



Mental Health Support for Staff at Manipal University Jaipur

Manipal University Jaipur (MUJ) is dedicated to fostering a supportive and healthy work environment, recognizing the critical role mental well-being plays in the professional and personal lives of its staff. To ensure the holistic well-being of faculty and administrative staff, MUJ provides a comprehensive mental health support system designed to address the unique challenges that arise in the workplace.

MUJ offers confidential counseling services for its staff, where they can seek professional guidance on issues such as stress, anxiety, work-life balance, burnout, and personal matters. These counseling services are easily accessible and are provided by trained mental health professionals who understand the demands of academic and administrative roles. The university encourages staff to make use of these services as part of its commitment to creating a healthy, productive, and supportive workplace. In addition to individual counseling, MUJ conducts regular mental health awareness programs and workshops aimed at promoting emotional resilience and stress management. These sessions provide staff with practical tools to cope with the pressures of their professional responsibilities, helping them navigate challenges while maintaining their mental well-being. Topics such as mindfulness, relaxation techniques, and time management are addressed, offering staff strategies to manage both work and personal stress effectively. MUJ also prioritizes creating a positive work culture that values open communication and mutual support. Team-building activities, wellness programs, and initiatives focused on mental health help foster a sense of community and collaboration, contributing to an inclusive environment where staff feel supported both personally and professionally.

Manipal University Jaipur ensures that its staff have the resources and support necessary to maintain their mental health, stay engaged in their work, and thrive in both their professional and personal lives.

ABOUT THE PROGRAM

Empowering the Faculty Community

Fostering Universal Human Values & Resilience

Adding skills to navigate personal, social, professional landscape



The FDP - Human Values, Ethics & Morals **inspires you towards higher vision & creates a strong sense of integrity.**

The Program is a **beautiful mix of antiquity & the contemporary & charges one with a fresh vigour of enthusiasm, excellence & responsibility.**

Faculty

DEVELOPMENT PROGRAM

HUMAN VALUES, ETHICS & MORALS





Reach for the SKY.

The USP of the program is the **powerful SKY breathing technique!** Over 100+ independent research studies on SKY reveal a significant impact on **quality of life & its efficacy as a tool to beat the stress.**

Benefits

- Reduced Stress Levels & Anxiety
- Enhanced Focus
- Better Decision Making Ability
- Deepened access to Intuition
- Improved Inter-Personal Skills
- Enhanced Creativity & Innovation
- Improved Quality of Sleep & a lot more



PROGRAM FORMAT

3 Consecutive Days
3 hours per day

PROGRAM DELIVERY

*Challenging yet engaging, the program is a smooth blend of: **Wisdom, Breath-work, Scientific tools & techniques, Intellectual exchanges, Team Building Exercises & a lot of experiential learnings.***

PROGRAM TAKEAWAYS:

Get a Daily Practice you can continue at home for a lasting impact!



INNER PEACE OUTER DYNAMISM

The Program charges one to **take charge & be dynamic in the outer world** yet learning the skill to be **calm inside.**

Adding efficiency & hours to your day!

The scientific processes enable you to **radiate positivity, be full of enthusiasm & shun away the inhibitions & barriers!**



Lead
Excel
Inspire



“What Science Says!?”

Program Content

Program comprises modules on
**Capacity Enhancement, Leadership
Excellence, Social Adaptability &
Effectiveness & Professional Skills**

Thoughtfully curated modules, activities & processes brings
about the **long lasting transformation.**

PERSONALITY DEVELOPMENT

Self-Awareness
EQ - AQ - CQ [Emotional - Adversity- Creativity] Quotient
Mind Management - Coping With Stress
Health & Nutrition

SOCIAL ADAPTABILITY & EFFECTIVENESS

Effective Communication Skills
Interpersonal Relationship Skills
Lifestyle & Environment
Ethics, Morality & Integrity

PROFESSIONAL SKILLS

Time Management
Goal Setting
Active Learning & Effective Learning Strategies
Decision Making

Decrease in Stress Hormones

- 50% Reduction in **Fear**
- 56% Reduction in **Serum Cortizol**
- 75% Diminished **Guilt**
- 70% Drop in **Anxiety** Levels

Increase in Life Satisfaction

- 80% Elevated **Energy Levels**
- 81% Enhanced **Peace of Mind**
- 71% Boost in **Mental Strength**
- 71% Increased **Belongingness**



Anushri Gaur [MU - Jaipur]

From: Exchadmin [MU - Jaipur] <exchadmin@jaipur.manipal.edu>
Sent: Wednesday, December 21, 2022 10:51 AM
To: MUJ Users
Subject: Interactive session by The Art of Living - 'Mind Matters'
Attachments: FDP Brochure - Manipal University Jaipur.pdf

Dear All,

Inviting you all to attend for a rejuvenating, interactive session by The Art of Living - '**Mind Matters**' on **22nd December 2022, 3.30 pm - 4.30 pm, 307, 1AB.**

The session aims at offering some **practical tools & techniques to - destress, rejuvenate & refresh.** Some of the highlights include:

- Getting to know the tendencies of Mind
- Breath as a medium to eliminate stress
- Emotional Balance
- Capacity Building
- Reboot via Meditation

Looking forward to your participation in the same.

Also, invite you to attend the **3 Day Faculty Development Program (FDP) - Human Values, Ethics & Morals** being offered by **The Art of Living.** All our faculties are the cornerstone & instrumental in shaping the future of not only the students but the entire nation.

Program Objective:

To address various challenges the faculty community may face in terms of achieving work-life balance, coping with uncertainty, pressure at workplace, prioritising health & things that really matter; we present this wonderful rejuvenating program which aims at combining life-skills alongwith scientific de-stress techniques to de-stress, rejuvenate & boost the happiness quotient.

Program Details:

You can enrol yourself in either of the batches.

Batch 1

27-28-29 December 2022 | 10.30 am - 1.30 pm

Or

Batch 2

11-12-13 January 2023 | 10.30 am - 1.30 pm

Program methodology:

Interactive Sessions, Group Discussions, Experiential Learnings, team activities & wellness activities like: yoga, pranayama & powerful rhythmic breathing technique: Sudarshan Kriya (SKY)

Program benefits:

The Program not only benefits you as an individual but also how you contribute to the outer environment.

- **Boosted Immunity & Health**
- **Ability to handle the mind better**
- **Relieve Stress**
- **Improved Stamina**
- **Improved Quality of Sleep**
- **Enhanced Efficiency & Productivity**
- **Ethical Leadership & Interpersonal Skills**
- **Improved Decision-Making ability**
- **Increased sense of belongingness**
- **Enhanced resilience in uncertain times**
- **Better Understanding of Student Behaviour**

You may like to have a look at what the entire AICTE fraternity has to share on their experiences of the same FDP:

[The Art of Living FDP - AICTE Experiences](#)

Please nominate yourself by filling the google form as a confirmation of attending the 3-day program. Please choose either of the two batches suited:

tiny.cc/FDP_MUJ

Also, PFA the full brochure for the FDP.

Also, upon successful completion of the FDP, the participants shall attend an exclusive session with Gurudev Sri Sri Ravi Shankar, live in Jaipur City on 21st January 2023.

For any queries, please feel free to reach out to:

Dr. Madhura Yadav

Dean- Faculty of Design & Director- School of Architecture & Design
8890306647

Or

Dr. Rohit Mathur

Department of Electronics & Communication Engineering
8527118621

Regards,

Sincerely

Prof. (Dr.) Madhura Yadav.

Architect-Planner, IGBC AP.

Dean, Faculty of Design

UNESCO Certified Mentor & MUJ Hub Co-ordinator for Community based Participatory Research

Manipal University Jaipur

Cell no. 91-8890306647

"You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul."-Swami vivekanada



Certificate of Participation

in

FACULTY DEVELOPMENT PROGRAM

Leadership-Excellence-Ethics & Holistic Wellbeing

Presented to Himangshu Kedia

for successful completion of the Faculty Development Program (FDP)

held in Manipal University Jaipur

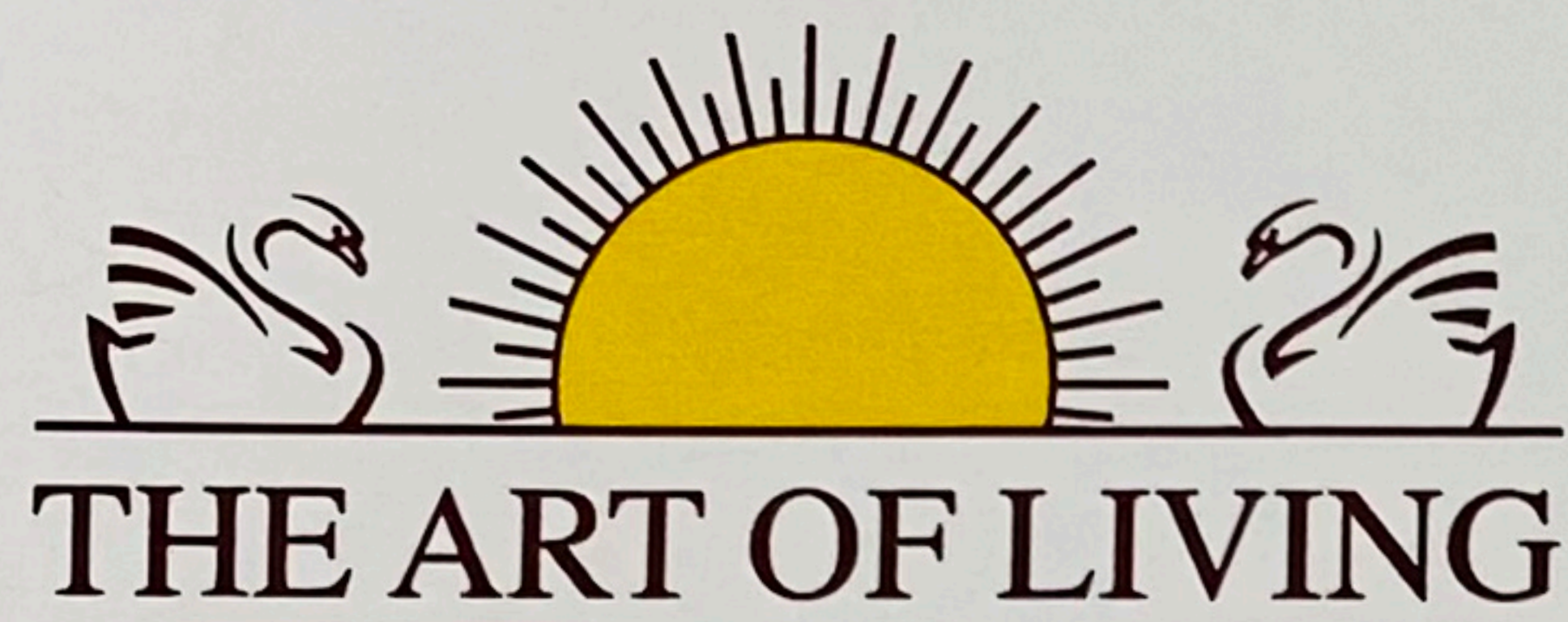
from 11th Jan to 13th Jan, 2023

Implementation of knowledge & practice of techniques taught in the program ensure holistic wellbeing, responsible, proactive & ethical attitude.


Dean
Faculty of Design
Manipal University Jaipur
Program Coordinator




Program Trainers



MANIPAL
UNIVERSITY JAIPUR

Certificate of Participation

in

FACULTY DEVELOPMENT PROGRAM

Leadership-Excellence-Ethics & Holistic Wellbeing

Presented to Ketaki Sunil Dary

for successful completion of the Faculty Development Program (FDP)

held in Manipal University Jaipur

from 11th Jan to 13th Jan, 2023

Implementation of knowledge & practice of techniques taught in the program ensure holistic wellbeing, responsible, proactive & ethical attitude.

Dean

Program Co-ordinator
Manipal University Jaipur

Program Trainers



MANIPAL
UNIVERSITY JAIPUR

Certificate of Participation in

FACULTY DEVELOPMENT PROGRAM

Leadership-Excellence-Ethics & Holistic Wellbeing

Presented to Megha Prabhuk Karkala

for successful completion of the Faculty Development Program (FDP)

held in Manipal University Jaipur

from 11th Jan to 13th Jan, 2023

Implementation of knowledge & practice of techniques taught in the program ensure holistic wellbeing, responsible, proactive & ethical attitude.

Dean

Program Co-ordinator
Faculty of Design
Manipal University Jaipur

Program Trainers



Certificate of Participation *in*

FACULTY DEVELOPMENT PROGRAM Leadership-Excellence-Ethics & Holistic Wellbeing

Presented to *Dr. Smriti Saraswat*
for successful completion of the Faculty Development Program (FDP)
held in *Manipal University Jaipur*
from *11th Jan* to *13th Jan, 2023*

Implementation of knowledge & practice of techniques taught in the program ensure holistic wellbeing, responsible, proactive & ethical attitude.

[Signature]
Dean
Faculty of Design
Manipal University Jaipur
Program Co-ordinator

[Signature]
Program Trainers



KPsych Services

Psychology Training & Counselling

'coz whole is greater than the sum of its parts..

Five-day Faculty Development Program
Empowering and Sensitizing Teachers to Safeguard the
Mental Health of Students
Certificate of Participation

MUJ/DP23/FDP-21

This is to certify that **Ar. Smriti Saraswat** from Manipal University Jaipur has successfully completed five-day faculty development program on *Empowering and Sensitizing Teachers to Safeguard the Mental Health of Students* held from 17th to 21st July 2023, organized by KPsych Services Pvt. Ltd.

Dr. Kavita Bhargava
Director
KPsych Services Pvt. Ltd.