



**ARYABHATTA COLLEGE**

UNIVERSITY OF DELHI



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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 , Aryabhata 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 Aryabhata 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:





Google

New Delhi, Delhi, India  
CANTEEN, ARYABHATTA COLLEGE, Aryabhata Marg, South Campus, South Moti Bagh,  
New Delhi, Delhi 110021, India  
Lat 28.579655°  
Long 77.160368°  
18/03/24 01:04 PM GMT +05:30






## EVENT POSTER:



**ARYABHATTA COLLEGE**  
**UNIVERSITY OF DELHI**




**DEPARTMENT OF  
COMMERCE**


**SPEAKER SESSION**

**Volume 1**  
**TIME  
MANAGEMENT**

**Importance for  
Undergraduate Students**

**18 MARCH 2024**  
**12:30 PM ONWARDS**

**VENUE**  
**Student Activity Centre**



**MR. ANIL SWARUP**  
Former Secretary of India  
Ministry of Coal

**Prof. Manoj Sinha**  
Principal

**Prof. Monica Aggarwal**  
Teacher in Charge

**Dr. Shivani Raheja**  
Faculty Coordinator



# Attendance List

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

18 March 24		Attendance Commerce Department		Date _____ Page _____
VOLUNTEERS		Name	Roll No.	Seminar
1.	Gunjan Goel	BCP/23/13		Sign
2.	Harsh Gupta	BCP/23/14		Harsh
3.	Meghna	BCH/23/36		Meghna
4.	Nishant Raj	BCH/23/33		Nishant Raj
5.	Shubhika	BCP/23/38		Shubhika
6.	Ravikant Tiwari	BCP/22/19		Ravikant
7.	Sonal Mishra	BCP/22/73		Sonal
8.	Anvitha Govindula	BCH/23/20		Anvitha
9.	Shubham	BCP/22/58		Shubham
10.	Kshitiy Chandrabata	BCP/22/31		Kshitiy

18th March '24		Seminar		Date _____ Page _____
Attendance Sheet		Name	Roll No.	Signature
1.	Gunjan Goel	BCP/23/13	BCOM (P) I year	Gunjan
2.	Panchul Jaisani	BMS/22/30	BMS II	Panchul
3.	Chandam	BMS/22/16	BMS II yr	Chandam
4.	Nishant Kumar	BMS/22/74	BMS II yrs	Nishant
5.	Gautam Bukatesia	BMS/22/20	BMS II	Gautam
6.	Suseta Kumari	BCH/21/57	BCH III yrs	Suseta
7.	Harsh Jain	BCP/22/15	BCP I yrs	Harsh
8.	Palak	BCP/23/27	BCP I yr	Palak
9.	Vinit Jain	BCP/23/10	BCP I yr	Vinit
10.	Alok Yadav	BCP/22/115	BCP II yr	Alok
11.	Nikhil	BCP/22/136	BCP II yr	Nikhil
12.	Rishmika	BMS/22/114	BMS	Rishmika
13.	Tanisha	BMS/22/152	BMS	Tanisha
14.	Anjon Nayak	BMS/22/10	BMS	Anjon
15.	Raghav Ramachandran	BMS/22/95	BMS	Raghav
16.	Nabin Barman	BMS/22/67	BMS	Nabin
17.	Sumana Kumar	BMS/22/65	BMS	Sumana
18.	Ayush Joshi	BMS/22/112	BMS	Ayush
19.	Jaykrishna Singh	BMS/22/122	BMS	Jaykrishna
20.	Pooja Mahindru	BMS/22/131	BMS	Pooja
21.	Shrisha Dewani	BMS/22/148	BMS	Shrisha
22.	Akshita Chavla	BMS/22/105	BMS	Akshita
23.	Priyanshu Kumar	BMS/22/26	BMS	Priyanshu
24.	Brijanku	BCP/23/32	BCP I year	Brijanku
25.	Subbu	BCP/23/55	BCP I year	Subbu
26.	Harsh	BCP/23/15	BCP I year	Harsh
27.	Kaustubh Kaur	BCP/23/51	BCP I year	Kaustubh
28.	Dev Chaudhary	BMS/22/124	BMS II Year	Dev
29.	Sameer Jaisani	BMS/22/140	BMS II Year	Sameer
30.	Durga	BCP/22/74	BCP II year	Durga
31.	Ashwin Gautam	BCP/22/20	BCP II year	Ashwin
32.	Menak Yadav	BCP/22/33	BCP II year	Menak

Name	Roll No	Course	Signature
33. Ayush Gupta	BCEP/22/12	B.Com(P)	
34. Hrushik Sharma	BCEP/22/16	B.Com(P)	
35. Sanjeet Narain	BMS/22/41	BMS	
36. Insha Suneja	BMS/22/11	BMS (Judyar)	
37. Nabam Adam	BCEP/22/35	B.Com(P) (I)	
38. Rhea Negi	BCEP/22/51	B.Com(P) (I)	
39. Bhomika Attal	BCEP/23/9	B.Com (P) (I)	
40. Jasmin Kaur	BCEP/23/16	B.Com (P) (I)	
41. SORJAN	BCH/21/53	B.Com (Hons)	
42. Suveta	BCH/21/53	B.Com (Hons)	
43. Koushik Dasg	BCH/21/53	B.Com (Hons) (I)	
44. Sanish B	BCH/21/53	B.Com (Hons) (I)	
45. PARAS GUPTA	BCH/21/81	B.Com (Hons) (I)	
46. Anmol Gaur	BCH/21/120	B.Com (Hons) (I)	
47. Uttam Datta	BMS/22/63	BMS	
48. Nabh Gopal	BMS/22/59	BMS	
49. Akhwar Jain	BMS/22/3	BMS	
50. Aditya Bora	BMS/22/61	BMS	
51. Oyo Kumar	BMS/22/89	BMS	
52. Shagun Chak	BMS/22/98	BMS	
53. Laksh Kumar	BMS/22/60	BMS	
54. Ananya Sharma	BMS/22/89	BMS	
55. Anshika Gupta	BMS/22/70	BMS	
56. Harish Bansal	BCEP/22/25	BCEP	
57. ARDIT	BCEP/22/70	BCEP	
58. ARUN	BCEP/22/39	BCEP	
59. Tejani Yadav	BMS/22/59	BMS	
60. Rishabh Bhargava	BMS/22/36	BMS	
61. Sunjay Singh	BCEP/22/12	BCEP	
62. Lakshya Jain	BCEP/22/12	BCEP	

Name	Roll No	Course	Signature
63. Gaurav Gautam	BCEP/22/12	B.Com(P)	
64. Hridya Bhargava	BCH/21/20	B.Com (Hons)	
65. Ayush Bhatia	BCEP/22/30	B.Com(P)	
66. Pranshu Mishra	BCH/21/53	B.Com (Hons)	
67. Gunraj Kumar	BMS/22/71	BMS	
68. Sneha Chakraborty	BMS/22/12	BMS	
69. Shagun Pandey	BMS/22/12	BMS	
70. Rupali Patti	BMS/22/12	BMS	
71. Anushka Kaur	BCH/21/28	B.Com (Hons)	
72. Aditya Kumar	BCH/21/18	B.Com (Hons)	
73. Anushka Mishra	BMS/22/59	BMS	
74. Devansh Sharma	BMS/22/17	BMS	
75. Gaurav Bhatnagar	BMS/22/20	BMS	
76. Nishant Kumar	BMS/22/74	BMS	
77. Pranshu Jain	BCEP/22/45	BCEP	
78. Pranshu Khanna	BCH/21/57	B.Com (Hons)	
79. Kabir Bhatia	BCEP/22/17	BCEP	
80. Mohit Bhattacharya	BCEP/22/23	BCEP	
81. Dipanshu Garg	BCH/22/63	BCH	
82. Mohit	BCH/22/31	BCH	
83. Varun	BCH/22/60	BCH	
84. Pranshu Chakraborty	BCH/22/39	B.Com (Hons)	
85. Rishi	BMS/22/127	BMS	
86. Rishi	BMS/22/128	BMS	
87. Suram Mishra	BMS/22/46	BMS	
88. Suresh Malavi	BMS/22/151	BMS	
89. Ashish Kumar	BMS/22/11	BMS	
90. Anuj Singh	BMS/22/27	BMS	
91. Anuj Singh	BMS/22/66	BMS	

92	Amitabh Kaulhal	BCH/22/55	B.Com(H)	Amirah
93	Vaibhav	BCH/22/56	B.Com(H)	Vaibhav
94	Dev Gang	BCH/22/55	B.Com(H)	Dev Gang
95	Giraj	BCH/22/52	B.Com(H)	to
96	Adarsh	BCH/22/1	B.Com(H)	Adarsh
97	Deban	BCH/22/18	B.Com(H)	Deban
98	Aryan Puri	BCH/22/76	B.Com(H)	Aryan
99	Mohit	BCH/22/35	B.Com(H)	Mohit
100	Samrath	BCH/22/87	B.Com(P)	Samrath
101	Sachin	BCH/22/53	B.Com(P)	Sachin
102	Yash	BCH/22/50	B.Com(P)	Yash
103	Tushar	BCH/22/45	B.Com(P)	Tushar
104	Singh Chhabra	BCH/22/33	B.Com(P)	Singh Chhabra
105	Ujjwal Kumar	BCH/22/46	B.Com(P)	Ujjwal Kumar
106	Anurag Kishore	BMS/22/9	BMS	Anurag Kishore
107	Harek Raj	BMS/22/21	BMS	Harek Raj
108	Raja	BCH/22/43	B.Com(H)	Raja
109	Shikha Singh	BCH/22/43	B.Com(H)	Shikha
110	Sakshi Sridevi	BCH/22/46	B.Com(H)	Sakshi
111	Ananya Sharma	BCH/22/7	B.Com(H)	Ananya
112	Sanjay	BCH/22/47	B.Com(H)	Sanjay
113	Miyar	BCH/22/23	B.Com(H)	Miyar
114	Ankhan Gupta	BCH/22/30	B.Com(H)	Ankhan
115	Harish Jain	BCH/22/65	B.Com(H)	Harish
116	Shwamy Chak	BMS/22/43	BMS 2nd year	Shwamy
117	Ashwini Kaur	BMS/22/61	BMS 2nd year	Ashwini
118	Kabir Chandra	BCH/22/3	B.Com 2nd	Kabir
119	Ravifant Tiwari	BCH/22/9	B.Com	Ravifant

120	Kishor Kishore	BMS/22/58	2nd Year	BMS	Kishor
121	Shiva Gupta	BMS/22/95	2nd Year	BMS	Shiva
122	Nikhil Das	BMS/22/78	2nd Year	BMS	Nikhil
123	Laksh	BMS/22/50	2nd Year	BMS	Laksh
124	Akshat	BMS/22/54	2nd Year	BMS	Akshat
125	Suryash	BMS/22/72	2nd Year	BMS	Suryash
126	Udit	BMS/22/55	2nd Year	BMS	Udit