



Mercy College

Palakkad, Kerala, India 678006

Govt. Aided Arts & Science College

Affiliated to the University of Calicut

Accredited by NAAC with A Grade IV Cycle

DEPARTMENT OF COMPUTER APPLICATION
REPORT ON
ORIENTATION SESSION : ART OF TIME MANAGEMENT
IN PERSONAL DEVELOPMENT ON 09th JULY 2026

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REPORT ON ORIENTATION SESSION: ART OF TIME MANAGEMENT IN PERSONAL DEVELOPMENT

An orientation session on "Art of Time Management in Personal Development" was conducted on 09 July 2026 to help students understand the importance of managing time effectively for both academic success and personal growth. The session focused on the value of planning daily activities, setting realistic goals, prioritizing tasks, and maintaining a healthy balance between studies and personal life. The resource person shared practical strategies such as preparing to-do lists, avoiding procrastination, following a daily schedule, and developing productive habits.

Students were encouraged to recognize time as a valuable resource and were guided on how effective time management can reduce stress, improve productivity, and enhance overall performance. Interactive discussions and real-life examples helped participants understand how proper planning contributes to self-discipline and personal development.

Overall, the orientation session was highly informative and motivating. It inspired students to adopt effective time management techniques, enabling them to become more organized, confident, and focused in achieving their academic and personal goals.