



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:	PROGRAMMING MIND SUCCESS AND HAPPINESS
Date of Event:	25 TH AUGUST 2023 9.30 am to 11.00 AM
Venue	Dr VN Bedekar Institute of Management Studies, Thane
Faculty	Prof Ganesh Apte

Description

PROGRAMMING 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

- 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.

▪ **FEEDBACK FROM STUDENTS**

Shripad Bapat sbapat@vpmthane.org

Sep 5,
2023,
5:20 PM

to me, Pallavi

Dear Sir,

PFA the photographs as required by you.

Student Feedback was good and some take away points / comments from participants from session were as below:

Right direction, guidance

Mediation

Stress management

Meditation

Good

Meditation, how to reduce depression

1. Stress results in long term health issues.
2. Every company should have a session dealing with meditation.
3. Meditation helps deal with problems efficiently

.

Its helpful us lot

Meditation helps to improve 1)creativity. 2)positivity. 3) stability

Have great fun

Conscious and subconscious mind

Your mind affects your body

How to meditate

-

This session help mi to develop intrest in yoga and benifits of yoga how it help to make a good leader

Always think positive

Medidation helps in keeping us fresh

We must follow good habbits in order to gain the peace of mind

Relives stress, bossts confidence and helps in concentration

How to avoid stress

Hot to meditate

Meditation importantace

Fun, participating, important

Stress management, meditation

Regards,

Dr.Shripad Bapat

■

• Glimpses





