

INSTITUTE OF MANAGEMENT STUDIES
DEVI AHILYA VISHWA VIDYALAYA, INDORE

Name of Event	Art of living conducted session with MBAHRM students on the theme “Success without Stress.”
Date of Event	Monday, 18th MARCH 2024
Timing of Event	12:00 PM
Name of Guests and their Designation	Mr. Sunil Jain Art of living, Indore Faculty Dr. Rashi Bhalse Art of living, Indore Faculty Ms. Jagruti Gupta Art of living, Indore Volunteer Ms. Shivani Sharma Art of living, Indore Volunteer
Venue	IMS Campus
Hosted By:	Institute of Management Studies Devi Ahilya Vishwa Vidyalaya, Indore
Event In-charge and Members	Dr. Priyadarshini Nidhan Assistant Professor, IMS DAVV, Indore Dr. Shine David Assistant Professor, IMS DAVV, Indore Ms. Priya Rathore JRF, IMS, DAVV, Indore


Summary of the Event

IMS DAVV arranged a student wellness workshop on the topic of "Success without Stress" in collaboration with the "Art of Living" group, led by Director IMS professor **Dr. Sangeeta Jain ma'am**. The discussion included an explanation of how one can go from mediocrity to excellence by altering one's mindset. It was concentrated on topics including the main roadblocks to success, learning resources, and the capacity to handle pressure. It taught pupils coping mechanisms for the stressful, competitive world of today. The advantages of "Sudharshan Kriya" practice for enhancing one's heart, mind, and body (emotions) were also covered. Approximately Sixty MBA HRM students showed up for the session. The DAVV and art of living have an MOU in place for the session.


Photos





 **Note cam lite**
Address : Devi Ahilya Vishwa
Vidyalaya, Indore, 452001, MP,
India
Latitude : 22.691337
Longitude : 75.870112
Altitude : 568.94 meter
Date : 03/18/2024 12:25
Accuracy : -1.0 meter
Note : Captured by NoteCam



 **Note cam lite**
Address : Devi Ahilya Vishwa
Vidyalaya, Indore, 452001, MP,
India
Latitude : 22.691262
Longitude : 75.870272
Altitude : 568.94 meter
Date : 03/18/2024 12:43
Accuracy : -1.0 meter
Note : Captured by NoteCam



Director

Prof. Sangeeta Jain
Institute of Management Studies,
DAVV, Indore

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