



ATHARVA INSTITUTE OF MANAGEMENT STUDIES

(Affiliated to University of Mumbai, Approved by AICTE, DTE & Govt. of Maharashtra), NAAC Accredited Institute

Activity Report

Name of Event:	REALIZING DREAMS THROUGH MEDITATION
Date of Event:	25 TH July 2023, 12.30 to 2.30 pm
SEM:	PGDM, INDUCTION SEM 1, Batch 2023-25.
Venue	Seminar Hall
Faculty	Prof Ganesh Apte

Description

REALIZING DREAMS THROUGH MEDITATION

Objectives:

Make students aware about possible hurdles, stress they may face in chasing their dreams/career. Meditation is a good tool to overcome such challenges. Inculcate habit of meditation.

Topics Discussed

- What is stress. Impact of stress on physical and mental health.


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- Real life examples of students facing depression, addiction to alcohol, drugs, committing suicide.
- How to overcome stress.
- Research done globally on meditation benefits.
- Adoption of meditation in corporate world.
- CEOs who follow meditation
- videos on Meditation
- Meditation process explained.
- Meditation practice by students.
- Sharing of experience by students
- This will inspire our students to practice meditation daily.

- **Glimpses**

ATHARVA SCHOOL OF BUSINESS
(Approved by AICTE & Govt. of India)

**Induction Session for the
PGDM Batch 2023-25**

Topic - **REALIZING DREAMS THROUGH MEDITATION**

By
Prof. Ganesh Apte
Assistant Professor and HOD - Operations

TUESDAY,
25TH JULY 2023

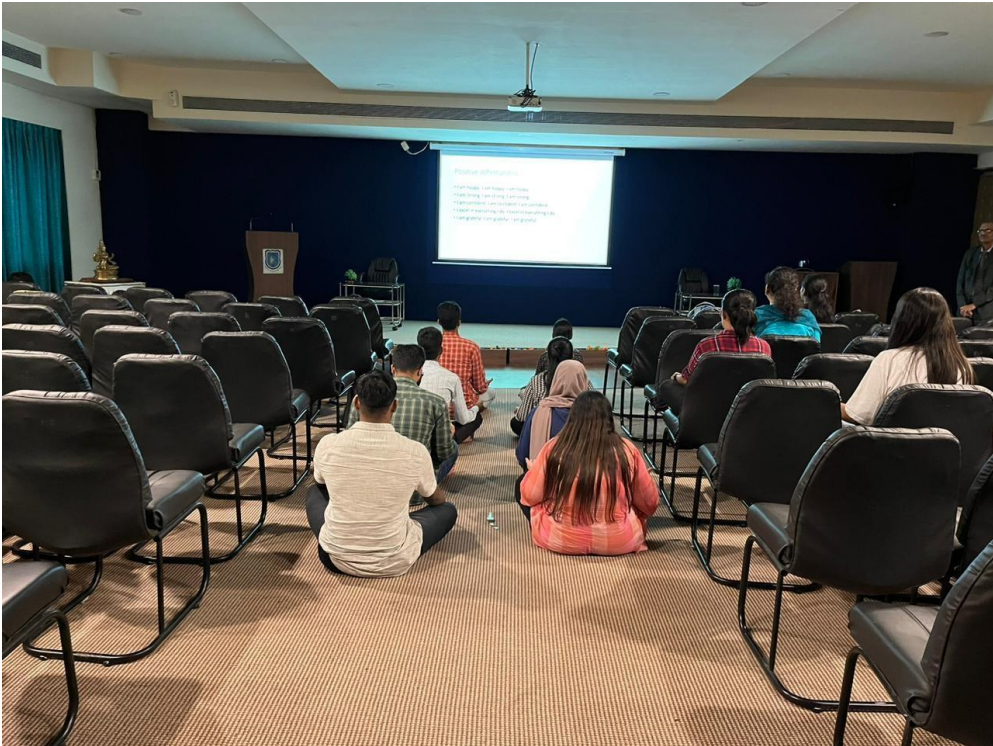
JOIN US

TIME
12:30 PM - 2:30 PM

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