

THE JAIPURIA COMMUNIQUE

*The official campus newsletter of
Jaipuria Institute of Management, Noida*

- Session on Mind Management
- Jaipuria Annual Management Conference, 2023

MAJOR HIGHLIGHTS

SESSION ON MIND MANAGEMENT

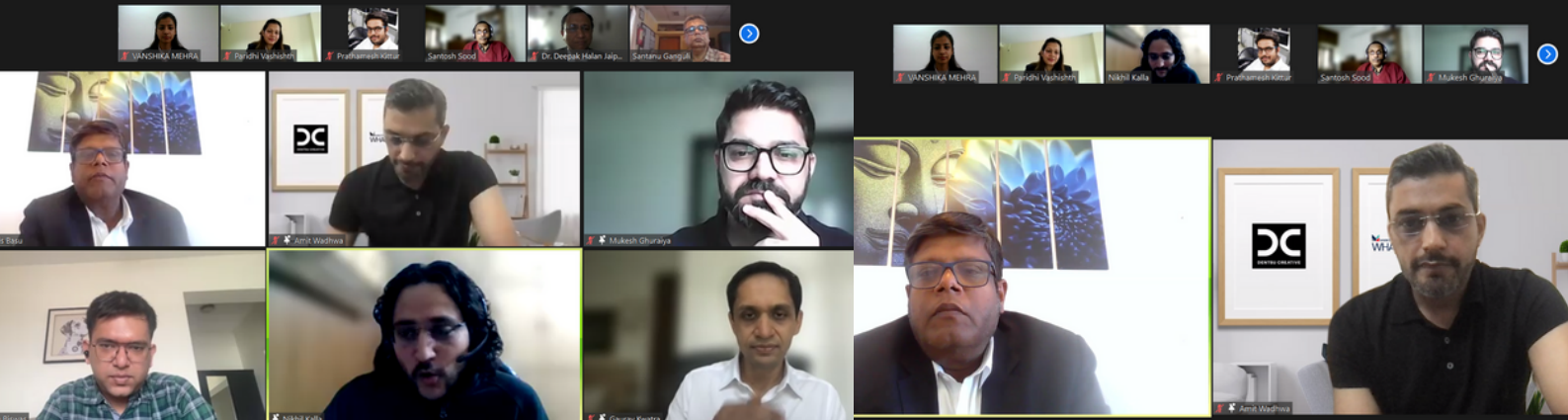
On February 1st 2023, in an enlightening discourse, **Swami Prakarshananda** (associated with Chinmaya Mission), discussed how thoughts weave their way across one's mind constantly. The mind is conditioned by its thoughts. If the thoughts are agitated, the mind is also agitated. Freedom always exists, so one can choose to change the path they're on at any time. He shared the two-way conversation between Lord Krishna and Arjuna, citing excerpts from the Bhagwat Gita. Relating to Arjuna's state of mind just before facing the battle, Swamiji emphasised how Arjun was guided out of his delusion by his mentor Sri Krishna.

He clarified that no object in the world can help you overcome the challenges life throws at you. An individual's *right mindset* is the only key to overcoming one's problem. Hence, it is necessary to control the mind. One must constantly try to observe and control the quality of their mind and change the quality of the direction of the thought flow. Some people develop the skill by training their minds by saying that the task at hand may be "*tough but doable*", thus making them open-minded individuals. Bringing listeners to a new depth of understanding, he gave the example of former President A.P.J. Abdul Kalam, who had considered suicide after failing to fulfil his greatest desire of becoming a fighter pilot. While deciding to go to Rishikesh to end his life, he could rather seek a new way forward with the help of his spiritual Guru. He thus came to understand that only when one is faced with failure does one realise that these resources were always there within us. We only need to find them and move on with our lives. It is totally on us to create the ability to deal with stress and bounce back from depression. Hence, while individual life and everything within it are temporary, success or failure is only a small part of life. So one must be able to view life, as a whole and not part by part. His explanations adorned with examples from day-to-day living made the session interesting, appealing and easy to understand.



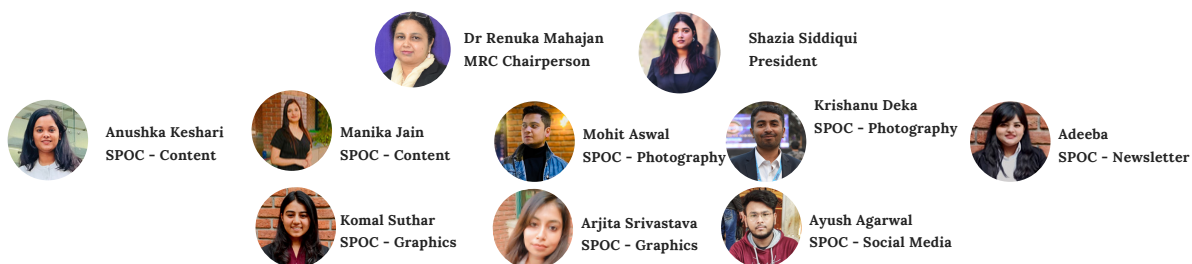
MAJOR HIGHLIGHTS

JAIPURIA ANNUAL MANAGEMENT CONFERENCE 2023



The Jaipuria Institute of Management, Noida successfully organized JAMC: Jaipuria Annual Management Conference, 2023 on 11th February 2023. This is the flagship event of the Institute that brought together industry leaders, academicians, and students to discuss the latest trends and challenges in the field of management. The conference was organized in webinar mode and the theme of the conference was F.O.R.C.E: *Focus, Opportunity, Resilience, Collaboration and Execution*. The event provided a platform for attendees to network with peers, exchange ideas, and gain new insights into the evolving world of management by listening to some of the eminent speakers from the corporate. Renowned experts from various sectors, including business, technology, and education, shared their experiences and perspectives on how organizations can navigate the rapidly changing business landscape. The panellists were some of the top industry leaders including **Praveen Rao** (Director of Marketing at SAP India), **Amit Wadhwa** (CEO, Dentsu Creative Group), **Sandeep Nagpal** (Global Vice President and Head of Marketing, Cvent India), **Gaurav Kwatra** (Partner, Oliver Wyman Financial Services), **Mukesh Ghuraiya** (CMO for Modi Naturals Limited), **Bhavna Batra** (Executive Director with S&P Global), **Subhashis Basu** (CEO of Lactalis Group), and **Arpan Biswas** (AVP of Marketing at Reliance Jio).

The conference was chaired by **Prof Arpan Anand** and it was open to students, professionals, and anyone interested in the field of management. The attendees of the conference had the exciting opportunity to expand their knowledge, connect with industry leaders, and contribute to the advancement of the management profession. The event was highly successful and appreciated by all for its thought-provoking takeaways from the discussions.



This weekly newsletter is an initiative by MRC Noida to present all the events during the preceding week. We welcome your thoughts and suggestions.