

# Prestige Institute of Management and Research, Indore

## Data Requisition Sheet

<b>Type of Activity Organized (Please tick)</b>	1) Management Development Program 2) Faculty Development Program 3) Student Training Program/Certifications 4) Consultancy 5) Co-Curricular Activity 6) Extra Curricular Activity		
<b>Title of the Activity</b>	“E Student Development Program (ESDP) on <b>Future Guidance and Transformational Practices for Student in Turbulent Time”</b>		
<b>Number of Faculties Coordinating</b>	1		
<b>Name of the Faculty/s Assigned and Designation</b>	Dr. Satnam Ubeja (Coordinator) Asst. Professor (Senior Grade)		
<b>Duration (DD/MM/YYYY)</b>	<b>From Date: 1<sup>st</sup> July 2020</b>	<b>To Date: 5<sup>th</sup> July 2020</b>	<b>Total No. of Days: 5</b>
<b>Whether On Campus/Off Campus (Please Mention)</b>	On Campus (ONLINE)		
<b>No. of Participants</b>	<b>Top Level Managers</b>	4	
	<b>Mid Level Managers</b>		
	<b>Lower Level Managers</b>		
	<b>Professors</b>		
	<b>Associate Professors</b>	1	
	<b>Assistant Professors</b>		
	<b>Students</b>	1200	
	<b>General Participants</b>		
<b>Total Income (if any): Rs. _____</b>		<b>Total Expenses (if any): Rs. _____</b>	
<b>Total Income in Words</b>		<b>Total Expenses in Words</b>	

### Description of the Activity:

Due to COVID-19 impact, students are perplexed about their Career, Health (Mental & Physical) and E-Learning & need guidance, career counseling from eminent experts, who can guide them to conquer the anxiety and come out of it, as winner. Hence Prestige Institute of Management and Research under the association of PIMR MHRD IIC and Marketing Club has organized **E Student Development Program (ESDP)** on the theme of **Future Guidance and Transformational Practices for Student in Turbulent Time** started from 1st July to 5th July 2020 a golden opportunity to the students of attending multiple enlightening sessions, by which, students are going to have solutions of their current queries/anxieties. The first day of the session is started by **DR. Bharat Rawat Associate Director & Life Style Guide, Medanta Hospital Indore**. The Session started at 4 p.m. by Dr. Rawat and the **host of the session is Dr. Satnam Ubeja Assistant Professor of PIMR, in guidance of Dr. Yogeshwari Phatak Director PIMR** the whole session revolve around the 5 Mantras on fitness and 7 lessons of life that what should we do to keep oneself fit. The students asked different questions related to physical health to Dr. Rawat and also get some healthy food tips from him. The Second day (2<sup>nd</sup> July 2020) of the session is taken by **Ms. Prachee Gaur Founder and CEO of Remarkable Education Private Ltd. Jodhpur Rajasthan**. The Session started at 4 p.m. by Ms. Prachee and the **host of the session is Dr. Satnam Ubeja Assistant Professor of PIMR, in guidance of Dr. Yogeshwari Phatak Director PIMR** the session is for Motivating the students that how they should cope up with the current scenario and how they can keep themselves motivated for the future endeavors. Ms. Prachee thought the students the three laws which is applicable in students life to keep themselves positive and motivated. She also gave the 5 points to remember in which major one is to communicate with your family and friends which can give you the better solution for the problem and will help you to deal the situation in better way. The third day of the session is on career counseling by **Ms. Sakshi Mittal Edupreneur Founder & Director, University LEAP, New Delhi**. According to her most important and foremost thing in present time for students is to clear their vision about the future that what they want to do in coming time and what they should choose as their career. The main motive is to letting know the students that how they can decide that what they want to choose as their career option. As the session for the students who have completed their high school or who are under graduate. The fourth day of the session was with **Dr. Vinay kulkarni HOD, Mechanical D.Y. Patil College of Engineering Akurdi, Pune**, the session was on E learning in which Dr. Vinay taught the students that how can they learn the things at online platform and how can they use their time on learning the things online. He also talked about the learning's given by Dr. Bheem Rao Ambedkar that believe in self help which is the best help that says don't depend on anyone for anything make yourself to the best. He also taught that the time is the best teacher who can make you learn everything, and which will give you the lessons of life. The last day is of Mental Health which was sum up with **Dr. Nisha Khanna, Indian Counseling Psychologist, New Delhi**. She said that you should take care of your physical health as well as your mental health as these are important for peace of mind and body. According to Dr. Nisha, you should always ask yourself whether whatever you are doing is of your interest, which will give you peace of mind and keep you happy from inside. Every day about 300 students participated in the session and this program organized for the students was successfully completed. Dr. Satnam Kaur has given the vote of thanks at the end of the program. Session was live on Facebook and you tube everyday. Moderator of the program was kratika gulwani.



Figure 1 DR. Bharat Rawat Associate Director & Life Style Guide, Medanta Hospital Indore 1st July

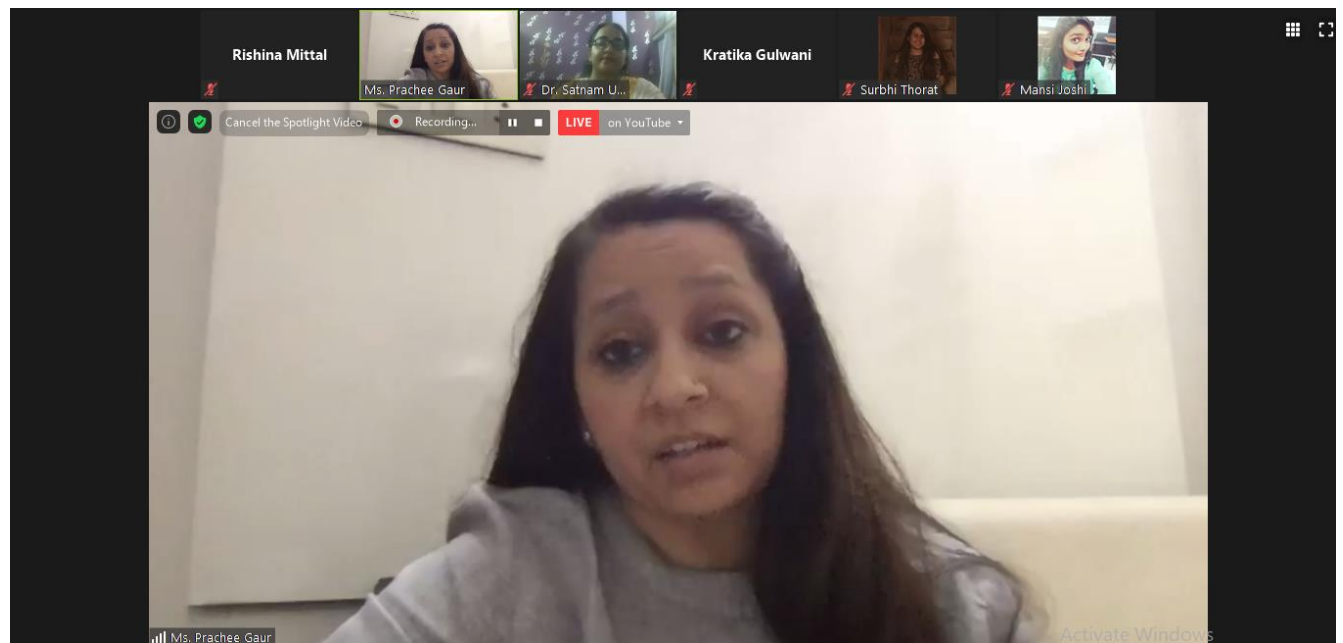


Figure 2 Ms. Prachee Gaur Founder and CEO of Remarkable Education Private Ltd. Jodhpur Rajasthan 2nd July

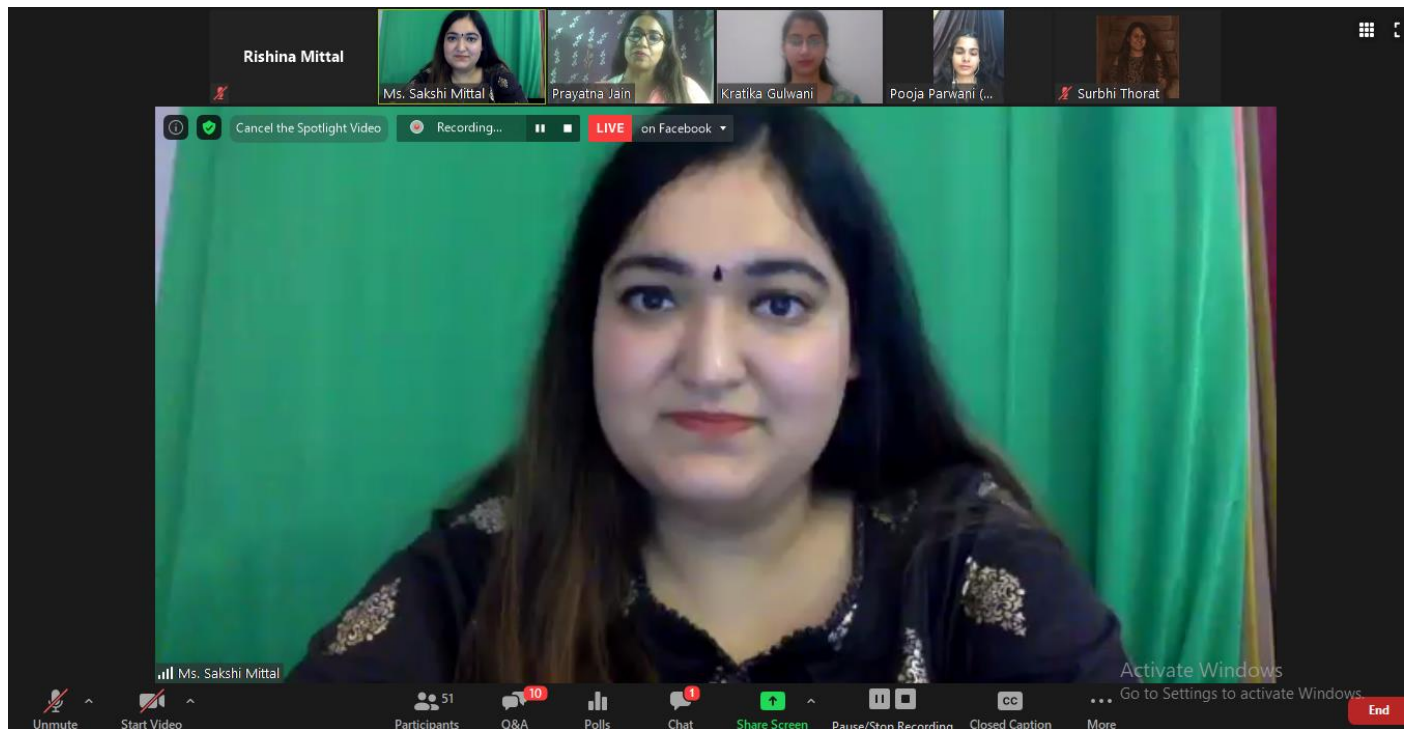


Figure 3 Ms. Sakshi Mittal Edupreneur Founder & Director, University LEAP, New Delhi 3dr July



Figure 4 Dr. Vinay kulkarni HOD, Mechanical D.Y. Patil College of Engineering Akurdi, Pune 4th July

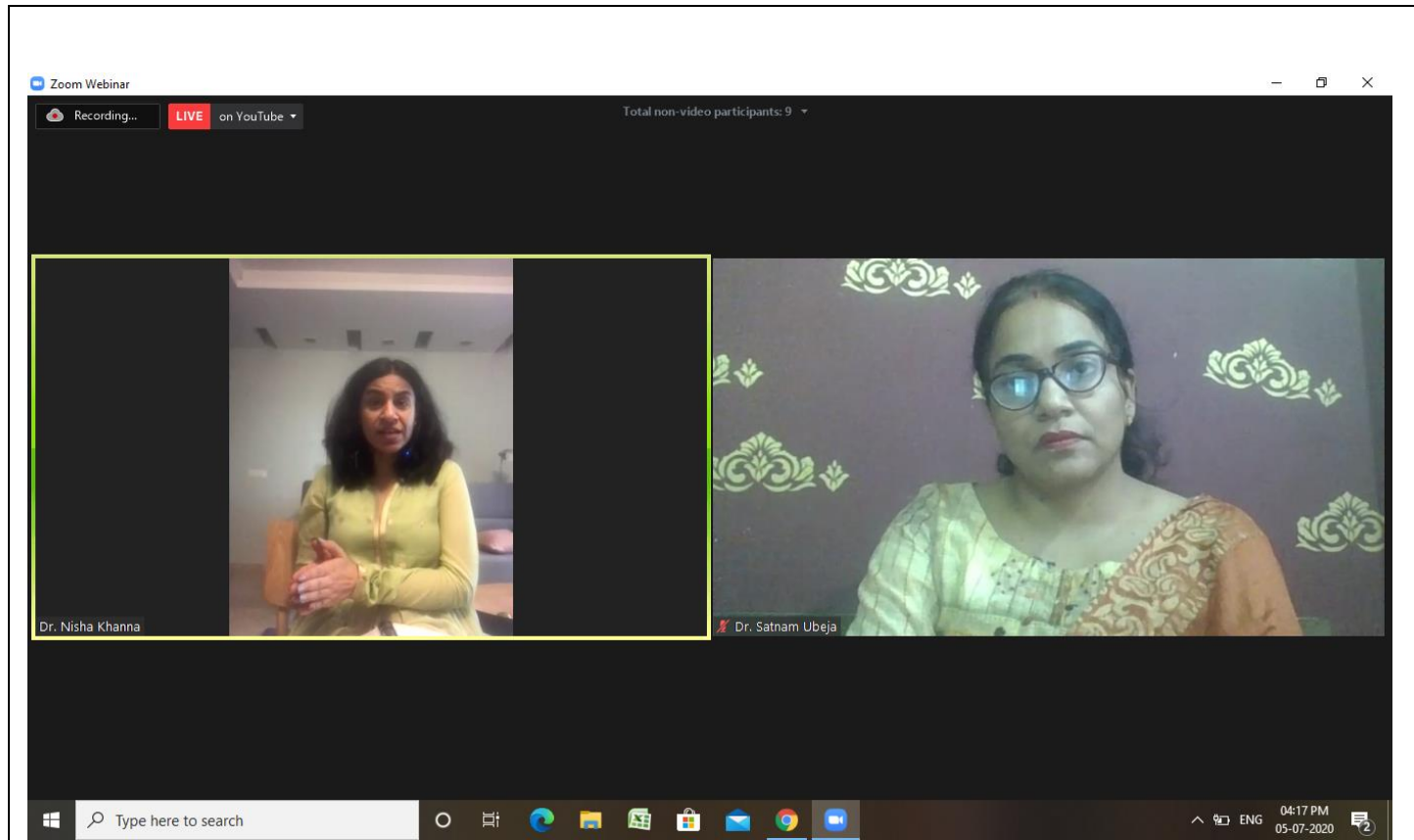


Figure 5 Dr. Nisha Khanna, Indian Counseling Psychologist, New Delhi 5th July

## Space for Photographs