

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 II – From Distress to Eustress : A Journey for Self Leadership		
Number of Faculties Coordinating	2		
Name of the Faculty/s Assigned and Designation	Dr.Pallavi (Joshi) Kapooria / Dr. Gunjan Anand		
Duration (DD/MM/YYYY)	From Date: 17/07/2020	To Date: 17/07/2020	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		80 (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 **From Distress to Eustress : A Journey for Self_Leadership** under the **National Webinar Series on Self-Leadership** being held on a monthly basis.

Speaker :

Ashish Borgaonkar

Defence Officer (Army) with more than 20 years of active duty | Seasoned Paratrooper | Experienced Mountaineer

The session expert Col. Ashish Borgaonkar focused on the following aspects:

- Manifestation of Stress.
- Reactions to Stress.
- Importance of Stress.
- Using Stress to increase productivity (Eustress)
- Imp of Eustress in Leadership.
- Leading by Example.

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.

Space for Photographs:

17
JULY

4-5 PM

Webinar Series on

SELF-LEADERSHIP

PART 2

From Distress to Eustress: A Journey for Self-Leadership

Speaker

Mr. Ashish Borgaonkar

Defence Officer (Army) with
more than 20 years of active duty
Seasoned Paratrooper
Experienced Mountaineer



**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. At the top, there are icons for recording, speaker view, and a search bar. The main area shows three video thumbnails: Col.Ashish Boraonkar (top left), Dr. Pallavi Joshi Kapoora (top right), and Dr. Gunjan Anand (bottom center). The bottom control bar includes Mute, Stop Video, Participants (56), Q&A (3), Chat, Share Screen, Record, and a Leave button. On the right, the 'Participants (56)' list shows three panelists and 53 attendees. Below that, the 'Zoom Webinar Chat' window shows a message from Srinivasa Rao V to all panelists, dated 04:48 P, requesting organizers and resource persons to share recordings of the session. The chat message text is: "very very informative and practiceble requesting organizers and resource person if possible" please share recoding of this entire session. vsrinivasarao82@gmail.com".

Glimpses of Live Feedback


Recording You are viewing Dr. Gunjan Anand's screen View Options Gallery View Exit Full Screen



RESPONSE

Our attitude and how we interpret what happens to us decide how we react to events.

<p>DISTRESS</p> <ul style="list-style-type: none"> - Worrying about situation. - Failure to see Choices/ Option. - Unrealistic Expectations. - Being too Self- Critical. - Looking for Neat & Easy solution. - An "all or nothing" attitude. - Magnifying problems. 	<p>EUSTRESS</p> <ul style="list-style-type: none"> - Take Control. - Look for opportunities. - Change the way you see things. - Develop Thick skin. - Set Realistic Goals. - Don't Sweat the small Stuff. - Compartmentalise Thinking.
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Col.Ashish Boraonkar

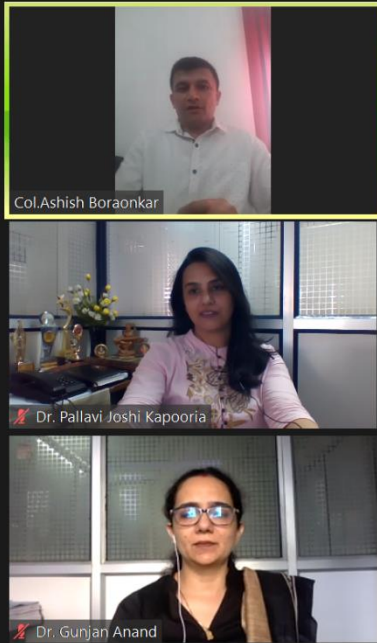
Unmute Start Video Participants 61 Q&A 3 Chat Share Screen Record Leave

Glimpses from Session

Recording

MANIFESTATION

- Work place
- Personal life
- Inside your mind
- **Fears** and Uncertainty of thoughts



Col.Ashish Boraonkar

Dr. Pallavi Joshi Kapooria

Dr. Gunjan Anand



