

Saturday 03rd Feb

IIM Jammu hosts Enlightening Session on Art, Science of Attention by Pravrajika Divyanandaprana

REFUGEE MESSAGE BUREAU

AMMIL EER

The Indian Institute of Management, Jammu (IIM Jammu), through its Anandam, Centre of Happiness orchestrated a transformative session titled "The Art and Science of Attention." This enlightening event featured Pravrajika Divyanandaprana (Mata) Ji, a distinguished monastic member of Sri Sharada Math and an expert in Yoga-Vedanta. Held virtually, the session brought together students, faculty, staff, and distinguished guests for a profound exploration of mindfulness.

The virtual event was

graced by Prof. B. S. Sahay, the Director, IIM Jammu, who joined online. Dr. Mamta Tripathi, Chairperson, Anandam, The Center for Happiness, IIM Jammu, Dr. Eshika Agarwal, Co-Chairperson of Anandam, Center of Happiness, IIM Jammu, and Dr. Apurva Yadav, Co-Chairperson of Stu-dent Affairs, IIM Jammu, were also present during the session. Dr. Mamta Tripathi welcomed the esteemed guest and provided a brief introduction. The virtual gathering saw eager participants from diverse backgrounds entering the virtual meet-ing room, setting the stage for an engaging and enlightening experience.

Speaking on the occasion, Professor B.S. Sahay, Director of IIM Jammu, shared invaluable insights into the discipline, emphasizing its profound impact on life stability. Acknowledging India's position as a Vishwa Guru, he highlighted the cultural richness retained despite obstacles. He provided a detailed overview of Anandam-



The Centre of Happiness, inaugurated by Spiritual Guru Sri Sri Ravi Shankar, The Art of Living, Shri Ramesh Pokhriyal, the then Hon'ble Minister of Education, and Shri Manoj Sinha, Lieutenant Governor of U.T of Jammu and Kashmir. Recognizing the challenges faced by students in today's competitive world, he emphasized the role of Anandam in cultivating happiness. He referenced initiatives like "Pariksha Pe Charcha" by the Hon'ble Prime Minister, underlining the importance of yoga, asanas, meditation, and their integration into students' lives.

Pravrajika Divyanandaprana (Mata) Ji, Member of Sri Sharada Math, shared profound insights into mindfulness. She highlighted the significance of daily meditation, disciplined living, and positive thinking for achieving mental happiness. Drawing from personal anedotes and timeless teachings, Mata Ji underscored the transformative power of conscious thought and the pivotal role of yoga in enhancing attention and awareness.

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and personal growth. Through practical insights and actionable steps, she elucidated the science of attention, empowering attendees to cultivate greater awareness and focus on their daily lives. She urged everyone to lead a regulated and disciplined life, along with spending five minutes daily reading uplifting content from the Bhagavad Gita, Upanishads, or Swami Vivekananda, and engaging in community service once a month.

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The session concluded
with a Q&A session, offering participants an opportunity to delve deeper into
the principles discussed.
Dr. Apurva, Co-Chairperson, Student Affairs,
IIM Jammu, extended a
heartfelt vote of thanks,
expressing gratitude to
Pravrajika Divyanandaprana (Mata) Ji's for her
invaluable contribution.

As a symbol of unity and reverence for the nation, participants joined in singing the National Anthem. Inspired and enlightened, attendees departed with a renewed sense of purpose and a commitment to integrating mindfulness into their lives. This event exemplifies IIM Jammu's dedication to fostering holistic development and nurturing future leaders equipped with the tools for success in both academia and beyond.

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IIM Jammu hosts session on 'Art & Science of Attention'

NL CORRESPONDENT

JAMMU TAWI, FEB 02 The Indian Institute of Management, Jammu (IIM Jammu), through its Anandam, Centre of Happiness orchestrated a transformative session titled "The Art and Science of Attention." This enlightening event featured PrayrajikaDivyanandaprana (Mata) Ji, a distinguished monastic member of Sri Sharada Math and an expert in Yoga-Vedanta. Held virtually, the session brought together students, faculty, staff, and distinguished guests for a profound exploration of mindfulness.The virtual event was graced by Prof. B. S. Sahay, the Director, IIM Jammu, who joined online. Dr. Mamta Tripathi, Chairperson, Anandam, The Center for Happiness, IIM Jammu, Dr. Eshika Agarwal, Co-Chairperson of Anandam, Center of Happiness, IIM Jammu, and Dr. Apurva Yadav, Co-Chairperson of Student Affairs, IIM Jammu, were also present during the session. Dr. Mamta Tripathi welcomed the esteemed guest and provided a brief introduc-



tion. The virtual gathering saw eager participants from diverse backgrounds entering the virtual meeting room, setting the stage for an engaging and enlightening experience. Speaking on the occasion, Professor B.S. Sahay, Director of IIM Jammu, shared invaluable insights into the discipline, emphasizing its profound impact on life stability. Acknowledging India's position as a Vishwa Guru, he highlighted the cultural richness retained despite obstacles. He provided a detailed overview of Anandam-The Centre of Happiness, inaugurated by Spiritual Guru Sri

Sri Ravi Shankar, The Art of Living, Shri Ramesh Pokhriyal, the then Hon'ble Minister of Education, and Shri Manoi Sinha, Lieutenant Governor of U.T of Jammu and Kashmir. Recognizing the challenges faced by students in today's competitive world, he emphasized the role of Anandam in cultivating happiness. He referenced initiatives like "Pariksha Pe Charcha" by the Hon'ble Prime Minister, underlining the importance of yoga, asanas, meditation, and their integration into students' lives.PravrajikaDivyanandaprana (Mata) Ji, Member of Sri Sharada Math,

shared profound insights into mindfulness. She highlighted the significance of daily meditation, disciplined living, and positive thinking for achieving mental happiness. Mata Ji captivated participants with the interesting story of a Zen master from Japan, illustrating the profound impact of mindfulness and meditation on goal orientation and personal growth. She urged everyone to lead a regulated and disciplined life, along with spending five minutes daily reading uplifting content from the Bhagayad Gita, Upanishads, or Swami Vivekananda, and engaging in community service once a month.

The session concluded with a Q&A session, offering participants an opportunity to delve deeper into the principles discussed. Dr. Apurva, Co-Chairperson, Student Affairs, IIM Jammu, extended a heartfelt vote of thanks, expressing gratitude to PravrajikaDivyanandaprana (Mata) Ji's for her invaluable contribution.



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Unlocking the Power of Mindfulness: Indian Institute of Management, Jammu Hosts Enlightening Session on the Art. and Science of Attention by PrayraiikaDiyyanandaprana

NIN NEWS SERVICE IAMMU, FEB 2

The Indian Institute of Management, Jammu (IIM Anandam, Centre of transformative session titled "The Art and Science Attention " This enlightening event featured PravrajikaDivyanandapran a (Mata) Ji, a distinguished monastic member of Sri Sharada Math and an expert in Yoga-Vedanta. Held virtually, the session brought together students, staff. distinguished guests for a impact on life stability, highlighted the significance Gita, profound exploration of Acknowledging mindfulness.

who joined online. Dr. detailed Mamfa Chairperson, also present during the challenges gathering saw virtual meeting room, Prime experience.

Speaking on the occasion, students' lives. Professor B.S.



position as a Vishwa Guru, disciplined The virtual event was he highlighted the cultural positive thinking for service once a month. graced by Prof. B. S. Sahay, richness retained despite achieving Anandam, Happiness, inaugurated by underscored IIM Jammu, Dr. Eshika Shankar, The Art of Living, conscious thought and the Student Affairs, Agarwal, Co-Chairperson Shri Ramesh Pokhriyal, the pivotal role of yoga in Jammu, Happiness, IIM Jammu, Education, and Shri Manoj awareness. and Dr. Apurva Yadav, Co-Sinha, Lieutenant Governor Mata faced

Chairperson of Student of U.T of Jammu and participants with the a (Mata) Affairs, IIM Jammu, were Kashmir. Recognizing the interesting story of a Zen invaluable contribution. by master session. Dr. Mamta Tripathi students in today's illustrating the profound reverence for the nation, welcomed the esteemed competitive world, he impact of mindfulness and participants joined in guest and provided a brief emphasized the role of meditation on goal singing the introduction. The virtual Anandam in cultivating orientation and personal Anthem. Inspired and eager happiness. He referenced growth. Through practical enlightened, participants from diverse initiatives like "Pariksha Pe insights and actionable departed with a renewed backgrounds entering the Charcha" by the Hon'ble steps, she elucidated the sense of purpose and a Minister, science of setting the stage for an underlining the importance empowering attendees to mindfulness into their engaging and enlightening of yoga, asanas, meditation, cultivate greater awareness lives. and their integration into and focus on their daily exemplifies IIM Jammu's lives. She urged everyone dedication to fostering Sahay, PravrajikaDivyanandapran to lead a regulated and holistic development and Director of IIM Jammu, a (Mata) Ji, Member of Sri disciplined life, along with nurturing future leaders shared invaluable insights Sharada Math, shared spending five minutes equipped with the tools for into the discipline, profound insights into daily reading uplifting success in both academia

Upanishads, India's of daily meditation, Swami Vivekananda, and living, and engaging in community

mental The session concluded with the Director, IIM Jammu, obstacles. He provided a happiness. Drawing from a Q&A session, offering overview of personal anecdotes and participants an opportunity Tripathi, Anandam-The Centre of timeless teachings, Mata Ji to delve deeper into the the principles discussed. Dr. The Center for Happiness, Spiritual Guru Sri Sri Ravi transformative power of Apurva, Co-Chairperson, IIM extended of Anandam, Center of then Hon'ble Minister of enhancing attention and heartfelt vote of thanks, expressing gratitude to captivated PravrajikaDivyanandapran li'sfor

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