



VINAYAKA MISSION'S  
**KIRUPANANDA VARIYAR  
MEDICAL COLLEGE & HOSPITALS**

Sankari Main Road (NH -17), Seeragapadi, Salem 636308, Tamil Nadu, India.  
Phone: +91 427 – 2477 319/ 883/ 561/ 884 Fax: +91 427– 2477 884  
email: office.vmkvmc@vmu.edu.in

## Medical Education Unit

### REPORT

on

**MEGA (Medical Education & Global Advancement)  
Webinar Series 2021 – 10  
Time Management  
(30<sup>th</sup> July 2021)**



VINAYAKA MISSION'S  
**RESEARCH FOUNDATION**  
DEEMED TO BE UNIVERSITY

Sankari Main Road (NH -17), Ariyanoor, Salem 636308, Tamil Nadu, India.  
Phone: +91 427 – 2529700/ 3987000 Fax: +91 427– 2477 903, 3012066  
email: vmtrust@vmu.edu.in

**Dr. K. Eshil Vendhan, M.S.,**  
Medical Superintendent  
Vinayaka Mission's  
Kirupananda Variyar Medical College & Hospitals  
Seeragapadi, Salem - 636 308

*Handwritten initials and date: 03/08/21*

**Prof. Dr. Deepti Shastri, M.S., MNAMS,**  
Dean  
Vinayaka Mission's  
Kirupananda Variyar Medical College & Hospitals  
Seeragapadi, Salem - 636 308.

**Variyar Medical College & Hospitals,  
Salem - 636308.**

**Vinayaka Mission's Research Foundation (Deemed to be University)**

## **Medical Education Unit**

**Cordially invites you for  
Faculty Development Programme**

**MEGA  
(Medical Education & Global Advancement)  
Webinar Series 2021 – 10**

on

## **Time Management**

**Date**

**30.07.2021**

**Time**

**02.30 pm to 03.30 pm**



**Dr. Hari Sivanandan M.,**

**Associate Professor,  
Department of Orthopaedics,  
VMKV Medical College & Hospitals,  
Salem.**

# **Report On “Time Management”**

Medical Education Unit, Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals, Salem organised and conducted a webinar as a part of MEGA ( Medical Education & Global Advancement) series on “Time Management” on 30th July 2021.

Renowned speaker Dr. Hari Sivanandan M., Associate Professor, Dept. of Orthopaedics, Vinayaka Mission’s Kirupananda Variyar Medical College & Hospitals, Salem, was invited to enlighten the participants on “Time Management”.

Dr. Gowri Sankar R., Associate Professor, Department of Pathology welcomed the gathering.

Dean Prof. Dr. Deepti Shastri, Medical Superintendent Prof. Dr. K. Ezhil Vendhan, Director, Hospital Development Committee Prof. Dr. E.M.J. Karthikeyan and Deputy Dean Prof. Dr. S.R. Rangabashyam conveyed their best wishes for the success of the programme.

Medical Director – Corporate Dr. K. Prakasam felicitated the gathering.

Prof. Dr. V. Sivasankari, Professor, Dept. of Pharmacology, introduced the eminent speaker of the day with his credentials.

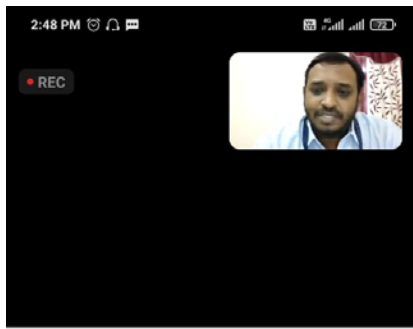
Dr. Hari Sivanandan M. enlightened the participants on the topic in an interesting manner. The speaker insisted to manage time by giving importance to priority and planning.

Totally 48 faculty members took part in the session actively.

Feedback from the participants was obtained. The feedback suggested that the webinar has covered all aspects of time management in a crisp and clear presentation.

The programme ended with vote of thanks by Dr. R. Ramya, Assistant Professor, Dept. of Pharmacology.

---



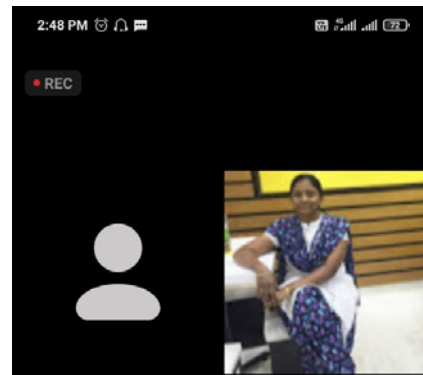
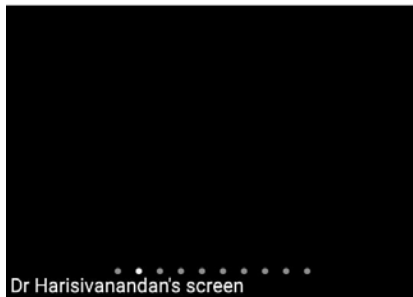
### PROCRASTINATION

• **PROCRASTINATION** is world's number one time waster. Banish it from your life. There is no time like present to do any work.

• Procrastination: Putting off the doing of something intentionally and habitually.

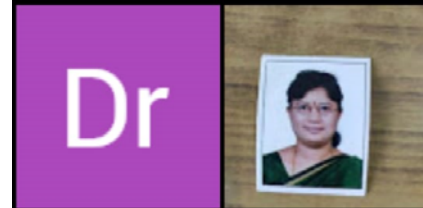
• If you suspect yourself; ask yourself - why am I putting this off?. If there is no reason, Do it. Do not confuse reason with excuse.

DON'T PUT OFF  
TILL TOMORROW  
WHAT YOU CAN  
DO TODAY  
THOMAS JEFFERSON



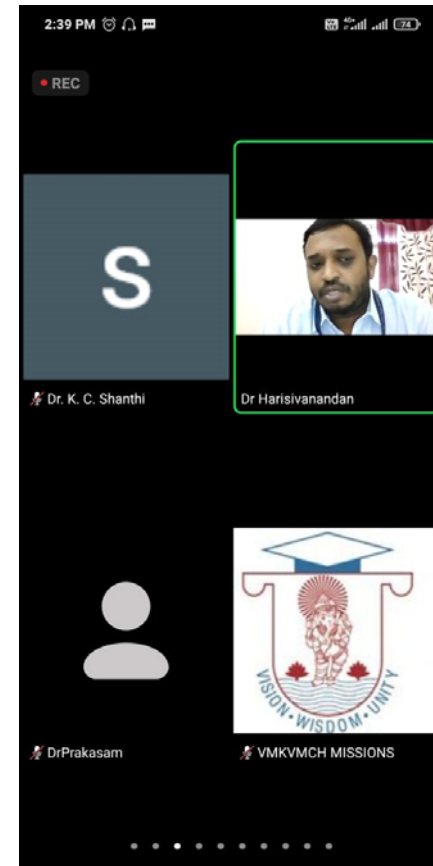
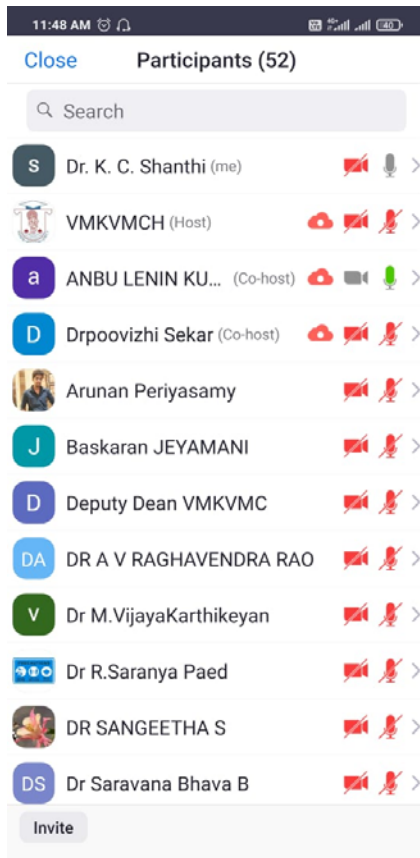
Dr. Keerthika A

R Rajeswari



Dr Monisha

Viji Samundeeswari





# Feedback form for Participants :Time Management

Questions Responses 43

## 43 responses



Accepting responses



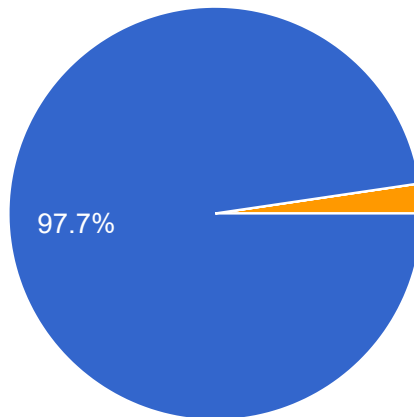
Summary

Question

Individual

### Did the webinar meets its objectives?

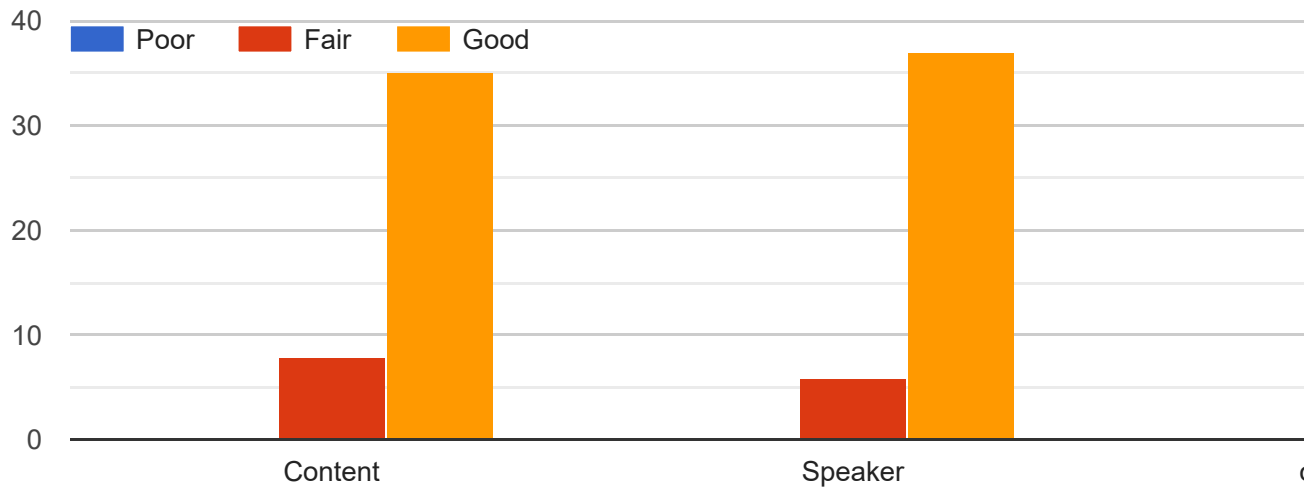
43 responses



- Yes
- No
- Maybe



## How do you rate the session?



## Was the speaker able to positively influence your views towards Time Management ?

43 responses

Yes perfectly

## What was good about the session ?

43 responses

Presentation, Skill and explanation of the speaker, Content, The value very well understood, Make schedule of the work to be done everyday, Planning and Priority, Very short and crisp, Preciseness of the speaker

## How could this session have been made better?

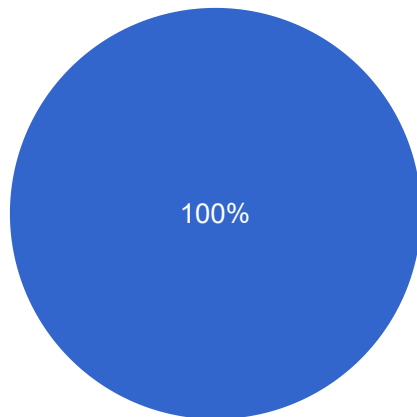
43 responses



Best session, Some more elaboration on topic, It went well because it was short and informative. Speaker met the objectives in time management in his talk, Interesting topics, Some more examples

## Would you prefer to attend such sessions in future?

43 responses



- Yes
- No
- Maybe



Seeragapadi, Salem – 636 308.

---

**Name of the Program** : Time Management

**Date** : 30.07.2021

**Venue** : VMKV. Medical College & Hospitals, Salem.

**Year** : 2020-21

**List of Participants & Attendance**

<b>S. NO</b>	<b>NAME OF THE FACULTY</b>
1.	DR. SHANTHI K C
2.	DR. ANBU LENIN K
3.	DR. POOVIZHI I
4.	DR. ARUNAN PERIYASAMY
5.	DR. DEEPTI SHASTRI
6.	DR. JEYAMANI B
7.	DR. RAGHAVENDRA RAO
8.	DR. VIJAYAKARTHIKEYAN M
9.	DR. SARANYA R
10.	DR. SANGEETHA S
11.	DR. SARAVANA BHAVA
12.	DR. SENTHIL M
13.	DR. BRINDHA
14.	DR. RAMYA R
15.	DR. RANGABASHYAM S R
16.	DR. EZHILVENDHAN K
17.	DR. KARTHIKEYAN E M J
18.	DR. KANNAN G
19.	DR. SUGANTHI V
20.	DR. MANIVANNAN E
21.	DR. PONNUNDHALI D
22.	DR. SUDHA R
23.	DR. VIJAYASAMUNDEESWARI C K
24.	DR. RAJARAM S
25.	DR. THAMILSELVI R
26.	DR. ROOPMALA M
27.	DR. SHANMUGASUNDARAM R
28.	DR. KIRUBAKARAN K
29.	DR. SANGEETHA K
30.	DR. SEETHALAKSHMI G V
31.	DR. PRASANNA VINAYAK M
32.	DR. NAVAKUMAR M
33.	DR. MONISHA B M





Seeragapadi, Salem – 636 308.

---

34.	DR. RAJASEKARAN C
35.	DR. HARISIVANANDAN M
36.	DR. SHIVAKUMAR S
37.	DR. KARTHIKEYAN B
38.	DR. ARUN KUMAR B
39.	DR. MELVIN DOMINIC
40.	DR. HARIHARA SUDHAN
41.	DR. VIGNESHWARAN S
42.	DR. SENTHIL PRIYA S
43.	DR. SABAPATHY V A
44.	DR. NAVEENA P
45.	DR. ARUL MURUGAN C
46.	DR. ARUNA P
47.	DR. VIGNESH B
48.	DR. SENTHIL M