



NEW HORIZON COLLEGE OF ENGINEERING

Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC
Accredited by NAAC with 'A' Grade, Accredited by NBA

ALUMNI TALK

Date	:	30 th March 2022
Timing	:	02:00 PM – 04:00 PM
Topic:		Effective Time Management
Speaker	:	Mr. Santhosh Naik Anchor, Corporate Trainer, Image Consultant

Objective:

March 30th, 2022, 02:00 p.m at falconry hall an Expert Lecture session on “**Effective Time Management**” was conducted by Mr. Santhosh Naik. This program was hosted by Department of MCA, NHCE. It was held for students of MCA – I semester students to get insights on the Effective time management, Self awareness, and Soft skills required at IT firms.

The session began with the speaker enlighten us about random act of kindness. How the present world needs more kind and considerate listeners. He gave us an insight of his student life, the random act of kindness that was done by him during his student phase is what has led him to be an alumni speaker now. “What we think as a problem, is a situation”, he made the students realise how we bound ourselves to limited resource and not think out of the box. Major topics like UNLEARN, MIND CLUSTRING, TIME MANAGEMENT, and PROCASTINATION were very well explained by the speaker. Not just brain, but body also requires care and attention. Simple activities like walking, playing on the ground for an hour needs to part of our life. Brain feeding, soul feeding and also eating healthy and nutritious food is necessary. We were engaged with several interactive activities to calm our mind and let us think clearer.

The session was arranged to explain the major methods in a very clear and understandable way. This session was extremely useful and beneficial as it covered major topics that had to be addressed to the present unstable youth. It was an interactive session; students had learning and unlearning experience, to be more productive in life but also enjoy the college life.

Conclusion:

The session was very effective and helped in understanding the importance of time management, how to stop us from procrastinating and being kind to others. The most important thing that you can instill in your life is balance and moderation.



DEPARTMENT OF MASTER OF COMPUTER APPLICATIONS

Present

Alumni Talk

on

EFFECTIVE TIME MANAGEMENT

Self Awareness | Fun Activity Session



Speaker

SANTHOSH NAIK

Anchor, Corporate Trainer

Image Consultant

MCA Alumni Batch: 2010 - 2013

Programme Coordinator

Prof. Jincy C Mathew

Sr. Assistant Professor
Dept. of MCA

Convenor

Dr. V. Asha

Prof. and Head
Dept. of MCA



30th March 2022
2:00 PM - 4:00 PM

Falconry Hall

These are some glimpses of today's event

