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IIM JAMMU
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Press Release

IIM Jammu hosts a meditation session as part of the "Har Ghar Dhyan" Campaign

22nd Dec 2022, Jammu: Ānandam-Centre of Happiness at IIM Jammu organized an orientation session on positive mental health/meditation under the "***Har Ghar Dhyan***" campaign started by the Ministry of Culture, Government of India. The Ministry of Culture, Govt. of India had partnered with Art of Living under the aegis of "*Azadi Ka Amrit Mahotsav*" to engage the youth in mental health education and to equip them with meditation practices for improved health and wellness.

"*Har Ghar Dhyan*" is a medium for guiding people toward a healthy lifestyle and encouraging them to take up meditation as a regular practice. The workshop was conducted by Shri Rohit Ranjan, Faculty and trainer at the Art of Living. He was accompanied by Shri Ajay Kapoor at the Canal Road Campus. Shri Ritvik, Trainer at Art of Living conducted the other session at Jallochak Campus of IIM Jammu. The welcome address was delivered by Dr. Mahima Raina, Chairperson-Anandam, at Canal Road and Dr. Eshika Agarwal, Co-Chairperson, Anandam at Jallochak Campus.

Speaking on the occasion, Prof. B.S. Sahay, Director, IIM Jammu spoke about the rich legacy and varied contribution of India (Bharat) in the domains of art, culture, science, medicine, art, and engineering. He also emphasized the need to be passionate, happy, enjoying, and celebrating life at every moment of life. He also proudly mentioned that the community at IIM Jammu is committed make IIM Jammu a world-class Institute. He also stressed that life is a constant learning exercise where you need to keep learning from your mistakes. He also spoke at length about the inclusion of happiness in the course curriculum at IIM Jammu. He also expressed his gratitude to Gurudev Sri Sri Ravi Shankarji, Founder of Art of Living, and expressed his desire to host him at the state-of-the-art permanent campus of IIM Jammu.

Speaking on the occasion, Shri Rohit Ranjan, Trainer at Art of Living at Canal Road Campus stressed the importance of meditation and briefed the audience about its various benefits. He quoted real-life examples to make it understandable for the students. He also mentioned that meditation makes a person strong, and deep from within. The constant practice of meditation will enable every person to lead a successful, contented, and happy life.

Speaking on the occasion, Shri Ritvik Mahajan, Trainer at Art of Living at Jallochak Campus spoke about today's busy lifestyle and encouraged them to take up meditation in their regular routine. He emphasized that today's session was done with the sole intention to achieve this objective in each one's life.

This workshop engaged all the participants of IIM Jammu in practicing meditation techniques for improved health and well-being. The vote of thanks was proposed by Dr. Mamta Tripathi, Assistant Professor, IIM Jammu at the Canal Road Campus, and Dr. Apurva, Assistant Professor, IIM Jammu at Jallochak Campus. The event was attended in large nos. by faculty, staff, and students of the Institute.

Glimpses from the Meditation Session at IIM Jammu

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