

# Utkal Gourav Madhusudan Institute of Technology

(A State Government Institute)

(Approved by AICTE, Recognized by Govt. of Odisha & Affiliated to S.C.T.E. & V.T., Odisha)

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Notice No. T & P-I-02/Vol-03/.....<sup>1614</sup>; Date <sup>30-08-2024</sup>.....

## NOTICE

In today's fast-paced academic environment, especially within technical education, managing stress and time effectively are crucial skills. Hence, this institute is going to conduct a Technical Seminar on "**Life Skill Training in Technical Education**", which will focus on the significance of stress and time management, particularly within the context of technical education and the pressures of the semester system. Participants will learn practical techniques for handling stress, prioritizing tasks, and balancing academic responsibilities with personal well-being.

### Key Takeaways:

- Understanding Stress: Causes, effects, and coping strategies.
- Time Management: Prioritization, planning, and execution to enhance productivity.
- Importance: How these skills contribute to academic success and personal development within a technical and semester-driven environment.

### Schedule & Venue:

Date: 02-09-2024

Time: 04:00 PM – 05:00 PM

Title: Life Skill Training in Technical Education  
(Stress & Time Management)

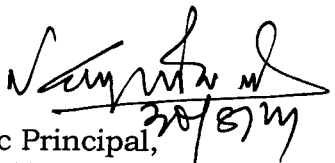
Venue: Conference Hall, UGMIT, Rayagada

Resource Person: Rajyogi Brahmakumar Virendra Bhai Ji,  
Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya,  
Mount Abu, Rajasthan

### Instructions for Participants:

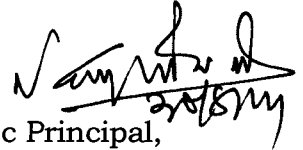
- All participants are requested to be seated 15 minutes before the seminar begins.
- Attendance is mandatory for all students, and faculty members are encouraged to attend.
- There will be an interactive Q&A session at the end of the seminar.

Hence, all the students and staff members are invited to attend the above seminar as per the mentioned scheduled and venue.

  
I/c Principal,  
UGMIT, Rayagada.

Memo No. 1615 / Date : 30-08-2024

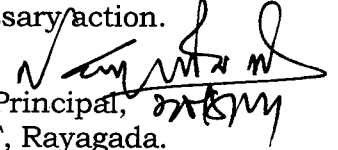
Copy to Notice Board (Institution/Boys & Girls Hostel / Institution Website) for information of the students.



I/c Principal,  
UGMIT, Rayagada.

Memo No. 1616 / Date : 30-08-2024

Copy for circulation among Academic Coordinator/ all HoDs and staff member / OIC(Website) / Section Officer for information and necessary action.



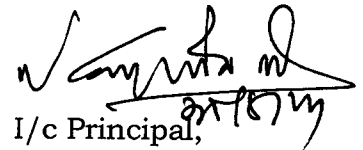
I/c Principal,  
UGMIT, Rayagada.

Memo No. 1617 (2) / Date : 30-08-2024

Copy for circulation among Sri Siba Sankar Sahu, IT Lab. In charge and Sri Rangalla Himagiri, Lab. Asst. (W/s) for information and necessary action.

Sri Sahu is requested to keep the readiness of the conference hall and arrange the flower bouquet for welcome and refreshment of guests.

Sri Himagiri is requested to keep readiness of DG set for uninterrupted power supply to conference hall during the programme.

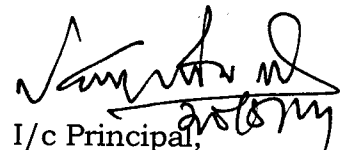


I/c Principal,  
UGMIT, Rayagada.

Memo No. 1618 / Date : 30-08-2024

Copy to Rajyogini Brahmakumari Sreemati, Centre in Charge, Brahma Kumaris, Rayagada and Rajyogi Brahmakumar Virendra Bhai Ji, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu, Rajasthan for information and necessary action.

You are requested to attend this technical seminar as a resource person as per the mentioned schedule and venue.



I/c Principal,  
UGMIT, Rayagada.