



जागरण

Wednesday, 30 November 2022

विद्यार्थियों को बताए तनाव दूर करने के टिप्स

राज्य ब्यूरो, जम्मू : इंडियन इंस्टीट्यूट ऑफ मैनेजमेंट आइआइएम जम्मू के हैप्पीनेस सेंटर आनंदम ने मंगलवार को कार्यक्रम किया। इसमें हेल्थ से संबंधित कोच ऋत्विक् महाजन और हेल्थ केयर बिजनेस कंसल्टेंट अक्षिता ने विद्यार्थियों को खुश रहने के टिप्स बताए। आनंदम आइआइएम जम्मू की चेयरपर्सन डा. महिमा रैना ने वक्ताओं का परिचय करवाया। अकादमिक मामलों के डीन प्रो. जबीर अली ने ऋत्विक् महाजन और अक्षिता का स्वागत किया। ऋत्विक् महाजन और अक्षिता ने विद्यार्थियों से कहा कि वह समय पर सो जाएं।

अमर उजाला

Wednesday, 30 November 2022

आईआईएम जम्मू में संवाद सत्र आयोजित

जम्मू। आईआईएम जम्मू में मंगलवार को उत्पाद निर्माण विषय पर कार्यशाला हुई। इसमें प्रोफेसर जबेर अली ने छात्रों को उत्पादकता से जोड़ने, समय पर सोने, उत्पादक बनाने के विभिन्न तरीके के बारे में बताया। संवाद



Wednesday, 30 November 2022

IIM Jammu hosts a session on interactive session on “How to be Productive”

Jammu: Anandam: The Happiness Center of Indian Institute of Management (IIM) Jammu organized an interactive workshop on “How to be Productive” on 29th November at Canal Road Campus. The session was conducted by Shri Ritvik Mahajan, Holistic well-being coach, Healthcare Business Consultant, and Ms. Akshita. The session was well attended by the faculty, officers, staff, and students of IIM Jammu. The session commenced with the introduction by Dr. Mahima Raina, Chairperson, Anandam, IIM Jammu.

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This was followed by some real-time sessions such as storytelling and some interactive mind games for engaging the students. He urged the students to think beyond, imagine the immense possibilities, be result oriented and pen down their thoughts by finding time for introspection and themselves. He asked the students to make pen and paper their best friend for life.

During his address, he also did a real-time activity where he asked the students to pen down their personal, academic, professional, and self-introspection goals. In all the activities, he undertook as part of the session, make the students understand the need to be more relaxed, to be joyful, practice the art of writing, being effortless in whatever you do leading to better productivity. His address also stressed the basic importance of being active listeners.

Ms. Akshita began her session with a series of interactive activities and did a meditation activity with the faculty, officers, staff members, and students at the Institute. The activity was enjoyed and liked by everyone present for the session.

The vote of thanks was proposed by Dr. Eshika Agarwal, Co-Chairperson, Anandam, IIM Jammu. Present on the occasion were Shri Rajat Jain, Financial Advisor & Chief Accounts Officer, IIM Jammu.

<https://skilloutlook.com/education/iim-jammu-hosts-a-session-on-interactive-session-on-how-to-be-productive>

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<https://www.campusvarta.com/article/iim-jammu-hosts-a-session-on-interactive-session-on-how-to-be-productive>



Take One Digital Network
29th Nov 2022-Wednesday

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(NOTE: PRESS RELEASE PUBLISHED AS RECEIVED)

<https://www.takeonedigitalnetwork.com/post/iim-jammu-hosts-session-on-interactive-session-on-how-to-be-productive>



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<https://ibgnews.com/2022/11/29/iim-jammu-hosts-a-session-on-interactive-session-on-how-to-be-productive/>



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DEPARTMENT OF INFORMATION & PUBLIC RELATIONS

GOVERNMENT OF JAMMU & KASHMIR

29th Nov 2022-Wednesday

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Dated : Nov 29, 2022 [Jammu](#)



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<https://www.jkinfonews.com/newsdet.aspx?q=71432>

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By **Daily Excelsior** 30/11/2022 Excelsior Correspondent

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■ STATE TIMES NEWS

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NL CORRESPONDENT

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EARLY TIMES REPORT

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Wednesday, 30 November 2022-Print Version

IIM Jmu hosts session on interactive session on "How to be Productive"

KH News Service

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<https://thekashmirhorizon.com/2022/11/30/iim-jmu-hosts-session-on-interactive-session-on-how-to-be-productive/>

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The Himalayan Mail

www.himalayanmail.com

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Truly Times

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<http://jkmonitor.org/complete-news-list/88992-iim-jammu-hosts-session-on-interactive-session-on-how-to-be-productive>

BOLD NEWS

Independent, Honest & Dignified Journalism

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By Bold News Online Desk On Nov 29, 2022



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Jammu Links News 11/29/2022



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