

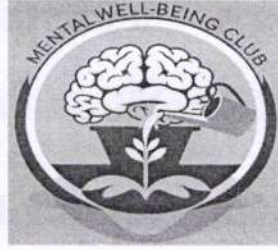


# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-1)

Approved by AICTE, Ministry of Education Govt. of India,  
Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

**INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085**



Ref. No: TIAS/MHYC/2024-25/003

Date: 20 September, 2024

## Tecnia Mental Well-being Club

### **Title: Time Management and Academic Pressure Workshop**

#### **Values:**

Discipline, Responsibility, Self-awareness, Balance, Resilience

#### **Learning Outcome:**

Students developed an understanding of effective time management, strategies to handle academic pressure, and the importance of maintaining balance between academic and personal life.

#### **Objectives:**

- To help students understand the impact of academic pressure on mental health
- To introduce practical time management techniques for effective study and personal organization
- To enable students to set realistic academic goals and prioritize tasks
- To encourage a healthy balance between academic responsibilities and personal well-being

**Organized by:** Tecnia Mental Well-being Club

#### **Program Theme:**

**Managing Academic Pressure through Time Management**

**External/Internal Expert:** Internal

**Date:** 20 September 2024

**Time:** 12:00-1:00 PM



*Pragati Ganotra*  
**PRAGATI GANOTRA**  
Clinical Psychologist

**Nodal Officer, Mental Health & Yoga Club**  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



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**Venue:**

**Auditorium, Tecnia Institute of Advanced Studies**

**No. of Students:**

**84**

**No. of Faculty:**

**3**

## **Report Description:**

On 20th September 2024, the Tecnia Mental Well-being Club organized a workshop on "Time Management and Academic Pressure" for students across all batches. The session focused on addressing the growing academic demands students face and aimed to provide them with practical tools for managing their time efficiently. Throughout the workshop, students explored methods for effective study planning, differentiating between short-term and long-term goals, and structuring their daily routines to include time for academics, extracurricular activities, self-care, and relaxation. Emphasis was placed on setting realistic academic targets, avoiding procrastination, and minimizing stress through proactive planning. Interactive discussions and relatable examples allowed students to assess and improve their current time management habits. The session concluded with the creation of individual action plans, enabling participants to better manage academic responsibilities while preserving their mental and emotional well-being.



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