

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		
Title	National Webinar Series – Self Leadership Part I – Work Life Balance		
Number of Faculties Coordinating	2		
Name of the Faculty/s Assigned and Designation	Dr. Gunjan Anand / Dr.Pallavi (Joshi) Kapooria		
Duration (DD/MM/YYYY)	From Date: 29/06/2020	To Date: 29/06/2020	Total No. of Days: 1
Whether On Campus/Off Campus (Please Mention)	On-Line Mode		
No. of Participants	Top Level Managers		
	Mid Level Managers		
	Lower Level Managers		
	Professors		
	Associate Professors		
	Assistant Professors		117 (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 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:

प्रभातकिरण

इंदौर, मंगलवार
30 जून 2020

2



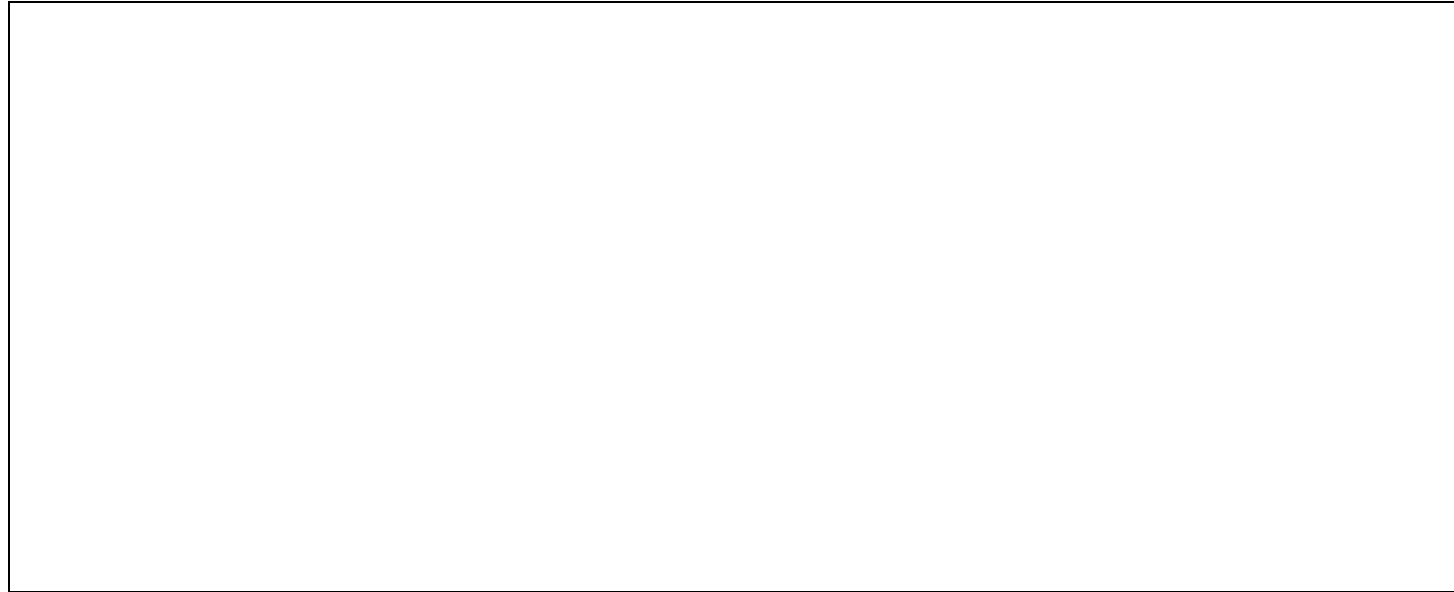
इंदौर। प्रेस्टीज इंस्टीट्यूट आफ मैनेजमेंट एंड रिसर्च ने सेल्फ लीडरशिप पर नेशनल वेबिनार सीरिज रखी। वर्क लाइफ कोच तन्मय दुबे ने बेहतर जिंदगी के तालमेल के तरीकों पर बात की। डा. पल्लवी कपूरिया और डा. गुंजन आनंद ने आभार माना।

Prabhat Kiran (Hindi Newspaper)

June 30, 2020

e-paper edition, page 2

Link to access - <https://www.calameo.com/books/005036615f6064eadd94f>



Space for Photographs:

29
JUNE

4-5 PM

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

Copy of Digital Flyer



The screenshot displays a Zoom webinar interface with a chat window open. The chat window, titled "Zoom Webinar Chat", shows a list of messages from participants. The messages are as follows:

- From mukesh to All panelists and attendees: 4:46 PM
thanks
- From Sonali Singh to All panelists: 4:46 PM
yes Amazing Sir Session was very nice
- From Mr. Tanmay Dubey to All panelists: 4:46 PM
<https://calendly.com/leotanmay/60min>
- From Dr. Shweta Sharma to All panelists: 4:46 PM
it was a learning session
- From Sonal Jain to All panelists and attendees: 4:47 PM
Thanku Sir, very informative session.
- From Vivek Sao to All panelists and attendees: 4:47 PM
Thanks Tanmay for such a insightful session..I will be in touch with you for further guidance...
- From Avneet Narang to All panelists: 4:47 PM
Good Session Sir
- From Rajkumar Jain to All panelists: 4:49 PM
how to motivate myself to do the same job or exercise every day, same time ... it is very very difficult
- From Bhawna Pal to All panelists: 4:49 PM
it's quite inspiring session n needed. Thank you Tanmay Sir! Thanks to the organizing team of Prestige... !looking forward for many more such sessions
- From Rishabh to All panelists and attendees: 4:50 PM
Dear sir, my question is that how we can manage professional work life with social life. your session is too good and gave me a great path of motivation.

The chat window also shows a search bar, a "To:" field set to "All panelists and attendees", and a "Type message here..." input field. The Zoom interface includes video thumbnails for Mr. Tanmay Dubey and Mr. Pranay Pandey, a "Recording..." indicator, and a "LIVE on Facebook" button. The right sidebar shows a list of participants, including panelists and attendees, with a "Lower All Hands" button. The bottom of the screen shows the macOS dock with various application icons.

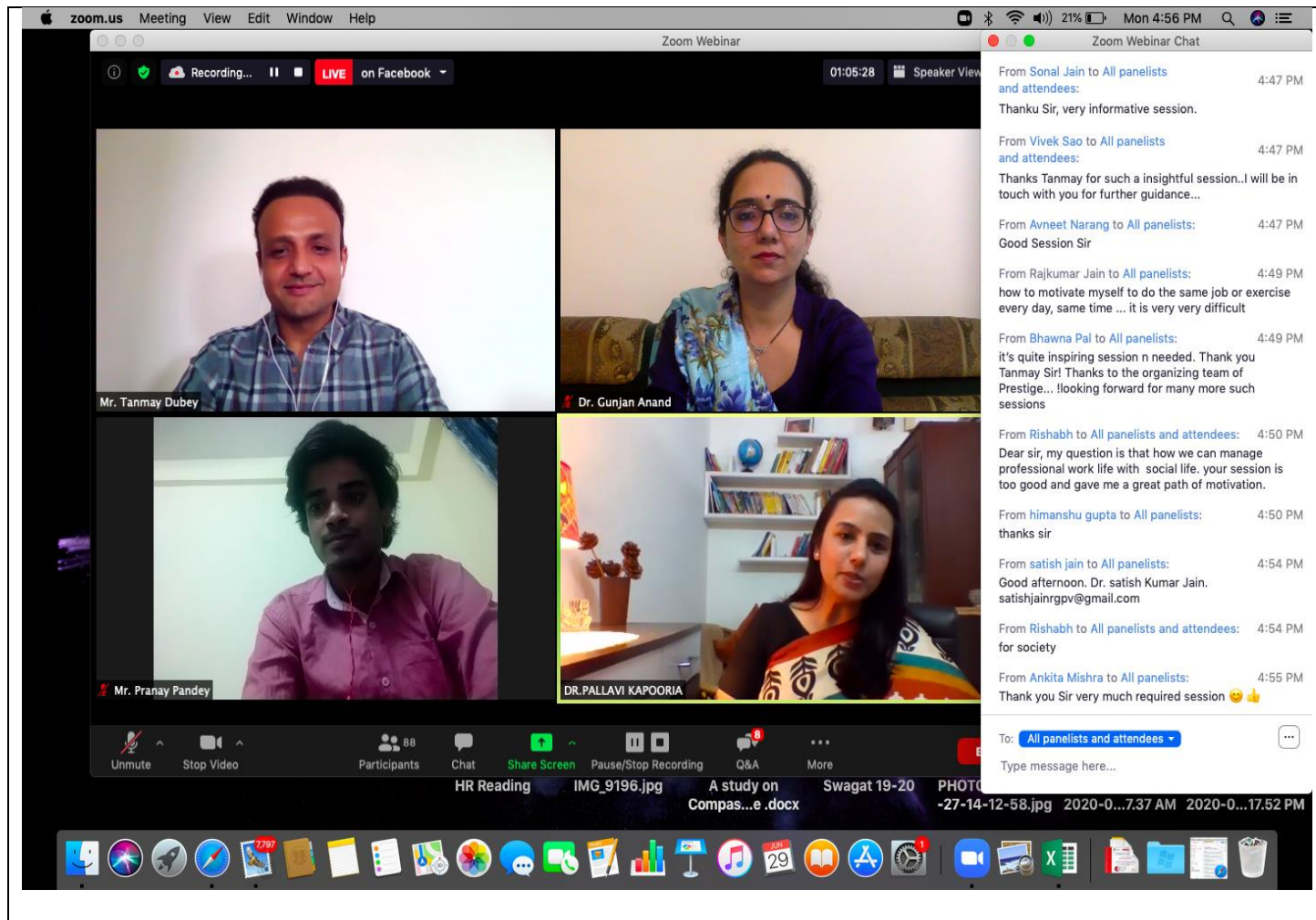
Glimpses of Live Feedback

The image shows a Zoom webinar interface. At the top, the Zoom menu bar includes 'zoom.us Meeting View Edit Window Help'. The main window displays four video thumbnails of participants: Mr. Tanmay Dubey, Dr. Gunjan Anand, Mr. Pranay Pandey, and DR. PALLAVI KAPOORIA. The Zoom control bar at the bottom includes options for Mute, Stop Video, Participants (88), Chat, Share Screen, Pause/Stop Recording, Q&A, and More. A chat window is open on the right side, showing a list of feedback messages from attendees. The messages are as follows:

- From mukesh to All panelists: 4:36 PM
fully agree
- From Me to All panelists and attendees: 4:37 PM
It's a request to all attendees In case of any questions Please post them in Q & A
- From YASH JAISWAL to All panelists: 4:43 PM
wonderful session, thank you so much sir.
- From Nikhill Agrawal to All panelists: 4:44 PM
Thank you very much
- From Disha Mahulkar to All panelists: 4:45 PM
thank you so much sir this is very helpful for our future.
- From Prof Amiya Pahare Govt HMASC Indore MP to All panelists and attendees: 4:45 PM
Thanks Tanmay
- From Janvi Khubani to All panelists: 4:45 PM
Amazing session sir..thankyou
- From Rachi Pandya MBA PA IV to All panelists and attendees: 4:45 PM
Thank you sir it's a wonderful session
- From Mandip Gill to All panelists: 4:46 PM
Thank you! Wonderful session!
- From AAYUSHI to All panelists: 4:46 PM
thank you sir for this wonderful session...!!
- From Prof. Sunil Kumar (PIMR, Indore) to All panelists: 4:46 PM
it was very nice session
Thanks Sir, Thanks Organising Team.

The chat window also shows a 'To:' dropdown menu set to 'All panelists and attendees' and a text input field with the placeholder '|Type message here...'. The bottom of the screen shows a macOS dock with various application icons.

Glimpses of Live Feedback



Glimpses of Live Feedback

