

Sunday 07th July 2024

आईआईएम जम्मू ने आर्ट ऑफ लिविंग और हैप्पीनेस कोर्स किया शुरू



कार्यक्रम के दौरान मौजूद मुख्य अतिथि व अन्य। संवाद

जम्मू। भारतीय प्रबंधन संस्थान (आईआईएम) जम्मू ने आनंदमः द सेंटर फॉर हैप्पीनेस के तहत आर्ट ऑफ लिविंग यस प्लस और हैप्पीनेस कोर्स का उद्घाटन किया है। कार्यक्रम की अध्यक्षता आईआईएम जम्मू के निदेशक प्रो. बीएस सहाय ने की। आनंदम सेंटर ऑफ हैप्पीनेस आईआईएम जम्मू के अध्यक्ष डॉ. ममता त्रिपाठी, मुख्य प्रशासनिक अधिकारी कमांडर केशवन भास्करन (सेवानिवृत्त) के साथ-साथ संकाय, अधिकारी, कर्मचारी और छात्र शामिल हुए। आईआईएम जम्मू, के निदेशक प्रो. बीएस सहाय ने शरीर और मन के लिए योग के महत्व पर प्रकाश डाला। ब्यूरो

कार्यक्रम का आयोजन आईआईएम जम्मू के जगती परिसर में हुआ। कार्यक्रम संकाय, कर्मचारियों व उनके परिवारों और छात्रों के लिए आयोजित किया गया। इन पाठ्यक्रमों का उद्देश्य आईआईएम जम्मू के सभी हितधारकों की भलाई और समग्र खुशी को बढ़ाना है।

Greater Jammu

the daily newspaper

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"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

Sunday 07th July 2024-Print Version

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GJ REPORT

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Rohit Ranjan and Rohan Rajore, Senior Art of Living Faculty, Dr. Mamta Tripathi, Chairperson, Anandam, Center of Happiness, IIM Jammu, Cmdr. Kesavan Baskaran (R), Chief



Prof. B.S. Sahay, Director IIM presiding over the inaugural function of Art of Living YES+ and Happiness Course at Jammu.

Administrative Officer (CAO), IIM Jammu along with faculty, officers, staff and students also graced the event with their presence, underscoring the institute's commitment to fostering a supportive and positive environment. The event commenced with an introduction about Art of Living, the Guests by Shri Parinay Kothari, MBA 08, followed by the felicitation of the Guests, Shri Rohan Rajore and Shri Rohit Ranjan, Senior

Faculty, Art of Living.

The event concluded with a vote of thanks by Aditi Narang, MBA 08 student, followed by the national anthem. Post the inaugural ceremony, the commencement of the Art of Living YES+ and Happiness Course was led by Senior Art of Living Faculty, Mr. Rohit Ranjan and Mr. Rohan Rajore. Embarking on a path to true happiness and well-being, IIM Jammu continues to lead the way in holistic education.



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STATE TIMES

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10 J&K thrives in new sports era: Inspiring youth making mark at national level

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■ STATE TIMES NEWS

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The event, presided over by Prof. B.S. Sahay, Director of IIM Jammu, highlighted the institute's commitment to fostering a supportive and positive environment.

Dr. Mamta Tripathi, Chairperson of Anandam: The Center for Happiness at IIM Jammu, along with Cmr. Kesavan Baskaran (R), Chief Administrative Officer, and other faculty, officers, staff, and students attended the event, underscoring their participation



Director of IIM Jammu, Prof. B.S. Sahay and others dignitaries at inauguration of course.

decision-making and skill acquisition in his personal journey.

Rohit Ranjan, elaborating on his role as a life coach and trainer, highlighted the need for relaxation and positive lifestyle changes in today's fast-paced world.

He conducted a brief breathing exercise and meditation session, emphasizing their role in boosting productivity and managing stress effectively.

The event concluded with Aditi Narang, an MBA '08 student, delivering a vote of thanks followed by the national anthem. Subsequently, the commencement of the Art of Living YES+ and Happiness Course was led by Senior Art of Living Faculty, Rohit Ranjan and Rohan Rajore, setting the stage for IIM Jammu to continue leading in holistic education and well-being initiatives.

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The inauguration began with an introduction to the Art of Living by Parinay Kothari, MBA '08, followed by the felicitation of guests Rohan Rajore and Rohit Ranjan, Senior Faculty from Art of Living.

In his inaugural address, Prof. B.S. Sahay emphasized the profound benefits of Yoga for both physical and mental well-being, drawing from personal experiences during the COVID-19 pandemic and his engagement with the Art of Living course.

He expressed gratitude to Spiritual Guru Sri Sri Ravi Shankar and highlighted the establishment of Anandam: The Center for Happiness at IIM Jammu as a crucial step towards promoting holistic well-being.

Prof. Sahay stressed the importance of time management, concentration, and breath techniques, emphasizing their role in enhancing breath control and self-motivation.

He underscored the significance of meditation, selfless service, and understanding one's life purpose in resolving complex issues and maintaining a healthy mind and body. Encouraging active participation in the course, he advocated for early morning sessions to maximize benefits and learn from experts, ultimately aiming for a stress-free and healthy lifestyle.

Rohan Rajore shared his delight in the scenic campus and reflected on how breath exercises have facilitated



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JAMMU JAMMU AND KASHMIR TOP J&K NEWS



By Statetimes_editor Last updated Jul 7, 2024



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<https://statetimes.in/iim-jammu-inaugurates-art-of-living-yes-and-happiness-course-under-anandam-the-center-for-happiness/>

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JAMMU BULLETIN NEWS

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JL NEWS SERVICE

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REFUGEE MESSAGE BUREAU
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NIN NEWS SERVICE

JAMMU, JULY 06

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Written by: JK Monitor News Network

Category: [Headlines](#)

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By India Education Diary Bureau Admin On Jul 6, 2024

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Dr. Mamta Tripathi, Chairperson, Anandam, Center of Happiness, IIM Jammu, Cmdr. Kesavan Baskaran (R), Chief Administrative Officer (CAO), IIM Jammu along with faculty,

officers, staff and students also graced the event with their presence, underscoring the institute's commitment to fostering a supportive and positive environment. The event commenced with an introduction about Art of Living, the Guests by Shri Parinay Kothari, MBA 08, followed by the felicitation of the Guests, Shri Rohan Rajore and Shri Rohit Ranjan, Senior Faculty, Art of Living.

In his inaugural address, Prof. B.S. Sahay, Director of IIM Jammu, highlighted the importance of Yoga for both body and mind. He shared personal anecdotes from the COVID-19 pandemic and his experience with the Art of Living course, expressing gratitude to Spiritual Guru Sri Sri Ravi Shankar and emphasizing the significance of the "Art of Living" concept. He also spoke about the journey of establishing Anandam: The Center for Happiness at IIM Jammu, aimed at promoting holistic well-being among the IIM Jammu fraternity.

He stressed the need for time management, concentration, and breath techniques, which can significantly improve breath control. He noted that self-motivation is one of the toughest tasks and reiterated the importance of meditation. Emphasizing the joy of giving and the importance of selfless service, he stressed that understanding one's life's purpose helps resolve complex issues and that a calm mind is crucial for a healthy body. He encouraged everyone to make the most of this course to lead a stress-free and healthy life. Furthermore, he expressed his wish to have such sessions early in the morning and urged everyone to effectively utilize this course and learn from the experts, paving the way for a healthy body and mind.

Shri Rohan Rajore, Senior Faculty at Art of Living, expressed his happiness and complimented the beautiful scenic view of the IIM Jammu campus. He gave an overview of his life journey and commended Prof. B.S. Sahay, Director, IIM Jammu for initiating Anandam: The Center for Happiness at IIM Jammu and the short-term course for the benefit of faculty, officers, staff, and students. He shared that practicing breath exercises has immensely helped him in decision-making and learning new courses, and that this course was instrumental in his journey.

Shri Rohit Ranjan, Senior Faculty, Art of Living, spoke about his role as a full-time life coach and trainer. He also gave an overview into his interesting journey of life. He highlighted the need for relaxation and a positive lifestyle change in today's busy world. He guided the attendees through a short breathing exercise and meditation session, emphasizing that meditation aids in productivity and stress management. He also complimented Prof. B.S. Sahay, Director, IIM Jammu for completing the campus in record time, attributing this achievement to the Director's vision.

The event concluded with a vote of thanks by Aditi Narang, MBA 08 student, followed by the national anthem. Post the inaugural ceremony, the commencement of the Art of Living YES+ and Happiness Course was led by Senior Art of Living Faculty, Mr. Rohit Ranjan and Mr. Rohan Rajore. Embarking on a path to true happiness and well-being, IIM Jammu continues to lead the way in holistic education.

<https://indiaeducationdiary.in/iim-jammu-inaugurates-art-of-living-yes-and-happiness-course-under-anandam-the-center-for-happiness/>