

Time Management: An Insight with Indian Perspective

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Abstract

Human beings have made this world a glorious place to live in at the cost of indulging himself without the least restraint in a world haunted by the twin demons of speed and complexity. Faced with ever increasing demands on the limited time at his disposal, modern man sitting amidst a mountain of wealth and prosperity lives a life of worry, anxiety and dissatisfaction and often looks towards management gurus for solutions. Through this study, the researchers aim to gain deep understanding and insights into time- management and self- management, fascinating interplay between them and the broader Indian perspective on self-management. These aspects of self management and self- development have long been pointed out and highlighted by Indian scriptures and great spiritual masters. Moreover, our Indian Vedanta provides an exhaustive science of effective living by focusing on these aspects in subtle manner. It helps us to understand ourselves and the world.

Introduction

With the greater impact of rapid changes in globalization and internationalization of economic processes on organization performance, the importance of management efficiency for organization's performance in modern society becomes obvious. Moreover, the managers' performance quality is largely responsible for the success of these processes. However, all these management efficiency issues are tightly connected with their "time management". In recent years, increased autonomy and responsibility at work coupled with increased pressure to carry out organizational activities has considerably affected life at the workplace. As a habit, procrastination constitutes part of a vicious cycle that increases time pressure. Even when employees are under pressure at work, they procrastinate. Such, 'pressure at work' has led to expressions like *time famine* (Perlow, 1999) which points out the feeling of having too much to do when time to do it is not enough at all. Given the realities of the profession, 'time management' is identified as a major problem and thus its relevance to executives, professionals and employees in general, could be well estimated.

During the last two decades, 'time management' has received increasing research interest (Claessens et al., 2007) as there has been a growing recognition of the importance of time in

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