

**Department of Mechanical Engineering  
CSPIT, CHARUSAT**

<b>Programme Name/Title:</b>	Expert Session on “Time Management”
<b>No. of Batches:</b>	01
<b>Cadre:</b>	Students of CSPIT & DEPSTAR
<b>Date: [from-to]</b>	20 <sup>th</sup> Sept 2024
<b>Duration:</b>	2 Hours
<b>Total Participants:</b>	69
<b>Funding body:</b>	CHARUSAT
<b>Name of Resource Person:</b>	Mr. Mann Solanki ISTD Chapter, & JCI Nadiad

## Brochure:



## Event Report:

On September 20, 2024, the House of Innovation, a club affiliated with the Mechanical Engineering Department of CSPIT-CHARUSAT, hosted an expert session on time management. The session was led by Mr. Mann Solanki, a distinguished speaker from the JCI Chapter in Nadiad, and took place from 12:00 PM to 2:00 PM in the seminar hall located on the first floor of the EE/EC building at CSPIT. The audience comprised students from both CSPIT and DEPSTAR, and a total of 68 students actively participated in the event.

The focus of Mr. Solanki's presentation was to highlight the critical importance of time management, particularly for students juggling academic and personal commitments. Through his insightful speech, he emphasized the significance of making the most of the time available to everyone. He also provided practical tips on how students can improve their efficiency by effectively organizing their time.

A key part of the session involved a hands-on activity designed to illustrate the principles of time management. Mr. Solanki guided students through an exercise that required them to plot their daily activities on a graph. This visual tool allowed students to reflect on their time usage and identify areas for improvement. By engaging in this activity, participants were able to see firsthand how small adjustments to their schedules could lead to significant increases in productivity.

In addition to practical advice, Mr. Solanki explained theoretical concepts of time management, using visual aids to further engage the students. He encouraged them to analyze their own

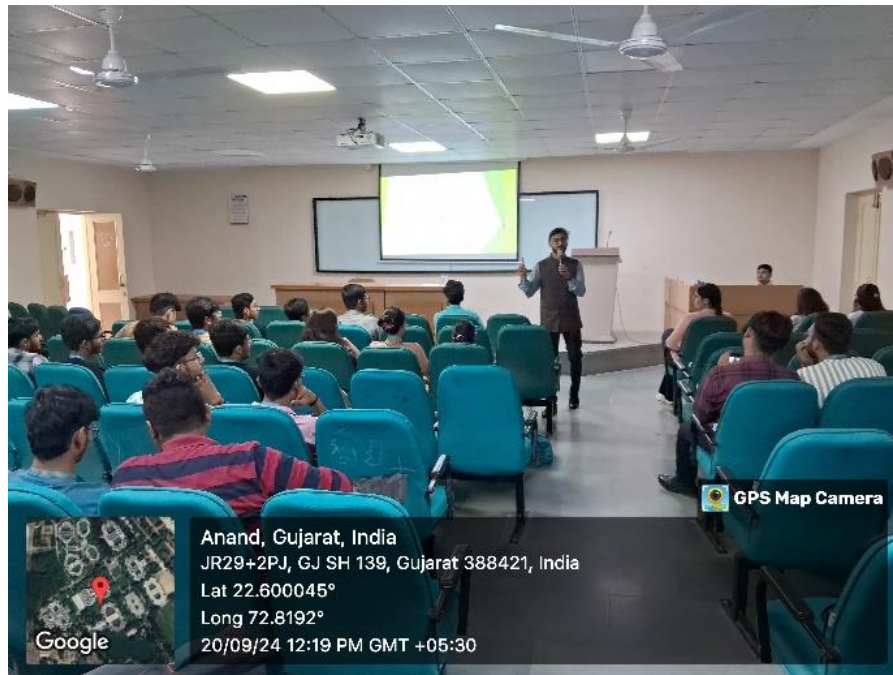
inputs and draw conclusions about how they could optimize their daily routines. His approach was interactive and thought-provoking, fostering a deeper understanding of time management as a skill that can greatly benefit students both personally and professionally.

By the end of the session, students had not only gained valuable insights into how to better manage their time but also learned techniques to balance their academic and extracurricular activities more effectively. This session served as an eye-opener, reminding students of the immense value that time holds, especially during their college years. Through Mr. Solanki's guidance, they were equipped with the tools to maximize their potential and create a positive impact on both their personal growth and future careers.

In conclusion, the expert session on time management was an invaluable experience for the students of CSPIT and DEPSTAR, leaving them with practical strategies and a renewed understanding of how to use their time wisely.

The overall training was beneficial for the students of CHARUSAT and they enthusiastically participated and gained maximum out of the expert session organised. Their feedback was very positive and appreciated the program organised for them. A total of 69 participants attended the training.

## Photographs:



“Time Management” | Session Photo | 20.09.2024 | Venue: CHARUSAT



“Time Management” | Activity | 20.09.2024 | Venue: CHARUSAT





“Time Management” | Hands on session | 20.09.2024 | Venue: CHARUSAT



“Time Management” | Felicitation | 20.09.2024 | Venue: CHARUSAT

## Certificate Template:

