



UNIVERSITY OF DELHI

Department of Commerce

SPEAKER SESSION ON TIME MANAGEMENT

Date: 18 March, 2024

Time : 12:30 PM

Venue: Student Activity Centre

Place: Aryabhatta College

Chief Patron : Prof. Manoj Sinha

Teacher in Charge: Prof. Monica Aggarwal

Coordinator : Dr. Shivani Raheja

The Department of Commerce, **Aryabhatta College** organised a speaker session on the topic '**Time Management**' on 18 March, 2024 in the Student Activity Centre . The Guest Speaker was MR. ANIL SWARUP, Former Secretary of India, Ministry of Coal . The seminar aimed to equip participants with effective strategies for optimizing their schedules, maximizing productivity, and reducing stress.

About the Guest Speaker:

Mr. Anil Swarup is an Indian author and retired Indian Administrative officer of Uttar Pradesh cadre and 1981 batch. Mr .Swarup in his 38 years of career has served in various capacities and later went on to become the Secretary of Government of India.

Anil Swarup was born on 01 July 1958 in Allahabad in the Indian state of Uttar Pradesh. He is a post-graduate in Political Science from the University of Allahabad' in 1978, where he was awarded Chancellor's gold medal for being the "best all-round student".

Before joining IAS, he worked as an Indian Police officer for one year. He became secretary in the coal ministry after the coal scam in which the Supreme Court of India cancelled more than 200 blocks allocated since 1993.

About the Event:

The session began at 12:30 PM in the Student Activity Centre at Aryabhatta College. The seminar commenced by an opening speech by Dr. Monica Aggarwal. She introduced our honourable chief guest, Mr. Anil Swarup. The Speaker then started articulating the session.

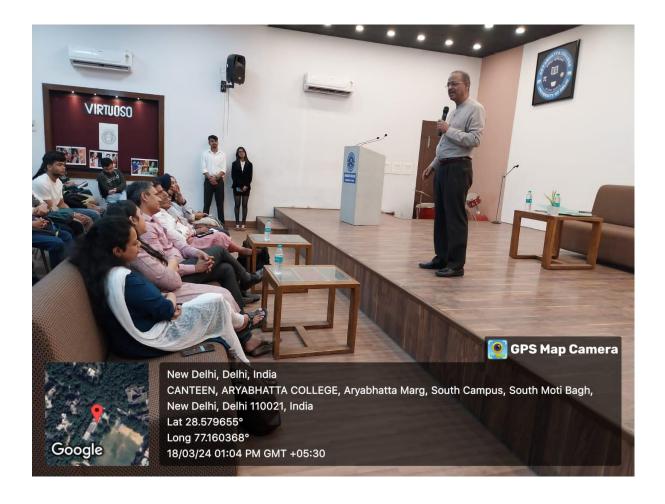
Mr. Anil Swarup started by explaining the importance of time for students. He elaborated on how students should value their time and how to increase productivity. He shared his experiences about how he used to manage his time during his college days on studies. He quoted that no person can be annoyed or irritated unless he wants to be and explained how students need not necessarily focus on silly things which don't matter.

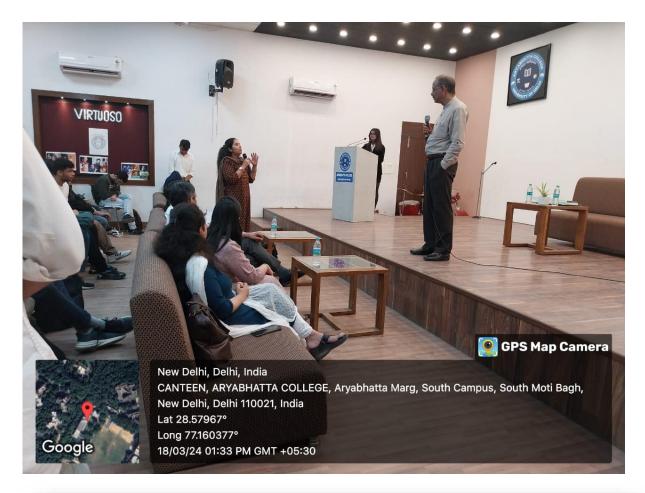
The speaker identified the causes of wasting time and suggested helpful tips for students to overcome procrastination and increase productivity. He used many of his real-life examples to help students understand better on how students are wasting their time on a daily basis.

The session continued for an hour with the insightful thoughts of the speaker. The session predominantly helped the students and the session ended with the speaker addressing the doubts raised by the students.

In the end, the coordinators thanked the Guest Speaker for taking out their precious time.

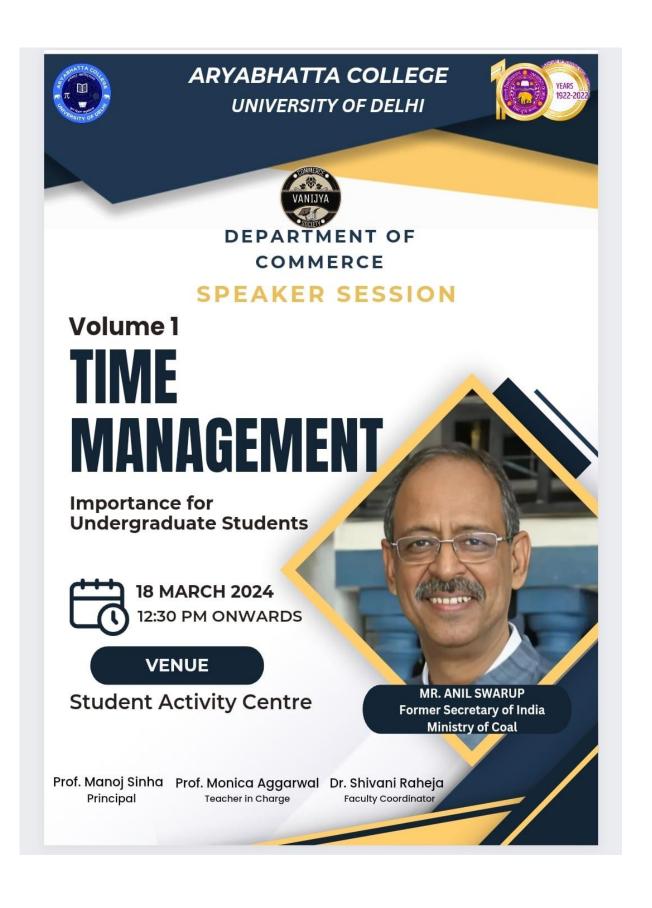
Event Highlights:







EVENT POSTER:



Attendance List

10 volunteers and 126 students from multiple departments got benefitted by attending the seminar.

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