



Graduate School of Management Studies
Gujarat Technological University
Seminar on Art of Living
Date: 23/03/2022

Report on session conducted by the teachers of Art of Living at GSMS



Dr. Nitin Parihar (IIT, Gandhinagar) and Mr Dhiren Gupta (teacher, Art of Living) addressed the students of GSMS on the issues of stress management and mental health among students. Dr. Nitin Parihar is currently working as an assistant professor (Chemical Department) at IIT Gandhinagar campus. He is actively involved in spreading the wellness of meditation across the country and the different parts of the world. They emphasized the role of meditation and Art of living patented processes (Sudarshini) of meditation.



Mr. Dhiren Gupta, a businessman by profession, also teaches at Art of Living. He shared some of his experiences related to the Art of Living and emphasised its importance in our lives. Students were actively participating in the discussion. Around 60 students and 3 faculties participated in this session. The students and faculty members were very delighted to attend the session.