**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>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Title</strong></td>
<td>National Webinar Series – Self Leadership Part III – Self Awareness as a key to Self-Mastery</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: 24/08/2020 To Date: 24/08/2020 Total No. of Days: 1</td>
</tr>
<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** 21 (including professional)  
**Students** |
| **Total Income (if any): NA** | **Total 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 **Self Awareness is key to Self Mastery** under the **National Webinar Series on Self-Leadership** being held on a monthly basis.

About the Speaker

Dr. Chetan Raikwar is an Author, Career & Business Coach. He is a founder of Business Avsar and Urja Counselling & Training. He has counseled more than 20000+ Students. He has been awarded as Best Career Counsellor two times.

About the Session

Dr. Raikwar enlightened that Self Awareness means making ourselves aware about our Thoughts, Emotions, Words, Actions, Habits, Choices and Decisions. He focused upon the techniques to keep watch on ourselves in an effective manner.

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.
Webinar Series on
SELF-LEADERSHIP

PART 3

Self-Awareness is Key to Self-Mastery

Speaker
Dr. Chetan Raikwar
Founder,
Business Avsar &
URJA-Counselling and Training

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

Copy of Digital Flyer
PART 3
Self-Awareness is Key to Self-Mastery

Speaker
Dr. Chetan Raikwar
Founder,
Business Avsar &
URJA-Counselling and Training

PRESTIGE INSTITUTE OF MANAGEMENT
AND RESEARCH (PIMR), INDORE
2, Education & Health Sector Scheme 54, Indore, India
Glimpses from Session
SELF AWARENESS
CONFIDENCE
COMMUNICATION
PRODUCTIVITY
EMOTIONS
HAPPINESS

OUR PROMISE

CLEAR & HONEST PERCEPTION TOWARDS YOUR
PERSONALITY
SKILL
TALENT
HABIT
STRENGTH
WEAKNESS