



Thursday 22nd Dec 2022

IIM Jammu hosts a meditation session as part of the “Har Ghar Dhyaan” Campaign

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Dated : Dec 22, 2022 Jammu



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JAMMU, DECEMBER 22: Ānandam-Centre of Happiness at IIM Jammu organized an orientation session on positive mental health/meditation under the "Har Ghar Dhyaan" 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 Dhyaan” 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 Rohit Ranjan, Faculty and trainer at the Art of Living. He was accompanied by Ajay Kapoor at the Canal Road Campus 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, and Dr. Eshika Agarwal, Co-Chairperson, Anandam.

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

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<https://www.jkinfonews.com/newsdet.aspx?q=72542#:~:text=Home-,IIM%20Jammu%20hosts%20a%20meditation%20session%20as,the%20%E2%80%9CHar%20Ghar%20Dhyaan%E2%80%9D%20Campaign&text=JAMMU%2C%20DECEMBER%2022%3A%20%20C4%80nanda%20D,of%20Culture%2C%20Government%20of%20India.>

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GY CORRESPONDENT
JAMMU, DEC 22

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By Bold News Online Desk On Dec 22, 2022



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<https://boldnewsonline.com/iim-jammu-hosts-a-meditation-session-as-part-of-the-har-ghar-dhyaan-campaign/>

Friday 23rd Dec 2022

IIM Jammu holds orientation session on mental health



NORTHLINES CORRESPONDENT

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The NEWS NOW

Friday, December 23, 2022

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■ TNN BUREAU

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The Himalayan Mail

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**HIMALAYAN MAIL NEWS
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EARTH NEWS SERVICE

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JAMMU BULLETIN NEWS

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KH News Service

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9, JOURNEY LINE, Jammu

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JL NEWS SERVICE

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<https://www.campusvarta.com/article/iim-jammu-hosts-a-meditation-session-as-part-of-the-har-ghar-dhyaan-campaign>



IIM Jammu hosts a meditation session as part of the “Har Ghar Dhyaan” Campaign



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5 Dariya News

Jammu , 22 Dec 2022

Ānandam-Centre of Happiness at IIM Jammu organized an orientation session on positive mental health/meditation under the "Har Ghar Dhyaan" 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 Dhyaan” 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 Rohit Ranjan, Faculty and trainer at the Art of Living.

He was accompanied by Ajay Kapoor at the Canal Road Campus 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, and Dr. Eshika Agarwal, Co-Chairperson, Anandam.

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 Sri Sri Ravi Shankarji and expressed his desire to host him at the state-of-the-art permanent campus of IIM Jammu. Speaking on the occasion, 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, 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.

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<https://www.5dariyanews.com/news/398465-IIM-Jammu-hosts-a-meditation-session-as-part-of-the-%E2%80%9CHar-Ghar-Dhyaan%E2%80%9D-Campaign>



IIM Jammu hosts a meditation session as part of the “Har Ghar Dhyaan” Campaign

METRO NEWS NETWORKS INDIA



JAMMU, DECEMBER 22: Anandam-Centre of Happiness at IIM Jammu organized an orientation session on positive mental health/meditation under the "Har Ghar Dhyaan" 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.

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https://www.facebook.com/permalink.php?story_fbid=5843925942334650&id=218535084873792



Thursday 22nd Dec 2022

IIM Jammu Hosts A Meditation Session As Part Of The “Har Ghar Dhyaan” Campaign



By India Education Diary Bureau Admin On Dec 22, 2022

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<https://indiaeducationdiary.in/iim-jammu-hosts-a-meditation-session-as-part-of-the-har-ghar-dhyaan-campaign/>



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Read more at: <http://www.jammulinksnews.com/newsdetail/305388/Jammu-Links-News-IIM-Jammu-hosts-a-meditation-session-as-part-of-the-%22Har-Ghar-Dhyaan%22-Campaign>

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