



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: **PROGRAMING MIND FOR SUCCESS & HAPPINESS**

Date of Event: 3RD AND 4TH August 2023, 2.0 to 4 pm

SEM: MMS SEM 2, A & B Division

Venue: Class Room

Faculty: Prof Dr Reena Pujara & Prof Ganesh Apte

Attendance: 73 students and 4 Faculty Members.

Description

PROGRAMING MIND FOR SUCCESS AND HAPPINESS

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

- Prof Dr Reena Pooja started the program with Management Game which emphasised importance of planning and execution for success.
- Subsequently Prof Ganesh Apte took over the session explaining various topics- what is stress. Impact of stress on physical and mental health.

- 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

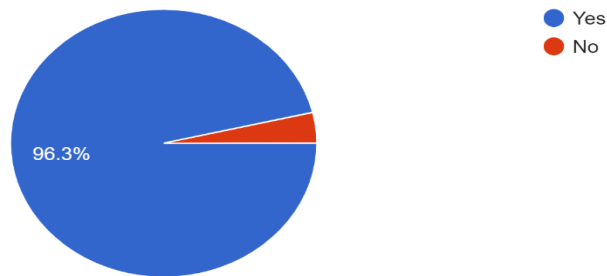
▪ Glimpses



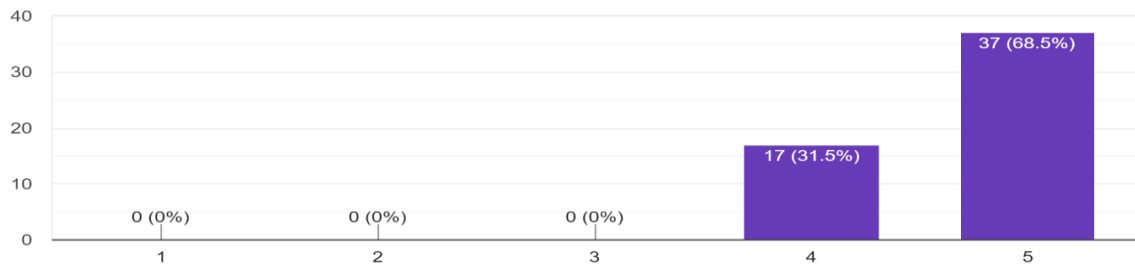


FEEDBACK FROM STUDENTS (54 NOS)

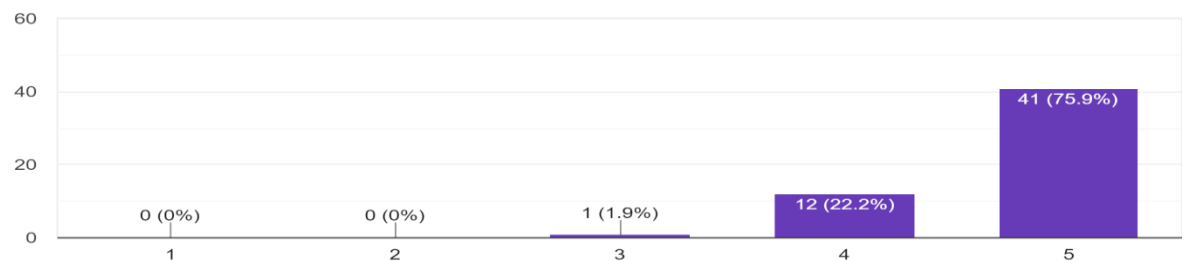
8. Would you like to have once a week practice session of 10- 15 minutes? In the class
54 responses



1. Are you convinced of the benefits of Meditation?
54 responses



2. Do you feel Meditation will help you to achieve your goals?
54 responses



7. How was the overall experience of the session ?
54 responses

