



**MET'S Institute of Pharmacy  
Bhujbal Knowledge City  
Report On  
Staff Training  
Leadership Development & Stress Management**

**Resource Person:** Mr. Prashant Chaudhari

**Topic:** Leadership Development & Stress Management

**Date:** 27/10/2017

**Time:** 9.30 am to 1.30 pm

**Venue:** Seminar Hall, MET IOP

**Attendee:** All Staff

**Introduction of speaker:**

Mr. Prashant Chaudhari has degree in Engineering (Instrumentation & software) and is certified NLP (Neuro Linguistic Program) trainer, Behaviour therapist and Business consultant with more than 10 years' experience in the field. He is having his own NeuroNow consultancy.

He motivated and guided staff for following

- Winner and
- Acceptance
- Planning and implementation to avoid stress
- Time management





**MET'S Institute of Pharmacy  
Bhujbal Knowledge City  
Report On  
Staff Training  
Leadership Development & Stress Management**

**Response of Staff:**

The session was interactive and staff get keys for management of stress and time. It was also beneficial for the staff to explore themselves for the in-built qualities by taking initiative and thinking creatively.



**Impact:** Staff benefited by knowledge of planning for time and stress handling.

**Organized By:** MET BKC IOP

**Staff Coordinator**

**Principal**