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# Rai University hosts Management Development Program on Mindfulness

by Nav Jeevan — 6 days ago in Ahmedabad, Education, Gujarat, National, Student's Corner, Universities, Youth Reading Time: 1 min read

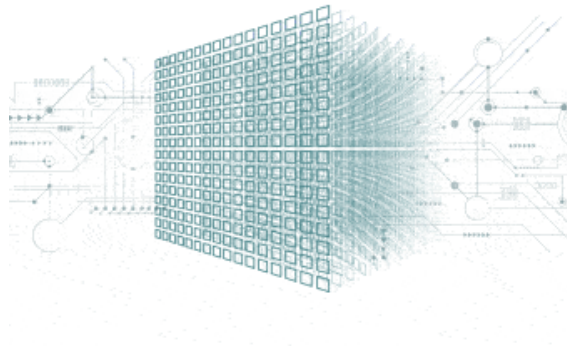
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- The programme was organised in collaboration with Jeevan Aastha helpline, Government Arts & Commerce College, Jadar, and Vayotsav Foundation, Ahmedabad

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With an aim to develop employee efficiency, leadership skills, attentive work, mental health, decision-making power and judgmental thinking, The Department of Psychology, Rai School of Liberal Studies and IQAC (Internal Quality Assurance Cell) of Rai University, Ahmedabad organised a Program on "Mindfulness for Rejuvenation of Professionals". More than 50 people participated in the programme.

The programme was organised in collaboration with Jeevan Aastha helpline, Government Arts & Commerce College, Jadar, and Vayotsav Foundation, Ahmedabad.

Speaking on the occasion, Dr Rasik Meghnathi, Associate Professor at Government Arts & Commerce College, Jadar and Dr Pooja Thakar, Assistant Professor at Rai University, explained about mindfulness and its importance. Dr Thakar focused on the practical aspects of mindfulness with various techniques and activities such as imaginary, body scan, object movement, breathing, and mindful sensational activity.

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

The event concluded with a vote of thanks by Dr Ashish Rami, Head-Department of Management & Psychology, Rai University. The speeches were followed by a question and answer session.

Tags: development hosts management Mindfulness on Program RAI university

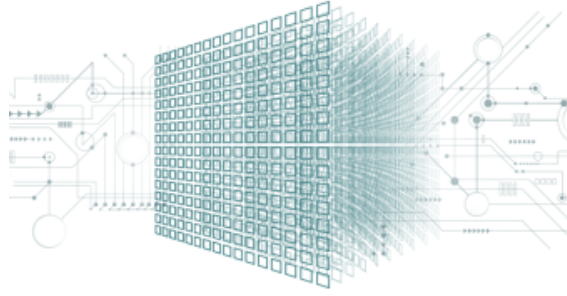


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