

Time Management Session At Harkesh Nagar School

Managing time is a struggle that most individuals face, be it a professional who is striving to maintain a work-life balance, a student juggling between homework, tuitions and lengthy assignments or a housewife trying to complete her daily chores.

The lack of time management skills is resulting in an anxious, confused and unfocused generation of individuals. Newgen's CSR team realized the importance of time management skills in an individual's life. And, to help students effectively utilize their time, our CSR volunteers attended a session on time management.

Post the session, to share insights with students, our CSR team conducted a week-long session on time management for students of classes 6th, 7th and 8th during the summer camp from May to Jun'18. The camp was organized under the Newgen Digital Discovery Paathshala programme in Harkesh Nagar Government Senior Secondary School with an objective to help students become more productive, focused and disciplined.

During the regular classes, it was observed that the students with poor time management skills were often late to the class, procrastinate during their class work and didn't meet homework and assignment deadlines. Considering all of this, the session focused on time management practices, task prioritization, future goal formation, and timetable development.

The facilitators conducted the session through audio-visuais, iPad tasks, face-to-face interactions, and group discussions. The iPad tasks were formulated in such a manner that the students could apply the time management practices, which were taught through the audio-visuais and discussions. The students were asked to search for information on a particular keyword and develop content within a given time. This task helped students understand the importance of time assigned for a given task, task prioritization and meeting a deadline. The students performed well during the iPad task.

On the last day of the session, the students were asked to prepare a timetable for themselves, which they would follow during their summer vacation. The facilitators provided them with guidelines such as studying mathematics everyday was compulsory, before any outdoor activity a study session of at least two hours was necessary and to help with the daily chores in their household.

Post the summer vacation, an interaction session with the students will be conducted wherein they will share the limitations of their timetable, challenges in following the timetable and the benefits they attained by adhering to it.

Vaishali Shaarma
(Facilitator- CSR)

