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Ministry of Education

Union Education Minister inaugurates Ānandam: The Center for Happiness in IIM Jammu

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Incorporating happiness in academic curriculum crucial towards empowering our nation- Shri Ramesh Pokhriyal ‘Nishank’

The Center for Happiness aligns with the National Education Policy 2020, aims to achieve holistic well-being for all - Union Education Minister

Union Minister of Education Shri Ramesh Pokhriyal ‘Nishank’ inaugurated “Ānandam: The Center for Happiness” virtually today. Lieutenant Governor, Jammu and Kashmir, Shri Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion. Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present.



Speaking on the occasion Shri Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Ānandam: The Center for Happiness. He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila. He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India's education system by 2021. He concluded his speech by encouraging other institutions in our country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing 'Ānandam' at Indian Institute of Management Jammu is to bring holistic well-being.' Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added. Shri Pokhriyal further informed that the Center envisions that all shall attain the state of ānanda through conscious efforts. There are going to be practices for breathing exercises like prāṇāyāma and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of 'Ānandam: The Center for Happiness' will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants Shri Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index. He said that "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is real idea of happiness.

The Center for Happiness acquires its name 'Ānandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Ānandam" doesn't aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for "Ānandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhūtahiteratāḥ" stands for being always engaged for the well-being of all.

Wednesday, 31 March 2021

केंद्रीय शिक्षा मंत्री निशंक ने आईआईएम जम्मू में 'आनंदमः सेंटर फॉर हैप्पीनेस' का किया उद्घाटन



केंद्रीय शिक्षा मंत्री डॉ रमेश पोखरियाल'निशंक' ने आज यहां वीडियो कॉन्फ्रेंसिंग के जरिए आईआईएम जम्मू में आनंदमः सेंटर फॉर हैप्पीनेस का उद्घाटन किया।

डॉ निशंक ने कहा, "आज की इस गतिशील दुनिया में जहाँ हम रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मद्देनज़र सभी को विशेष रूप से छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा। मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान

ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।”

उन्होंने कहा कि इस बात में बिलकुल भी संदेह नहीं है कि खुश व्यक्ति अधिक उत्पादक होते हैं। इसी तरह जब कोई छात्र सकारात्मक ऊर्जा की भावना विकसित करता है, तो उसमें सीखने की ललक, सकारात्मक दृष्टिकोण, दृढ़ संकल्प और सामाजिक जुड़ाव का भी विकास होता है। दरअसल, सच्ची खुशी और सकारात्मकता का स्रोत कहीं दूर नहीं है, बल्कि हमारे भीतर ही मौजूद है।

केंद्रीय मंत्री ने कहा कि जब हम खुश होकर काम करेंगे तभी हमारी बुद्धि का विकास होगा और हमारी खुशी सूचकांक में वृद्धि होगी। उन्होंने कहा, “कोविड काल में हमने न केवल विद्यार्थियों बल्कि शिक्षकों और परिवारों के मानसिक स्वास्थ्य और मानसिक संपोषण का ध्यान रखते हुए और उन्हें मनोसामाजिक सहायता प्रदान करने के लिए मनोदर्पण पहल की शुरुआत की थी और आज आनंदम, मानसिक स्वास्थ्य की दिशा में ही एक नई पहल है।”

इसके अलावा उन्होंने आईआईएम जम्मू की स्थापना के बाद संस्थान द्वारा अर्जित की गई उपलब्धियों के बारे में भी सभी को विस्तार से बताया और कहा कि आईआईएम जम्मू सभी आईआईएम संस्थानों के मुकाबले सबसे युवा है और यह शैक्षणिक उत्कृष्टता के लिए प्रयास करने के अलावा, शिक्षार्थियों के समग्र विकास हेतु प्रतिबद्ध है। इस संस्थान ने जम्मू शहर को शिक्षा का एक महत्वपूर्ण केंद्र बना दिया है और यह संस्थान केन्द्र सरकार द्वारा शुरू की गई विभिन्न योजनाओं में बड़े उत्साह एवं जोश के साथ सक्रिय है।

केंद्र सरकार द्वारा जम्मू-कश्मीर के विकास के प्रति प्रतिबद्धता के बारे में बात करते हुए केंद्रीय मंत्री ने कहा, “जम्मू और कश्मीर के निर्माण और विकास में भारत सरकार ने शिक्षा को प्राथमिकता दी है जिसके तहत शिक्षा को सुदृढ़ करने के लिए कई प्रयास किए गए हैं। भारत सरकार ने सफापोरा, कठुआ और पुंछ में चार नये व्यवसायी कॉलेज और जम्मू में एक नर्सिंग कॉलेज की स्थापना कर इन्हें चालू कर दिया गया है। इस सम्पूर्ण केंद्र शासित प्रदेश में शैक्षिक सुविधाओं की पहुंच और इक्विटी सुनिश्चित करने के लिए, जम्मू और कश्मीर के खुले क्षेत्रों में वर्ष 2018 के दौरान स्वीकृत 50 नए सरकारी डिग्री कॉलेजों को चालू कर दिया गया है। इनमें जम्मू डिविजन में 26 डिग्री कॉलेज और कश्मीर डिविजन में 24 डिग्री कॉलेज शामिल हैं। आईटी सक्षम कक्षाओं, पुस्तकालयों के स्वचालन, ई-लर्निंग प्रदान कर के कॉलेजों में नई पहल शुरू की गई है और इस संबंध में 54 कॉलेजों में डिजिटल इंटरएक्टिव बोर्ड, पुस्तकों की डिजिटल इंडेक्सिंग रखी गई है। बहुत जल्द इन पहलों के माध्यम से जम्मू-कश्मीर के प्रत्येक व्यक्ति को गुणवत्तापूर्ण शिक्षा प्रदान होगा।”

इस अवसर पर केंद्रीय शिक्षा राज्य मंत्री संजय धोत्रे, जम्मू-कश्मीर के राज्यपाल मनोज सिन्हा, उच्च शिक्षा सचिव अमित खरे, आर्ट ऑफ़ लिविंग फाउंडेशन के संस्थापक गुरुदेव श्री श्री रविशंकर, आईआईएम जम्मू के बोर्ड ऑफ़ गवर्नर्स के अध्यक्ष डॉ. मिलिंद कांबले, आईआईएम जम्मू के निदेशक प्रो. विद्या शंकर सहाय, आनंदम के अध्यक्ष डॉ. अजिंक्य नवारेजी, आनंदम केंद्र के सलाहकार समिति के सदस्य, आईआईएम जम्मू के संकाय सदस्य एवं छात्र भी उपस्थित थे।

आईआईएम जम्मू में आनंदम : द सेंटर फॉर हैप्पीनेस का उद्घाटन

नयी दिल्ली, 30 मार्च (भाषा) छात्रों को तनावपूर्ण माहौल से मुक्ति दिलाने और उनके मानसिक स्वास्थ्य को प्राथमिकता देने के लिए मंगलवार को आईआईएम जम्मू में 'आनंदम : द सेंटर फॉर हैप्पीनेस' का उद्घाटन किया गया। केंद्रीय शिक्षा मंत्री रमेश पोखरियाल निशंक ने डिजिटल माध्यम से आईआईएम जम्मू में आनंदम : द सेंटर फॉर हैप्पीनेस का उद्घाटन करते हुए इसकी समसामयिकता पर कहा, "आज की इस गतिशील दुनिया में जहां हम हर रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कोरोना जैसी महामारी के कारण, तो ऐसे में छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा।" उन्होंने कहा।

नयी दिल्ली, 30 मार्च (भाषा) छात्रों को तनावपूर्ण माहौल से मुक्ति दिलाने और उनके मानसिक स्वास्थ्य को प्राथमिकता देने के लिए मंगलवार को आईआईएम जम्मू में 'आनंदम : द सेंटर फॉर हैप्पीनेस' का उद्घाटन किया गया।

केंद्रीय शिक्षा मंत्री रमेश पोखरियाल निशंक ने डिजिटल माध्यम से आईआईएम जम्मू में आनंदम : द सेंटर फॉर हैप्पीनेस का उद्घाटन करते हुए इसकी समसामयिकता पर कहा, "आज की इस गतिशील दुनिया में जहां हम हर रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कोरोना जैसी महामारी के कारण, तो ऐसे में छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा।"

उन्होंने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"

उन्होंने कहा कि छात्रों के लिए अकादमिक पाठ्यक्रम में आनंदम को शामिल करना एक महत्वपूर्ण कदम है और इसने देश के अन् य संस्थानों को अपना सेंटर फॉर हैप्पीनेस बनाने को प्रोत्साहित किया है।

इस अवसर पर जम् मू-कश् मीर के उपराज् यपाल मनोज सिन् हा और आर्ट ऑफ लिविंग फाउंडेशन के संस् थापक श्री श्री रविशंकर भी उपस्थित थे।

शिक्षा मंत्रालय के बयान के अनुसार, निशंक ने कहा कि आनंदम : द सेंटर फॉर हैप् पीनैस 2021 तक हमारी शिक्षा व् यवस् था में पूरी तरह बदलाव लाने के लक्ष् य को प्राप् त करने में राष् ट्रीय शिक्षा नीति 2020 के साथ सामंजस् य बनाता है।

मंत्री ने कहा कि छात्रों और अध् यापकों को अंतिम समय-सीमा, पाठ्यक्रम, पठन-पाठन के दबाव और पेशेगत तथा निजी जीवन के दबावों से गुजरना पड़ता है जिससे उनमें अवसाद और व् यग्रता बढ़ती है।

निशंक ने कहा कि यह केंद्र छात्रों और शिक्षकों दोनों को मानसिक तनाव से उबरने और सकारात् मकता का प्रसार करने में मदद करेगा। इसके साथ ही यह आई. आई. एम. जम् मू के सभी हितधारकों में समग्र विकास की भावना को प्रोत् साहित करेगा और उसका प्रसार करेगा।

निशंक ने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है।

अपने संदेश में उन्होंने कहा, "आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है. यह अपने आप में एक अनूठी पहल है."

उल्लेखनीय है कि 'आनंदम : द सेंटर फॉर हैप् पीनैस' के माध्यम से पांच श्रेणियों में कुछ प्रमुख गतिविधियां होंगी जिनमें काउंसलिंग, समग्र कल् याण, आनंद का विकास, अनुसंधान और नेतृत् व तथा विषय संबंधी विकास जैसे कुछ चुनिंदा पाठ्यक्रम शामिल हैं।

केंद्र के लिए विशेषज्ञों का एक सलाहकार मंडल होगा जिनमें अकादमिक, अनुसंधान और उद्योग क्षेत्रों के विभिन् न विशेषज्ञ शामिल होंगे।



Wednesday, 31 March 2021

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He concluded his speech by encouraging other institutions in our country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure.

This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing 'Ānandam' at Indian Institute of Management Jammu is to bring holistic well-being.' Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of ānanda through conscious efforts. There are going to be practices for breathing exercises like prāṇāyāma and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of 'Ānandam: The Center for Happiness' will be divided into five broad categories,

namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants Shri Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index. He said that "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is real idea of happiness. The Center for Happiness acquires its name 'Ānandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Ānandam" doesn't aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for "Ānandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhūtahiteratāḥ" stands for being always engaged for the well-being of all.

Wednesday, 31 March 2021

Ramesh Pokhriyal inaugurates centre for happiness at IIM-Jammu

According to the education minister, the new centre will help in reducing the mental pressure of students and faculty working in the institute as they have to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure



Education Minister Ramesh Pokhriyal Nishank inaugurated the centre for happiness in the Indian Institute of Management (IIM-Jammu) on March 30. At the virtual inauguration, Nishank mentioned that the newly launched ‘Anandam’ is developed following the principle of the National Education Policy (NEP 2020) that aims to transform the country’s education system by 2021.

According to the minister, the new centre will help in reducing the mental pressure of students and faculty working in the institute as they have to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure.

“The center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu,” the minister stated.

The institute’s centre for happiness, Anandam will be divided into five broad categories — counselling, holistic wellness, elective courses on happiness development, research and leadership, faculty development. The institute will bring holistic well-being, regular physical exercises will contribute to the wellness at the physical level for both the students and the faculty, the minister said.

The virtual occasion was attended by Lieutenant Governor, Jammu and Kashmir Manoj Sinha, Founder, Art of Living Foundation, Ravi Shankar, Milind Kamble, Chairman, Board of Governors and BS Sahay, Director IIM Jammu.



Wednesday, 31 March 2021

Education Minister Inaugurates IIM Jammu's Happiness Centre

Union Education Minister Ramesh Pokhriyal 'Nishank' has inaugurated the new centre of happiness named 'Anandam' at Indian Institute of Management, IIM Jammu.

[Education](#) | Written By [Bhoomika Aggarwal](#) | Updated: Mar 30, 2021 3:13 pm IST



New Delhi:

Union Education Minister Ramesh Pokhriyal 'Nishank' has inaugurated the new centre of happiness named 'Anandam' at [Indian Institute of](#)

[Management, IIM Jammu](#). Lieutenant Governor, Jammu and Kashmir, Mr Manoj Sinha and Founder, Art of Living Foundation, Sri Sri Ravi Shankar also attended the virtual event.

Dr Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event along with Prof BS Sahay, Director IIM Jammu.

The Education Minister addressed the attendees as he acknowledged the importance of including happiness in the academic curriculum of students. He said, “Students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students”.

“Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu”, he added.

Noting that the purpose of establishing ‘Anandam’ at Indian Institute of Management Jammu is to bring holistic well-being, he said that Regular physical exercises at the Center will contribute to wellness at the physical level for both the students and the faculty.

Mr Sinha explained the benefits of yoga, meditation, and other spiritual practices for students as said that they help to maximise their overall performance. He further said that staying happy is the best prayer that anyone can offer to a god and is a real idea of happiness.

The centre of happiness will be hosting different activities including counselling, holistic wellness, elective courses on happiness development, research and leadership and faculty development.

Outlook

Wednesday, 31 March 2021

Education Minister Pokhriyal inaugurates happiness centre at IIM-Jammu

Jammu, Mar 30 (PTI) Union Education Minister Ramesh Pokhriyal "Nishank" inaugurated a happiness centre at the Indian Institute of Management (IIM)-Jammu virtually on Tuesday.

The minister said that incorporating happiness in the academic curriculum is a very crucial step towards empowering the nation and congratulated the institute for the venture.

"Anandam - the Centre for Happiness" aligns with the National Education Policy 2020, aiming to achieve holistic wellbeing for all, he said.

"This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," the minister added.

Jammu and Kashmir Lieutenant Governor Manoj Sinha, who was present on the occasion, suggested that universities and institutes invest in well-being also and replicate the model of the IIM happiness centre.

"In today's times, when higher educational institutions are preparing themselves for the post-COVID-19 world at both the external and internal levels, the coming up of Anandam Centre in IIM-Jammu is an important step towards a stress-free campus," he said.

Terming self-revelation an integral part of the "Gurukul" tradition of education, the Lt Governor said centres like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself.

Sinha expressed his gratitude towards Prime Minister Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through yoga and the Fit India Movement. PTI TAS SMN SMN

Wednesday, 31 March 2021

Education Minister Ramesh Pokhriyal inaugurates Happiness Centre at IIM-Jammu

Education

PTI

Updated Mar 31, 2021 | 08:29 IST

Education Minister Ramesh Pokhriyal 'Nishank' on tuesday inaugurated the Happiness Centre at IIM Jammu. 'Anandam' - the Centre for Happiness is alligned with the NEP 2020 and aims at achieving wellbeing of all.



Union Education Minister Ramesh Pokhriyal 'Nishank' inaugurated a happiness centre at the Indian Institute of Management (IIM)-Jammu virtually on Tuesday. The minister said that incorporating happiness in the academic curriculum is a

very crucial step towards empowering the nation, and congratulated the institute for the venture.

'Anandam - the Centre for Happiness' aligns with the National Education Policy 2020, aiming to achieve holistic wellbeing for all, he said. "This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," the minister added.

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Wednesday, 31 March 2021

IIM जम्मू में छात्रों के लिए 'आनंदम सेंटर फॉर हैप्पीनेस'

उच्च शिक्षा में छात्र रोज नई चुनौतियों का सामना कर रहे हैं। खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मददेनजर छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना पड़ रहा है।



नई दिल्ली। उच्च शिक्षा में छात्र रोज नई चुनौतियों का सामना कर रहे हैं। खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मददेनजर छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना पड़ रहा है। ऐसे में उच्च शिक्षा के क्षेत्र में एक नई पहल करते हुए आईआईएम जम्मू ने आनंदम सेंटर फॉर हैप्पीनेस की शुरुआत की है। आईआईएम जम्मू में आनंदम सेंटर फॉर हैप्पीनेस का उद्घाटन मंगलवार को केंद्रीय शिक्षा मंत्री डॉ रमेश पोखरियाल 'निशंक' ने किया। उन्होंने वीडियो कॉन्फ्रेंसिंग के द्वारा यह शुरुआत की। इस अवसर पर आर्ट ऑफ लीविंग फाउंडेशन के संस्थापक श्री श्री रविशंकर भी उपस्थित रहे।

इस केंद्र की समसामयिकता पर केंद्रीय शिक्षा मंत्री ने कहा, "आज की इस गतिशील दुनिया में जहां हम रोज नई चुनौतियों का सामना कर रहे हैं। खासकर कि कोरोना जैसी महामारी के कारण पैदा हुई नई चुनौतियों के मददेनजर सभी को विशेष रूप से छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा। मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"

जम्मू और कश्मीर के निर्माण और विकास में भारत सरकार ने शिक्षा को प्राथमिकता दी है, जिसके तहत शिक्षा को सुदृढ़ करने हेतु कई प्रयास किए गए हैं। भारत सरकार ने सफापोरा, कठुआ और पूंछ में चार नए व्यवसायी कॉलेज और जम्मू में एक नसिरंग कॉलेज की स्थापना कर इन्हें चालू कर दिया गया है।

इस सम्पूर्ण केंद्र शासित प्रदेश में शैक्षिक सुविधाओं की पहुंच और इक्विटी सुनिश्चित करने के लिए, जम्मू और कश्मीर के खुले क्षेत्रों में वर्ष 2018 के दौरान स्वीकृत 50 नए सरकारी डिग्री कॉलेजों को चालू किया गया है।

इनमें जम्मू डिविजन में 26 डिग्री कॉलेज और कश्मीर डिविजन में 24 डिग्री कॉलेज शामिल हैं। आईटी सक्षम कक्षाओं, पुस्तकालयों के स्वचालन, ई-लनिरंग प्रदान कर के कॉलेजों में नई पहल शुरू की गई है। इस संबंध में 54 कॉलेजों में डिजिटल इंटरएक्टिव बोर्ड, पुस्तकों की डिजिटल इंडेक्सिंग रखी गई है। इन पहलों का उद्देश्य जम्मू-कश्मीर के लोगों को गुणवत्तापूर्ण शिक्षा प्रदान करना है। निशंक ने कहा कि इस बात में बिल्कुल भी संदेह नहीं कि खुश या प्रसन्न व्यक्ति अधिक उत्पादक होते हैं। इसी तरह जब कोई छात्र सकारात्मक ऊर्जा की भावना विकसित करता है, तो उसमें सीखने की ललक, सकारात्मक दृष्टिकोण, दृढ़ संकल्प और सामाजिक जुड़ाव का भी विकास होता है। दरअसल, सच्ची खुशी और सकारात्मकता का स्रोत कहीं दूर नहीं है, बल्कि हमारे भीतर ही मौजूद है।

निशंक ने कहा कि जब हम खुश होकर काम करेंगे तभी हमारी बुद्धि का विकास होगा और हमारे खुशी सूचकांक में वृद्धि होगी। उन्होंने कहा, "कोविड काल में हमने न केवल विद्यार्थियों बल्कि शिक्षकों और परिवारों के मानसिक स्वास्थ्य और मानसिक संपोषण का ध्यान रखते हुए और उन्हें मनोसामाजिक सहायता प्रदान करने के लिए मनोदर्पण पहल की शुरुआत की थी। आज आनंदम, मानसिक स्वास्थ्य की दिशा में ही एक नई पहल है।"

शिक्षा मंत्री ने आईआईएम जम्मू द्वारा अर्जित की गई उपलब्धियों के बारे में कहा कि आईआईएम जम्मू सभी आईआईएम संस्थानों के मुकाबले सबसे युवा है और यह शैक्षणिक उत्कृष्टता के लिए प्रयास करने के अलावा, शिक्षार्थियों के समग्र विकास हेतु प्रतिबद्ध है। इस संस्थान ने जम्मू शहर को शिक्षा का एक महत्वपूर्ण केंद्र बना दिया है और यह संस्थान भारत सरकार द्वारा शुरू की गई विभिन्न योजनाओं में बड़े उत्साह एवं जोश के साथ सक्रिय है

Wednesday, 31 March 2021

IIM-Jammu Launches Centre of Happiness, to Offer Courses, Research in Wellness



The Indian Institute of Management (IIM) Jammu has established 'Ānandam: The Center for Happiness'. It was virtually inaugurated by Union Minister of Education Ramesh Pokhriyal Nishank. The Center for Happiness' will be divided into five categories – counselling, holistic wellness, elective courses on happiness development, research and Leadership, and faculty development. The Advisory Board of experts for the Center constitutes of numerous experts from academics, research, and industry.

In his address delivered virtually, Pokhriyal said that incorporating happiness in the academic curriculum of students is “a very crucial step towards empowering our nation”. “This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila,” said Pokhroyal. He encouraged other institutions across the country to have their own center for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

“The Center for Happiness acquires its name ‘Ānandam’ from the Indian wisdom tradition where the pure consciousness is being as anandam. Thus, the Centre doesn’t aim for only happiness but knowing the truth, doing good and enjoying the beauty around,” claims the IIM.

Wednesday, 31 March 2021



Incorporating happiness in academic curriculum crucial towards empowering nation: Ramesh Pokhriyal

Jammu (Jammu and Kashmir) [India], March 30 (ANI): Union Education Minister Ramesh Pokhriyal on Tuesday inaugurated "Anandam: The Center for Happiness" at the Indian Institute of Management (IIM), Jammu virtually and said incorporating happiness in the academic curriculum is crucial towards empowering our nation.

Speaking on the occasion Pokhriyal congratulated IIM Jammu for the new venture and defined the need for "Anandam: The Center for Happiness", and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, a press release issued by the Ministry of Education stated.

He explained how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India's education system by 2021. He concluded his speech

by encouraging other institutions of the country to have their own centre for happiness, to help students live a stress-free life.

According to the press release, the Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the centre will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

Lieutenant Governor, Jammu, and Kashmir, Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion.

He further said that the purpose of establishing 'Anandam' at IIM Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of ananda through conscious efforts. There are going to practice for breathing exercises like pranayama and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged, the press release read.

The Minister also informed that the prime activities envisaged under the concept of 'Anandam: The Center for Happiness' will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research, and industry, he added.

According to the press release, while addressing the participants Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index.

He said that "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is a real idea of happiness.

The Center for Happiness acquires its name 'Anandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Anandam" doesn't aim for only happiness but knowing the truth, doing good, and enjoying the beauty around. The tagline for "Anandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhutahiteratah" stands for being always engaged for the well-being of all, the press release stated. (ANI)

खुराहाल जिंदगी का पाठ भी पढ़ेंगे आईआईएम के छात्र

जम्मू में तक्षशिला और नालंदा की तर्ज पर आनंदम-सेंटर ऑफ हैप्पीनेस शुरू

अमर उजाला ब्यूरो

जम्मू। भारत के ऐतिहासिक तक्षशिला और नालंदा विश्वविद्यालय की गुरुकुल संस्कृति की तर्ज पर भारतीय प्रबंधन संस्थान (आईआईएम) आनंदम केंद्र में ध्यान-योग कर सकेंगे

जम्मू ने अनोखी को पहल की है। संस्थान ने आनंदम - दि सेंटर ऑफ हैप्पीनेस शुरू किया है। इसमें विद्यार्थी आधुनिक जीवन की चुनौतियों के बीच खुशमिजाज जीवनशैली का पाठ पढ़ेंगे। मंगलवार को उप राज्यपाल



आईआईएम जम्मू में आनंदम केंद्र के शुभारंभ के दौरान एलजी मनोज सिन्हा।

मनोज सिन्हा ने सेंटर का वर्चुअल माध्यम से उद्घाटन किया। केंद्रीय शिक्षा मंत्री डॉ. रमेश पोखरियाल निशंक और आर्ट ऑफ लिविंग

फाउंडेशन के संस्थापक श्री श्री रविशंकर की मौजूदगी में शुभारंभ करते हुए एलजी ने सेंटर को मील का पत्थर बताया।

योग और ध्यान से हो हर काम की शुरुआत : एलजी

उप राज्यपाल मनोज सिन्हा ने कहा कि स्कूल-कॉलेज से लेकर तमाम कार्यस्थलों पर काम शुरू करने से पूर्व पांच मिनट ध्यान और दस मिनट योग होना चाहिए। सामूहिक विकास से लेकर व्यक्तिगत तरक्की का पैमाना केवल पैसा नहीं हो सकता। हम कितने खूश हैं, यह मायने रखता है। उन्होंने कहा कि भूटान में सकल घरेलू उत्पाद (जीडीपी) को बजाय ग्रॉस नेशनल हैप्पीनेस को तरक्की का पैमाना माना जाता है। आईआईएम जम्मू में आनंदम नई शिक्षा नीति के अनुरूप महत्वपूर्ण कदम है। तक्षशिला और नालंदा विश्वविद्यालय की गुरुकुल संस्कृति हो या फिर भारतीय संस्कृति का आधार वेद, जीवन के आदर्श खुशों से जुड़े बताए गए हैं, जिनकी जानकारी आसान भाषा में शिक्षा पाठ्यक्रम में शामिल होनी चाहिए।

तरक्की का पैमाना सिर्फ पैसा नहीं

प्रतिस्पर्धी माहौल में तनाव से कैसे बचें, योग और ध्यान से अपनी ऊर्जा को एकत्रित कर सही दिशा में लगाने विधि समेत खुरहाल जीवन पर अनुसंधान और सम्मेलन होंगे। यह केंद्र न सिर्फ विद्यार्थियों बल्कि पूरे समाज में खुरहाली लाने के विषयों पर अध्ययन से लेकर प्रयोग करेगा। तन और मन दोनों को स्वस्थ रखने के लिए इस केंद्र को मार्गदर्शक की भूमिका में स्थापित किया जाएगा।

अनुसंधान भी होगा

Wednesday, 31 March 2021

**Union Education Minister inaugurates "Anandam- The Center for Happiness" at IIM Jammu
Lt Governor calls upon young generation to find inner joy, focus on
'Balanced Life' through meditation & yoga to meet modern day challenges**

- "The right way to measure wealth is to measure happiness and not just money", says the LG
- 'Anandam' aims at holistic well-being of students; all educational institutions in J&K must replicate this model: LG

JAMMU, MARCH 30: Union Minister for Education, Sh. Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Sh. Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through



Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Termining Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM

Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the impor-

tance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

"Anandam" is a pure consciousness that doesn't aim only for happiness but

● Contd. on Pg 2

Lt Governor calls...

knowing the truth, doing good, and enjoying the beauty around. "Sarvabhahiterata?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-

comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness.

D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

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Wednesday, 31 March 2021

"Anandam - The Center for Happiness" inaugurated at IIM LG calls upon youth to find inner joy, focus on 'balanced life' through meditation, yoga

Himalayan Mail News
JAMMU, MAR 30

After the inauguration of 'Anandam - The Centre for Happiness' at IIM here, LG Manoj Sinha today called upon the youth to find inner joy and focus on balanced life through meditation and yoga which would in turn help them to face the modern day challenges.

The Centre for Happiness



was inaugurated by Union Education Minister Ramesh Pokhriyal 'Nishank' in presence of LG

Sinha through virtual mode.

Pokhriyal congratulated

Cont. on P9 ➤

LG calls upon youth to find inner joy, focus on 'balanced life' through meditation, yoga

IIM, Jammu, for the new venture and said that incorporating happiness in the academic curriculum of students was a very crucial step towards empowering the nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. "This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," he added.

Speaking on the occasion, Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through meditation and yoga in order to meet the modern day challenges.

Highlighting the significance of the centre, he said the new centre emphasises on holistic well-being of students, just like the Center for Meditation.

Terming self-revelation as an integral part of Gurukul education tradition, the LG said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. "Now, the IIM Management students in Jammu will also be able to experience the same," he added.

Sinha thanked Prime Minister Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting holistic living and improving people's lives.

Speaking on the importance of happiness in a nation's development, he made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness," he said.

"Anandam is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. Sarvabhūterat stands for being always engaged for the well-being of all," he added.

"Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experi-

ence more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail. I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition," Sinha said.

Emphasising on creating a favourable environment for the students, he said that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The LG urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

He also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximise their overall performance, he that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

"As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again," he said.

The LG suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

"If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress," he said.

Sinha also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinker Michael Porter, he said that the ability to change constantly and effectively is made easier by high-level continuity.

"Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis," he added.

"In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management," he said.

The LG hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and explained his idea of happiness.

D Milind Kamble, Chairman, Board of Governors, IIM Jammu, and Prof B S Sahay, Director, IIM, Jammu, besides faculty members and IIM students, attended the inaugural ceremony, in person, and through virtual mode.

TOP NEWS OF J&K

Wednesday, 31 March 2021

Union Education Minister inaugurates Anandam- the Center for Happiness in IIM Jammu

Top News Report

JAMMU / NEW DELHI, Mē r 30: Union Minister of Education Shri Ramesh Pokhriyal 'Nishank' inaugurated "Anandam: The Center for Happiness" virtually on Tuesday.

Lieutenant Governor, Jammu and Kashmir, Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion.

Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present. Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Anandam: The Center for Happiness.

He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila.

He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India's education system by 2021. He concluded his speech by encouraging other institutions in our country to have their own center for happiness, to help

students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students.

Hence, the center will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing 'Anandam' at Indian Institute of Management Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of Ananda through conscious efforts. There are going to be practices for breathing exercises like Prāyama and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of 'Anandam: The Center for Happiness' will be divided into

five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants, Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index.

He said "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is real idea of happiness.

The Center for Happiness acquires its name 'Anandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Anandam" doesn't aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for "Anandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhūtahiteratā" stands for being always engaged for the well-being of all.

Wednesday, March 31, 2021

Union Minister inaugurates "Anandam-The Center for Happiness" at IIM **LG calls upon young generation to find inner joy through meditation**

Excelsior Correspondent

JAMMU, Mar 30: Union Minister for Education, Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

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Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.



Union Minister Ramesh Pokhriyal and Lt Governor Manoj Sinha addressing inaugural function of 'Anandam' the centre for happiness at IIM Jammu.

"Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhiterat?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

He urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

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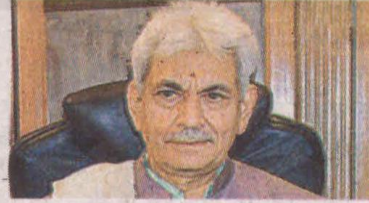
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खुशियों का केंद्र होगा जम्मू के आइआइएम का 'आनंदम'

राज्य ब्यूरो, जम्मू : केंद्रीय शिक्षा मंत्री रमेश पोखरियाल ने उपराज्यपाल मनोज सिन्हा की उपस्थिति में आइआइएम जम्मू में खुशियों के केंद्र 'आनंदम' का वर्चुअल मोड से उद्घाटन किया। केंद्रीय शिक्षा मंत्री ने आइआइएम जम्मू को केंद्र स्थापित करने के लिए मुबारकबाद देते हुए कहा कि पाठ्यक्रम में खुशियों को शामिल करना एक अहम कदम है। इससे राष्ट्र को सशक्त करने में मदद मिलेगी। राष्ट्रीय शिक्षा नीति 2020 के तहत विद्यार्थियों के चहुंमुखी विकास के लिए कदम उठाए जा रहे हैं। शिक्षा प्रणाली को पारंपरिक विश्वविद्यालय नालंदा और तक्षशिला की तर्ज पर लाकर नई बुलंदियों पर पहुंचाया जा रहा है।

इस मौके पर उपराज्यपाल मनोज सिन्हा ने कहा कि अध्यात्म और योग के जरिए विद्यार्थियों को संतुलित जिंदगी जीनी चाहिए। खुशियों के केंद्र 'आनंदम' का जिक्र करते हुए सिन्हा ने कहा कि अध्यात्म केंद्र की तरह ही यह केंद्र विद्यार्थियों का चहुंमुखी विकास करेगा। उन्होंने प्रधानमंत्री नरेंद्र मोदी की शिक्षा और पेशेवर जिंदगी में संतुलन लाने के लिए किए प्रयास की सराहना करते हुए कहा कि योग व फिट इंडिया मूवमेंट से विद्यार्थियों को फायदा हो रहा है। राष्ट्र के विकास में खुशियों के महत्व को उजागर करते हुए उन्होंने कहा कि भूटान में विकास दर को जीडीपी की जगह ग्रास नेशनल हैप्पीनेस से आंका जा जाता है। सही रास्ता है कि जिंदगी को पैसे से नहीं, बल्कि खुशियों से जीया जाए। उन्होंने कहा कि 'आनंदम' से खुशियां ही नहीं, बल्कि सच्चाई, अच्छा करने पर जोर रहेगा।

उद्घाटन



उपराज्यपाल मनोज सिन्हा • जागरण आर्काइव

- केंद्रीय शिक्षा मंत्री रमेश पोखरियाल ने वर्चुअल मोड से किया शुभारंभ
- उपराज्यपाल मनोज सिन्हा ने विद्यार्थियों को बताई संतुलित जीवन की उपयोगिता

कौशल विकास में भी विद्यार्थियों को करें जागरूक

विद्यार्थियों के लिए बेहतर वातावरण कायम करने पर जोर देते हुए सिन्हा ने कहा कि नई शिक्षा नीति के जरिए विद्यार्थी अपनी मर्जी से शिक्षा को चुन सकते हैं। अध्यापकों को विद्यार्थियों के मुद्दों का समाधान करना चाहिए। अध्यापकों की जिम्मेदारी है कि विद्यार्थियों को नई शिक्षा नीति में कौशल विकास के बारे में जागरूक करें। जिंदगी में उतार चढ़ाव की परवाह न करते हुए योग व अध्यात्म की तरफ ध्यान देना चाहिए। योग सिर्फ व्यायाम नहीं, विज्ञान है मन को अतीत व भविष्य से वर्तमान में लाता है। विद्यार्थियों को दिन की शुरुआत दस मिनट के योग से करनी चाहिए। उम्मीद जताई कि नया केंद्र विद्यार्थी जिंदगी से पेशेवर जिंदगी बनाने में मदद देगा। आर्ट आफ लिविंग फाउंडेशन के संस्थापक श्री श्री रवि शंकर ने भी संबोधित किया।

The NEWS NOW

Wednesday, 31 March 2021

Union edu minister inaugurates centre for happiness at IIM-Jmu

LG asks youth to focus on 'Balanced Life'

■ TNN BUREAU

JAMMU: Union Education Minister Ramesh Pokhriyal "Nishank" inaugurated a happiness centre at the Indian Institute of Management (IIM)-Jammu virtually on Tuesday.

The minister said that incorporating happiness in the academic curriculum is a very crucial step towards empowering the nation, and congratulated the institute for the venture.

"Anandam - the Centre for Happiness" aligns with the National Education Policy 2020, aiming to achieve holistic well-being for all, he said.



"This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila," the minister added.

Jammu and Kashmir Lieutenant Governor Manoj Sinha, who was present on the occasion, suggested that universities and institutes invest

in well-being also and replicate the model of the IIM happiness centre.

Speaking on the occasion, Lt Governor Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

■ MORE ON P 11

Union edu minister inaugurates...

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP. "The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added. "Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhahiterat??" stands for being always engaged for the well-being of all, the Lt Governor maintained. Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added. He suggested the students and professionals begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum. The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir. The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students. Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Wednesday, 31 March 2021

'केंद्रीय शिक्षा मंत्री ने आई.आई.जम्मू में किया आनंदम-द सेंटर फार हैप्पीनेस का उद्घाटन'

उप-राज्यपाल ने युवाओं से आंतरिक प्रसन्नता एवं संतुलित जीवन के लिए ध्यान और योग अपनाने पर दिया जोर

जम्मू, 30 मार्च (उदय): केंद्रीय शिक्षा मंत्री रमेश पोखरियाल निशंक ने उप-राज्यपाल मनोज सिन्हा की मौजूदगी में तर्चुअल मोड में आई.आई.एम. जम्मू में 'आनंदम-द सेंटर फार हैप्पीनेस' का उद्घाटन किया। केंद्रीय मंत्री ने आई.आई.एम. जम्मू को नए शैक्षिक सत्र में नए विषय आनंदम को शामिल किए जाने पर बधाई दी। यह सेंटर एन.ई.पी. 2020 को लेकर तैयार किया है ताकि सभी का ध्यान रखा जा सके। उन्होंने कहा कि यह व्यवस्था पुरातन भारतीय विश्वविद्यालय नालंदा और तक्षशिला की तर्ज पर नई ऊंचाइयों पर ले जाएगी।

उप-राज्यपाल मनोज सिन्हा ने युवाओं से कहा कि आंतरिक प्रसन्नता संतुलित जीवन पर केंद्रित है जिसे ध्यान एवं योग के माध्यम से मौजूदा चुनौतियों से निबटा जा सकता है। आनंदम-द सेंटर फार हैप्पीनेस के महत्व को बताते हुए उपराज्यपाल ने कहा कि यह नया सेंटर सभी स्टूडेंट्स का सर्वांगीण ध्यान रखेगा। आत्म अवलोकन को गुरुकुल शिक्षा पद्धति का हिस्सा बताते हुए उप-राज्यपाल ने कहा कि आनंदम शिक्षा के क्षेत्र में महत्वपूर्ण फोर्स बनेगी ताकि स्वयं को



आनंदम-द सेंटर फार हैप्पीनेस का उद्घाटन करते केंद्रीय मंत्री एवं उप-राज्यपाल मनोज सिन्हा। (सोहन)

उस बारे जान सकें और आई.आई.एम. प्रबंधन के स्टूडेंट्स को इसका अनुभव होगा। आर्ट ऑफ लिविंग संस्था के संस्थापक श्री श्री रविशंकर ने भी आनंद के विचार पर संबोधित किया।

इस अवसर डॉ. मिलिंग कांबले चेयरमैन बोर्ड ऑफ गवर्नर आई.आई.एम. जम्मू, प्रो. बी.एस. सहाय निदेशक आई.आई.एम. जम्मू एवं प्राध्याक चर्चुअल मोड से कार्यक्रम में उपस्थित रहे।

Wednesday, 31 March 2021

Union Minister inaugurates 'Anandam- The Center for Happiness' at IIM Jammu LG exhorts youth to focus on 'Balanced Life' through meditation, Yoga

■ STATE TIMES NEWS

JAMMU: Union Minister for Education, Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Manoj Sinha, on Tuesday inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the



LG Manoj Sinha addressing inaugural function of 'Anandam, the center for happiness' at IIM Jammu.

Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

"Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around.

■ CONTD ON PAGE 9

LG exhorts youth...

"Sarvabhtahiterat??" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Programme as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness.

D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

Wednesday, 31 March 2021

Union Education Minister inaugurates "Anandam- The Center for Happiness" at IIM Jammu

Lt Governor calls upon young generation to find inner joy, focus on 'Balanced Life' through meditation & yoga to meet modern day challenges

'Anandam' aims at holistic well-being of students; all educational institutions in J&K must replicate this model: LG

JAMMU, MARCH 30:

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Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our

education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added. Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Gov-

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The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving Cont.p.02.

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The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

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Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges



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■ Turn to page 2

Union Education Minister...

ancient Indian universities like Nalanda and Takshashila, he added. Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges. Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives. Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP. "The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added. "Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhtahiterata?" stands for being always engaged for the well-being of all, the Lt Governor maintained. Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail. I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Wednesday, 31 March 2021

Right way to measure wealth is to measure happiness and not just money : LG Sinha

Union Education Minister inaugurates "Anandam- The Center for Happiness" at IIM Jammu

- Calls upon young generation to find inner joy, focus on 'Balanced Life' through meditation & yoga to meet modern day challenges
- Says 'Anandam' aims at holistic well-being of students; all educational institutions in J&K must replicate this model

JAMMU, MAR 30:

Union Minister for Education, Sh. Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Sh. Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode. Union Education Minister, during his address, congratulated IIM Jammu for the new venture



and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education

system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on

'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges. Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

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to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation. Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present. He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor. The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir. If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students. Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity. Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a

daily basis, added the Lt Governor. In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added. The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained. Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness. D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.



Wednesday, 31 March 2021

IIM Jammu: शिक्षा मंत्री ने आईआईएम जम्मू में आनंदमः द सेंटर फॉर हैप्पीनेस का किया उद्घाटन, पढ़ें डिटेल



Publish Date: Tue, 30 Mar 2021 04:17 PM (IST) Author: **Nandini Dubey**

IIM Jammu इस अवसर पर केंद्रीय मंत्री ने कहा कि स्टूडेंट्स के एकेडमिक करिकुलम में हैप्पीनेस को शामिल करना हमारे राष्ट्र को सशक्त बनाने की दिशा में एक बहुत ही महत्वपूर्ण कदम है। इस निर्णय से हमारी शिक्षा प्रणाली को नई ऊंचाइयों तक ले जाने में मदद मिलेगी।

IIM Jammu: केंद्रीय शिक्षा मंत्री रमेश पोखरियाल 'निशंक' ने आज भारतीय प्रबंधन संस्थान, जम्मू (IIM Jammu) में एक नए केंद्र का उद्घाटन किया। आनंदमः द सेंटर ऑफ हैप्पीनेस नाम के केंद्र का उद्घाटन वर्चुअल मोड में किया गया। इस संबंध में प्रेस इन्फॉर्मेशन ब्यूरो, इंडिया (PIB India) ने अपने ऑफिशियल ट्वीटर अकाउंट से ट्वीट करके जानकारी साझा की है। इसके साथ ही, एक प्रेस रिलीज भी जारी किया है।

इस अवसर पर केंद्रीय मंत्री ने नए वैचर के लिए आईआईएम जम्मू को बधाई दी और 'आनंदमः द सेंटर ऑफ हैप्पीनेस' की आवश्यकता को परिभाषित किया। उन्होंने कहा कि स्टूडेंट्स के एकेडमिक करिकुलम में हैप्पीनेस को शामिल करना हमारे राष्ट्र को सशक्त बनाने की दिशा में एक बहुत ही महत्वपूर्ण कदम है। इस निर्णय से हमारी शिक्षा प्रणाली को नई ऊंचाइयों तक ले जाने में मदद मिलेगी। उन्होंने बताया कि आनंदमः खुशी का केंद्र राष्ट्रीय शिक्षा नीति 2020 के साथ संरेखित है, जिसका उद्देश्य 2021 तक भारत की शिक्षा प्रणाली को बदलना है।

मंत्री ने कहा कि स्टूडेंट्स और फैकल्टी समय सीमा, पाठ्यक्रम, शिक्षण-भार और पेशेवर व व्यक्तिगत जीवन के दबाव के कारण तनाव से गुजरते हैं। इससे शिक्षकों के साथ-साथ छात्रों में भी अवसाद और चिंता पैदा होती है। इसलिए, यह केंद्र लोगों को मानसिक तनाव से उबरने में मदद करेगा और इससे सकारात्मकता का विकास होगा। यह आईआईएम जम्मू में सभी हितधारकों के लिए समग्र विकास को प्रोत्साहित और प्रचारित करेगा।

बता दें कि इस अवसर पर लेफ्टिनेंट गवर्नर, जम्मू और कश्मीर, मनोज सिन्हा; फाउंडर, आर्ट ऑफ लिविंग फाउंडेशन, श्री श्री रविशंकर भी वर्चुअल मोड में शामिल हुए। वहीं, डा. मिलिंद कांबले, अध्यक्ष, बोर्ड ऑफ गवर्नर्स, आईआईएम जम्मू ने इस कार्यक्रम की अध्यक्षता की। आयोजन में प्रोफेसर बी.एस. सहाय, निदेशक आईआईएम जम्मू भी शामिल थे। अधिक जानकारी के लिए पीआईबी के आधिकारिक ट्वीटर पेज पर जा सकते हैं।

Wednesday, 31 March 2021

Pokhriyal inaugurates "Anandam- The Center for Happiness" at IIM Jammu Find inner joy, focus on balanced life through meditation, yoga: LG to youth

Earth News Service

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Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added. Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation. Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the



Lt Governor Manoj Sinha addressing inaugural function of Anandam-The Center for Happiness at IIM Jammu

same. The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives. Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH- Gross National Happiness rather than GDP.

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Find inner joy, focus

address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added. The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present. He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor. The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor. The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity. Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained **Sri Sri Ravi Shankar**

Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness. D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

Wednesday, March 31, 2021

Focus on 'Balanced Life' through meditation & yoga to meet today's challenges: LG to youth

Pokhriyal inaugurates Center for Happiness at IIM



GJ REPORT

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through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contri-

buton towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

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Focus on 'Balanced Life'...

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See Lt Governor on page 11

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spoke on the occasion and provided his idea of happiness. D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

DAILY GOLDEN YUG

Wednesday, 31 March 2021

Union Education Minister inaugurates "Anandam- The Center for Happiness" at IIM Jammu

LT GOVERNOR CALLS UPON YOUNG GENERATION TO FIND INNER JOY, FOCUS ON 'BALANCED LIFE' THROUGH MEDITATION & YOGA TO MEET MODERN DAY CHALLENGES
'ANANDAM' AIMS AT HOLISTIC WELL-BEING OF STUDENTS; ALL EDUCATIONAL INSTITUTIONS IN J&K MUST REPLICATE THIS MODEL: LG

GY CORRESPONDENT
JAMMU, MAR 30

Union Minister for Education, Sh. Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Sh. Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very



crucial step towards empowering our nation. The Center for Happiness aligns with NEP-2020,

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Cont. on Page 10

Union Education

and Takshashila, he added. Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges. Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives. Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP. "The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added. "Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhahiterat?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

Bliss and Absolute Happiness are an important part of our tradition. Vedas and Upanishads emphasize on experience more than interpretation. Maharishi Yajnavalkya has also discussed it very extensively in the Brihadaranyaka Upanishad. When we say bliss, in reality, we are talking about Truth and Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

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The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

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Wednesday, 31 March 2021

Union Education Minister inaugurates "Anandam- The Center for Happiness" at IIM Jammu

Right way to measure wealth is to measure happiness & not just money: LG

JAMMU BULLETIN NEWS

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➤ Says 'Anandam' aims at holistic well-being of students; all educational institutions in J&K must replicate this model

Right way to...

education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges. Highlighting the significance of "Anandam- The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same. The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

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Wednesday, 31 March 2021



The right way to measure wealth is to measure happiness and not just money: LG

JL NEWS SERVICE

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The Center for Happiness aligns with NEP-2020,



aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha

called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for Happiness",

the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

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The Lt Governor expressed his gratitude towards the Prime Minister,

contd on page 8

Incorporating happiness in academic curriculum crucial towards empowering nation: Pokhriyal...

Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross National Happiness rather than GDP.

"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

"Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhiterat?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

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As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

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In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

Sri Sri Ravi Shankar, Founder, Art of Living Foundation also spoke on the occasion and provided his idea of happiness.

D. Milind Kamble, Chairman, Board of Governors, IIM Jammu; Prof. BS Sahay, Director, IIM Jammu, besides faculty members and students of IIM Jammu, attended the inaugural ceremony, in person, and through virtual mode.

Union Education Minister Ramesh Pokhriyal on Tuesday inaugurated "Anandam: The Center for Happiness" at the Indian Institute of Management (IIM), Jammu virtually and said incorporating happiness in the academic curriculum is crucial towards empowering our nation.

Speaking on the occasion Pokhriyal congratulated IIM Jammu for the new venture and defined the need for "Anandam: The Center for Happiness", and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, a press release issued by the Ministry of Education stated.

He explained how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform India's education system by 2021. He concluded his speech by encouraging other institutions of the country to have their own centre for happiness, to help students live a stress-free life.

According to the press release, the Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students.

Hence, the centre will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

Lieutenant Governor, Jammu, and Kashmir, Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion.

He further said that the purpose of establishing 'Anandam' at IIM Jammu is to bring holistic well-being. Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added.

Pokhriyal further informed that the Center envisions that all shall attain the state of ananda through conscious efforts. There are going to practice for breathing exercises like pranayama and mindfulness, which help in enhancing vitality. Other than this, the practice of Meditation and contemplation will also be encouraged, the press release read.

JMC officer demoted for not taking action against illegal constructions...

enforcement inspector, ward ISLAMABAD, Mar 30: Prime Minister Imran Khan has written a letter to his Indian counterpart Narendra Modi, saying creation of an "enabling environment" is imperative for a constructive and result-oriented dialogue to resolve all outstanding issues between Pakistan and India, in particular the Jammu and Kashmir issue.

Khan's letter was in reply to Prime Minister Modi's letter to him last week to extend greetings on the occasion of Pakistan Day. In his letter, Modi had said that India desires cordial relations with Pakistan but an atmosphere of trust, devoid of terror and hostility, is "imperative" for it.

In his reply to Prime Minister Modi's letter, Khan thanked him and said the people of Pakistan also desire peaceful cooperative relations with all neighbours, including India.

While Prime Minister Modi talked about a terror free environment for peace, Khan said that peace was possible only if outstanding issues like Kashmir were resolved.

"We are convinced that durable peace and stability in South Asia is contingent upon resolving all outstanding issues between India and Pakistan in particular the Jammu and Kashmir dispute," he wrote in the letter dated March 29.

Khan said that creation of an "enabling environment is imperative for a constructive and result-oriented dialogue."

He also expressed best wishes for the people of India in their struggle against the COVID-19 pandemic.

The militaries of India and Pakistan announced on February 25 that they have agreed to strictly observe all agreements on ceasefire along the Line of Control in Jammu and Kashmir and other sectors.

Weeks later, both Pakistan's Prime Minister Khan and powerful Army chief Gen Qamar Javed Bajwa made peace overtures towards New Delhi saying it was time for the two neighbours to "bury the past and move forward".

Ties between India and Pakistan nose-dived after a terror attack on the Pathankot Air Force base in 2016 by terror groups based in Pakistan. Subsequent attacks, including one on an Indian Army camp in Uri, further deteriorated the relationship.

The ties hit rock bottom after India's war planes pounded a Jaish-

Rising Kashmir

Wednesday, 31 March 2021

UNION EDU MIN E-INAUGURATES
"Anandam- The Center for Happiness" at IIM Jmu

With meditation, yoga meet modern day challenges: LG to Youth

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'Right way to measure wealth is to measure happiness, not just money'

With meditation, yoga meet

education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

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> P10



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"The right way to measure wealth is to measure happiness and not just money", said the Lt Governor. Staying happy is the best prayer that anyone can offer to God and is the real idea of happiness, he added.

"Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhūterata?" stands for being always engaged for the well-being of all, the Lt Governor maintained.

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I hope the texts of these books will be made available to students in simple words in order to make them aware of our rich tradition, added the Lt Governor.

Emphasizing on creating a favourable environment for the students, the Lt Governor observed that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

The Lt Governor urged the teaching community to address the issue of stress amongst the students. It is the responsibility of teachers to aware the students that the New Education Policy has emphasized on the spirit of skill, and not the marks, he added.

The Lt Governor also appealed to students to not let ups and downs in life affect them, and asked them to spend their student life being playful through Yoga and Meditation.

Explaining the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance, the Lt Governor observed that Yoga does not only mean physical exercise, it is a science through which one brings the mind from past and future to present.

He suggested the students and professionals to begin their day with five minutes of meditation and 10 minutes of yoga session, which can also become part of the students' curriculum.

As we are progressing in engineering, management, and science, similarly, if we move forward in the field of self-knowledge, we can become the 'World Leader' again, observed the Lt Governor.

The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent. Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor.

The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

Quoting renowned influential thinkers Michael Porter, the Lt Governor said that the ability to change constantly and effectively is made easier by high-level continuity.

Just like the Sun, which has its own solar system and continues to provide us with life, each individual has their own energy system and infinite space both outside and within. The very realization of infinite power within is known as the explosion of the universe. And, this is possible only through meditation. When consciousness comes to its peak, you can become adaptive to the fast-paced changes that are taking place in our lives on a daily basis, added the Lt Governor.

In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

The Lt Governor hoped that the new center would act as a medium for the students to complete their journey from students' life to working professionals happily, the Lt Governor maintained.

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TRUTH PREVAIL

WEDNESDAY, 31 March 2021

Union Education Minister inaugurates "Anandam-The Center for Happiness" at IIM Jammu

Lt Governor calls upon young generation to find inner joy, focus on 'Balanced Life' through meditation & yoga to meet modern day challenges

JAMMU, MARCH 30 : Union Minister for Education, Sh. Ramesh Pokhriyal 'Nishank', in presence of Lieutenant Governor, Sh. Manoj Sinha, today inaugurated "Anandam- The Center for Happiness" at IIM Jammu through virtual mode.

Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young generation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam- The Center for

Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students, just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

The Lt Governor expressed his gratitude towards the Hon'ble Prime Minister, Narendra Modi for making untiring efforts in bringing a balance in education and professional life, in the routines of students and professionals through Yoga and Fit India Movement. He also thanked Sri Sri Ravi Shankar for his immense contribution towards promoting Holistic Living and improving people's lives.

Speaking on the importance of happiness in a Nation's development, the Lt Governor made a special mention of Bhutan where the growth is measured as GNH-Gross

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that through New Educational Policy, the students would be able to choose the education as per their interest which would also improve the students' efficiency and skills.

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The Lt Governor further suggested the universities and institutes to invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir. If you are a teacher, your teaching method will change and if you are a student, your performance will be excellent.

Competition, studies, and examinations will become a celebration rather than stress, said the Lt Governor. The Lt Governor also termed the Module of Mindfulness at Workplace in the Management Development Program as important for developing perfect awareness amongst the students.

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In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.



God and is the real idea of happiness, he added. "Anandam" is a pure consciousness that doesn't aim only for happiness but knowing the truth, doing good, and enjoying the beauty around. "Sarvabhūterata?" stands for being always engaged for the well-being of all, the Lt Governor maintained. Bliss and Absolute Happiness are an important part of our tradition. Vedas and

Consciousness. In the Yajurveda and Sarvasara Upanishad, the five layers of our personality are explained in detail.

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Emphasizing on creating a favourable environment for the students, the Lt Governor observed

YOUNG BITES

Wednesday, 31 March 2021

'Nishank' inaugurates "Anandam-The Center for Happiness" at IIM Jmu

RIGHT WAY TO MEASURE WEALTH IS TO MEASURE HAPPINESS: LG

Jammu, Mar 30

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Union Education Minister, during his address, congratulated IIM Jammu for the new venture and said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation.

The Center for Happiness



aligns with NEP-2020, aiming to achieve holistic well-being for all. This step will take our education system to new heights, similar to the times of ancient Indian universities like Nalanda and Takshashila, he added.

Speaking on the occasion, Lt Governor, Manoj Sinha called upon the young gener-

ation to find the inner joy and focus on 'Balanced Life' through Meditation and Yoga in order to meet the modern day challenges.

Highlighting the significance of "Anandam-The Center for Happiness", the Lt Governor observed that the new center emphasizes on holistic well-being of students,

just like the Center for Meditation.

Terming Self-revelation as an integral part of Gurukul education tradition, the Lt Governor said that centers like Anandam have worldwide paved the way for education to become a vibrant force and to know oneself. Now, the IIM Management students in Jammu will also be able to experience the same.

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'Nishank' inaugurates...

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Lt Governor calls upon young generation to find inner joy, focus on ‘Balanced Life’ through meditation & yoga to meet modern day challenges



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The Lt Governor further suggested the universities and institutes invest in Well-Being also and replicate the model of Anandam Center in all educational institutions in Jammu and Kashmir.

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In today's times, when Higher Educational Institutions are preparing themselves for the post-covid world at both the external and internal levels, the coming up of Anandam center in IIM Jammu is an important step towards a stress-free campus. It would certainly help the students to take the journey of knowing the truth of life and would create a student-friendly environment in management education among other intensive disciplines like Business Policy, Public Sector Policy, Marketing, Brand Positioning, and Strategic Management, he added.

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Wednesday, 31 March 2021

Ramesh Pokhriyal inaugurates Ānandam: The Center for Happiness in IIM Jammu

Speaking on the occasion Shri Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Ānandam: The Center for Happiness.



Union Minister of Education Shri Ramesh Pokhriyal 'Nishank' inaugurated "Ānandam: The Center for Happiness" virtually today. Lieutenant Governor, Jammu and Kashmir, Shri Manoj Sinha; Founder, Art of Living Foundation, Sri Sri Ravi Shankar virtually graced the occasion. Dr Milind Kamble, Chairman, Board of Governors, IIM Jammu presided over the event, whereas Prof. B. S. Sahay, Director IIM Jammu was also present.

Speaking on the occasion Shri Pokhriyal congratulated IIM Jammu for the new venture and defined the need for Ānandam: The Center for Happiness. He said that incorporating happiness in the academic curriculum of students is a very crucial step towards empowering our nation. This step will take our education system to newer heights, similar to the times of ancient Indian universities like Nalanda and Takshashila. He explained that how Anandam: The Center for happiness aligns with the National Education Policy 2020 that aims to transform

India's education system by 2021. He concluded his speech by encouraging other institutions in our country to have their own centre for happiness, to help students live a stress-free life.

The Minister said that students and faculty tend to undergo stress due to deadlines, coursework, teaching-load, and professional and personal life pressure. This tends to result in depression and anxiety amongst the teachers as well as students. Hence, the centre will help people overcome mental stress and help spread positivity and it will encourage and propagate holistic development for all the stakeholders at IIM Jammu, he added.

He further said that the purpose of establishing 'Ānandam' at Indian Institute of Management Jammu is to bring holistic well-being.' Regular physical exercises at the Center will contribute to the wellness at the physical level for both the students and the faculty, he added. Shri Pokhriyal further informed that the Center envisions that all shall attain the state of ānanda through conscious efforts. There are going to practice for breathing exercises like prāṇāyāma and mindfulness, which help in enhancing vitality. Other than this, the practise of Meditation and contemplation will also be encouraged.

The Minister also informed that the prime activities envisaged under the concept of 'Ānandam: The Center for Happiness' will be divided into five broad categories, namely, Counselling, Holistic wellness, Elective courses on Happiness Development, Research and Leadership & Faculty Development. The Advisory Board of Experts for the Center constitutes of numerous experts from academics, research and industry, he added.

Addressing the participants Shri Sinha provided his idea of happiness wherein he gave us an example of our neighbouring country, Bhutan, which is ranked very high in the happiness index. He said that "The right way to measure wealth is to measure happiness and not money". He explained the benefits of yoga, meditation, and other spiritual practices for students to maximize their overall performance that staying happy is the best prayer that anyone can offer to a god and is a real idea of happiness.

The Center for Happiness acquires its name 'Ānandam' from the Indian wisdom tradition where the pure consciousness is being as "anandam". "Ānandam" doesn't aim for only happiness but knowing the truth, doing good and enjoying the beauty around. The tagline for "Ānandam" further reinforces its ideology that it will work for the well-being of all. The tagline "Sarvabhūtahiteratāḥ" stands for being always engaged for the well-being of all.

(With Inputs from PIB)

Union Education Minister inaugurates “Anandam- The Center for Happiness” at IIM Jammu.

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Wednesday, 31 March 2021

आईआईएम जम्मू में आनंदम : द सेंटर फॉर हैप्पीनेस का उद्घाटन

नयी दिल्ली, 30 मार्च छात्रों को तनावपूर्ण माहौल से मुक्ति दिलाने और उनके मानसिक स्वास्थ्य को प्राथमिकता देने के लिए मंगलवार को आईआईएम जम्मू में 'आनंदम : द सेंटर फॉर हैप्पीनेस' का उद्घाटन किया गया ।

केंद्रीय शिक्षा मंत्री रमेश पोखरियाल निशंक ने डिजिटल माध्यम से आईआईएम जम्मू में आनंदम : द सेंटर फॉर हैप्पीनेस का उद्घाटन करते हुए इसकी समसामयिकता पर कहा, "आज की इस गतिशील दुनिया में जहां हम हर रोज नई चुनौतियों का सामना कर रहे हैं, खासकर कोरोना जैसी महामारी के कारण, तो ऐसे में छात्रों को अपने मानसिक स्वास्थ्य पर ध्यान देना होगा।"

उन्होंने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"

उन्होंने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है। ऐसे में आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है और निश्चित रूप से यह अपनी स्थापना के उद्देश्यों को पूरा करेगा।"

उन्होंने कहा कि छात्रों के लिए अकादमिक पाठ्यक्रम में आनंदम को शामिल करना एक महत्वपूर्ण कदम है और इसने देश के अन्य संस्थानों को अपना सेंटर फॉर हैप्पीनेस बनाने को प्रोत्साहित किया है।

इस अवसर पर जम्मू-कश्मीर के उपराज्यपाल मनोज सिन्हा और आर्ट ऑफ लिविंग फाउंडेशन के संस्थापक श्री श्री रविशंकर भी उपस्थित थे। शिक्षा मंत्रालय के बयान के अनुसार, निशंक ने कहा कि आनंदम : द सेंटर फॉर हैप्पीनेस 2021 तक हमारी शिक्षा व्यवस्था में पूरी तरह बदलाव लाने के लक्ष्य को प्राप्त करने में राष्ट्रीय शिक्षा नीति 2020 के साथ सामंजस्य बनाता है। मंत्री ने कहा कि छात्रों और अध्यापकों को अंतिम समय-सीमा, पाठ्यक्रम, पठन-पाठन के दबाव और पेशेगत तथा निजी जीवन के दबावों से गुजरना पड़ता है जिससे उनमें अवसाद और व्यग्रता बढ़ती है।

निशंक ने कहा कि यह केंद्र छात्रों और शिक्षकों दोनों को मानसिक तनाव से उबरने और सकारात्मकता का प्रसार करने में मदद करेगा। इसके साथ ही यह आई. आई. एम. जम्मू के सभी हितधारकों में समग्र विकास की भावना को प्रोत्साहित करेगा और उसका प्रसार करेगा।

निशंक ने कहा कि मानसिक स्वास्थ्य के बारे में लोगों को संवेदनशील बनाना और उन्हें इसे शारीरिक स्वास्थ्य के समान ही महत्व देने के लिए प्रोत्साहित करना, बेहद महत्वपूर्ण है।

अपने संदेश में उन्होंने कहा, "आईआईएम जम्मू में आनंद या खुशी पर आधारित यह केंद्र पूरी तरह से मानसिक कल्याण के लिए समर्पित है। यह अपने आप में एक अनूठी पहल है।"

उल्लेखनीय है कि 'आनंदम : द सेंटर फॉर हैप्पीनेस' के माध्यम से पांच श्रेणियों में कुछ प्रमुख गतिविधियां होंगी जिनमें काउंसलिंग, समग्र कल्याण, आनंद का विकास, अनुसंधान और नेतृत्व तथा विषय संबंधी विकास जैसे कुछ चुनिंदा पाठ्यक्रम शामिल हैं।

केंद्र के लिए विशेषज्ञों का एक सलाहकार मंडल होगा जिनमें अकादमिक, अनुसंधान और उद्योग क्षेत्रों के विभिन्न विशेषज्ञ शामिल होंगे।