

**Sandip Foundation's  
Sandip Institute of Technology & Research Centre, Nashik  
Department of Management Studies**

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**Date: 4<sup>th</sup> March 2015**

**Name of Event-** Guest Lecture on Self Management

**Name of Resources Person-** Dr. K. r. shimpi  
Director

**Name and Address of company –** Dr. M.S. Gosavi Institute of Entrepreneurship Development

**Mobile No-** 9422747682

- Objectives-**
1. To understand the importance of Self Management Concept
  2. To know the role of Self Management in day to day life
  3. To know how to manage self image
  4. To know the importance of impression management and how to do it

**Outcome-**

1. Students understood what is self management
2. Students understood various techniques of managing self and how to create healthy relations with people around us.
3. Students understood what are the hurdles to understand others and self.
4. Student understood how to present in front of others and role of body language.

**Photo**



