

INSTITUTE OF MANAGEMENT STUDIES
DEVI AHILYA VISHWAVIDYALAYA, INDORE

Name of Event	Art of living conducted session with Integrated MBA ECOM students on the theme “Success without Stress.”
Date of Event	Monday, 5th February 2024
Timings of Event	01:30 PM
Name of Guests and their Designation	Ms. Bhumika Sawlani Art of living, Indore Faculty Dr. Rashi Bhalse Art of living, Indore Faculty Ms. Shweta Solanki Art of living, Indore Faculty
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. Nisha Bano Siddhiqi Assistant Professor, IMS DAVV, Indore Ms. Namrata Ladha SRF, 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 mediocracy 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







Coordinator Event

Dr. Priyadarshini Nidhan