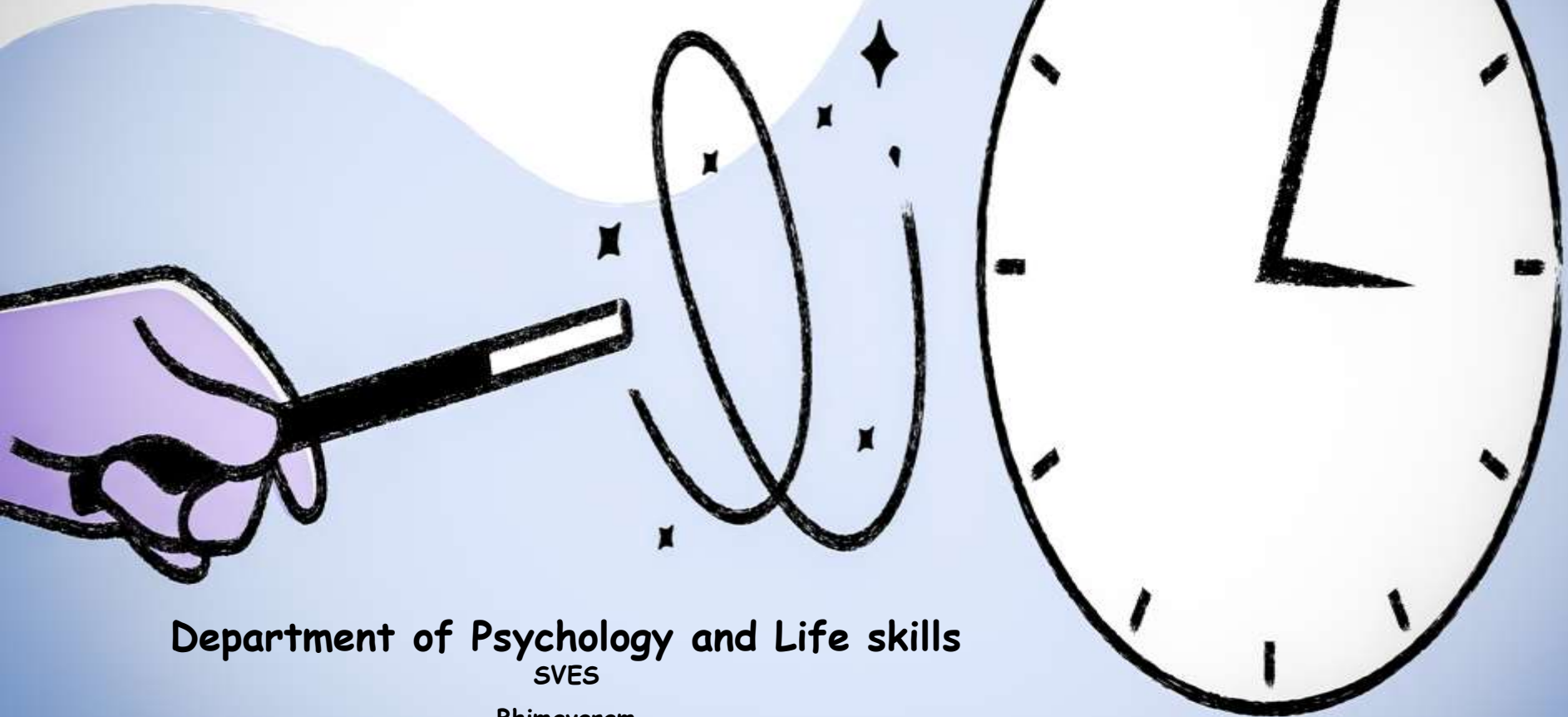


Time Management Challenge



Department of Psychology and Life skills
SVES

Bhimavaram



Lockdown has made you clumsy?

Feeling powerless?

Is your mobile controlling you?

Wanna get your power back?

Benefits



- **Reduces stress**
- **Boosts your confidence**
- **Prevents procrastination**
- **Defines and prioritizes your tasks**
- **Greater productivity and efficiency**
- **Increased chances of advancement**
- **Feel powerful and can get greater hold on your life**
- **More opportunities to achieve your life and career goals**

About the Time Management Challenge

- Enrolled students need to be accountable and report as per the guidelines of the mentors
- Duration
 - 1 month
- Who can join
 - Students of SVES who want to move towards Success
- Cost
 - Open mind and Welcoming heart
- For Registration
 - Contact Department of Psychology and Life skills - 9100972237



Introduction:

Time management is the effective use of one's own time to plan days in such a way that they finish the tasks with less effort and make use of the limited time. After the effects of the pandemic, there have been several requests from students about how they are unable to manage their time. Considering the situation and with the aim of embedding the time management skill in students, the Department of Psychology and Lifeskills took the initiative of conducting an individual competence program called "Time management challenge" (TMC).

The above Program was started on 25.04.2022. Around 30 students have enrolled in first batch, where 12 students were persistent throughout the program and 3 of the students stood as champions of the program.

