

Press Release

IIM Jammu hosts an interactive workshop titled "How to be Productive"

29th Nov 2022 Jammu: Anandam: The Happiness Center of Indian Institute of Management (IIM) Jammu organized an interactive workshop on "*How to be Productive*" on 29th November at Canal Road Campus. The session was conducted by Shri Ritvik Mahajan, Holistic well-being coach, Healthcare Business Consultant, and Ms. Akshita. The session was well attended by the faculty, officers, staff, and students of IIM Jammu. The session commenced with the introduction by Dr. Mahima Raina, Chairperson, Anandam, IIM Jammu.

It was followed by a welcome address by Prof Jabir Ali, Dean of Academics, IIM Jammu who welcomed Shri Ritvik Mahajan and Ms. Akshita to the Institute. In his address, he urged the students to engage themselves productively, sleep on time, spoke on the various ways to be productive, work out regularly in the gym for staying fit and healthy, having food on time, gave an overview of the various techniques for productivity enhancement leading to success and increased productivity in their individual lives.

This was followed by some real-time sessions by Ritvik Mahajan such as storytelling and some interactive mind games for engaging the students. He asked the students to think beyond, imagine the immense possibilities, be result oriented, and pen down their thoughts by finding their me-time for self-introspection. He urged the students to make pen and paper their best friends for life.

During his address, he also did a real-time activity where he asked the students to pen down their personal, academic, professional, and self-introspection goals. In all the activities that he undertook as part of the session, were done with the sole intention to make the students understand the need to be more relaxed, to be joyful, to practice the art of writing, being effortless in whatever they do leading to better productivity. His address also stressed the basic importance of being active listeners.

Ms. Akshita began her session with a series of interactive activities and did a meditation activity with the faculty, officers, staff members, and students at the Institute. The activity was enjoyed and liked by everyone present for the session. She spoke on various topics with regard to taming the mind and thoughts during her session which were focused on inculcating a result-oriented approach and state of mind amongst the students.

The vote of thanks was proposed by Dr. Eshika Agarwal, Co-Chairperson, Anandam, IIM Jammu. Present on the occasion were Shri Rajat Jain, Financial Advisor & Chief Accounts Officer, IIM Jammu.

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Glimpses from the IIM Jammu interactive session on "How to be Productive"











