

## **Details of activities conducted by Pratyahara-Department of Spirituality, Consciousness and Research**

Pratyahara-Department of Spirituality, Consciousness and Research, ABS conducted **4 sessions** as a part of Heartfulness Enabled Leadership Mastery Program as a collaborated certification program offered by Amity Business School and Heartfulness Institute USA.

The sessions included topic titled :

- **“Peak performance unleashing the potential”** on **1.10.2020** by Ms. Rikita Swaroop, Faculty AU Jharkhand and Heartfulness Trainer.
- **“Creativity under pressure: Do not be encumber by History”** on **8.10.2020** by MIT World Peace University & Heartfulness Trainer.
- **“Ethical Leadership”** by Dr. Vinay Sharma, Director AIB, Jaipur on **15.10.2020**.
- **“Heartful relationship”** by Mr. Ramesh Krishnan, Director Intel & Heartfulness Trainer on **22.10.2020**.

The **Concluding Ceremony** with major theme on **“The New Beginning”** of the Heartfulness enabled Leadership Program was conducted on **29.10.2020** wherein all the speakers who took sessions for the certification program were present and added their input and remarks for student’s development.

Dean FMS & Director ABS addressed the gathering and explained the motive behind the program. The program which aimed at inculcating true values, virtues and leadership effectiveness in the budding professionals was thus successfully completed. The students will be provided e-certificates for the completion of the same. Dr. Vijit Chaturvedi, Professor coordinated the event.