



NATIONAL SERVICE SCHEME UNIT
M.G.M DENTAL COLLEGE AND HOSPITAL,
KAMOTHE, NAVI MUMBAI.

Time Management

Date - 04/09/17

Venue - MGM Dental College & Hospital, Kamothe, Navi Mumbai.

On 4th September 2017, a session on time management was conducted at MGM Dental College & Hospital by the Vice Dean, Dr. Vanitha Shenoy.

The session was conducted for all the students and interns. Dr. Vanitha Shenoy, by her golden words, guided everyone to become a good time manager. She spoke about simple policies like prioritizing activities, doing first things first, setting meaningful time bound goals. She taught simple tactics for time management. The main focus of this session was on interns who were entering their internship to help them get organised at the beginning of their year.

Later, participants were made to take a short questionnaire which evaluated how good they are at time management and enabled them to improve.

