

Atharva Institute of Management Studies

Activity / Event report

Name of event	: Faculty Speaks Episode 6
Date(s) of conduction	: 25 August 2021
No. of participants	: 18
Student coordinator/ committee	: Sneha Kamalpuria (MMS)
Resource person	: Prof. Gaanyesh Kulkarni
Designation	: Assistant Professor, Marketing
Contact no.	: 9820132668
Email ID	: gaanyesh.kulkarni@atharvaims.edu.in


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DESCRIPTION

Objectives:

- In search of happiness.

Key Takeaways:

- Introduction to the topic.
- Details on his published article on the topic 'In search of happiness'.
- We all want peace.
- Why are we unhappy?
- Causes of unhappiness.
- What is Brain garbage?
- About 80% thoughts are negative.
- We are nothing but a continuous flow of random thoughts and memories.
- Ignorance is a root cause of immortal unfruitful actions and thoughts.
- Ignorance has to be stopped and actions to be taken.
- Sufferings are the end result of constant oscillation between cravings - aversions and more and more wants.
- The Limbic Brain Game - helps triggering 'Fight - or - flight' response.
- The Mid Brain causes emotions like hatred, jealousy, lust, anger, greed, fear.
- Sadly, our wants and desires cumulate into SAD, that is:
 - S- Sorrows

- A- Agonies
- D- Despair
- Know where to step.
- The state of bliss: The key to eternal happiness is within us.
- The spiritual quotient (SQ)
 - $SQ = D$ (deed)/ divided by E (ego)
 - Having $SQ = \text{infinity}$ is possible only when $E = 0$.
- Focus on your breathing, you instantly recharge yourself.
- The impact of External stimuli.
- EM: Electro Magnetic frequencies.
- External stimuli controls our actions.
- Work- life balance is not that difficult.
- Achieve balance by:
 - Looking within (mindful meditation).
 - Pray for all living beings.
- The source of EM waves:
 - Gamma
 - Beta
 - Alpha
 - Theta
 - Delta
- Which type is easy to achieve?
- Alpha is the easiest phase to achieve.
- Core objective should be to train our brain to develop at least into Alpha @ 8-13 Hz / Theta @ 4-8 Hz waves to achieve peace.
- How to increase Alpha waves?
- How to meditate?
- Give only 5-15 minutes daily to look within.

- Do not touch earth or metal during meditation to avoid earthing of your energy.
- Always pray for all living beings.
- Benefits of meditation:
 - Reduced stress levels.
 - Feel fresh.
 - Increased cognition.
 - Reduce prejudice, pride, ego.
 - Contentment.
 - Sound sleep.
 - Active and alert mind.
 - More energy to work, hence more output.
- Looking at the breath is the purest form of meditation.
- Why we become negative?
- How to avoid negative factors affect our peace of mind.
- Start your day with positive thoughts.
- Don't let your inner child die.
- Scientifically looking at happiness.
- Questions and answers.
- Few words from the director.

FLYER OF THE EVENT


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ATHARVA INSTITUTE OF MANAGEMENT STUDIES
(Affiliated to Mumbai University)

06
#facultyspeaks

presents

FACULTY SPEAKS



LIVE

August 25th, 2021
10 - 11 AM (IST)

EVERY WEDNESDAY



Prof. Gaanyesh Kulkarni
(B. Com., MMM)

In Search of Happiness

www.atharvaims.edu.in

Flyer Designed by: Piyush Chaudhary (MMS)


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GLIMPSES



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The screenshot shows a Google Meet session in progress. The main content is a presentation slide with the following text:

WELCOME
In Search of Happiness
Prof. Gaanyesh K.

The meeting interface includes a top bar with a 'REC' indicator and the name 'Sneha Kamalpuria is presenting'. A grid of participants is visible on the right, including Gaanyesh Kulka..., hiral makwana, Pallavi Rane, Poonam Patel, Reena Poojara, Vaibhav. Patil, Sandeep Rasal, 7 others, and You. The bottom of the screen shows a system tray with various application icons and a status bar indicating the time as 10:02 AM and the date as AUG 25.


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The screenshot shows a Google Meet interface on a Mac. At the top, the Chrome browser window is open to a Google Meet link. The meeting title is "Sneha Kamalpuria is presenting". The main content is a presentation slide with the text "First Things First" in blue and "THE QUIZ" in large red letters. Below the slide, a grid of nine participant thumbnails is visible. The participants are: Gaanyesh Kulka..., hiral makwana, Pallavi Rane, Poonam Patel, Reena Poojara, Vaibhav. Patil, Sandeep Rasal, 8 others, and You. The bottom of the screen shows the Mac dock with various application icons and the system status bar.



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The screenshot shows a Google Meet interface on a Mac. The main window displays a presentation slide with the following text:

Let us quickly delve into the **Three Main Causes of Unhappiness**, to find, that until now how ***we've wasted*** so much of **money-energy-emotions-time (MEET)**, in order to ***'meet the happiness'***!

Below the slide, a grid of participants is visible, including Gaanyesh Kulka..., Pallavi Rane, Dr. Tarveen Kaur, Poonam Patel, Bincy Baby, Abhay Desai, Ganesh Apte, 9 others, and You. The bottom of the screen shows the Mac dock with various application icons and the system status bar.


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The screenshot shows a Google Meet interface on a Mac. The browser address bar displays `meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1`. A notification at the top left indicates "Sneha Kamalpuria is presenting". The main content area shows a slide from a PowerPoint presentation titled "Faculty Speak - In Search of Happiness, 21.08.21 [Protected View] - Microsoft PowerPoint (Product Activation Failed)".

The slide content includes:

- #1** (in a circle)
- Brain Garbage?!** (in a grey box)
- A hand holding a piece of paper that says "MY BRAIN IS A (Mm) GARBAGE CAN" with a smiley face.
- Bullet points:
 - We get about **60,000 to 80,000 thoughts per day**,
 - About 80% are negative**,
 - 95% are exactly repetitive** thoughts as the day before, and
 - Research has revealed that the **quality of our thoughts rest on the quality of our internal and external communication**

The right side of the screen shows a grid of participants: Gaanyesh Kulka..., Pallavi Rane, Dr. Tarveen Kaur, Poonam Patel, Bincy Baby, Abhay Desai, Ganesh Apte, 9 others, and You.

The bottom of the screen shows the Mac dock with various application icons and the system status bar at the bottom of the browser window.


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The screenshot shows a Google Meet interface on a Mac. The main window displays a presentation slide titled "The spiritual Quotient (SQ)". The slide content includes:

- SQ was coined by Ms. Danah Zohar in mid-90s
- Mr. Deepak Chopra established the formula of SQ
- $$SQ = D \text{ (deed) } / E \text{ (ego)}$$
- Having **SQ = infinity** is possible only **when E = 0**
- If **'E' is little even**, then **SQ approaches infinity** but **not purity**

Below the slide, a grid of participants is visible, including Gaanyesh Kulka..., Pallavi Rane, Dr. Tarveen Kaur, Pooriam Patel, Bincy Baby, Rajagopalan Sun..., Ganesh Apte, and 11 others. The bottom of the screen shows the macOS dock with various application icons.


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The screenshot shows a Google Meet interface on a Mac. The main window displays a presentation slide titled "The Impact of External Stimuli". The slide content includes a central diagram with the text "5 Senses" and five arrows pointing to icons representing different senses: Sight (eye), Hearing (ear), Taste (tongue), Touch (hand), and Smell (nose). The Google Meet interface includes a top navigation bar with "REC" and "Sneha Kamalpuria is presenting", a grid of participant video thumbnails on the right, and a bottom control bar with icons for mute, video, chat, and other meeting functions. The system tray at the bottom shows various application icons and the date "AUG 25".


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The screenshot shows a Google Meet interface on a mobile device. At the top, the browser address bar displays the URL `meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1`. The meeting title is "Sneha Kamalpuria is presenting". The main content is a presentation slide from Microsoft PowerPoint with the following text:

The EMs

External stimuli are converted into the specific

EM (electromagnetic) frequencies

depending upon the type of

activities / tasks / thinking / feelings,

an individual does at a particular time...

On the right side, there is a grid of participant video thumbnails. Visible names include Gaanyesh Kulka..., Pallavi Rane, Dr. Tarveen Kaur, Poonam Patel, Bincy Baby, Rajagopalan Su..., Ganesh Apte, and 11 others. The bottom of the screen shows the iOS dock with various app icons and the system status bar at the very bottom.


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The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. A notification bar indicates 'Sneha Kamalpuria is presenting'. The main content area is a Microsoft PowerPoint slide titled 'BRAIN WAVE CYCLES'. The slide is divided into two columns. The left column lists five brain wave cycles with their respective frequency ranges and descriptions: GAMMA (40-80 cycles per second, SUPERCONSCIOUS), BETA (13-39 cycles per second, CONSCIOUS), ALPHA (8-13 cycles per second, SUBCONSCIOUS), THETA (4-8 cycles per second, SUPERCONSCIOUS), and DELTA (.5-4 cycles per second, DREAM STATE). The right column contains the text 'The source of EM (electromagnetic) waves: Gamma, Beta, Alpha, Theta, Delta'. A grid of nine participant thumbnails is visible on the right side of the screen. The bottom of the screen shows the macOS dock with various application icons and the system status bar.

Brain Wave Cycle	Frequency Range (cycles per second)	State	Description
GAMMA	40-80	SUPERCONSCIOUS	Highly attentive states of consciousness and perception. Involved in higher mental activity and the organization of information.
BETA	13-39	CONSCIOUS	Fully awake, alert, ordinary reality (OR). Functional in the 3 rd Dimension & Middle World.
ALPHA	8-13	SUBCONSCIOUS	Deeply relaxed. Light hypnosis, meditation, biofeedback, daydreaming, just before & after sleep, mystical state, listening to music, watching a movie.
THETA	4-8	SUPERCONSCIOUS	Drowsy, tranquil, unconscious. Light sleep, shamanic journeying, access to the 5 th Dimension and Non-Ordinary Reality (NOR), the upper & lower worlds.
DELTA	.5-4	DREAM STATE	Deeply unconscious, sleep. Astral traveling, dreaming, abilities, third dimension.


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The screenshot shows a Google Meet interface on a Mac. The main window displays a presentation slide titled "How to Meditate?". The slide content is as follows:

How to *Meditate*?

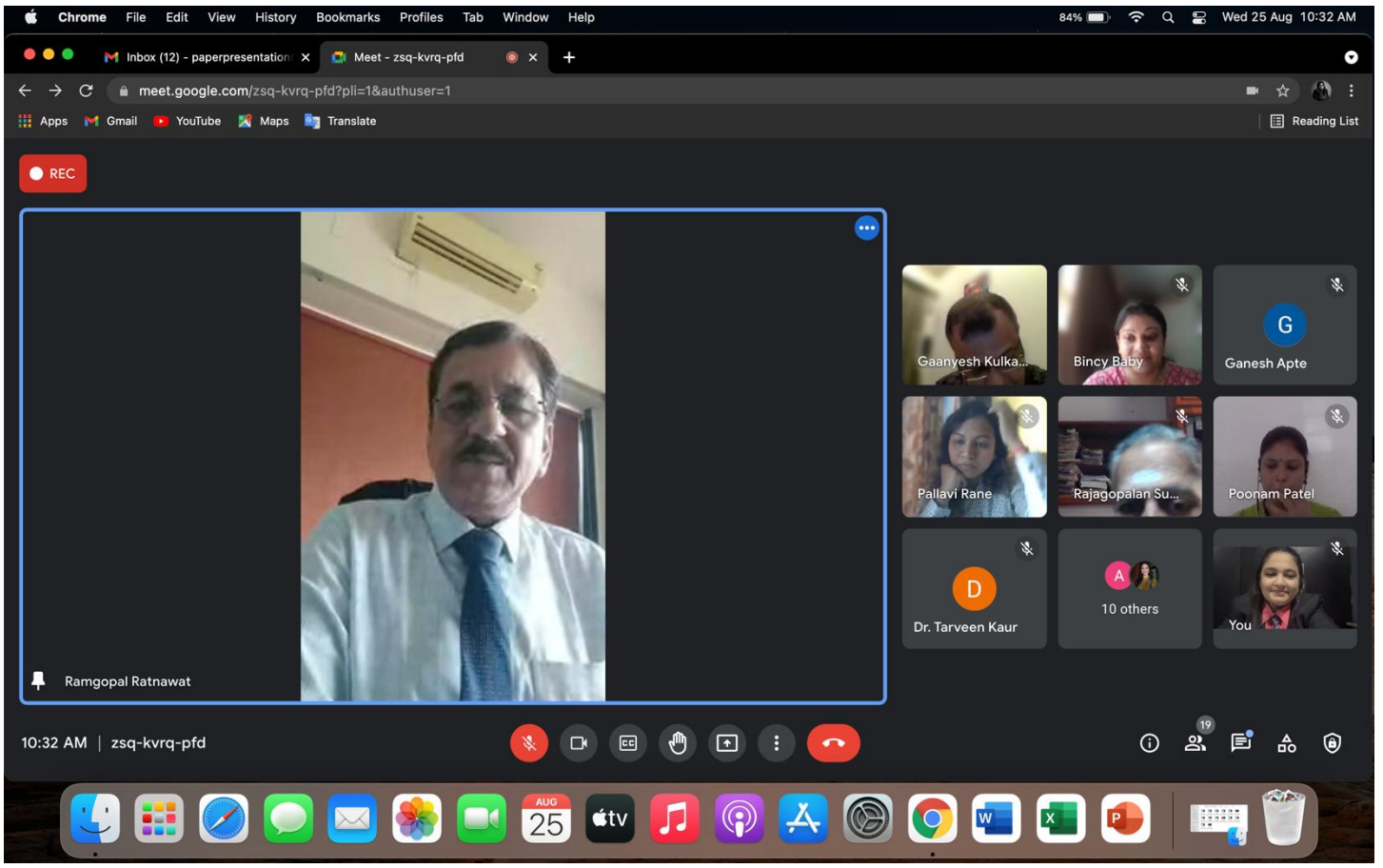
- Give **ONLY 5 to 15 minutes daily** to look within!
- Ensure **not to have contact of your body with earth or metal**
- Sit on a meditation mat, mattress, blanket, or even a wooden or plastic chair, **making your spine-neck-head in an erect-straight yet comfortable position, keeping your head straight**
- **Close the eyes and breath normal...just normal...no pranayam...no conditioned breathing at all!**

...and You're Done!

Below the slide, a grid of participants is visible. The participants shown are: Gaanyesh Kulka..., Pallavi Rane, Dr. Tarveen Kaur, Abhay Desai, Bincy Baby, Rajagopalan Su..., Ganesh Apte, 11 others, and You. The bottom of the screen shows the Mac dock with various application icons and the system status bar.


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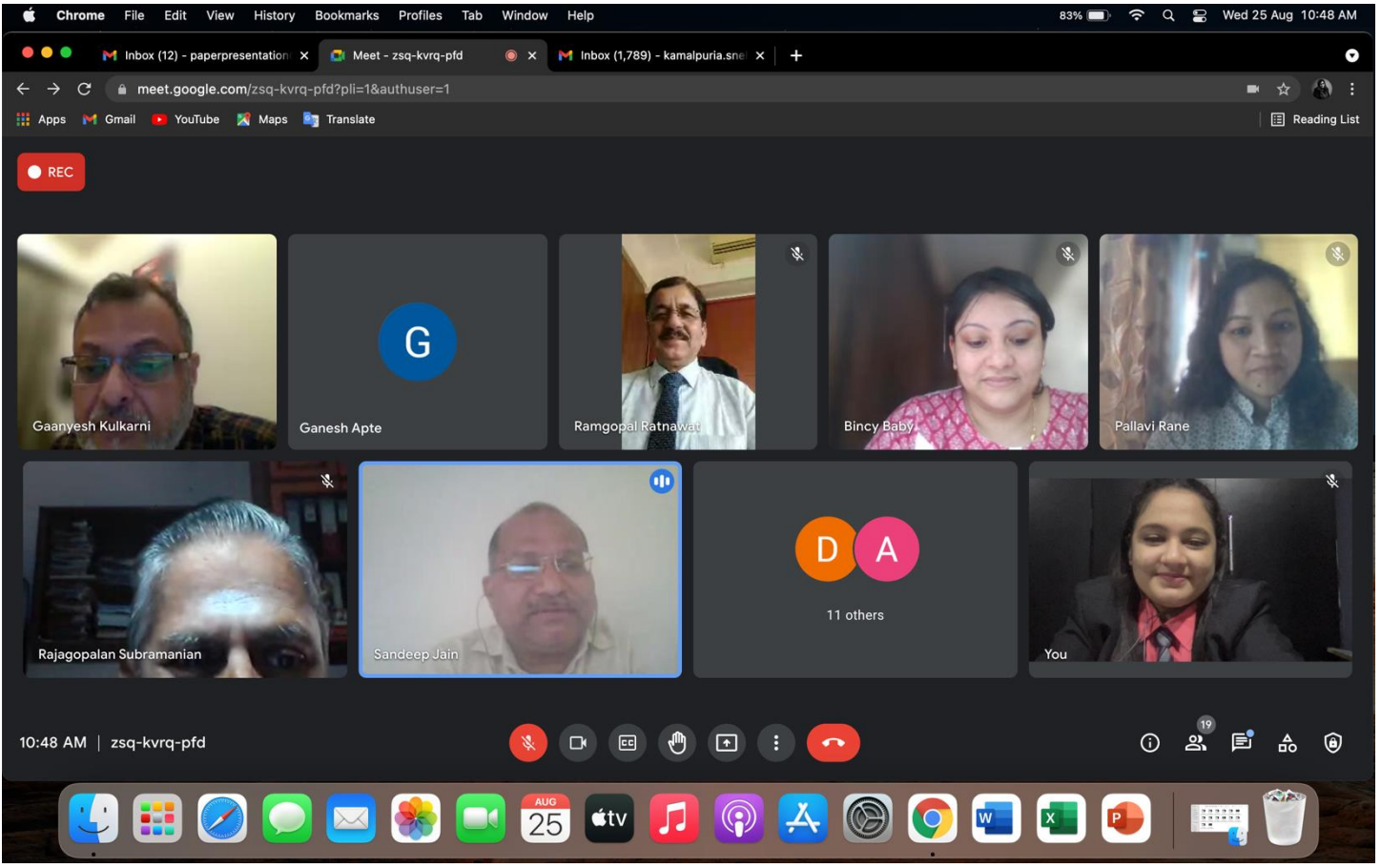



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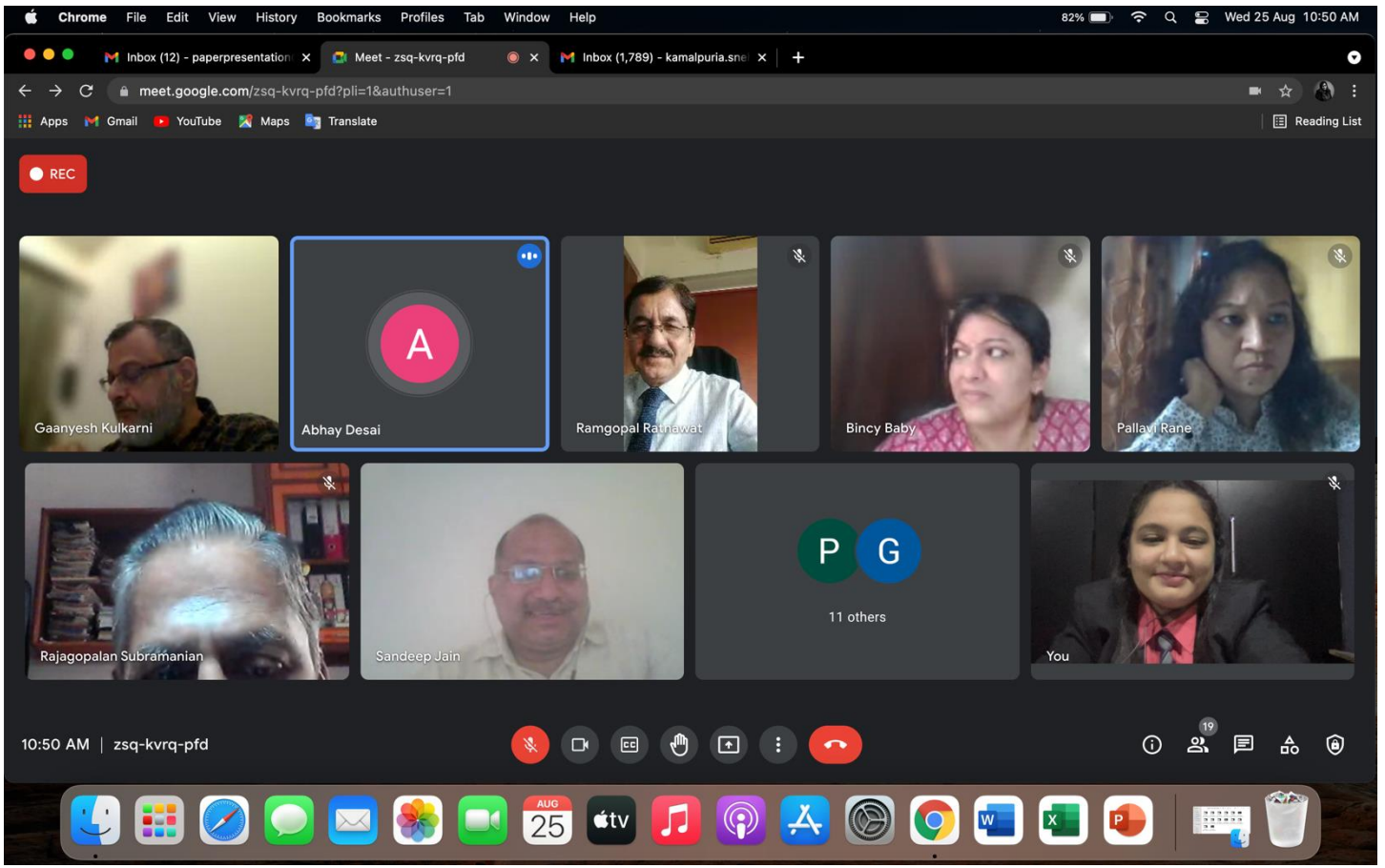

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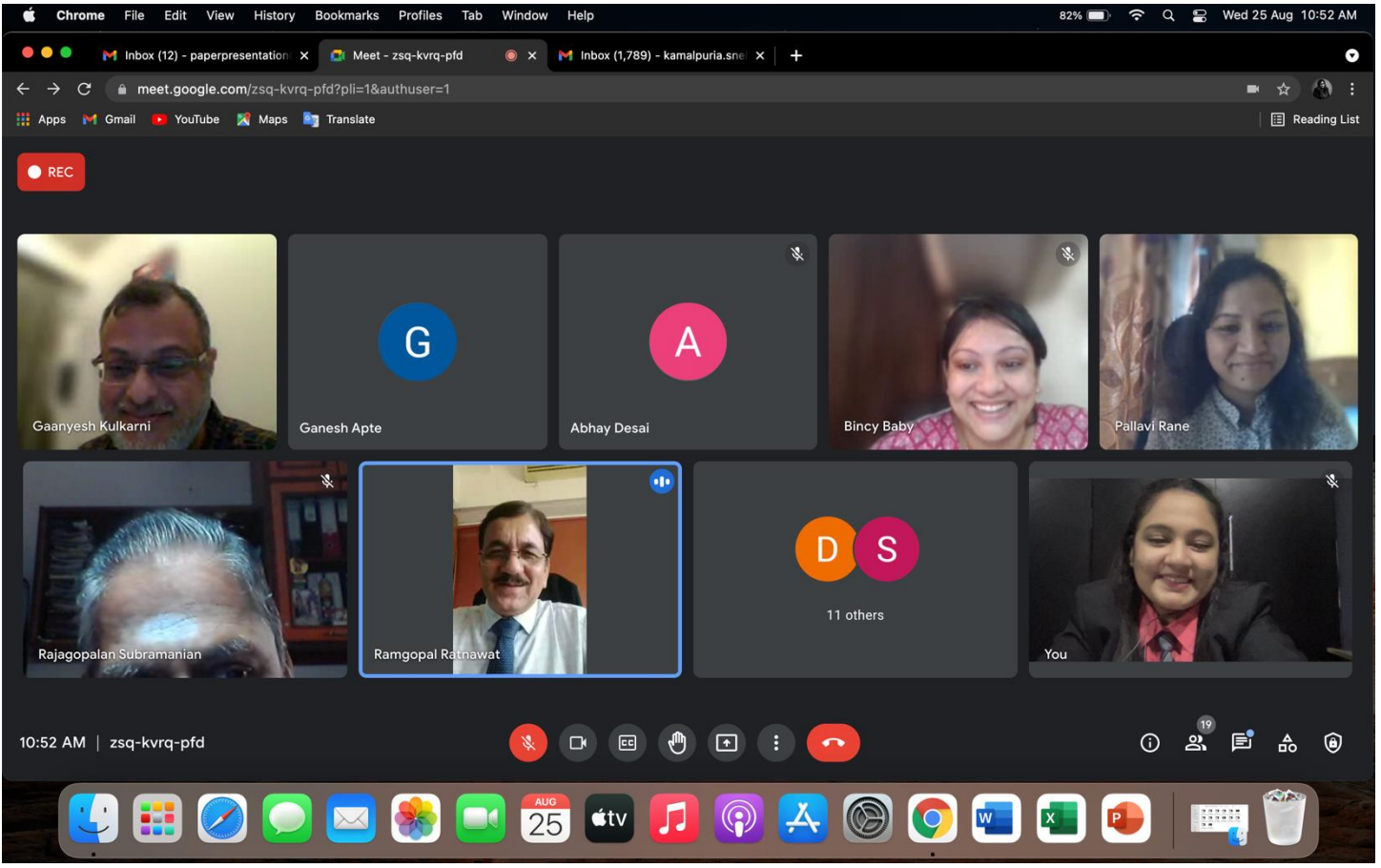

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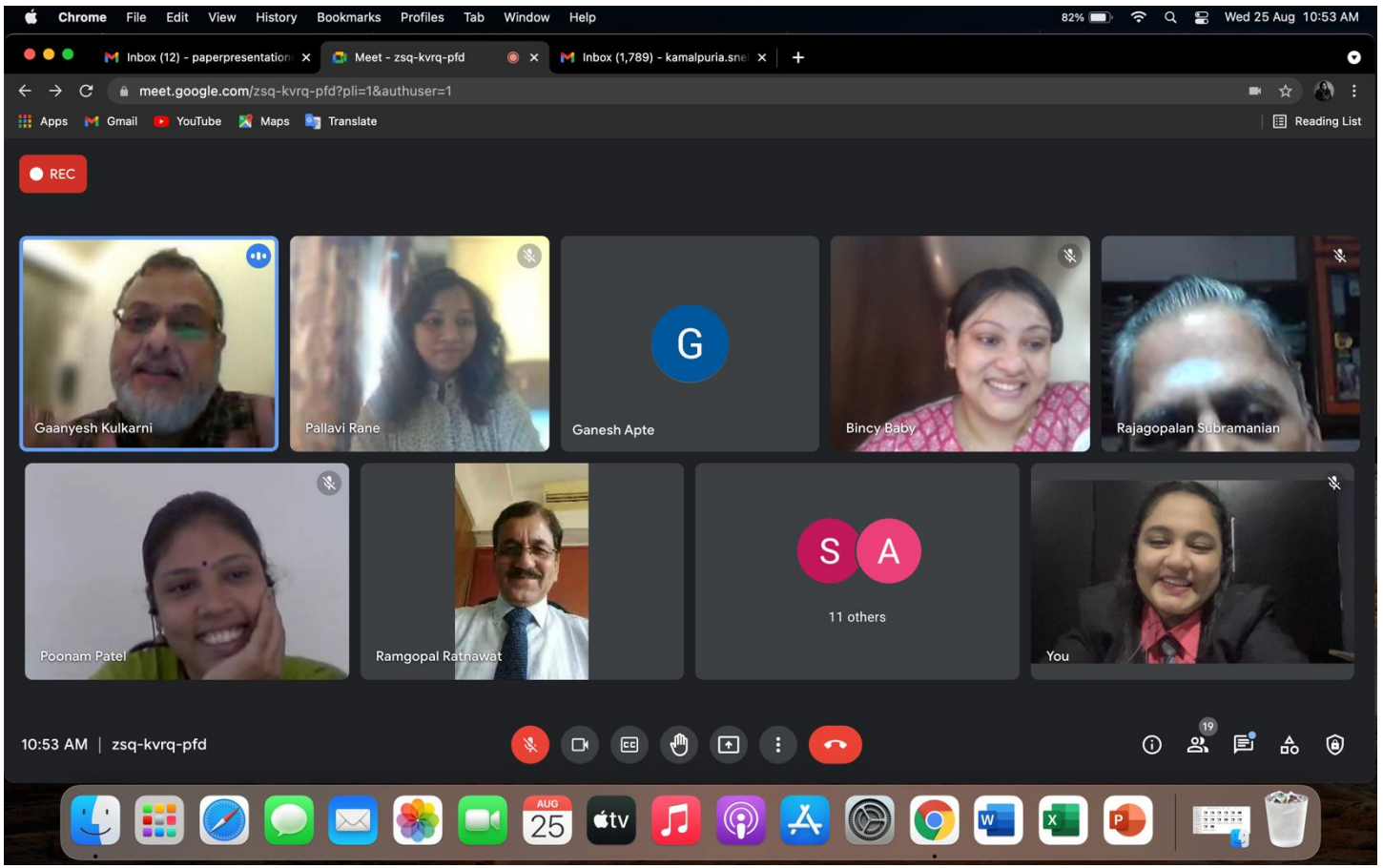

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Harvy
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EVENT REPORT PREPARED BY: SNEHA KAMALPURIA, STUDENT, MMS DIVISION B.

Verified by: Dr. Shubhi Lall Agarwal, Director, IQAC, AIMS.

Submitted to: Dr. R.G. Ratnawat, Director, Atharva Institute of Management Studies.

This video was recorded on the Email ID paperpresentation@atharvacoe.ac.in

Live session was initiated by Sneha Kamalpuria.


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