



2019-2020

Name of the Department/Society: National Service Scheme

Name of the Event 41: Session on Self Management

Date of the Event: 31st January, 2020

In the monotony of daily life, where one often forgets to pay attention to self, N.S.S. Hansraj, in collaboration with Akshya Patra organised a session addressing the issue of Self Management. The purpose of the session was to help those who lack the skills to address personal issues and sort out trivialities. The speakers stressed upon the fact that self-management was about preparing for the future, owning the present and taking care of what to do – as well as learning how one could do better next time. The students were made aware of the importance of self-management to grow as a person. The session turned out to be highly informative for all attendees.

