

IIM Jammu conducts webinar on “The Art of Self-Management” in association with Wisdom Foundation

IIM Jammu conducted a webinar on “The Art of Self-Management” in collaboration with Wisdom Foundation. The session was taken by Sri Vinay Ji, Founder Wisdom Foundation. The session was focused on teaching the students the art of managing themselves along with their studies and other activities amid the hectic B school life.

The session commenced with a welcome address presented by Dr. Ajinkya Navare, (Faculty in the area of Organizational Behavior and HR, IIM Jammu). Prof. B.S. Sahay, Director, IIM Jammu addressed the audience and highlighted the importance of mental health and the need for activities that would ensure the student’s wellness.

Sri Vinay Ji discussed how living life is an art and how essential it is to learn the art of living a meaningful life. He quoted “Laws that govern the life of individuals are wisdom. One who doesn’t know these laws pay the price of ignorance”. He also emphasized that individuals should not forget about the quality of life he/she is living amid their hectic lifestyles.

The session was also graced by Prof. G. Raghuram, Former Director, IIM Bangalore who applauded IIM Jammu for the initiative of launching the happiness centre and conveyed his best wishes for the same. Sri. Arvind Mahajan, Member of Board of Governors, IIM Kashipur also graced the event with his presence.

The session concluded with Dr. Mamta Tripathi(Faculty in the area of Organizational Behavior and HR, IIM Jammu) delivering the vote of thanks to the esteemed guests and other dignitaries.