

REPORT ON GROUP DISCUSSION ACTIVITY

TOPIC-TIME MANAGEMENT

03rd October, 2023

The Institute of Vocational Studies (IVS) organized a group discussion on the crucial topic of Time Management. The session was held under the esteemed guidance of Dr. Mandira Gupta, Principal of IVS, and all B.Ed. students participated actively.

To encourage in-depth discussions, the students were divided into five groups, each focusing on a specific aspect of time management, such as prioritizing tasks, overcoming procrastination, balancing academic and personal life, setting realistic goals, and employing time-saving techniques. This structure enabled students to explore different facets of the subject, fostering diverse perspectives and strategies. Each group presented their insights, followed by an interactive discussion where all participants contributed.

Students shared practical examples from their own experiences, highlighting challenges in managing their academic workload and the solutions they applied. Time management techniques like the Pomodoro Technique, limit distractions, task lists, and various prioritization methods were thoroughly discussed. The group discussion helped students recognize the importance of effective time management in both their daily routines and professional growth. It also promoted teamwork, critical thinking, and active learning, making the session highly impactful. Students appreciated the opportunity to engage in collaborative learning and expressed their intent to apply the strategies discussed in their personal and academic lives.

The activity concluded with valuable insights from Dr. Mandira Gupta, who emphasized the role of self-discipline, setting clear goals, and managing time effectively to succeed as future educators.



