



**WISDOM FOUNDATION**

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# **ART OF SELF-MANAGEMENT**

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**A REPORT BASED ON THE COURSE CONDUCTED BY VINAYJI**

**FOR**

**THE DELHI PUBLIC SCHOOL, BOPAL, AHMEDABAD, GUJARAT**

**ART OF SELF-MANAGEMENT**  
**A REPORT BASED ON THE COURSE CONDUCTED BY VINAYJI**  
**FOR DELHI PUBLIC SCHOOL, AHMEDABAD, GUJARAT 2023 – 24.**

**INTRODUCTION:**

The Art of Self-Management is the ability of a person to manage one's thoughts, and emotions. It is the ability to control behaviour in a conscious, rational and productive manner that leads one excellence and success. In short, it leads a person to excel in personal and professional life because of the ability to direct skills and talents in the right direction.

In the present-day context, value-based education, is the need of the hour. This critical need must be addressed by equipping and empowering our youth with the right knowledge. To achieve this, we must strive to 'catch them young' and 'watch them grow'.

Based on his extensive study, research and experience for over three decades, Vinayji advocates that while academic growth is important for the youth to choose a career and earn a living, value-based education and development of Intellect becomes essential to make life meaningful, productive and peaceful from a very young age.

With this objective, the students of the Delhi Public School, Ahmedabad, were offered a course in the Art of Self-Management. Self-Management is a value-based supplement to academics. Similar courses have been successfully conducted in premier educational institutions in India and abroad.

Up to 1000 Students of classes 9 and 11 from the Delhi Public School, Ahmedabad, were identified for this programme and given an in-person orientation, followed by a series of online sessions. The in-person orientation was meant to establish a connect between Vinayji and the students and give them an overview of the concepts that would follow in the subsequent online sessions. The online sessions delved deeper into the concepts and enabled the students to get clearer understanding of the topics.

At the end of the program, written feedback was taken from all the students through a questionnaire to capture their impressions and to assess the impact of the program on them. The questions were then analysed, and the data used to prepare a summary report. This is a report of the findings from the above-mentioned program.

## **THE FINDINGS:**

The Art of Self-Management programme is a module consisting of 12 - 15 sessions, of which the initial 1 session was conducted, in person, by Vinayji. The remaining sessions were all conducted online and included meaningful interaction with all the students. The feedback indicated a positive trend.

Students were asked about their understanding of the topics covered during the sessions. Out of 420 students, 79% of the students said that they could understand the sessions easily, while 21% of students said that they were able to understand but with some difficulty.

## **THE IMPORTANCE OF THE PROGRAM:**

When asked about the importance of Art of Self-Management (ASM), 91% of students agreed that it was important. Around 9% of students did not agree. The high percentage of positive responses shows that majority of students were able to grasp the importance of the Art of Self-Management.

Students were asked about how the ASM course had influenced their thinking. The answers to this question were interesting and amazing. The responses brought forth the students' true feelings and expressions. Although a large number of students mentioned *positive thinking* and *prioritising* as the outcome, many students said that the course helped in changing their mindset and enabled them to move from negativity to positivity. Few of the interesting responses are given below.

*'I changed my aggressive behaviour and developed positive thinking skills.'*

*'I learnt to focus on myself.'*

*'I learnt to focus on achieving goals.'*

*'I learnt to think positively.'*

Students mentioned about changes in their personality, such as, controlling their behaviour and emotions. They said that the course helped them to think more rationally, manage their studies and life, to think about different situations, to prioritise work and feel more motivated towards their goal. Some students said that it had broadened their outlook and gave them a different perspective through which they could acknowledge one aspect from another.

*One student stated that "It changed my way of thinking, that managing ourselves is the most important thing, because it helps us to do everything positively. It increased my self-awareness about my emotions and to react wisely."*

Another student said, *"I changed my thinking, as it changed my view of life, understand the difference between intelligence and intellect. A person is remembered for good deeds in life, to be humble, respectful to everyone and focus on goals with utter dedication and sincerity."*

### **THE IMPACT OF THE PROGRAM:**

Students were also asked about the impact of the programme on various aspects of their life such as their academics, time-management, their career and their future. The students' responses demonstrated a highly positive influence of the programme and a sense of maturity among the students. They stated that they learnt about importance of controlling their mind, emotions, responsibilities and clarity of the intellect. Few said that they learnt about how to be optimistic, control temptations, be analytical and rational thinking. Others mentioned that they learnt about decision-making, goal-setting and developed confidence. Majority of students were able to grasp the key concepts and thoughts very well. Few students' responses that were noteworthy are given below.

*"The course helped me to become more organised and proactive in managing my time and priorities."*

*"Improved my decision-making, changed my thinking about my swadharma. It helped in managing my daily routine."*

*"We should not waste time on unnecessary things and should focus on more important things in life."*

The course helped me to improve academic performance and efficiency to achieve my goals. It helped to increase employability and manage my future career path, a change in me when I speak in front of many people.

Overall, the course appears to have had an extremely positive influence on the students' personal and career goals.

### **WHAT WAS MOST APPRECIATED:**

When asked what they liked the most, the students were very clear. First of all, they said they liked the interaction between the coach and the students. As one student put it: *"What I like most was that it was not a speech, that we had to sit through. It was actually an interactive course that we could understand."* Another student said, *"The course's practical approach and mindfulness component resonated well with me the most."*

Students liked the real-life examples and motivational quotes used during the sessions. They picked up some of the key concepts through the catchy phrases like *swadharma* and *paradharm*a used during the sessions.

One student stated *"I liked the way he asked questions. It made us pay more attention. The thing I liked most, was that Sir allowed us to express ourselves freely. I liked the way he expressed his thoughts clearly and made us understand the importance of improving our performance in life."*

Another said, *"I loved the point about vasanas and how they influence the decision-making process of a person. This part of the course emphasised on how to get hold of the desires and progress towards our goal."*

Most students liked the in-depth explanation, the teaching style, enthusiasm and optimism of the coach. They agreed that the teaching was awesome and the content very informative.

One student liked the statement that *"Money cannot buy happiness"* and that *"he allowed us to understand the points and concepts with his incredible speaking skills."*

Another student liked the fun element and that the coach never scolded any student throughout the sessions. Overall, the students showed a very positive trend towards learning. The Art of Self-Management proved to be a "lesson for life" to them and a welcome addition to their studies.

### **EFFECTIVENESS OF THE SPEAKER:**

Students were asked about how effective and engaging the speaker was in delivering the content. About 64% of students replied in the affirmative while 33% said, 'somewhat' and only 3% were not in agreement. The latter is perhaps indicative that few students found it challenging. Almost all of the students (97%) opined that the speaker was effective and was able to capture the students' keen attention and interest in acquiring the knowledge.

### **DEPTH OF INFORMATION AND TOPICS COVERED:**

Students were asked whether the sessions met their expectations regarding the topics covered and depth of information. More than half of the students (54%) felt that the information covered met their expectations and that they received in-depth information. About 30% students mentioned "somewhat", while around 16% said that it did not match their expectations.

## **AFTER COMPLETION OF THE COURSE:**

An interesting aspect of the feedback was that the students were asked how they would you do things differently after completing the course. Their responses were in sync with their earlier responses. Most students demonstrated clarity in their thinking, confidence and maturity. A few of the students' responses are given below.

*"I would approach my tasks and goals with a more structured and proactive mindset. I will keep my mind in control. I will ignore people's opinion and do what is correct. I am trying to be more patient and planning things in order that I don't get panicky at a crucial time."*

*"I am able to communicate more confidently about myself. I have more clarity and I am calmer than before. I will learn how to introspect and manage emotions."*

*"After the course, I will be doing things on time, with passion and with honesty. If I do like this, I will get to know myself. "*

*"I would analyse them first, unlike before. I noticed personally, that after the course, I have controlled my short-tempered nature."*

*"I would not cram knowledge, but rather try to understand it and apply it in my daily life. I always read the values and quotes that I had written in my notes. "*

*"I would manage my time correctly and submit my notebooks on time. I would first create smart goals and remove distractions from my life."*

*"After the course, specifically, I would implement strategies such as time-blocking to prioritise tasks effectively and minimize distractions. Additionally, I would focus on my communication skills, to better delegate tasks and collaborate with others. Furthermore, I would cultivate the habit of regular reflection and goal setting too."*

*"I am getting up early morning to study before school hours so that my revision gets completed. I would try to control my negative emotions like anger, regret etc. and spend time in improving myself and my time schedule. I am a different person now. I learned that having a calm and composed mind does half of the work. So, I am trying to have maximum focus on things and succeed in them."*

The course has therefore had a tremendous impact on the students' thought process and behaviour.

## **THE CONCLUSION:**

Overall, the students' responses showed their genuine feelings and attitude towards many aspects of life. The main points highlighted by the students included goal setting, time-management, self-motivated achievement and a change in their outlook. It is evident that if the students can imbibe values such as honesty, patience and controlling the mind, they would surely succeed in achieving their goals. The students' responses reflect the impact of the program not only on their personality and emotions but also on their education, career and their outlook for the future. The overall impact of the program was highly positive. A large majority (85%) of students agreed that the Art of Self-Management programme was highly beneficial and met their expectations. They felt that it fostered a sense of community and collaboration among them. Thus, it is paramount to formally introduce this Wisdom to the young minds.

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