

Friday 15th Nov 2024

'Anandam: The Center for Happiness' at IIM Jammu excels at 1st National Well-Being Conclave

■ STATE TIMES NEWS

JAMMU: Under the visionary leadership of Prof. B.S. Sahay, Director of IIM Jammu, 'Anandam: The Center for Happiness' participated in the 1st National Well-Being Conclave held at IIT Hyderabad on November 9-10, 2024.

This landmark event, organized in collaboration with the Ministry of Education, Government of India, gathered over 500 participants from 100 centrally funded institutions to discuss and showcase mental health and well-being initiatives in higher education.

The event was inaugurated by key dignitaries, including K. Sanjay Murthy, Secretary, Department of Higher Education, Government of India, and V. Anantha Nageswaran, Chief Economic Advisor.

IIM Jammu was represented by Dr. Mamta Tripathi, Chairperson of Anandam, and Dr. Eshika Aggarwal, Co-Chairperson, alongside students Annu Sharma and Abhishek Singh Dube. The dignitaries, including



IIM Jammu faculty and students at a programme.

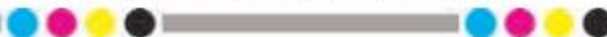
Murthy and Kouli, visited the Anandam stall, lauding its impactful initiatives aimed at promoting holistic well-being.

Anandam showcased its diverse initiatives such as a Happiness course integrated into the curriculum, year-round yoga and meditation sessions, counseling services, and programs like "Parichay" and "Gratitude," which foster student-faculty engagement and social bonding. These initiatives reflect IIM Jammu's commitment to promoting well-being among students, faculty,

and staff.

The conclave featured discussions on mental health strategies, resilience, and the importance of well-being in campus life. A key highlight was the launch of a Compendium of Best Practices on Well-being, which includes successful mental health programs from various institutions.

This conclave marked a crucial step in mainstreaming mental health support and fostering a culture of holistic growth within India's higher education landscape.



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The event was inaugurated by several prominent dignitaries, including Shri K. Sanjay Murthy, Secretary, Department of Higher Education, Government of India, who attended in person, and Shri V. Anantha Nageswaran, Chief Economic Advisor, who joined virtually. Other distinguished guests included Ms. Rina Sonowal Kouli, Joint Secretary, Department of Higher Education, Government of India; Dr. Jitendra Nagpal, Senior Psychiatrist and Program Director; and Prof. B.S. Murty, Director, IIT Hyderabad.

Representing IIM Jammu, Dr. Mamta Tripathi, Chairperson, Anandam: The Center for Happiness, IIM Jammu and Dr. Eshika Aggarwal, Co-Chairperson, Anandam: The Center for Happiness, IIM Jammu attended the event along with nominated students Ms. Annu Sharma (MBA 08) and Mr. Abhishek Singh Dube (MBA 09).

Secretary, Department of Higher Education, Government of India, Shri K. Sanjay Murthy, and Joint Secretary, Ms. Rina Sonowal Kouli, visited the Anandam stall and expressed appreciation for the impactful initiatives Anandam is undertaking, providing valuable input on further enhancements.

Anandam: The Center for Happiness at IIM Jammu also participated in the exhibitions dedicated to mental health and wellbeing resources, sharing its initiatives designed to support the overall well-being of students, faculty, and staff. These initiatives

include a Happiness course integrated into the curriculum, year-round yoga and meditation sessions, coun-

Indian higher educational institutions with a shared vision of holistic growth and mental well-being for



seling services, talks and webinars on happiness and well-being, Art of Living's YES+ and Happiness courses, and unique events like "Parichay," which fosters student-faculty connections, and "Gratitude," which encourages social bonding and appreciation. The conclave marked a significant step in aligning

faculty and students.

Renowned institutions joined forces to showcase innovative approaches followed by them to enhance physical and mental well-being of faculty and students. The event saw over 500 participants from 100 centrally funded institutions gather to discuss wellbeing practices.

The conclave featured discussions on mental health initiatives and resilience strategies tailored for campus settings, along with showcases of successful mental health and wellbeing programs across various higher education institutions (HEIs). Best Practice Sharing sessions highlighted effective strategies, while exhibitions were dedicated to mental health and wellbeing resources. Additionally, interactive activities were designed to engage attendees and encourage positive mental health practices.

This conclave marked a significant milestone in prioritizing student and faculty well-being and fostering holistic growth. It highlighted the critical need for mental health programs in HEIs and emphasized various initiatives aimed at reducing stigma around mental health and fostering a sense of belonging. The event also launched a compendium of "Best Practices on Well-being."

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IIM Jammu participates at 1st National Well-Being Conclave



NL CORRESPONDENT

JAMMU TAWI, NOV 14 'Anandam: The Center for Happiness' at IIM Jammu participated in the inaugural National Well-Being Conclave hosted by IIT Hyderabad in collaboration with the Ministry of Education, Government of India. The event, which aimed to promote mental health and holistic well-being across Indian higher educational institutions, saw the participation of over 500 attendees from 100 centrally funded institutions.

The conclave featured a comprehensive discussion on well-being practices, including mental health resources, yoga and meditation programs, counseling services, and webinars focused on happiness. Notable dignitaries at the event included K. Sanjay Murthy, Secretary of the Department of Higher Education, and V. Anantha Nageswaran, Chief Economic Advisor.

Dr. Mamta Tripathi, Chairperson of Anandam: The Center for Happiness, IIM Jammu, and Dr. Eshika

Aggarwal, Co-Chairperson, also attended, highlighting the center's initiatives aimed at fostering well-being in academic settings.

Throughout the event, participants engaged in discussions on mental health strategies and resilience building for students and faculty. Among the key features showcased were the integration of happiness courses into the curriculum, year-round yoga and meditation sessions, and specialized events like "Parichay" and "Gratitude." The conclave also highlighted programs such as the Art of Living's YES+ and Happiness courses, which are designed to support emotional and mental wellness. In his address, K. Sanjay Murthy emphasized the importance of integrating well-being practices into higher education institutions, calling for a collective effort to promote mental health and emotional resilience. The event underscored a shared vision for the mental well-being of students and faculty members across India's academic institutions.

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JAMMU BULLETIN NEWS
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REFUGEE MESSAGE BUREAU
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EARTH NEWS SERVICE

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a platform for institutions to share initiatives enhancing faculty and student well-being. IIM Jammu was represented by Dr. Mamta Tripathi, Chairperson of Anandam, Dr. Eshika Aggarwal, Co-Chairperson, along with students Ms. Annu Sharma and Abhishek Singh Dube. IIM Jammu showcased its comprehensive well-being

initiatives at the event, including a curriculum-integrated Happiness course, yoga and meditation sessions, counseling services, and various student engagement activities like "Parichay" and "Gratitude." These initiatives are aimed at fostering holistic growth and mental wellness within the IIM Jammu community.

The conclave also served as a platform for knowledge sharing, with institutions showcasing their best practices in mental health and resilience strategies. Discussions centered around mental health initiatives, stigma reduction, and the importance of creating a sense of belonging in educational settings. The event culminated in the launch of a compendium of "Best Practices on Well-being," reinforcing the significance of mental health programs in higher education institutions. This event marked a major milestone in aligning India's higher educational institutions with a shared vision of promoting well-being for students and faculty, highlighting the growing importance of mental health in academic environments.

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YOUNG BITES

Daily



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Center for Happiness at IIM Jammu Excels

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YB News Service
Jammu, Nov 14

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Details

Written by: JK Monitor News Network

Category: [Headlines](#)

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