

INSTITUTE OF MANAGEMENT STUDIES
DEVIAHILYAVISHWAVIDYALAYA,INDORE

Name of Event	Art of living conducted session with MBAMM students on the theme “Success without Stress.”
Date of Event	Saturday, 2nd MARCH 2024
Timing of Event	01:30 PM
Name of Guests and their Designation	Ms. Bhumika Sawlani Art of living, Indore Faculty Mr. Vineet Bhadraka Art of living, Indore Volunteer Mr. Vinayak Balchandani Art of living, Indore Volunteer
Venue	IMS Campus
Hosted By:	Institute of Management Studies Devi Ahilya Vishwavidyalaya, Indore
Event In-charge and Members	Dr. Priyadarshini Nidhan Assistant Professor, IMS DAVV, Indore Dr. Bhanu Pratab Singh Associate Professor, IMS DAVV, Indore

Summary of the Event

Under the guidance of Director IMS professor Dr. Sangeeta Jain ma'am IMS DAVV organized a session on student's wellness in association with "Art of Living" group on the topic "Success without Stress" in which journey from mediocrity to excellence by changing attitude had been explained. It was focused on the points like the major obstacles that come in way of success, Sources of learning and pressure handling ability. It guided students about how to cope up with today's competitive world without being stressed. Benefits of practicing "Sudharshan Kriya" for empowering of mind, body and heart (Emotions) was also discussed. Around 80 students of MBA ecommerce program attended the session. The session was under an MOU of DAVV with art of living.

Photos







Director

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

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