



# Institution's Innovation Council Saurashtra University Rajkot

**“Mastering Time: The Key to Success and  
Productivity”**

30<sup>th</sup> July, 2024

At  
Seminar Room, Incubation Centre,  
Dr. A P J Abdul Kalam Science Laboratory,  
Saurashtra University Campus, Rajkot

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## Saurashtra University – IIC

The university is dedicated to instruction, research, and extending knowledge to the public (public service). Ministry of Education (MoE), Govt. of India has established 'MoE's Innovation Cell (MIC)' to systematically foster the culture of Innovation among all Higher Education Institutions (HEIs). The primary mandate of MIC is to encourage, inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes while they are informative years. Saurashtra University is one the Organization that have constituted the IIC to foster the vision of MoE and be a part for the promotion and development of innovation ecosystem.

### Event Schedule

01:30	• Welcome
01:40	• Awareness Session
02:15	• Q & A
02:30	• Closing Ceremony

### Event Registration Link

[bit.ly/SUSEC-MTP](https://bit.ly/SUSEC-MTP)

## Brief about Event

Department of Social Work, in collaboration with the SU Startup and Entrepreneurship Council & IIC Saurashtra University, was organized an inspiring seminar titled "Mastering Time: The Key to Success and Productivity".

Sir explained that there are 11 key habits for success in studies, which are as follows. First and foremost, time management is crucial; it's the art of completing all tasks at the right time. Goal setting comes next, where you set academic goals and create guidelines to achieve them, such as striving to reach specific targets each semester. Building a strong network is also essential; by attending seminars and workshops, you can connect with professionals in your field. Continuous learning is another important habit, as it involves constantly acquiring new skills and knowledge through online courses and learning new techniques.

Additionally, adaptability is key; being able to understand and adjust to new situations, whether it's a new place, friends, or projects, is vital for success. Self-motivation is equally important; staying aware of your own motivation and maintaining a positive outlook can help you set and achieve daily learning goals. Developing strong communication skills is another critical habit; practicing for project presentations and learning public speaking can significantly enhance your effectiveness in conveying ideas.

Moreover, self-discipline plays a significant role in success; maintaining a balance between study and relaxation on a daily basis ensures steady progress. Problem-solving skills are also necessary, as being able to accurately identify and resolve issues is a key component of academic success. Creativity should not be overlooked; thinking outside the box and implementing new ideas in studies and projects can set you apart. Finally, taking care of your health and wellbeing is paramount; regular exercise, yoga, and meditation can help maintain both physical and mental health, ensuring you're in the best condition to succeed in your studies. The students learned this from the speaker.

## Key Points

During the session, below mentioned points were discussed:

- Effective Time Use
- Academic Goal Planning
- Innovative Thinking
- Professional Networking
- Flexibility & Lifelong Learning
- Personal Motivation
- Presentation Skills
- Routine Discipline
- Critical Thinking
- Holistic Wellbeing
- FAQs related to Success and Productivity?

## Outcome

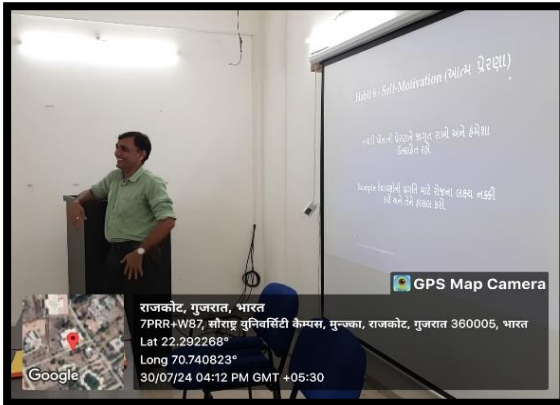
According to this event students learned about that the paragraph outlines key habits for academic success: effective time management, setting clear academic goals, building a strong professional network, and engaging in continuous learning. It emphasizes the importance of adaptability, self-motivation, and strong communication skills. Self-discipline, problem-solving abilities, and creativity are highlighted as crucial for steady progress. Lastly, maintaining physical and mental health through regular exercise, yoga, and meditation is stressed as essential for optimal performance in studies.

## About the Speaker/Chief Guest



Dr. Nehal Trivedi Motivational Speaker & Researcher

The poster features logos for Saurashtra University, SSIP, SEC, StartUp, Innovation Club, and the Institution's Innovation Council. The text reads: 'MASTERING TIME: THE KEY TO SUCCESS AND PRODUCTIVITY. Department of Social Work, in collaboration with the SU Startup and Entrepreneurship Council & IIC Saurashtra University, is organizing an inspiring seminar titled "Mastering Time: The Key to Success and Productivity". Dr. Nehal Trivedi, Motivational Speaker & Researcher. 30th July 2024, 01:30 pm to 02:30 pm. Seminar room, Department of Social Work, Saurashtra University-Rajkot. REGISTER : BIT.LY/SUSEC-MTP'.



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