

SWAMI RAMA HIMALAYAN UNIVERSITY
Swami Ram Nagar, Jolly Grant, Dehradun, 248016, Uttarakhand, India

Date: 8th October 2023

NOTICE

The Centre for Professional & Communication Enrichment is organizing a Personality Development Workshop for the students of HSST.

Workshop Details:

Topic: Time Management

Date: 14th October 2023

Time: 11:00 AM- 1:00 PM

Venue: HSST Seminar Hall

Resource Person: Mr. Ashish Gupta

All the concerned participants are encouraged to attend and enhance their professional and soft skills through this engaging session.

Co-ordinated & Organised by C-PACE



Mr. Ashish Gupta
Career Counsellor,
C-PACE, SRHU

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REPORT ON PERSONALITY DEVELOPMENT WORKSHOP

THEME: TIME MANAGEMENT

The Centre for Professional & Communication Enrichment (C-PACE) of Swami Rama Himalayan University organized a Personality Development Workshop in October 14, 2023 for the students of the Himalayan School of Science & Technology (HSST) on the theme of *Time Management*. The session was conducted by Mr. Ashish Gupta, who emphasized that time management is not about doing more but about doing the right tasks efficiently. He guided students through techniques of prioritization, planning, and overcoming procrastination, while encouraging them to reflect on their own time usage through personal audits. The workshop included engaging activities such as designing weekly planners and role-playing common time-wasting scenarios, which helped participants identify their key time drains and learn practical strategies to manage competing demands. Tools like the Eisenhower Matrix and Pomodoro Technique were also introduced, making the session highly practical and relatable. The interactive exercises kept students actively engaged, and many expressed enthusiasm to apply the planner techniques immediately. The workshop concluded with a motivational note from Mr. Gupta, leaving students inspired to cultivate discipline and consciously channel their time towards academic success and long-term professional growth.



Students collaborating through mobile Based applications



Bringing learning through engagement



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