

भारतीय प्रबंधन संस्थान जम्मू
Indian Institute of Management Jammu

Orientation Programme of IIM Jammu
Day 2: Igniting Inspiration and Motivation

4th Batch of Ph.D. | 8th Batch of MBA | 3rd Batch of EMBA
(2023-26) | (2023-25) | (2023-25)

2nd Batch of MBA (HA&HM) | 1st Batch of EMBA-CAM
(2023-25) | (2023-25)

24th - 31st July 2023



Overview of the Day 2 of IIM Jammu's Orientation Program Unleashing Motivation and Determination

The second day of the orientation of the new batches at IIM Jammu started with the students practicing Yoga and taking part in a concentration exercise, the event was organized to teach the future business administrators to balance inner happiness while coping with the hectic schedule of work. The theme of the yoga session was 'Maximize Happiness and Mindfulness' and was conducted by Shri. Sahil Mehra, Yoga Guru. The Yoga session incorporated various “Asanas” which helped the students to overcome stress, improve focus, and maintain physical well-being.

The next session was conducted by Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha, Delhi on the topic “The Path Less Travelled: Embark on Meaningful Learning Journey”. The session was graced by Sadhu Tirthaswarupdas, Akshardam, Pujya Divyamanandh Swamy - Founder, IPDC, Pujya Nischay Bhagat - Integral member of IPDC, Gourav Viplani.

Following the insightful session, Pujya Divyamanandh Swamy enlightened the students on the topic "Counting the Uncounted" and told the importance of the three most precious values "To give, To forgive, and To believe".

Soon after, Mr. Gourav Viplani emphasized the importance of "Hearing the Unheard", which is an important quality for future leaders, and he interacted with students and posed questions to inculcate the idea of "Hearing the Unheard" quality in students.

Then, Pujya Nischay Bhagat spoke about "The way of perceiving things" and shared how faith helps one in unleashing the power in society. He narrated an inspirational story of Mr. E. Sreedharan, the man behind the Konkan Railway route and Delhi Metro.

The event by the Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha concluded with “speaking on the importance of sensitivity towards others, manners, skills, strategy, and faith. By giving numerous examples he explained to the students how these values will help them to lead a happy and successful life.”

At last, the students proceeded outdoors to participate in the outbound activities organized by the institute. These activities were aimed at developing team spirit, building trust and relationships, fostering collaboration, enhancing communication skills, diversity appreciation, and many such values. The day concluded with students gaining mutual respect and trust for their batchmates and building strong relationships for peer learning.











Wednesday, 26 July 2023

Igniting Inspiration: Day 2 of IIM Jammu's Orientation Programme unleashes motivation and determination

■ STATE TIMES NEWS
JAMMU: The second day of the orientation of the new batches at IIM Jammu started with the students practicing Yoga and taking part in a concentration exercise, the event was organized to teach the future business administrators to balance inner happiness while coping with the hectic schedule of work.
 The theme of the yoga session was 'Maximize Happiness and Mindfulness' and was conducted by Sahil Mehra, Yoga Guru.
 The Yoga session incorporated various "Asanas" which helped the students to overcome stress, improve focus, and maintain physical well-being.
 The next session was conducted by Bochasawasi Shri Akshar Purushottam Swaminarayan Saustha, Delhi on the topic "The Path Less Travelled: Embark on Meaningful Learning Journey". The session was



IIM Jammu faculty honouring a dignitary.

graved by Sadhu Tirthaswarupdas, Akshardas, Pujya Divyamaandh Swamy - Founder, IPDC, Pujya Nischay Bhagat - Integral member of IPDC, Gourav Viplani.
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enlightened the students on the topic "Counting the Uncounted" and told the importance of the three most precious values "To give, To forgive, and To believe".
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ty for future leaders, and he interacted with students and posed questions to inculcate the idea of "Hearing the Unheard" quality in students. Then, Pujya Nischay Bhagat spoke about "The way of perceiving things" and shared how faith helps one in unleashing the power in society. He narrated an

inspirational story of E. Sreedharan, the man behind the Konkan Railway route and Delhi Metro.
 The event by the Bochasawasi Shri Akshar Purushottam Swaminarayan Saustha concluded with 'speaking on the importance of sensitivity towards others, manners,

skills, strategy, and faith. By giving numerous examples he explained to the students how these values will help them to lead a happy and successful life.'
 At last, the students proceeded outdoors to participate in the outbound activities organized by the institute.

<https://epaper.statetimes.in/index.aspx?page=14>

Wednesday, 26 July 2023

IIM Jammu's Orientation Programme unleashes motivation and determination

GJ REPORT

JAMMU, JUL 25: The second day of the orientation program at IIM Jammu commenced with a session on Yoga and concentration exercises. The students were guided by Yoga Guru Sahil Mehra on the theme of 'Maximize Happiness and Mindfulness.' Various Yoga Asanas were practiced, helping the future business administrators to manage stress, improve focus, and maintain their physical well-being amidst the demanding work schedule. Following the Yoga session, Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha, Delhi conducted a session titled "The Path Less Travelled: Embark on Meaningful Learning Journey." The session was graced by Sadhu Tirthaswarupdas, Akshardam, Pujya Divyamanandh Swamy -



Students practicing Yoga in a two day Orientation Programme at IIM Jammu.

Founder, IPDC, Pujya Nischay Bhagat - Integral member of IPDC, and Gourav Viplani.

Pujya Divyamanandh Swamy shared valuable insights on "Counting the Uncounted," emphasizing the significance of giving, forgiving, and believing in life. Gourav Viplani stressed the importance of "Hearing the Unheard" and

interacted with the students, encouraging them to develop this crucial quality as future leaders.

Pujya Nischay Bhagat spoke about "The Way of Perceiving Things" and how faith plays a pivotal role in unleashing one's power in society. He shared an inspirational story of E. Sreedharan, the man behind the Konkan Railway route

and Delhi Metro.

The Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha's event concluded with an emphasis on sensitivity towards others, manners, skills, strategy, and faith. Numerous examples were given to illustrate how these values would contribute to a happy and successful life for the students.

Wednesday, 26 July 2023

IIM's orientation prog begins with yoga on day-2

NL CORRESPONDENT**Jammu Tawi, JULY 25**

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IPDC, Pujya Nischay Bhagat - Integral member of IPDC, Gourav Viplani. Following the insightful session, Pujya Divyamanandh Swamy enlightened the students on the topic "Counting the Uncounted" and told the importance of the three most precious values "To give, To forgive, and To believe". Soon after, Gourav Viplani emphasized the importance

of "Hearing the Unheard", which is an important quality for future leaders, and he interacted with students and posed questions to inculcate the idea of "Hearing the Unheard" quality in students. The event by the Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha concluded with "speaking on the importance of sensitivity towards others, manners,

skills, strategy, and faith. By giving numerous examples he explained to the students how these values will help them to lead a happy and successful life." At last, the students proceeded outdoors to participate in the outbound activities organized by the institute. These activities were aimed at developing team spirit, building trust and relationships, fostering collaboration, enhancing communication skills, diversity appreciation, and many such values. The day concluded with students gaining mutual respect and trust for their batchmates and building strong relationships for peer learning.

http://epaper.thenorthlines.com/articlepage.php?articleid=NLINE_MAI_20230726_3_1&width=299px&edition=Main&curpage=3



Wednesday, 26 July 2023

Day 2 of IIM Jammu's Orientation Prog Unleashes Motivation, Determination

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The event by the Bochasanwasi Shri Akshar Purushottam Swaminarayan Sanstha concluded with "speaking on the importance of sensitivity towards others, manners, skills, strategy, and faith. By giving numerous examples he explained to the students how these values will help them to lead a happy and successful life." In the end the students proceeded outdoors to participate in the outbound activities organized by the institute. These activities were aimed at developing team spirit, building trust and relationships, fostering collaboration, enhancing communication skills, diversity appreciation, and many such values. The day concluded with students gaining mutual respect and trust for their batchmates and building strong relationships for peer learning.

<https://thekashmirhorizon.com/2023/07/26/day-2-of-iim-jammus-orientation-prog-unleashes-motivation-determination/>

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IIM Jammu's Orientation Program Unleashes Motivation and Determination



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<https://www.campusvarta.com/article/iim-jammus-orientation-program-unleashes-motivation-and-determination>



Wednesday, 26 July 2023

Day 2 of IIM Jammu's Orientation Program Unleashes Motivation and Determination

Jammu, July 25 (Scoop News)-The second day of the orientation of the new batches at IIM Jammu started with the students practicing Yoga and taking part in a concentration exercise, the event was organized to teach the future business administrators to balance inner happiness while coping with the hectic schedule of work. The theme of the yoga session was 'Maximize Happiness and Mindfulness' and was conducted by Shri. Sahil Mehra, Yoga Guru. The Yoga session incorporated various "Asanas" which helped the students to overcome stress, improve focus, and maintain physical well-being.

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<https://www.scoopnews.in/det.aspx?q=124792>



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<http://www.kipnews.in/newsdet.aspx?q=27088>



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