



# AMITY UNIVERSITY

MADHYA PRADESH

*Established vide Government of Madhya Pradesh Act No. 27 of 2010*

## **Mental Health Services at AIBAS, Amity University Madhya Pradesh, Gwalior**

Amity Institute of Behavioral and Allied Sciences (AIBAS) at Amity University Madhya Pradesh (AUMP) is deeply committed to fostering a mentally healthy, supportive, and inclusive environment for students and staff. Recognizing mental health as a crucial component of academic success and professional productivity, AIBAS has established a **Positive Mental Health & Psychological First Aid Centre** to ensure timely interventions, preventive measures, and long-term mental wellness strategies.

**AIBAS takes a proactive approach to mental health by focusing on skill-building and personality enhancement. The Centre provides:**

- **Skill Mapping and Enhancement** – Identifying strengths and areas for improvement through psychological tools.
- **Personality Development Programs** – Designed by expert faculty members to build confidence, resilience, and leadership qualities.
- **Workshops & Training Modules** – Covering topics such as stress management, emotional intelligence, mindfulness, and coping mechanisms.

AIBAS offers **individualized diagnostic therapeutic and counseling sessions** to address a wide range of emotional, behavioral, and cognitive challenges. Services include:



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- **Standardized Mental Health Screenings** – Identification of concerns such as anxiety disorders, mood disorders, learning difficulties, and stress-related conditions.
- **Neuropsychological Assessments** – Evaluating cognitive functions like memory, attention, problem-solving, and executive functioning.
- **Personality & Emotional Health Assessments** – Understanding personality traits and emotional well-being to tailor intervention plans.
- **One-on-One Psychotherapy & Counseling** – Focused interventions for issues such as anxiety, depression, stress, adjustment difficulties, and relationship concerns.
- **Group Therapy & Support Networks** – Facilitated peer interactions to provide community-driven psychological support.
- **Crisis Intervention & Emotional First Aid** – Immediate support during acute psychological distress, ensuring that students and staff receive prompt and effective care.
- Our dedication to **positive mental health, mindful communication, and personalized support** has profoundly enhanced the **well-being of faculty, staff, and students**, fostering a **thriving academic and professional environment** at Amity University Madhya Pradesh.

# Event Update

## Lifestyle & Health Week

Date: 4<sup>th</sup> - 7<sup>th</sup> March 2024

### Objective

1. Celebrating Lifestyle and Health Week for Assessment, Awareness, and Promotion of Holistic Wellness.
2. Free fitness workshop for students on topic "Active Lifestyle and fitness Goal". To help the participants to know more about the role of lifestyle in health by the specialist in the first session. **Second session;** Guidance and help in maintaining healthy lifestyle to gain immunity, stamina & endurance.
3. The session encouraged the students to be aware of the related health consequences of ignoring the health problems and providing them enlightenment of balanced nutrition benefits.

**Mode:** Offline

**Venue:** Amity Institute of Behavioural and Applied Sciences, Amity University Madhya Pradesh

**Number of Participants:** 180 Students (AIBAS, ASAP, ALS) and 20 faculty members.

### Resource Personage

Ms. Shanta Banerjee, (Senior Wellness Coach & Entrepreneur), Ms. Vinita

Kanitkar (Motivational Speaker) and Mr. Imtiyaz Ali (Technical Coordinator & Media Person).

### Coordinator

Dr. Shubhagata Awasthi, Assistant Professor (Inhouse Event Coordinator, AIBAS)

### Summary of the Session

Amity Institute of Behavioural and Applied Sciences, Amity University Madhya Pradesh have the commitment to make students life better and providing them enlightenment of pursuing healthy lifestyle, thereupon accordance to the event calendar of AUMP, AIBAS is celebrating Lifestyle and Health Week for assessment, awareness, and promotion of holistic wellness from 04.03.2024 to 07.03.2024. Every day of the week AIBAS is organizing lifestyle related special sessions in various academic blocks where body mass index, breathing capacity, eating disorders are being assessed and lifestyle education is being imparted.

In the same series of program AIBAS, organised one day free fitness workshop for students on 06th March 2024 on topic "Active Lifestyle and fitness Goal". The workshop helped the participants to know more about the role of lifestyle in health by



# Event Update

## Manoulas Ke Navrattan

Date: 15<sup>th</sup> to 20<sup>th</sup> March 2024

### Objectives:

1. Celebrating inner Happiness and nurturing true joy of life.
2. A competition organised by AIBAS to identify true icons of happiness in Amity University as 'Manoulas Ke Navrattan' from the three categories 1. Faculty, 2. Staff & 3. Students.
3. Engaging discussion with an expert and creative activities, participants unearthed tool for joy and resilience, fostering a collective moment of positivity within our community.
4. The program encouraged the students and participants to be aware about the importance of happiness in studies, work productivity and job satisfaction.

### Mode: Offline

**Venue:** Amity Institute of Behavioural and Applied Sciences, Amity University Madhya Pradesh

**Number of Participants:** 150 Students, staff and faculty (AIBAS, ASAP, ALS, ASL, ASET, AIP).

### Special Guests/ Speakers:

Lt. Gen. V k Sharma, AVSM (Retd.)

*Hon'ble Pro Chancellor,*

Prof. (Dr.) Girishwar Misra,  
*Retd. VC of MGAHV, Wardha*

Prof.(Dr.) Novrattan Sharma  
*Director AIBAS,*

Prof. L K Jain  
*Director ASAP.*

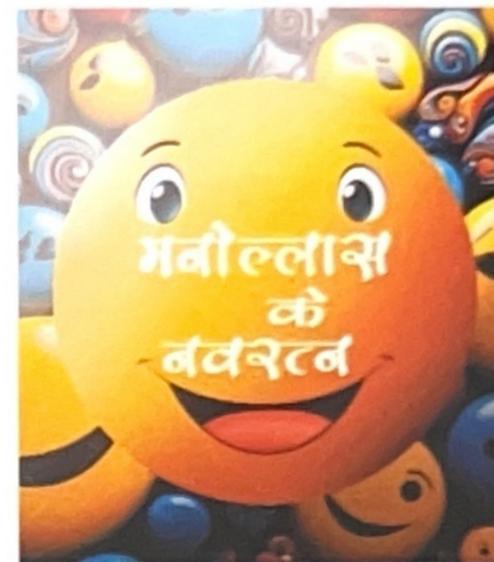
### Faculty Coordinators:

1. Dr. Shubhagata Awasthi,
2. Ms. Nabanita Barua  
(Assistant Professor & In house Event Coordinators, AIBAS)

### Summary of the Session:

Amity Institute of Behavioural and Applied Sciences, Amity University Madhya Pradesh, is committed to improve the lives of students and educate them about the pursuit of health and happiness, in line with the programme organised on the occasion of World Happiness Week, AIBAS has staged a competition to select true icons of happiness at Amity University as 'Manoulas Ke Navrattan' from three categories 1. Faculty, 2nd Staff & 3rd Students.

The aim of this competition was to identify nine exceptional people who are a symbol of spreading happiness through their creative art and sense of joy. Manoulas ke Navratan represents a group of nine extraordinary people who spread happiness and joy. There are nine winners (3X3X3) in each category (1st, 2nd & 3rd).



# Mental Musings

## Happiness: From the Lens of Psychological Science

We all want to be happy, and few of us are.

All over the world Spiritual Gurus, Politicians, Social workers and business leaders are talking about their ways to find happiness, while products like Calm continue to grow in the market. Groups like the Center for Humane Technology are explicitly battling addiction and stressful design in technology. Some of the governments like UAE established happiness ministry and in India also, Madhya Pradesh establishing Anand Mantralaya, UN also trying to enhance the level of happiness all over the world. International management institutes adopting idea of gross national wellness, Countries like Bhutan and Netherland gets top ranking in World Happiness Index.

According to our Indigenous knowledge mental anomalies like jealousy, enraptured, hatred, anger, jealousy, greed, ego etc. are the biggest obstacles in attaining happiness. As soon as one gets rid of these mental diseases, the fountain of eternal happiness easily springs up within the person. Yoga, meditation, pranayam, devotion, study, music, sports etc. are helpful in removing these mental diseases.

Despite our pursuit of happiness, many people are unhappy. This unhappiness stems from societal problems caused by materialistic approach and corporate dominated world which trying to sell everything even very personal experience of any individual known as Happiness. So, the root cause of unhappiness prevailing in today's world due to:

- False paths to happiness: Chasing fleeting pleasures and suggests these don't lead to lasting happiness.
- The real culprit: The blame falls on the pressure to be productive and the ever-present influence of corporations prioritizing profit over well-being. This creates a stressful, work-centric lifestyle that erodes happiness.
- Broken systems: The long working hours, job insecurity, and a decline in employee friendly policies in organizations contribute to unhappiness.

It's ironic that business sees unhappiness as a trend

to be exploited with products and services, when so much of that unhappiness is a result of corporate behavior to begin with. Maybe some of those services are helpful, but the bigger challenge, the thing we're all being distracted away from by dopamine rushes and relentless advertising for flashy, short-term pleasure, is to reform society again.

The key to lasting happiness isn't about external factors or fleeting pleasures, but about what you can control - your thoughts and actions.

A better way: The solution lies in societal reform that creates a better balance. This includes giving workers more power, prioritizing well-being over profit, and creating a society that values a high quality of life for all.

Hope for the future: The positive trends like the rise of happiness ministries and a focus on well-being as signs that things might be changing.

Authentic Happiness was one of the first books talking about this new science and showing us how we can apply it in our own lives to realize our potential for lasting fulfilment. It shows us why happiness matters, what determines it, and how to create more of it in our lives, here are summary of what psychological science find about happiness till date

- Meaning of Happiness: Happiness is more than just feeling good in the moment. It's a sense of well-being and fulfilment that comes from a variety of sources.
- What Determines Happiness? A Formula ...

“Here, then, is the only equation to consider:

$$H = S + C + V$$

where H is your enduring level of happiness, S is your set range, C is the circumstances of your life, and V represents factors under your voluntary control.”



**Dr. Ritu Raj**  
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# Mental Musings

## The Mindful Path: How Yoga Transforms life

Yoga is the priceless boon given to human life by *Lord Hiranyagarbha*. Yoga shows the path of self-realization to a person. Yoga was an Indian lifestyle which helped a person to understand his true nature. With time, we started ignoring our knowledge and started inclining towards materialism and forgot this lifestyle. Faced with a rising tide of illness, medical science turns to yoga with renewed interest. People are inclined towards yoga to get rid of physical diseases, but if we understand the nature of yoga, then its purpose seems to be more of improved mental health and self-realization.

Yoga Darshan is ancient psychology. Its specialty is that with its proper knowledge, a person progresses towards the success of the four aims of human life (*Dharma, Artha, Kama* and *Moksha*) and the attainment of the ultimate goal of *Moksha*. By following the practices mentioned in this philosophy with discipline, a person progresses holistically i.e. physically, mentally and spiritually.

The process of performing the *Yogang* mentioned by Patanjali is especially related to psychology. The psychology propounded in *Yoga Darshan* is needed not only for the Yogis who are doing penance but also for the common people.

It is mentioned in Patanjali Yoga Darshan – *Yogashchittavrittinirodhah*, Which means that the restraint of the tendencies of the mind is Yoga. Chitta means conscience. According to Sankhya philosophy, Chitta is a combination of mind, intellect and ego.

The basis of Ashtanga Yoga prescribed in Yoga Darshan for the removal of sorrows is mental discipline and control. Whether it is the first stage *Yama* or the last stage *Samadhi*. According to Maslow, the highest need is self-realization. *Yoga Darshan* is also the way to accept the divine element through self-realization.

The consciousness that Freud talked about in the

19th century has been talked about by Indian psychology much earlier.

In Yoga Darshan, the root cause of mental diseases is stated to be the five afflictions-



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*Avidyasmitaragadvveshaabhiniveshah Kleshah ||*

*(Patanjali yoga sutra, 2/3)*

*Avidya, Asmita, Raga, Dvesha* and *Abhinivesha* are the five afflictions which are extremely painful and make one revolve around the cycle of the world. In order to achieve self-realisation, it is said that it is essential to have the senses under one's control, to be devoid of all desires and to be devoid of attachment and aversion -

*Raagadvveshaviyuktaistu  
vishayanindriyaescharan ||*

*Prasade Sarvadukhanaam Hanirasyoopajayate.*

*Prasannachetaso hyashu buddhih  
paryavatishtate ||*

*(Srimad Bhagavadgita, 2/64-65)*

A devotee with his inner being under his control, wandering among the objects with his senses which are under his control and are devoid of attachment and aversion, attains inner happiness. When the inner being is happy, all its sorrows disappear and the intellect of that happy *Karmayogi* soon turns away from all other sides and becomes firmly fixed on the one God.

According to Yoga Darshan, nine major mental illnesses have been described-

*Vyadhistyaanshashayapramaadalasyaviratibhra  
ntidashanalabdhabhumikatvaanavasthitatvani*

*Chittavikshepasteantaraayah ||*

*(Patanjali yoga sutra, 1/30)*

 **AMITY INSTITUTE OF BEHAVIOURAL & ALLIED SCIENCES**  $\Psi$   
Positive Mental Health & Psychological First Aid Centre

**M.Phil. (CP) 2<sup>nd</sup> Year**

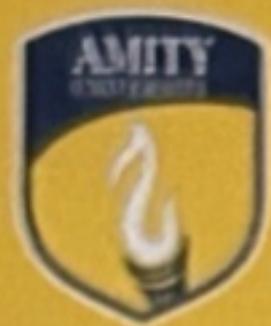
**Counselling /  
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**309**

M.Phil. Clinical Psychology  
2 Year  
Section A

**M. Phil (CP) 2nd Year  
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