

A.V. COLLEGE OF ARTS, SCIENCE & COMMERCE

Gagan Mahal, Hyderabad -500029

(Affiliated to Osmania University, Hyderabad, Telangana)



Type of Activity: Capacity Building Activity (Book Review :**5 AM CLUB** (2023-25 Batch))

Name of Coordinators: Prof. Vinita Sharma & Dr. B.Shravani

Date of Event: 4-1-24 to 7-1-24

Lists of Participants : 38 participants [list](#)

Objectives of the Event :

- Develop Personal and Professional Growth – Encourage participants to adopt habits that enhance productivity, focus, and well-being.
- Foster a Growth Mindset – Instill the principles of discipline, self-mastery, and continuous learning.
- Improve Time Management and Discipline – Help participants understand the benefits of waking up early and structuring their mornings effectively.
- Enhance Leadership and Performance – Equip individuals with strategies to become more effective leaders in their personal and professional lives.
- Encourage Critical Thinking and Reflection – Enable participants to analyze and apply the book's concepts to their own lives.
- Promote Peer Learning and Discussion – Facilitate knowledge sharing and diverse perspectives through group discussions.

Activity Program Details:

Summary : The 5 AM Club helps you get up at 5 AM every morning, build a morning routine, and make time for the self-improvement you need to find success.

Videos

1. Videos -
 - a. Teaser Video [Link](#) (5 min)
 - b. Hindi Video-Titles in English (Very Good) [Link](#) (12 min)
 - c. Video [Link](#) (5 min) (for those not comfortable in Hindi)
 - d. [Why and how to get up Early](#) (optional)
2. Student Activities
 - a. Finish watching above videos
 - b. Create 5 am Club Page (with Date) in Spiral Bound **Book Review Book**
 - i. Write your Wake-up & Sleep Time
 - ii. Write Summary of book
 - iii. Write one question you liked most in the book
 - iv. Group presentation of review
 - v. Write proposed 20/20/20 Action Plan
 - vi. Create Tracker in Spiral Book as given below

	January 2024				
Date	Wake up Time	Sleep Time (Last Night)	Activity in 1st 20 min	Activity in 2nd 20 min	Activity in 3rd 20 min
4/1/2024					
5/1/2024					
6/1/2024					
7/1/2024					

Outcome of the event:

1. Adoption of Positive Morning Routines – Participants implement elements of the *20/20/20 Formula* (exercise, reflection, learning).
2. Increased Productivity and Focus – Improved efficiency in personal and professional tasks.
3. Greater Self-Discipline and Consistency – Strengthened commitment to personal growth and self-mastery.
4. Enhanced Leadership and Decision-Making – Participants apply the book's principles to lead themselves and others more effectively.
5. Stronger Peer Engagement and Networking – Deeper discussions, shared insights, and collaborative learning experiences.
6. Practical Application of Key Lessons – Participants develop personalized action plans to integrate the book's strategies into their daily routines.

Geo-Tagged Pictures :

