

Rai University hosts Management Development Program on Mindfulness

FACEBOOK

TWITTER

PINTEREST

LINKEDIN



Rai University hosts Management Development Program on Mindfulness

Ahmedabad: The Department of Psychology, Rai School of Liberal Studies, Rai University and IQAC (Internal Quality Assurance Cell) of Rai University, Ahmedabad organised a Management Development Program (MDP) on “Mindfulness for Rejuvenation of Professionals” on Saturday.

The programme aimed at developing employee efficiency, leadership skills, attentive work, mental health, decision-making power and judgmental thinking, was organised in collaboration with Jeevan Aastha helpline, Government Arts & Commerce College, Jadar, and Vayotsav Foundation, Ahmedabad.

Speaking on the occasion, Dr. Rasik Meghnathi, Associate Professor at Government Arts & Commerce College, Jadar and Dr. Pooja Thakar, Assistant Professor at Rai

University, gave a clear idea about mindfulness and its importance.

<p>Software Engineer</p> <p>Learn More</p>	<p>16 Types</p> <p>Learn More</p>	<p>React</p> <p>Learn</p>
--	-----------------------------------	---------------------------



Dr. Thakar focused on the practical aspects of mindfulness with various techniques and activities such as imaginary, body scan, object movement, breathing, and mindful sensational activity.

Pravin Valera of Jeevan Aastha Helpline spoke about the importance of mindfulness in the prevention of suicides, while Dr. Jatin Padalia of Vayotsav Foundation focused on mindfulness for the mental health of old age people.

The addresses were followed by a question and answer session. More than 50 persons, including staff members of Rai University, participated in the programme. The event concluded with a vote of thanks by Dr. Ashish Rami, Head-Department of Management & Psychology, Rai University.

Are you an Entrepreneur or Startup?

Do you have a Success Story to Share?

SugerMint would like to share your success story.

We cover entrepreneur Stories, Startup News, Women entrepreneur stories, and Startup stories

[SUBMIT YOUR STORY](#)

Read more [Business News](#) at SugerMint. Follow us on [Twitter](#), [Instagram](#), [Facebook](#), [LinkedIn](#)

Currently Other Readers Are Reading Stories:

1. **Cadila Pharma Hosts Awareness Sessions on Student Mental Health and Drug Abuse** July 7th ,2021 Ahmedabad: Cadila Pharmaceuticals hosts online sessions on Student Mental Health and Drug Abuse to create greater awareness [...] More...
2. **FICCI hosts industry meet on 'India Chem 2021' at Vadodara, Gujarat** India is the sixth largest chemical manufacturer but accounts for less than 3% of the global capacity, offering immense opportunities [...] More...
3. **Cadila Pharma's aviation arm CAD Ventures hosts chopper ride for meritorious children** Ahmedabad: CAD Ventures, the aviation arm of drug major Cadila Pharmaceuticals, organised a memorable helicopter ride for the meritorious children [...] More...
4. **NASSCOM-CoE hosts 2nd edition of Udyam 4.0 Nayi Disha** The conference, aimed at ushering in technology-based solutions in MSMEs, brought together industry leaders, startups, and policymakers Gandhinagar (Gujarat), 30th [...] More...

5. **CII Gujarat hosts 2nd edition of Sustainable Mobility Conference**

Ahmedabad: The Confederation of Indian Industry (CII) Gujarat hosted the second edition of its Sustainable Mobility Conference on Friday and brought [...] More...

 FACEBOOK

 TWITTER

 PINTEREST

 LINKEDIN

#MANAGEMENT DEVELOPMENT PROGRAM #RAI UNIVERSITY