

Press Release

Igniting Inspiration: Day 2 of IIM Jammu's Orientation Program Unleashes Motivation and Determination

25th July 2022, Tuesday, Jammu: The second day of the orientation of the new batches at IIM Jammu started with the students practicing Yoga and taking part in a concentration exercise, the event was organized to teach the future business administrators to balance inner happiness while coping with the hectic schedule of work. The theme of the yoga session was *'Maximize Happiness and Mindfulness'* and was conducted by Shri. Sahil Mehra, Yoga Guru. The Yoga session incorporated various "Asanas" which helped the students to overcome stress, improve focus, and maintain physical well-being.

The next session was conducted by Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha, Delhi on the topic *"The Path Less Travelled: Embark on Meaningful Learning Journey"*. The session was graced by Sadhu Tirthaswarupdas, Akshardam, Puja Divyamanandh Swamy - Founder, IPDC, Puja Nischay Bhagat - Integral member of IPDC, Gourav Viplani.

Following the insightful session, Puja Divyamanandh Swamy enlightened the students on the topic "Counting the Uncounted" and told the importance of the three most precious values *"To give, To forgive, and To believe"*.

Soon after, Mr. Gourav Viplani emphasized the importance of "Hearing the Unheard", which is an important quality for future leaders, and he interacted with students and posed questions to inculcate the idea of "Hearing the Unheard" quality in students.

Then, Puja Nischay Bhagat spoke about "The way of perceiving things" and shared how faith helps one in unleashing the power in society. He narrated an inspirational story of Mr. E. Sreedharan, the man behind the Konkan Railway route and Delhi Metro.

The event by the Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha concluded with *"speaking on the importance of sensitivity towards others, manners, skills, strategy, and faith. By giving numerous examples he explained to the students how these values will help them to lead a happy and successful life."*

At last, the students proceeded outdoors to participate in the outbound activities organized by the institute. These activities were aimed at developing team spirit, building trust and relationships, fostering collaboration, enhancing communication skills, diversity appreciation, and many such values. The day concluded with students gaining mutual respect and trust for their batchmates and building strong relationships for peer learning.

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Glimpses from the Day 2 of IIM Jammu's Orientation Program













