



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: **MIND PROGRAMING FOR SUCCESS AND HAPPINESS**

Date of Event: 12TH February 2024. 2.30 pm to 5.30 pm noon

SEM: MMS SEM 2 Batch 2023-25.

Venue Allana Institute of Management Studies,
D.N. Road, MUMBAI 400 001

Faculty Prof Ganesh Apte

Description

MIND PROGRAMING 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

- 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
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- This will inspire our students to practice meditation daily.

▪ **Glimpses**





