



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: 25TH 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.

- 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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