



ARUN JAITLEY NATIONAL INSTITUTE OF FINANCIAL MANAGEMENT

(Ministry of Finance, Government of India)

CIRCULAR

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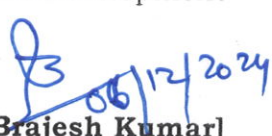
Subject:- (“LEARN TO MEDITATE - A Transformative Life Skill to achieve Personal Mastery & Holistic Wellness”)

Meditation, an ancient Indian art and science, is a **transformative life skill** that **enhances inner awareness, fostering personal growth and organizational well-being**. It offers manifold-benefits:-

- ❖ By expanding inner awareness, meditation **fosters a stable foundation for core values** like honesty, integrity, transparency, mutual trust, and respect.
- ❖ This increased awareness nurtures qualities such as **contentment, calmness, compassion, courage, and clarity**, which are crucial in maintain the much-eluded **work-life balance**.
- ❖ In the face of today's unrelenting pulls & pushes, meditation **provides a much-needed anchor**, helping individuals **manage stress, stay grounded & maintain perspective**.
- ❖ As employees and leaders cultivate these inner resources, they become more engaged and productive, **creating a work culture characterized by efficiency, effectiveness, and excellence**.
- ❖ This **balance ultimately drives organizational success and promotes lasting personal fulfillment**.

A 3-Day (1 hour per day) Workshop on Meditation titled **“LEARN TO MEDITATE - A Transformative Life Skill to achieve Personal Mastery & Holistic Wellness”** is being organized on 11th, 12th & 13th December 2024 from 12:10 PM to 1:10 PM at the Auditorium of AJNIFM for all participants of MBA (FM) 2023-2025, & MBA (FM) 2024-2026 Programme. The same has been incorporated in the time table of class schedule for these Programmes.

Willing participants of all other Long-Term Programmes (LTPs), Management Development Programmes (MDPs) are also permitted to attend the same.


[Prof. (Dr) Brajesh Kumar]
Program Director, MBA (FM)

Copy to:-

- All Faculty members
- Officers & Staff of AJNIFM
- Program Heads of LTPs and MDPs
- DEA Research Cell
- Research Associates
- P.S. to Director
- AE (Electrical), JE (Civil) & In- Charge (House Keeping) for necessary arrangements