



DEPARTMENT OF HUMANITIES AND APPLIED SCIENCES

Date: 19th March 2025

Topic: "Time Management for Students: Strategies for Success"

Resource Person: Dr. Brijesh Joshi, Associate. Professor, VIVA Institute of Technology.

Venue: 4th floor Seminar Hall

Time: 12.00 p.m. onwards

The Department of Humanities and Applied Sciences hosted an insightful guest lecture aimed at first-year engineering students, focusing on the critical theme of "Time Management for Students: Strategies for Success." The session, led by Dr. Brijesh Joshi, an Associate Professor at VIVA Institute of Technology, was designed to equip students with essential time management skills. Dr. Joshi emphasized the significance of effective time management in academic life, delving into concepts such as procrastination and the formulation of SMART goals. The interactive nature of the lecture allowed students to engage with the material, making it a valuable experience that highlighted practical strategies for achieving academic success. Overall, the session proved to be beneficial, providing students with tools that they can apply throughout their educational journey.



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