

## **The power of Self-Management: Crafting Career and attaining Success**

America's legendary business magnate Mr. John D. Rockefeller once remarked, "Good management consists in showing average people how to do the work of superior people." There is a need to impart self-management skills such as problem solving, time management, goal setting, stress management etc. among our youth to increase their productivity and accelerate their journey to success.

World Trade Center Jaipur partnered with Dr. B. Lal Institute of Bio Technology Jaipur and Deepshikha Kala Sansthan Jaipur to organize a session on self-management skills for youth and aspiring entrepreneurs. The objective of the event was to deliberate upon the importance of self-directed learning, self-discovery and emphasizing on career goals and organized a brainstorming session on Self-Management skills.



In Photo: Mr. Navneet Agarwal, Assistant Director, WTC Jaipur (extreme right)

Guest speaker Dr. Aparna Datta, Executive Director, Dr. B. Lal Institute of Bio-Technology shared her insights on self-management with apt illustrations. She said, "Self-management can help in developing good customs, overcoming bad habits and reaching one's goals early. It is a common observation that we get good marks in one subject and average in another, or at times we fail in some subjects. This is an example of our excellence and preference in one while not so in another. This leads to the fact that we should continuously assess ourselves to be aware of our strengths and weaknesses. Being open to feedback, introspecting about the same and improving in areas needed, will only help us grow. When one is not confident of his / her abilities, new initiatives cannot be taken and it is ultimately reflected in our attitude and practices."

Dr. Rustam Bora, Director, Deepshikha Kala Sansthan Jaipur, in his address, shared “Effective time management increases one’s focus and improves efficiency and productivity. Superior focus allows one to seize larger prospects. It also lets one devote more time to the schemes, goals, and individuals that are strategically important to us. Time management is important in helping us achieve greater emphasis and plan setting. Also, one should master stress management, take responsibility for actions and master organization skills.”

The participants also discussed with speakers many issues revolving around academics, workplace management and discipline.

Vote of thanks was proposed by Mr. Navneet Agarwal, Assistant Director, World Trade Center Jaipur.

The programme was held on April 27, 2022 at Deepshikha Kala Sansthan