Yoga And Positive Psychology For Managing Career And Life

By Prof. Ashish Pandey | IIT Bombay

Course Summary

- **Duration:** 8 weeks
- **Level:** UG/PG
- **Category:** Management Studies, Psychology
- **Start Date:** 21 August 2023
- **End Date:** 13 October 2023
- **Enrollment Ends:** 21 August 2023

About the Course

Management is about optimizing resources to achieve goals. And managing people is essentially managing 'minds'. To do this effectively, managers must first manage their own minds. This involves reflecting on oneself and strengthening the physical, emotional and intellectual aspects of the 'self'. This course combines principles and practices of Yoga and Positive Psychology to provide insights to individuals on the methods to strengthen the self for better management of one's career and life.

*This is an AICTE approved FDP course*

Instructor Bio

Dr. Ashish Pandey is an Associate Professor with Shailesh J. Mehta School of Management, IIT Bombay where he teaches courses related to Organization Development, Human Resource Management, Self-Management and Leadership. He regularly engages in consulting and training work for organization and leadership development with organizations across industries and many institutions of higher education. He has over forty published research articles in the fields of Yoga and positive psychology, spirituality at workplace, mindfulness, business and society interface, and the best practices in management in globally reputed journals. Co-editor of the volume on Indigenous Indian Management published by Palgrave MacMillan, he sits in the editorial and review boards of international journals and his research is recognized with awards and fellowships at various national an international forums.