### Prestige Institute of Management and Research, Indore

| Type of Activity Organized (Please tick) | 1) Management Development Program  
2) Faculty Development Program  
3) Student Training Program/Certifications  
4) Consultancy  
5) Co-Curricular Activity  
6) Extra Curricular Activity |
<table>
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<tbody>
<tr>
<td><strong>Title</strong></td>
<td>National Webinar Series – Self Leadership Part I – Work Life Balance</td>
</tr>
<tr>
<td><strong>Number of Faculties Coordinating</strong></td>
<td>2</td>
</tr>
<tr>
<td><strong>Name of the Faculty/s Assigned and Designation</strong></td>
<td>Dr. Gunjan Anand / Dr.Pallavi (Joshi) Kapooria</td>
</tr>
<tr>
<td><strong>Duration (DD/MM/YYYY)</strong></td>
<td>From Date: 29/06/2020 To Date: 29/06/2020 Total No. of Days: 1</td>
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<tr>
<td><strong>Whether On Campus/Off Campus (Please Mention)</strong></td>
<td>On-Line Mode</td>
</tr>
</tbody>
</table>
| **No. of Participants**                 | Top Level Managers  
Mid Level Managers  
Lower Level Managers  
Professors  
Associate Professors  
Assistant Professors  
Students                                                                 |
| **Total Income (if any): NA**           | Top Expenses (if any): NA                                                       |
| **Total Income in Words**               | Total Income in Figures -                                                      |
**Description of the Activity:**

**NATIONAL WEBINAR SERIES**

Prestige Institute of Management and Research organised a session on Work Life Balance under the National Webinar Series on Self-Leadership.

The session expert Mr. Tanmay Dubey is a Work-Life Coach and has been immensely active in guiding and mentoring people from across diverse domains on work life balancing. He enlightened the participants on how striking a balance between work and life is a crucial building block towards self-mastery. He emphasized that it’s a matter of 20% strategy and 80% mind to be able to acknowledge the need for having a work-life balance. He also stressed upon to curb on social media addiction which is one of the biggest factors toward an imbalanced work-life.

Enthusiasts from education fraternity across the PAN India registered and participated in this session.

The next session on the National Webinar Series will be announced very soon by the institute.

**Media Coverage:**
इंदौर। प्रेस्टीज इंस्टीट्यूट आफ मैनेजमेंट एंड रिसर्च ने सेल्फ लीडरशिप पर नेशनल वेबिनार सीरीज रखी। वर्क लाइफ कोच तनम्य दुबे ने बेहतर जिंदगी के तालमेल के तरीकों पर बात की। डा. पल्लवी कपूरिया और डा. गुंजन आनंद ने आभार माना।

Prabhat Kiran (Hindi Newspaper)
June 30, 2020
e-paper edition, page 2
Link to access - https://www.calameo.com/books/005036615f6064eadd94f
Space for Photographs:
Webinar Series on

SELF-LEADERSHIP

PART 1

Learn the Art of Work-Life Balance

Speaker
Mr. Tanmay Dubey
Work-Life Balance Coach,
& author of 4 Best Selling Books

PRESTIGE INSTITUTE OF MANAGEMENT
AND RESEARCH (PIMR), INDORE
2, Education & Health Sector Scheme 54, Indore, India
Glimpses of Live Feedback
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