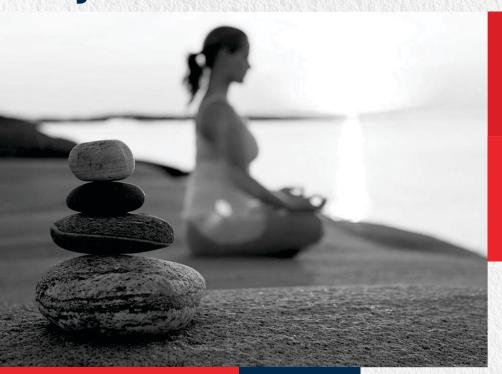




Management Development Program

on

Mindfulness for Rejuvenation of Professionals



23rd July **2 0 2 2**

Organized By

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

Collaboration with



















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.



- 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



- 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: 23rd 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



Registration Fee: Rs 400/- only

Payment link:

https://www.raiuniversity.edu/onlinepayment/



Resource Persons:

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