਬ ਕੇਂਦਰੀ ਯਿਸ਼ਵਵਿਦਯਾਲਯ, ਬਠਿੰਡਾ
Central University of Punjab, Bathinda
ਪੰਜਾਬ ਕੇਂਦਰੀ ਯੂਨੀਵਰਸਿਟੀ, ਬਠਿੰਡਾ
NAAC ACCREDITED 'A' GRADE UNIVERSITY
'Five Star' Rating Under GRIHA LD for Master Plan

Department of Financial Administration (School of Management)

organizes a Workshop on **"Self Management Skills"**

Date: 17th October 2022

Venue: Government Senior Secondary Smart School,
Ghudda

PATRON

Prof. R. P. Tiwari

Hon'ble Vice Chancellor

Central University of Punjab

Schedule

Session 1

Time Management
(9:10 to 10:00 a.m.)

Session 2

Stress Management
(10:10 to 11:00 a.m.)

Session 3

Self Motivation
(11:30 to 12:20 p.m.)

Session 4

Personal Development
(12:30 to 1:20 p.m.)

**Expected Participants: Students of
Government Senior Secondary Smart School, Ghudda**

Organizing Committee

Dr. Anand Thakur
(Director)

Dr. Dhanraj Sharma
(Member)

Dr. A. Eronimus
(Co-Coordinator)

Dr. Ruchita Verma
(Member)

Dr. Hareesh Kumar T.
(Organizing Secretary)