

Saturday 03rd Feb

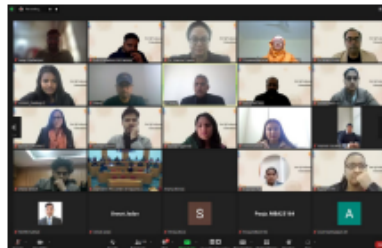
IIM Jammu hosts Enlightening Session on Art, Science of Attention by Pravrajika Divyanandaprana

REFUGEE MESSAGE BUREAU
JAMMU, FEB 2

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

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

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



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

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

Mata Ji captivated participants with the interesting story of a Zen master from Japan, illustrating the profound impact of mindfulness and meditation on goal orientation

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

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

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

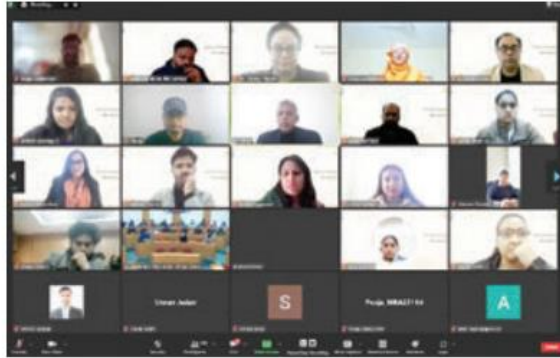


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IIM Jammu hosts session on 'Art & Science of Attention'

NL CORRESPONDENT

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

NIN NEWS SERVICE
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