

IIM Ranchi organises events under 'The Human Connect' initiative

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The Indian Institute of Management Ranchi has launched the 'The Human Connect' series. The Human Connect is the flagship event of IIM Ranchi in collaboration with Counselling Cell IIM Ranchi and Rekhi Centre of Excellence for the Science of Happiness for Promoting Mental and Emotional Well-being of the students. This campaign aims to foster a more profound sense of connection and community among the members of the IIM Ranchi family. The initiatives under this series will feature a variety of activities, including a collective drum circle, human library, tree plantation, collective dance, collective meditation, blood donation camp, WeEvolve mental well-being session, professional counselling facility, collective canvas painting, mindfulness interventions, and pet therapy.

Seven episodes of the series have already taken place. Episode 1 of the event was Drum Circle, and this event



used the power of music to bring people together and create a memorable experience. IIM Ranchi provided students with drums and instructors from Highnote, the music SIG of IIM Ranchi, who guided them to create their own music collectively. Collective Dance was Episode 2 of the series. The main idea was to use dance therapy to relieve students of the stressful MBA life. The session was led by instructors from Froggy Feet, the dance SIG of IIM Ranchi, who made the students groove and become one with the community. Episode 3 of the series was a blood donation camp organized in collaboration with Samarpan, the social responsibility club off IIM Ranchi. Organized in association with 'Blood Connect', IIM

Ranchi hosted the camp on its permanent campus. It instilled in students learning that contributing to the good of society is the ultimate path to happiness.

Episode 4 of the series, a 3-day Yoga Camp, was inaugurated at IIM Ranchi's permanent Campus in Prabandhan Nagar, Ranchi. The camp was conducted by the Department of Sports Science & Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI), Belurmath. Yoga is a powerful medium to connect with oneself & achieve happiness by focusing on physical and mental well-being.

In the next episode of 'The Human Connect', IIM Ranchi, in association with the Counseling Cell and Rekhi Centre of Excellence for the Science of Happiness, conducted 'Human Library'. The event allowed the students to have one-to-one conversations, which enabled them to have a personal experience of sharing, questioning and reflection that can radically shift perceptions.