Incorporating happiness in academic curriculum crucial towards empowering our nation- Shri Ramesh Pokhriyal ‘Nishank’

The Center for Happiness aligns with the National Education Policy 2020, aims to achieve holistic well-being for all - Union Education Minister

Union Minister of Education Shri Ramesh Pokhriyal ‘Nishank’ inaugurated “Ānandam: The Center for Happiness” virtually today. Lieutenant Governor, Jammu and Kashmir, Shri Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion. Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present.
Speaking on the occasion Shri Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Ānandam: The Center for Happiness. He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila. He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India’s education system by 2021. He concluded his speech by encouraging other institutions in our country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing ‘Ānandam’ at Indian Institute of Management Jammu is to bring holistic well-being.’ Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added. Shri Pokhriyal further informed that the Center envisions that all shall attain the state of ānanda through conscious efforts. There are going to be practices for breathing exercises like prāṇāyāma and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of ‘Ānandam: The Center for Happiness’ will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants Shri Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index. He said that “The right way to measure wealth is to measure happiness and not money”. He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is real idea of happiness.
The Center for Happiness acquires its name ‘Ānandam’ from the Indian wisdom tradition where the pure consciousness is being as “anandam”. “Ānandam” doesn’t aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for “Ānandam” further reinforces its ideology that it will work for the well-being of all. The tagline “Sarvabhūtahiteratāḥ” stands for being always engaged for the well-being of all.
केंद्रीय शिक्षा मंत्री नििंक ने आईआईएम जम्मू में 'आनंदम: सेंटर फॉर हैप्पीनेस' का किया उद्घाटन

केंद्रीय शिक्षा मंत्री डॉ. रमेश पोखरियालनिंकने आज यहां वीडियो कॉन्फ्रेंसिंग के जरिए आईआईएम जम्मू में आनंदम: सेंटर फॉर हैप्पीनेस का उद्घाटन किया।

डॉ. नििंकने कहा, "आज की इस गतिशील दुनिया में जहाँ हम रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मद्देनज़र सभी को विशेष रूप से छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा। मानसिक स्वास्थ्य के बारे में लोगों को संबंधित बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान
ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"

उन्होंने कहा कि इस बात में बिलकुल भी संदेह नहीं है कि खुश व्यक्ति अधिक उत्पादक होते हैं। इसी तरह जब कोई छात्र सकारात्मक ऊर्जा की भावना विकसित करता है, तो उसमें सीखने की लग, सकारात्मक दृष्टिकोण, दृढ़ संकल्प और सामाजिक जुड़ाव का भी विकास होता है। दरअसल, सच्ची खुशी और सकारात्मकता का स्रोत कहीं दूर नहीं है, बल्कि हमारे भीतर ही मौजूद है।

केंद्रीय मंत्री ने कहा कि जब हम खुश होकर काम करेंगे तब हमारी बुद्धिक धारा उत्कृष्ट होगा और हमारी शिक्षा और स्वास्थ्य की अन्य स्थायी उपलब्धियों के बारे में सही संदर्भ की विस्तार से बताया और कहा कि आईआईएम स्थापना के अन्य संस्थाओं के समक्ष सबसे युवा है और वह शैक्षणिक उत्कृष्टता के लिए प्रयास करने के लिए शिक्षा का केंद्र बना दिया गया है और यह बात स्थानीय केंद्र सरकार द्वारा शुरू की गई है।

इसके अलावा उन्होंने आईआईएम जम्मू की स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उपलब्धियों के बारे में भी सही समझ की तथा नवीनता की विशेष बात पूरी की। उन्होंने कहा, "केंद्रीय मंत्री ने कहा कि इस संस्थान की स्थापना के बाद संस्थान द्वारा अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी। इसके अलावा उन्होंने कहा कि हमारी स्थापना के बाद संस्थान द्वारा प्रति वित्त अर्जित की गई उत्कृष्टताओं के साथ हमारी बुद्धिक धारा उत्कृष्ट होगी।
इस अवसर पर केंद्रीय शिक्षा राज्य मंत्री संजय धोत्रे, जम्मू-कश्मीर के राज्यपाल मनोज सिन्हा, उच्च शिक्षा सचिव अमित खरे, आर्ट ऑफ लिविंग फाउंडेशन के संस्थापक गुरुदेव श्री श्री रविशंकर, आईआईएम जम्मू के बोर्ड ऑफ गवर्नर्स के अध्यक्ष डॉ. मिलित कांबले, आईआईएम जम्मू के निदेशक प्रो. विद्यांशक सहाय, आनंद के अध्यक्ष डॉ. अजिबक नवारेजी, आनंद केंद्र के सलाहकार समिति के सदस्य, आईआईएम जम्मू के संकाय सदस्य एवं छात्र भी उपस्थित थे।
आईआईएम जम्मू में आनंदम : द सेंटर फॉर हैप्पीनेस का उद्घाटन

नयी दिल्ली, 30 मार्च (आशा) छात्रों को तनावपूर्ण माहौल से मुक्ति दिलाने और उनके मानसिक स्वास्थ्य को प्राथमिकता देने के लिए मंगलवार को आईआईएम जम्मू में ‘आनंदम : द सेंटर फॉर हैप्पी पीनेस’ का उद्घाटन किया गया। केंद्रीय शिक्षा मंत्री रमेश पोखरे ने डडश्जटल माध्यम से आईआईएम जम्मू में ‘आनंदम : द सेंटर फॉर हैप्पी पीनेस’ का उद्घाटन करते हुए इसकी समसामयिकता पर कहा, "आज की इस गतिशील दुनिया में जहां हम हर रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कोरोना जैसी महामारी के कारण, तो ऐसे में छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना चाहिए।" उन्होंने कहा।

नयी दिल्ली, 30 मार्च (आशा) छात्रों को तनावपूर्ण माहौल से मुक्ति दिलाने और उनके मानसिक स्वास्थ्य को प्राथमिकता देने के लिए मंगलवार को आईआईएम जम्मू में ‘आनंदम : द सेंटर फॉर हैप्पी पीनेस’ का उद्घाटन किया गया। केंद्रीय शिक्षा मंत्री रमेश पोखरे ने डडश्जटल माध्यम से आईआईएम जम्मू में ‘आनंदम : द सेंटर फॉर हैप्पी पीनेस’ का उद्घाटन करते हुए इसकी समसामयिकता पर कहा, "आज की इस गतिशील दुनिया में जहां हम हर रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कोरोना जैसी महामारी के कारण, तो ऐसे में छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना चाहिए।"

उन्होंने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या यूशरी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"

उन्होंने कहा कि छात्रों के लिए अकादमिक पाठ्यक्रम में आनंदम को शामिल करना एक महत्वपूर्ण कदम है और इसने देश के अनुय संस्थानों को अपने सेंटर फॉर हैप्पी पीनेस बनाने को प्रोत्साहित किया है।
इस अवसर पर जम्मू-मु-कश्मीर के उपराज्य यपाल मनोज सिन्हा और आई ऑफ लिविंग फाउंडेशन के संस्थापक श्री श्री रविशंकर शर्मा उपस्थित थे।

शिक्षा मंत्रालय के बयान के अनुसार, निशंक ने कहा कि आनंदम : द सेंटर फॉर हैप्पी पीनेस 2021 तक हमारी शिक्षा व् यवस्था में पूरी तरह बदलाव लाने के लक्ष्य को प्राप्त करने में राष्ट्रीय शिक्षा नीति 2020 के साथ सामंजस्य बनाता है।

मंत्री ने कहा कि छात्रों और अध्यापकों को अंतिम समय-सीमा, पाठ्यक्रम, पढ़न-पढ़न के दबाव और पेशेवरता तथा निजी जीवन के दबाओं से गुजरना पड़ा है जिससे उनमें अवसाद और व् यायात्मक बदती है।

निशंक ने कहा कि यह केंद्र छात्रों और शिक्षकों को मानसिक तनाव से उबराये और सकारात्मक मतलब का प्रसार करने में मदद करेगा। इसके साथ ही यह आई. आई. एम. जम्मू के सभी हितधारकों में समग्र विकास की भावना को प्रोत्साहित करेगा और उसका प्रसार करेगा।

निशंक ने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है।

अपने संदेश में उन्होंने कहा, "आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठा महत्व है।"

उल्लेखित है कि ‘आनंदम : द सेंटर फॉर हैप्पी पीनेस’ के माध्यम से पांच श्रेणियों में कुछ गतिविधियां होंगी जिनमें कांसलिंग, समग्र कल्याण, आनंद का विकास, अनुसंधान और नेतृत्व व तथा विषय संबंधी विकास जैसे कुछ चुनिन्दा पाठ्यक्रम शामिल हैं।

केंद्र के लिए विशेषज्ञों का एक समाहकार मंडल होगा जिनमें अकादमिक, अनुसंधान और उद्योग क्षेत्रों के विभिन्न विशेषज्ञ शामिल होंगे।
Union Education Minister inaugurates Ānandam: The Center for Happiness in IIM Jammu

Union Minister of Education Shri Ramesh Pokhriyal ‘Nishank’ inaugurated “Ānandam: The Center for Happiness” virtually today. Lieutenant Governor,
Jammu and Kashmir, Shri Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion.

Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present.

Speaking on the occasion Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Ānandam: The Center for Happiness. He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila. He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India’s education system by 2021.

He concluded his speech by encouraging other institutions in our country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing ‘Ānandam’ at Indian Institute of Management Jammu is to bring holistic well-being.’ Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of ānanda through conscious efforts. There are going to be practices for breathing exercises like prāṇāyāma and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of ‘Ānandam: The Center for Happiness’ will be divided into five broad categories,
namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants Shri Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index. He said that “The right way to measure wealth is to measure happiness and not money”. He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is real idea of happiness. The Center for Happiness acquires its name ‘Ānandam’ from the Indian wisdom tradition where the pure consciousness is being as “anandam”. “Ānandam” doesn’t aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for “Ānandam” further reinforces its ideology that it will work for the well-being of all. The tagline “Sarvabhūtahiteratāḥ” stands for being always engaged for the well-being of all.
Ramesh Pokhriyal inaugurates centre for happiness at IIM-Jammu

According to the education minister, the new centre will help in reducing the mental pressure of students and faculty working in the institute as they have to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure.

Education Minister Ramesh Pokhriyal Nishank inaugurated the centre for happiness in the Indian Institute of Management (IIM-Jammu) on March 30. At the virtual inauguration, Nishank mentioned that the newly launched ‘Anandam’ is developed following the principle of the National Education Policy (NEP 2020) that aims to transform the country’s education system by 2021.

According to the minister, the new centre will help in reducing the mental pressure of students and faculty working in the institute as they have to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure.
“The center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu,” the minister stated.

The institute’s centre for happiness, Anandam will be divided into five broad categories — counselling, holistic wellness, elective courses on happiness development, research and leadership, faculty development. The institute will bring holistic well-being, regular physical exercises will contribute to the wellness at the physical level for both the students and the faculty, the minister said.

The virtual occasion was attended by Lieutenant Governor, Jammu and Kashmir Manoj Sinha, Founder, Art of Living Foundation, Ravi Shankar, Milind Kamble, Chairman, Board of Governors and BS Sahay, Director IIM Jammu.
Education Minister Inaugurates IIM Jammu's Happiness Centre

Union Education Minister Ramesh Pokhriyal ‘Nishank’ has inaugurated the new centre of happiness named ‘Anandam’ at Indian Institute of Management, IIM Jammu.

New Delhi:

Union Education Minister Ramesh Pokhriyal ‘Nishank’ has inaugurated the new centre of happiness named ‘Anandam’ at Indian Institute of Management, IIM Jammu.
Management, IIM Jammu. Lieutenant Governor, Jammu and Kashmir, Mr Manoj Sinha and Founder, Art of Living Foundation, Sri Sri Ravi Shankar also attended the virtual event.

Dr Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event along with Prof BS Sahay, Director IIM Jammu.

The Education Minister addressed the attendees as he acknowledged the importance of including happiness in the academic curriculum of students. He said, “Students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students”.

“Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu”, he added.

Noting that the purpose of establishing ‘Anandam’ at Indian Institute of Management Jammu is to bring holistic well-being, he said that Regular physical exercises at the Center will contribute to wellness at the physical level for both the students and the faculty.

Mr Sinha explained the benefits of yoga, meditation, and other spiritual practices for students as said that they help to maximise their overall performance. He further said that staying happy is the best prayer that anyone can offer to a god and is a real idea of happiness.

The centre of happiness will be hosting different activities including counselling, holistic wellness, elective courses on happiness development, research and leadership and faculty development.
Education Minister Pokhriyal inaugurates happiness centre at IIM-Jammu

Jammu, Mar 30 (PTI) Union Education Minister Ramesh Pokhriyal "Nishank" inaugurated a happiness centre at the Indian Institute of Management (IIM)-Jammu virtually on Tuesday.

The minister said that incorporating happiness in the academic curriculum is a very crucial step towards empowering the nation and congratulated the institute for the venture.

"Anandam - the Centre for Happiness" aligns with the National Education Policy 2020, aiming to achieve holistic wellbeing for all, he said.

"This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," the minister added.

Jammu and Kashmir Lieutenant Governor Manoj Sinha, who was present on the occasion, suggested that universities and institutes invest in well-being also and replicate the model of the IIM happiness centre.

"In today"s times, when higher educational institutions are preparing themselves for the post-COVID-19 world at both the external and internal levels, the coming up of Anandam Centre in IIM-Jammu is an important step towards a stress-free campus," he said.

Terming self-revelation an integral part of the "Gurukul" tradition of education, the Lt Governor said centres like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself.

Sinha expressed his gratitude towards Prime Minister Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through yoga and the Fit India Movement. PTI TAS SMN SMN
Education Minister Ramesh Pokhriyal 'Nishank' inaugurates Happiness Centre at IIM-Jammu

Education Minister Ramesh Pokhriyal 'Nishank' on tuesday inaugurated the Happiness Centre at IIM Jammu. 'Anandam' - the Centre for Happiness is aligned with the NEP 2020 and aims at achieving wellbeing of all.

Union Education Minister Ramesh Pokhriyal 'Nishank' inaugurated a happiness centre at the Indian Institute of Management (IIM)-Jammu virtually on Tuesday. The minister said that incorporating happiness in the academic curriculum is a
very crucial step towards empowering the nation, and congratulated the institute for the venture.

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IIM जम्मू में छात्रों के लिए 'आनंदम सेंटर फॉर हैप्पीनेस'

उच्च शिक्षा में छात्र रोज नई चुनौतियों का सामना कर रहे हैं। खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मददनजर छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना पड़ रहा है।

नई दिल्ली। उच्च शिक्षा में छात्र रोज नई चुनौतियों का सामना कर रहे हैं। खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मददनजर छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना पड़ रहा है। ऐसे में उच्च शिक्षा के क्षेत्र में एक नई पहल करते हुए आईआईएम जम्मू ने आनंदम सेंटर फॉर हैप्पीनेस की शुरुआत की है। आईआईएम जम्मू में आनंदम सेंटर फॉर हैप्पीनेस का उद्घाटन मंगलवार को केंद्रीय शिक्षा मंत्री डॉ रमेश पोखरियाल ‘निरंक’ ने किया। उन्होंने वीडियो कॉन्फ्रेंसिंग के द्वारा यह शुरुआत की। इस अवसर पर आर्ट ऑफ लीविंग फाउंडेशन के संस्थापक श्री श्री रविशंकर भी उपस्थित रहे।
इस केंद्र की समसामिकता पर केंद्रीय शिक्षा मंत्री ने कहा, "आज की इस गतिशील दुनिया में जहां हम रोज नई चुनौतियों का सामना कर रहे हैं। खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मद्देनजर सभी को विशेष रूप से छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा। मानसिक स्वास्थ्य के बारे में लोगों को संबंधित बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रतिविधि करना, बेहद महत्वपूर्ण है। ऐसे में आईआईआईएम जम्मू में आज के युवा युवती आधारित इस केंद्र दूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अद्वितीय पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।" 

जम्मू और कश्मीर के निर्माण और विकास में भारत सरकार ने शिक्षा को प्राथमिकता दी है, जिसके तहत शिक्षा का सुन्दर नई प्रयास किये गए हैं। भारत सरकार ने सफायों, कटुआ और पूर्व में चार नए व्यवसायी कॉलेज और जम्मू में एक नसिरुंग कॉलेज की स्थापना कर दी है। यहाँ चालू कर दिया गया है।

इस सम्पूर्ण केंद्र प्रस्तुत पदेश में शैक्षिक सुविधाओं की पहुंच और इक्विटी सुनिश्चित करने के लिए, जम्मू और कश्मीर के खुले क्षेत्रों में वर्ष 2018 के दौरान स्वीकृत 50 नए सरकारी डिग्री कॉलेजों को चालू किया गया है। इनमें जम्मू डिजिटल में 26 डिग्री कॉलेज और कश्मीर डिविजन में 24 डिग्री कॉलेज शामिल हैं। आईटी संस्थान कस्टम्स, पुस्तकालयों के स्वागत, ई-सर्कुलर प्रदान करने के कॉलेजों में नई पहल शुरू की गई है। इस संबंध में 54 कॉलेजों में डिजिटल इंटरप्लेट बोर्ड, पुस्तकों की डिजिटल इंटेक्सिंग रखी गई है। इन पहलों का उद्देश्य जम्मू-कश्मीर के लोगों को गुणवत्तापूर्ण शिक्षा प्रदान करना है।

निशांक ने कहा कि इस बात में विन्यास भी संदेह नहीं कि युवा या प्रसन्न व्यक्ति अधिक उपयोगी होते हैं। इसी तरह जब कोई छात्र सकारात्मक ऊर्जा की भावना विकसित करता है, तो उसमें सीखने की लक्ज्य, सकारात्मक विश्वकोण, जैसा संकल्प और सामाजिक मुद्दों की भी विकास होता है। दरअसल, सच्ची खुशी और सकारात्मकता का नोट कहीं दूर नहीं हैं, बल्कि हमारे भीतर ही मोजूद हैं।

निशांक ने कहा कि जब हम युवा होकर काम करने तभी हमारी बुद्धि का विकास होगा और हमारे खुशी सूचकांक में वृद्धि होगी। उन्होंने कहा, "कोविड काल में हमने न केवल विद्यार्थियों बल्कि शिक्षकों और परिवारों के मानसिक स्वास्थ्य और मानसिक संपोषण का ध्यान रखते हुए और उन्हें मनोसामाजिक सहायता प्रदान करने के लिए मनोदर्शन पहल की शुरुआत की थी। आज आंदोल, मानसिक स्वास्थ्य की दिशा में ही एक नई पहल है।" शिक्षा मंत्री ने आईआईआईएम जम्मू द्वारा अजित की गई उपलब्धियों के बारे में कहा कि आईआईआईएम जम्मू सभी आईआईआईएम संस्थाओं के मुकाबले सबसे युवा है और यह शैक्षणिक उत्कृष्टता के लिए प्रयास करने के अलावा, शिक्षाधीनों के समग्र विकास हेतु प्रतिविधि है। इस संस्थान ने जम्मू शहर को शिक्षा का एक महत्वपूर्ण केंद्र बना दिया है और यह वस्तुत भारत सरकार द्वारा शुरू की गई विभिन्न योजनाओं में बड़े उत्साह एवं जोश के साथ सक्रिय है।
IIM-Jammu Launches Centre of Happiness, to Offer Courses, Research in Wellness

The Indian Institute of Management (IIM) Jammu has established ‘Ānandam: The Center for Happiness’. It was virtually inaugurated by Union Minister of Education Ramesh Pokhriyal Nishank. The Center for Happiness’ will be divided into five categories – counselling, holistic wellness, elective courses on happiness development, research and Leadership, and faculty development. The Advisory Board of experts for the Center constitutes of numerous experts from academics, research, and industry.
In his address delivered virtually, Pokhriyal said that incorporating happiness in the academic curriculum of students is “a very crucial step towards empowering our nation”. “This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila,” said Pokhroyal. He encouraged other institutions across the country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

“The Center for Happiness acquires its name ‘Ānandam’ from the Indian wisdom tradition where the pure consciousness is being as anandam. Thus, the Centre doesn’t aim for only happiness but knowing the truth, doing good and enjoying the beauty around,” claims the IIM.
Incorporating happiness in academic curriculum crucial towards empowering nation: Ramesh Pokhriyal

Jammu (Jammu and Kashmir) [India], March 30 (ANI): Union Education Minister Ramesh Pokhriyal on Tuesday inaugurated "Anandam: The Center for Happiness" at the Indian Institute of Management (IIM), Jammu virtually and said incorporating happiness in the academic curriculum is crucial towards empowering our nation.

Speaking on the occasion Pokhriyal congratulated IIM Jammu for the new venture and defined the need for "Anandam: The Center for Happiness", and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, a press release issued by the Ministry of Education stated.

He explained how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India's education system by 2021. He concluded his speech
by encouraging other institutions of the country to have their own centre for happiness, to help students live a stress-free life.

According to the press release, the Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the centre will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

Lieutenant Governor, Jammu, and Kashmir, Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion.

He further said that the purpose of establishing 'Anandam' at IIM Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of ananda through conscious efforts. There are going to practice for breathing exercises like pranayama and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged, the press release read.

The Minister also informed that the prime activities envisaged under the concept of 'Anandam: The Center for Happiness' will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research, and industry, he added.

According to the press release, while addressing the participants Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index.

He said that "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is a real idea of happiness.

The Center for Happiness acquires its name 'Anandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Anandam" doesn't aim for only happiness but knowing the truth, doing good, and enjoying the beauty around. The tagline for "Anandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhatahiteratah" stands for being always engaged for the well-being of all, the press release stated. (ANI)
खुशहाल जिंदगी का पाठ भी पढ़ेंगे आईआईएम के छात्र

उमर उजाला

अमर उजाला पब्लिकेशन

पाँच वर्षों के ऐतिहासिक प्रवासियों और राष्ट्रीय विषयवस्तुओं की गुजरात संस्थान की तरह पर भाषण प्रदान कर सार्थक अन्दमं केंद्र (आईआईएम)

मंच पर अध्याय की पहल की है।

आईआईएम केंद्र में अन्दमं केंद्र के गुरुमंडल के दौरान एक रात्री फैलाए।

योग और ध्यान से हर काम की शुरुआत: एलजी

लाभवान ग्रंथ नई संस्कृति ने पूरा कि राजस्थान के रूप में प्रमुख धार्मिक कार्यों का पूरा किया जा रहा है।

संशोधन विभाग में रैक में कार्यान्वयन शासन का स्वागत किया गया है।

आईआईएम केंद्र में अन्दमं केंद्र के गुरुमंडल के दौरान एक रात्री फैलाए।

अनुसंधान भी होगा

प्रशासन पहले में त्रिभुज से शुरू में, जो एक और काम देने वाले प्रारंभिक को एक ज्ञानी कर सकता तिथि में प्रस्तुत नवीन जीवन पर भावनात्मक और राजनीतिक होता है। यह केंद्र ने लिखा विवरणों के बीच पूरी दृष्टि पर मुक्ती दान के लिए दूरी में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में तीन वर्षों में ती
Union Education Minister inaugurates “Anandam- The Center for Happiness” at IIM Jammu

Lt Governor calls upon young generation to find inner joy, focus on 'Balanced Life' through meditation & yoga to meet modern day challenges

- “The right way to measure wealth is to measure happiness and not just money”, says the LG
- ‘Anandam’ aims at holistic well-being of students; all educational institutions in J&K must replicate this model: LG


Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of “Anandam- The Center for Happiness”, the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself.

Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

“Anandam” is a pure consciousness that doesn’t aim only for happiness but
Lt Governor calls...

knowing the truth, doing good, and enjoying the beauty around. “Sarvakshadharata?” stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Jaijnavalkya has also discussed it very extensively in the Brijhadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, not the marks, he added.

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of Yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with light, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness.

D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.
LG calls upon youth to find inner joy, focus on 'balanced life' through meditation, yoga

Himalayan Mail News JAMMU, MAR 30

After the inauguration of 'Anandam - The Centre for Happiness' at IIM here, LG Manoj Sinha today called upon the youth to find inner joy and focus on balanced life through meditation and yoga which would in turn help them to face the modern day challenges.

The Centre for Happiness was inaugurated by Union Education Minister Ramesh Pokhriyal 'Nishank' in presence of LG Sinha through virtual mode. Pokhriyal congratulated

Cont. on P9 »
LG calls upon youth to find inner joy, focus on 'balanced life' through meditation, yoga

IIM, Jammu, for the new venture and said that incorporating happiness in the academic curriculum of students was a very crucial step towards empowering the nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. "This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," he added.

Speaking on the occasion, Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through meditation and yoga in order to meet the modern day challenges.

Highlighting the significance of the centre, he said the new centre emphasises on holistic well-being of students, just like the Center for Meditation.

Terming self-revelation as an integral part of Gurukul education tradition, the LG said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. "Now, the IIM Management students in Jammu will also be able to experience the same," he added.

Sinha thanked Prime Minister Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting holistic living and improving people's lives.

Speaking on the importance of happiness in a nation's development, he made a special mention of Bhutan where the growth is measured as GNH—Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness," he said.

"Anandam is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. Sarvahatha...?? stands for being always engaged for the well-being of all," he added.

"Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experiencing more than interpretation. Maharishi Vajnava...ka has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail. I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition," Sinha said.

Emphasising on creating a favourable environment for the students, he said that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The LG urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Educational Policy has emphasized on the spirit of skill, and not the marks, he added.

He also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximise their overall performance, he said that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

"As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again," he said.

The LG suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

"If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress," he said.

Sinha also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinker Michael Porter, he said that the ability to change constantly and effectively is made easier by high-level continuity. "Just like the Sun, which has its own solar system and continues to provide us with life, each individual has its own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis," he added.

"In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management," he said.

The LG hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and explained his idea of happiness.

D Milind Kamble, Chairman, Board of Governors, IIM Jammu, and Prof B S Sahay, Director, IIM, Jammu, besides faculty members and IIM students, attended the inaugural ceremony, in person, and through virtual mode.
Union Education Minister inaugurates Anandam-the Center for Happiness in IIM Jammu

Top News Report

JAMMU / NEW DELHI, Mr 30: Union Minister of Education Shri Ramesh Pokhriyal ‘Nishank’ inaugurated “Anandam: The Center for Happiness” virtually on Tuesday. Lieutenant Governor, Jammu and Kashmir, Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion.

Dr. Milind Ramble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present. Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Anandam: The Center for Happiness.

He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila.

He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India’s education system by 2031. He concluded his speech by encouraging other institutions in our country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students.

Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing ‘Anandam’ at Indian Institute of Management Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of Ananda through conscious efforts. There are going to be practices for breathing exercises like Pranayama and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of ‘Anandam: The Center for Happiness’ will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants, Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index.

He said “The right way to measure wealth is to measure happiness and not money”. He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is the real idea of happiness.

The Center for Happiness acquires its name ‘Anandam’ from the Indian wisdom tradition where the pure consciousness is being as “ananda”. “Anandam” doesn’t aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline “Survival in tranquil stands for being always engaged for the well-being of all.”
LG calls upon young generation to find inner joy through meditation

Exclusively Correspondent


Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NIP-2020, aiming to achieve holistic well-being for all. This step will take education systems to new heights, similar to the time when ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on “Balanced Life” through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of “Anandam: The Center for Happiness”, the Lt Governor observed that the new center emphasizes on holistic wellness of students, just like the Center for Meditation.

Terming self-revelation as an integral part of General education tradition, the Lt Governor said that centers like Anandam have worldwide proved the way for education to become a vibrant force to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

Speaking on the importance of happiness in a Nation’s development, the Lt Governor made a special mention of Bhutan where the growth is measured as GHN-Gross National Happiness rather than GDP.

“The right way to measure wealth is to measure happiness and not just money”, said the Lt Governor. Saying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

Unseen Minster Ramesh Pokhriyal Nishad and Lt Governor Manoj Sinha addressing inaugural function of ‘Anandam’, the center for happiness at IIM Jammu.

“Anandam” is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. “Sarvabhaikitaharta??” stands for being always engaged for the well-being of all, the Lt Governor mentioned.

Emphasizing on creating a favorable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students’ efficiency and skills.

He urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

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He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students’ curriculum.

The Lt Governor also issued a call to the Module of Mindfulness at Workplaces in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter the Lt Governor stated that the ability to change consciously and effectively is made easier by high-level continuity.

In today’s times, when Higher Educational Institutions are preparing themselves for the post-COVID world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students’ life to working professionals happily, the Lt Governor maintained.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his ideas of happiness.

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खुशियों का केंद्र होगा जम्मू के आइआइएम का ‘आनंद’

समय बसे, जम्मू: केंद्रीय शिक्षा मंत्री संजय पोखरियाल ने उपराज्यपाल मनोज सिन्हा जी की उपस्थिति में आइआइएम जम्मू में खुशियों के केंद्र ‘आनंद’ का उद्घाटन मोड से उद्घाटन किया। केंद्रीय शिक्षा मंत्री ने आइआइएम जम्मू को केंद्र स्थापित करने के लिए मुखरकंबाद दे दिए कहा कि पादरों में खुशियों को शामिल करना एक अहम कदम है। इसके रूप में उपराज्यपाल मनोज सिन्हा जी ने मदद मिलिये। राष्ट्रीय शिक्षा नीति 2020 के तहत विद्यालयों के चुनाव में विभाजन के लिए कदम उठाए जा रहे हैं। शिक्षा प्रभावी को पारंपरिक विकासवाद नलिंदा और तकनीकिया की ओर से तत्कालीन नई कुलियों पर पूर्वपुरुषों जा रहे हैं।

इस मौके पर उपराज्यपाल मनोज सिन्हा जी ने कहा कि अभाव और योग के जरिए विद्यालयों को संयुक्त होने जीवनी चाहिए। हृदय के केंद्र ‘आनंद’ का घोषणा करने से पहले दी गई गीतों में, निर्माण के पूर्व में विद्यालयों की मूल स्थापना की भूमिका। उन्होंने प्रादेशिक नेता मोदी को शिक्षा और पेशेवर जितने में सुरूवात करने के लिए कदम उठाए जा रहे हैं। विद्यालयों में खुशियों के मर्मांक को उद्घाटन करना चाहिए। केरल के मुख्यमंत्री ने नाराज निकितनों को समाधान करने के लिए कदम उठाए हैं। उन्होंने कहा कि खुशियों के मात्र का मनोरंजन है। जिसके द्वारा विद्यालयों के मूल भूमिका का उद्घाटन करना चाहिए। विद्यालयों के निर्माण के लिए करार किया। यथार्थ स्वाभाविक नहीं, विद्यालय है जो कोंटेनेट और भविष्य के लिए उत्पन्न किया जा रहा है। विद्यालयों द्वारा जिस दिन का स्वाभाविक विकास के अर्थों में आंकित किया जा रहा है। विद्यालयों के दिन के रूप में की गई जिसके द्वारा विद्यालयों के पेशेवर जितने में मदद देना। अपने आप हिंदी फाउंडेशन के संस्थापक श्री श्री राम वंशों ने भी संबोधित किया।
Union edu minister inaugurates centre for happiness at IIM-Jmu

LG asks youth to focus on ‘Balanced Life’

JAMMU: Union Education Minister Ramesh Pokhriyal “Nishank” inaugurated a happiness centre at the Indian Institute of Management (IIM)-Jammu virtually on Tuesday.

The minister said that incorporating happiness in the academic curriculum is a very crucial step towards empowering the nation, and congratulated the Institute for the venture.

"Anandam—The Centre for Happiness" aligns with the National Education Policy 2020, aiming to achieve holistic wellbeing for all, he said.

"This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," the minister added.

Jammu and Kashmir Lieutenant Governor Manoj Sinha, who was present on the occasion, suggested that universities and institutes invest in well-being also and replicate the model of the IIM happiness centre.

Speaking on the occasion, LG Governor Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.

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Union edu minister inaugurates...

Highlighting the significance of "Anandam—The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Horrible Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GHN—Gross National Happiness rather than GDP. "The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added. "Anandam" is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "SarvabhaumaHitaSriti?" stands for being always engaged for the well-being of all, the Lt Governor maintained. Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Meharshi Yajnavalkya has also discussed it very extensively in the Brahadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of the skill, and not the marks, he added. He suggested the students and professionals begin their day with five minutes of meditation and 10 minutes of yoga session, which will also become part of the students’ curriculum. The Lt Governor further suggested that the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir. The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students. Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.
‘कैदीय शिक्षा मंत्री ने आई.आई.एम. जम्मू में किया आनंद-ए-सेंटर फार हैप्पीनेस का उद्घाटन’

उ.प.राज्यपाल ने दुबारा सेंटर एवं संस्थान के लिए ध्यान दिखाया और योग अपनाया पर दिया जोर।

जम्मू, 30 मार्च (उ.प.रा.): कैदीय शिक्षा मंत्री रामप्रसाद पार्वतिक ने उ.प.राज्यपाल मनोज गिरी की मेजबानी में लॉकअप मोड में आई.आई.एम. जम्मू में ‘आनंद-ए-सेंटर फार हैप्पीनेस’ का उद्घाटन किया।

कैदीय शिक्षा मंत्री ने आई.आई.एम. जम्मू को ‘आनंद-ए-सेंटर फार हैप्पीनेस’ का उद्घाटन किया।

इस अवसर पर, मिलिन्ट कुमार चौहान ने कहा कि यह अवसर स्थानीय विभागों की सहायता में है। कलेक्टर केन्द्रीय शिक्षा विभाग ने यह सेंटर परिचय दिया।

उ.प.राज्यपाल मनोज गिरी ने दुबारा सेंटर एवं संस्थान के लिए संदेश दिया और योग अपनाया पर दिया जोर।
Union Minister inaugurates ‘Anandam- The Center for Happiness’ at IIM Jammu

LG exhorts youth to focus on ‘Balanced Life’ through meditation, Yoga

- STATE TIMES NEWS


Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of ‘Anandam- The Center for Happiness’, the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Turning Self-realization as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people’s lives.

Speaking on the importance of happiness in a Nation’s development, the Lt Governor made a special mention of Bhutan where the growth is measured as ONG-Gross National Happiness rather than GDP.

“The right way to measure wealth is to measure happiness and not just money”, said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

“Anandam is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around.”

CONT'D ON PAGE 2
LG exhorts youth...

"Sarvabhtatihetat" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Tjavarkya has also discussed it very extensively in the Srihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Tajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in sample words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issues of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Programme as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness.

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Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges

‘Anandam’ aims at holistic well-being of students; all educational institutions in J&K must replicate this model: LG

JAMMU, MARCH 31:

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NSP-2020, aiming to achieve holistic well-being for all. This step will take the education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of “Anandam: The Center for Happiness”, the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Termed Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making uniting efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and Improving Cont. p.6.
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"Anandam" is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabuddhierata" stands for being always engrossed for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Vajurveda and Sarvasaras Upanishad, the five layers of our personality are explained in detail.

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The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

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As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the ‘World Leader’ again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

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Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within.

The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other interactive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students’ life to working professionals happily, the Lt Governor maintained.

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Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges


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Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

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Right way to measure wealth is to measure happiness and not just money: LG Sinha

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Calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & Yoga to meet modern day challenges

Says ‘Anandam’ aims at holistic well-being of students; all educational institutions in J&K must replicate this model

JAMMU, MAR 30:

Union Minister for Education, Sh. Ramesh Pokhriyal ‘Nishank’, in presence of Lieutenant Governor, Sh. Manoj Sinha, today inaugurated “Anandam- The Center for Happiness” at IIM Jammu through virtual mode. Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. The Center for Happiness aligns with NEP- 2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

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Right way to...

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IIM Jammu: शिक्षा मंत्री ने आईआईएम जम्मू में आनंदम: द सेंटर फॉर हैप्पीनेस का किया उद्घाटन, पढ़ें डिटेल

IIM Jammu इस अवसर पर केंद्रीय मंत्री ने कहा कि स्टूडेंट्स के एकेडमिक करिकुलम में हैप्पीनेस को शामिल करना हमारे राष्ट्र को सशक्त बनाने की दिशा में एक बहुत ही महत्वपूर्ण कदम है। इस निर्णय से हमारी शिक्षा प्रणाली को नई ऊंचाइयों तक ले जाने में मदद मिलेगी।
IIM Jammu: केंद्रीय शिक्षा मंत्री रमेश पोखररयाल ‘निशांक’ ने आज भारतीय प्रबंधन संस्थान, जम्मू (IIM Jammu) में एक नए केंद्र का उद्घाटन किया। आनंदम: द सेंटर ऑफ हैप्पीलेस नाम के केंद्र का उद्घाटन वर्चुअल मोड में किया गया। इस संबंध में प्रेस इन्फॉर्मेशन ब्यूरो, इंडिया (PIB India) ने अपने ऑफिशियल ट्वीटर अकाउंट से ट्वीट करके जानकारी साझा की है। इसके साथ ही, एक प्रेस रिलीज भी जारी किया है।

इस अवसर पर केंद्रीय मंत्री ने नए वेंचर के लिए आईआईएम जम्मू को बधाई दी और ‘आनंदम: द सेंटर फॉर हैप्पीलेस’ की आवश्यकता को परिभाषित किया। उन्होंने कहा कि स्टूडेंट्स के एक्डूमिक कैरियरमांड में हैप्पीलेस को शामिल करना हमारे राष्ट्र को सशक्त बनाने की दिशा में एक बहुत ही महत्वपूर्ण कदम है। इस निर्णय से हमारी शिक्षा प्रणाली को नई उंचाइयों तक ले जाने में मदद मिलेगी। उन्होंने बताया कि आनंदम: खुशी का केंद्र राष्ट्रीय शिक्षा नीति 2020 के साथ संरेखित है, जिसका उद्देश्य 2021 तक भारत की शिक्षा प्रणाली को बदलना है।

मंत्री ने कहा कि स्टूडेंट्स और फैक्टरी समय सीमा, पाठ्यक्रम, शिक्षण-भार और पेशेवर व व्यक्तिगत जीवन के दबाव के कारण तनाव से गुजरते हैं। इससे शिक्षकों के साथ-साथ छात्रों में भी अवसाद और चिंता पैदा होती है। इसलिए, यह केंद्र लोगों को मानसिक तनाव से उबरने में मदद करेगा और इससे सकारात्मकता का विकास होगा। यह आईआईएम जम्मू में सभी हितधारकों के लिए समग्र विकास को प्रोत्साहित और प्रचारित करेगा।

बता दें कि इस अवसर पर लेफ्टिनेंट गवर्नर, जम्मू और कश्मीर, मनोज सिन्हा; फाउंडर, आईआईएम जम्मू फाउंडेशन, श्री श्री रविंद्रनाथ भी वर्चुअल मोड में शामिल हुए। वहीं, डा. मिलिंड कांबले, अध्यक्ष, बोर्ड ऑफ गवर्नर्स, आईआईएम जम्मू ने इस कार्यक्रम की अध्यक्षता की। आयोजन में प्रोफेसर बी.एस. सहाय, निदेशक आईआईएम जम्मू भी शामिल थे। अधिक जानकारी के लिए पीआईबी के आधिकारिक ट्वीटर पेज पर जा सकते हैं।
Pokhriyal inaugurates “Anandam: The Center for Happiness” at IIM Jammu

Find inner joy, focus on balanced life through meditation, yoga: LG to youth

Earth News Service

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Highlighting the significance of “Anandam: The Center for Happiness”, the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people’s lives. Speaking on the importance of happiness in a Nation’s development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH—Gross National Happiness rather than GDP.

“The right way to measure wealth is to measure happiness and not just money”, said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added. “Anandam” is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. “Sarvabhtahiterat” stands for being always engaged for the well-being of all, the Lt Governor maintained.

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In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students’ life to working professionals happily, the Lt Governor maintained. Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness. D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added. The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present. He suggested the students ask professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students’ curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the ‘World Leader’ again, observed the Lt Governor. The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor. The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity. Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.
Focus on 'Balanced Life' through meditation & yoga to meet today's challenges: LG to youth

Pokhriyal inaugurates Center for Happiness at IIM

GJ REPORT
JAMMU, MAR 30: Union Minister for Education, Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

"Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Swarajbhishatmakam?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharshi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that
Focus on 'Balanced Life'...

Through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

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In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

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Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges

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Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people’s lives.

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LT GOVERNOR CALLS UPON YOUNG GENERATION TO FIND INNER JOY, FOCUS ON 'BALANCED LIFE' THROUGH MEDITATION & YOGA TO MEET MODERN DAY CHALLENGES

'ANANDAM' AIMS AT HOLISTIC WELL-BEING OF STUDENTS; ALL EDUCATIONAL INSTITUTIONS IN J&K MUST REPLICATE THIS MODEL: LG

GY CORRESPONDENT
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Union Education

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Right way to measure wealth is to measure happiness & not just money: LG

JAMMU BULLETIN NEWS
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Calls upon young generation to find inner joy, focus on 'Balanced Life' through meditation & yoga to meet modern day challenges

Says 'Anandam' aims at holistic well-being of students; all educational institutions in J&K must replicate this model
Right way to...

In its move to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added. Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges. Highlighting the significance of "Anandam - The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terrifying nari-ravagi as an integral part of our natural education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people’s lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP. "The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added. "Anandam" is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvaahamahatratu?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Bhishadranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Vajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail. I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favorable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills. The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation. Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present. He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor. The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir. If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students. Citing renowned influential thinkers like Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity. Just like the Sun, which has its own solar system and continues to provide us with life, each individual has his own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptable to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam Center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students’ life to working professionals happily. The Lt Governor maintained that Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness. D. Milind Kamble, Chairman, Board of Governors,
The right way to measure wealth is to measure happiness and not just money: LG

JAMMU, Mar 30: Union Minister for Education, Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Prime Minister,
Incorporating happiness in academic curriculum crucial towards empowering nation: Pokriyal...

Narendra Modi for making university efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money," said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

"Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Savarkhandhitata?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experiencing more than interpretation. Major Leader in this regard, also said the Lt Governor extensively in the Belha\darr\darya\n Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the \nU\n\n\n\nYajurveda and Saraswata Upanishad, it is clearly written that truth and consciousness are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students should be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issues of the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

He also appealed to students to not let ups and downs in life affect them, and asked them to spend their study life being playful through Yoga and Meditation.

Explaining the benefits of Yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one beings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can be leaders in our field, added the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being and also replicate the model of Anandam Center in all universities in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with life, each individual has its own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

Higher education institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Rand Positioning, and Strategy Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

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D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

Union Education Minister Ramesh Pokriyal on Tuesday inaugurated "Anandam: The Center for Happiness" at the Indian Institute of Management (IIM), Jammu virtually and said incorporating happiness in the academic curriculum is crucial towards empowering our nation.

"Speaking on the occasion, Mr. Pokriyal said that the Centre will not only be a place for conventional learning but also a place where students can explore their inner selves and find happiness.

He explained how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India's education system by 2022. He concluded his speech by encouraging other institutions of the country to have their own centre for happiness to help students live a stress-free life.

According to the press release, the centre will help prevent excessive mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

Lt Governor, Jammu, and Kashmir, Manoj Sinha; Founder, Art of Living Foundation, Si Sri Ravi Shankar virtually graced the occasion.

He further said that the purpose of establishing 'Anandam' at IIM Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokriyal further informed that the Centre envisages that all shall attain the state of ananda through conscious efforts. There are going to be practices for breathing exercises like pranayama and Meditation, which will help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged, the press release read.

JMC officer demoted for not taking action against illegal constructions...

enforcement inspector, worldSLAMABAD, Mar 30: Prime Minister Imran Khan has written a letter to his Indian counterpart Narendra Modi, saying creation of an "enabling environment" is imperative for a constructive and result-oriented dialogue to resolve all outstanding issues between Pakistan and India, in particular the Jammu and Kashmir issue.

Khan's letter was in reply to Prime Minister Modi's letter to him last week to extend greetings on the occasion of Pakistan Day. In his letter, Modi had said that India desires cordial relations with Pakistan but an atmosphere of mistrust, devoid of terror and hostility, is "imperative for it."

In his reply to Prime Minister Modi's letter, Khan thanked him and said the people of Pakistan also desire peaceful cooperative relations with all neighbours, including India.

While Prime Minister Modi talked about a terror free environment for peace, Khan said that peace was possible only if outstanding issues like Kashmir were resolved.

We are convinced that durable peace and stability in South Asia is contingent upon resolving all outstanding issues between India and Pakistan in particular the Jammu and Kashmir dispute," he wrote in the letter dated March 29.

Khan said that creation of an "enabling environment is imperative for a constructive and result-oriented dialogue."

He also expressed best wishes for the people of India in their struggle against the COVID-19 pandemic.

The militaries of India and Pakistan announced on February 25 that they had agreed to strictly observe all agreements on ceasefire along the Line of Control in Jammu and Kashmir and other sectors.

Weeks later, both Pakistan's Prime Minister Khan and powerful Army chiefGen Qamar Javed Bajwa made peace overtures towards New Delhi saying it was time for the two neighbours to "bury the past and move forward."

Ties between India and Pakistan nose-dived after a terror attack on the Pathankot Air Force base in 2016 by terror groups based in Pakistan. Subsequent attacks, including one on an Indian Army camp in Uri, further deteriorated relations.

The ties hit rock bottom after India's war planes pounded a Jaish...
UNION EDUC MIN E-INAUGURATES “Anandam- The Center for Happiness” at IIM Jmu

With meditation, yoga meet modern day challenges: LG to Youth


Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic wellbeing for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of “Anandam- The Center for Happiness”, the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The LG expressed his gratitude towards the Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people’s lives.

Speaking on the importance of happiness in a nation’s development, the LG made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.
"The right way to measure wealth is to measure happiness and not just money", said the LG. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

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The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

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As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

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In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students’ life to working professionals happily, the Lt Governor maintained.

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Sree Times News
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Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.

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Speaking on the importance of happiness in a Nation’s development, the Lt Governor made a special mention of Bhutan, where the growth is measured as GNH-Gross National Happiness rather than GDP.

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Union Education Minister, dis-tinguishing his address, congratulated IIM Jammu for the new venture and said that imparting happiness in the academic curriculum of students is a very praiseworthy step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.

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Terminating Self-realization as an integral part of Gandhian educational tradition, the Lt Governor said that emotions like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience this.

The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making sincere efforts in bringing a balance in education and professional life, in the routine of students and professionals through Yoga and Swachh Bharat Mission. He also thanked Shri Ravi Shankar Prasad for the immense contribution towards promoting Holistic Living and improving people’s lives.

Speaking on the importance of happiness in a Nation’s development, the Lt Governor made a special mention of the need for such a facility in the educational institutions.

“Happiness is an important part of our tradition. India and UP has emphasized on happiness through the National Happiness policy. The students would be able to understand the concept of the 15 minute which would also improve the students’ efficiency and productivity,” he said.

The Lt Governor further said that the teaching methods and curriculum should be versatile and spacious so that the students are not only given knowledge but also the overall education.

The Lt Governor also appreciated the efforts taken by the institute and said that the students are expected to change the society and become a better version of themselves.

Emphasizing the benefits of yoga, meditation, and other spiritual practices, he added that he believes in the power of spiritual wellness for all.

Speaking about the importance of mental health and well-being, the Lt Governor mentioned the facility and said that it is a space where students can reflect and meditate in a serene environment.

The Lt Governor also emphasized the importance of happiness in the students’ lives and said that the students should be encouraged to take time for themselves and focus on their overall well-being.

In his words, the Lt Governor emphasized that happiness is not just a state of mind but a lifestyle that should be adopted by everyone.

In conclusion, the Lt Governor emphasized that happiness is a journey and should be pursued with enthusiasm and dedication.

On this note, the Lt Governor said that the students should have a clear understanding of their goals and take their work seriously.

He also emphasized the importance of hard work and dedication, saying that it is the key to success in any field.

He concluded by wishing the students all the best for their future endeavors.

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In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

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Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness.

D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaural ceremony in person and through virtual mode.
Union Education Minister Inaugurates “Anandam- The Center For Happiness” At IIM Jammu

Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges
Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through the Yoga and Fit India Movement. He also thanked Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people’s lives.

Speaking on the importance of happiness in a Nation’s development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

“The right way to measure wealth is to measure happiness and not just money”, said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

“Anandam” is a pure consciousness that doesn’t aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. “Sarvabhūtahiteratāḥ” stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students’ efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized the spirit of skill, and not the marks, he added.

The Lt Governor also appealed to students to not let-ups and downs in life affect them and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals begin their day with five minutes of meditation and 10 minutes of a yoga session, which can also become part of the student’s curriculum.
As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the ‘World Leader’ again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today’s times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

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Wednesday, 31 March 2021

Ramesh Pokhriyal inaugurates Ānandam: The Center for Happiness in IIM Jammu

Speaking on the occasion Shri Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Ānandam: The Center for Happiness.

Union Minister of Education Shri Ramesh Pokhriyal 'Nishank' inaugurated "Ānandam: The Center for Happiness" virtually today. Lieutenant Governor, Jammu and Kashmir, Shri Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion. Dr Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present.

Speaking on the occasion Shri Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Anandam: The Center for Happiness. He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila. He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform
India's education system by 2021. He concluded his speech by encouraging other institutions in our country to have their own centre for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the centre will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing 'Ānandam' at Indian Institute of Management Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added. Shri Pokhriyal further informed that the Center envisions that all shall attain the state of ānanda through conscious efforts. There are going to practice for breathing exercises like prāṇāyāma and mindfulness, which help in enhancing vitality. Other than this, the practise of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of'Ānandam: The Center for Happiness' will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants Shri Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index. He said that "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is a real idea of happiness.

The Center for Happiness acquires its name 'Ānandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Ānandam" doesn't aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for "Ānandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhūtahiteratāḥ" stands for being always engaged for the well-being of all.

(With Inputs from PIB)
Union Education Minister inaugurates “Anandam- The Center for Happiness” at IIM Jammu.

Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges.


Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on ‘Balanced Life’ through Meditation and Yoga in order to meet the modern day challenges.
Highlighting the significance of “Anandam- The Center for Happiness”, the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon’ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

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आईआईएम जम्मू में आनंद : द सेंटर फॉर हैप्पीनेस का उद्घाटन

नयी दिल्ली, 30 मार्च छात्रों को तनावपूर्ण माहौल से मुक्ति दिलाने और उनके मानसिक स्वास्थ्य को प्राथमिकता देने के लिए मंगलवार को आईआईएम जम्मू में ‘आनंद : द सेंटर फॉर हैप्पीनेस’ का उद्घाटन किया गया।

केंद्रीय शिक्षा मंत्री रमेश पोखररयाल ने डॉ.जेटल माध्यम से आईआईएम जम्मू में आनंद : द सेंटर फॉर हैप्पीनेस का उद्घाटन करते हुए इसकी समसामयिकता पर कहा,

"आज की इस गतिशील दुनिया में जहां हम हर रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कोरोना जैसी महामारी के कारण, तो ऐसे में छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा।" उन्होंने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"
उन्होंने कहा कि छात्रों के लिए अकादमिक पाठ्यक्रम में आनंद को शामिल करना एक महत्वपूर्ण कदम है और इसने देश के अन्य संस्थाओं को अपना सेंटर फॉर हैप्पीनेस बनाने को प्रोत्साहित किया है।

इस अवसर पर जम्मू-कश्मीर के उपराज्यपाल मनोज सिन्हा और आई ऑफ लिविंग फाउंडेशन के संस्थापक श्री श्री रविशंकर श्री उपस्थित थे। शिक्षा मंत्रालय के बयान के अनुसार, निशाने के जवाब में उन्होंने कहा कि आनंद : द सेंटर फॉर हैप्पीनेस 2021 तक हमारी शिक्षा व्यवस्था में पूरी तरह बदलाव लाने के लक्ष्य को प्राप्त करने में राष्ट्रीय शिक्षा नीति 2020 के साथ सामंजस्य बनाता है। मंत्री ने कहा कि छात्रों और अध्यापकों को अंतिम समय-सीमा, पाठ्यक्रम, पठन-पाठन के दबाव और पेशेवरता तथा निजी जीवन के दबावों से गुजरना पड़ता है जिससे अनेक मात्र और व्यवस्था बढ़ती है।

निशाने के जवाब में उन्होंने कहा कि यह केंद्र छात्रों और शिक्षकों को मानसिक तनाव से उबरने और सकारात्मकता का प्रसार करने में मदद करेगा। इसके साथ ही यह आई.आई.एम. जम्मू के सभी हितों के समन्वय विकास की भावना को प्रोत्साहित करेगा और उसका प्रसार करेगा।

निशाने के जवाब में उन्होंने कहा कि मानसिक स्वास्थ्य के कारण में लोगों को संबंधित बनाना और उन्हें इसे कारवान स्वास्थ्य के बारे में लोगों को संबंधित बनाना और उन्हें इसे शास्त्रीय स्वास्थ्य के समान ही महत्व पूर्ण करने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है।

अपने संदेश में उन्होंने कहा, "आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है।"

उल्लेखनीय है कि "आनंद : द सेंटर फॉर हैप्पीनेस" के माध्यम से पांच श्रेणियों में कुछ प्रमुख गतिविधियां होंगी जिनमें कार्यक्रियाओं, समारोह, कल्याण, आनंद का विकास, अनुसंधान और नेतृत्व तथा विषय संबंधी विकास जैसे कुछ चुनिंदा पाठ्यक्रम शामिल हैं।

केंद्र के लिए विशेषज्ञों का एक सलाहकार मंडल होगा जिनमें अकादमिक, अनुसंधान और उद्योग क्षेत्रों के विविध विशेषज्ञ शामिल होंगे।