



# Rai University

EVOLVING THINKING MINDS  
A LEADING RESEARCH DRIVEN UNIVERSITY



**Rai School of**  
Liberal Studies

## Management Development Program

on

# Mindfulness for Rejuvenation of Professionals



23<sup>rd</sup> July  
2022

**Organized By**

Department of Psychology,  
School of Liberal Studies, Rai University,  
Ahmedabad

Collaboration with



**Jeevan Aastha**  
Suicide Prevention And Mental Health  
Counselling Helpline



सह वीर्य करवा वहे।



Estd.: 2008

**IQAC**

Internal Quality Assurance Cell

 [www.raiuniversity.edu](http://www.raiuniversity.edu)

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## **ABOUT RAI UNIVERSITY**

Established by Gujarat State Legislature under Gujarat Act No. 12 of 2012, Rai University provides world class education and empowering opportunities catering to all sections of society.

Rai University is committed to promote Academic and Research activities. Nurtured with passion and powered by intellect, Rai University ignites in its Scholars the spirit of Innovation, Dynamism, and Professionalism to build a brighter and successful career for them.

Our Mission is to inspire the stakeholders to realize their optimum potential resulting in a positive impact on the society. Rai University endeavors international partnerships that promotes exchange of ideas and resources, creating opportunities for excellence in higher education.

## **ABOUT PSYCHOLOGY DEPARTMENT**

Psychology is the science of mind, body and behavior. The ambition of education in psychology at Rai University is the general understanding of psychology and applied based practices which will broaden and deepen the knowledge based on which the science of psychology rests. The department of Psychology runs graduation and post-graduation diploma course. This courses are included several subjects like Positive Psychology, Health Psychology, Abnormal Psychology, Forensic Psychology, General Psychology, Psychological testing, Community Psychology etc.

## **ABOUT THE PROGRAM**

Mindfulness meditation is a form of present moment awareness, just noticing what is happening inside our bodies as well as our surrounding environment. In modern life, every day we face anxiety, stress, depression or problem with regulation of emotion. Due to busy schedule, it is difficult to focus on mental health. The session will focus on mindfulness during routine life actions without spending extra time. This program aims to enhance the awareness and importance about mindfulness. To know various techniques which is helpful for increasing the level of mindfulness.

## **KEY MODULE**

- Mindfulness as a basic human qualification systematically cultivated for the benefit of people and organizations.
- Self-compassion as a mode and method for building a culture of safety and support in managing stress and anxiety to create a happier, more loyal, more active and more resilient worker community.
- Focus on employee energy and intent through awareness of the mind, body and spirit components of our self.



## OBJECTIVES OF THE PROGRAM

- To know the meaning and importance of mindfulness.
- Attempting to achieve a state of eternal calm.
- To develop non-judgmental thinking
- To know how to include mindfulness activity in routine
- To know techniques of mindfulness



## OUTCOMES FROM THE PROGRAM

- Understanding meaning and importance of mindfulness
- Improving mental health and mindfulness.
- It will help to improve well-being
- Balancing the emotions
- Awareness of mindfulness
- Practicing self-awareness and self-compassion.



### Mindful

#### Experimentation :

This program will give an opportunity to experience some different mindful exercise of imaginary.



### Mindful

#### Movement :

The program include several different type of mindful movement Techniques such as Body Scan, simple workout etc.



### Mindfulness and

#### Emotion:

Understanding the relationship between emotion and mindfulness. Mindfulness Skills help you to balance your emotions, thoughts and behaviors. The focus of these skills are to learn how to control your mind instead of your mind control you through activities of Personal weather report and Gratitude practice.

## WHO CAN PARTICIPATE?

Academicians, Manager, Supervisor, Team leaders, Executives, Psychologist Counselor and knowledge seeker

## SCHEDULE OF MDP

**Date:** 23<sup>rd</sup> July 2022

**Time:** 10:00 am to 3:30 pm

**Venue:** Seminar hall, Rai University, Ahmedabad

10:00 to 10:15 - Inauguration of the program

10:15 to 11:00 - Meaning of mindfulness and its important

11:00 to 12:30 - Introduction of various mindful techniques and practices: Imaginary, Body scan, Object movement, Breathing, Mindful sensational activity

1:45 to 2:15 - Discussion on self- Compassion and Self-esteem, Self-evaluation of self - esteem and self- Compassion exercise

2:15 to 3:00 - Mindfulness game activities

3:00 to 3:30 - 30 days mindfulness activities challenge and feedback

## Registration Detail :

Registration will be on first come first serve basis (Limited seats). Registration fee includes Kit, Lunch and Certificate.

## Registration link :

<https://forms.gle/WiMk3REvrpV2efYEA>



For Registration

**Registration Fee : Rs 400/- only**

## Payment link :

<https://www.raiversity.edu/onlinepayment/>

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## Resource Persons:

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