



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
BUSINESS STUDIES**



COURSE

**Mindfulness and
Emotional Wellbeing**
(VAB114)

VALUE ADDED
COURSE BROCHURE-30 HRS
2024-25

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high-quality education provider with a prime focus on holistic learning and imbuing competitive abilities in students.

ABOUT SCHOOL

Sharda School of Business Studies believes in preparing students to approach business obstacles and solve them the way established corporations do. Learning happens both inside and outside the classroom; hence, technology plays a big part in the core culture, and so do global exposure, project management, critical reasoning, and business communications skills.

ABOUT COURSE

The course "Mindfulness and Emotional Well-being" is a value-added program designed to equip students with essential life skills that contribute to maintaining good health and understanding factors that enhance positive health and well-being. Spanning 30 contact hours, this course takes a holistic approach to health, emphasizing the integration of mindfulness practices to manage stress, increase emotional awareness, and foster overall well-being. Students will engage in both theoretical learning and practical exercises to develop strategies that promote happiness and fulfillment in their daily lives.

Throughout the course, students will explore various dimensions of health, such as physical, mental, and emotional well-being. They will learn about mindfulness and its importance, including techniques like Mindfulness-Based Cognitive Therapy (MBCT), which combines mindfulness with cognitive behavioral strategies. The course also focuses on emotional awareness, teaching students to recognize and regulate their emotions effectively. By the end of the course, students will be wellversed in practices such as expressing gratitude, positive thinking, and identifying personal strengths, all of which contribute to achieving a state of happiness and self-determination

COURSE SCHEDULE

Week	Content	Details of Topic Covered	Duration Hrs.
1	Concept of Holistic Health and Its Principle	Introduction to holistic health, its principles, and importance.	3
2	Dimensions of Health and Various Facets of Wellbeing	Detailed discussion on different dimensions and facets of well-being.	3
3	Health-Enhancing Behaviors	Exploration of behaviors that enhance health and wellbeing	3
4	Nature and Concept of Stress and Mind-Body Connections	Understanding stress, its impact on the body, and mindbody connections.	3
5	Fundamentals of Mindfulness	Introduction to mindfulness, its significance, and basic principles.	3
6	Strategies for Mindfulness	Various strategies and techniques to practice mindfulness.	3
7	Techniques of Mindfulness-Based Cognitive Therapy (MBCT) – STOP, Body Scan, RAIN	Learning specific MBCT techniques: STOP method, body scan, and RAIN.	3
8	Recognizing and Labeling Emotions	Methods to recognize and label different emotions effectively.	3
9	Emotional Regulation Strategies	Techniques and strategies for effective emotional regulation.	3
10	Integrating Mindfulness into Daily Life and Happiness Activities (Gratitude, Positive Thinking, Flow)	Applying mindfulness in daily routines and engaging in activities that promote happiness such as expressing gratitude, positive thinking, and achieving flow.	3
Total			30

PROFILES

Prof. Himanshi Puri

Dr. Himanshi Puri is a Bachelor of Dental Surgery (BDS) and Masters in Hospital Administration (MHA) having backed up with more than 5 years of working experience with renowned consultancies, hospitals and educational institutions. As a Healthcare & Hospital Administration faculty her main areas of core competence are Hospital Management, Quality Control, Patient care service, Hospital Planning and operations. She has been actively involved in facilitating NABH re assessment audit and internal audits with renowned private hospitals of repute. Prior to joining Sharda University she was associated with Galgotias University and the Institute of Clinical Research India as an Assistant Professor.

Prof. Richa Pandey

Prof. Richa Pandey has worked with several private and government universities in the past teaching healthcare and hospital management .She has also worked in Healthcare consultancies (PAN India) and hospitals before she embarked on her academic career .Before Sharda University she has taught in Amity University,Galgotias University and DPSR University (Delhi University). She is currently pursuing her Ph.D. from Galgotias University and ICRI Delhi . She is a Dental Surgeon (B.D.S) who has done her Masters in Health and Hospital Management from IIHMR Delhi.

Prof. Saniya Zehra

MBA in Health and Hospital Administration from Jamia Hamdard University and BUMS from Delhi University. Currently working with Sharda university as an Asst. Prof. in sharda school of business studies. Prior to that associated with Institute of Good Manufacturing Practices India (IGMPI) in New Delhi as an associate prof. in Healthcare dept. for 1yr and 6 months. Brings a rich experience of nearly a decade in the areas of Patient Care, Quality Audits, Hospital Administration, Quality Management, Accreditation Programmes with ability to lead, supervise and manage. Moreover, Also been associated with various renowned organisations like Fortis and Metro Group of Hospital as a Senior Quality Coordinator. Also worked for more than 5 years with esteemed healthcare organizations, Shri Ram Singh Hospital & Heart Institute and Ashok Multispeciality Hospital as a Quality Head and NABH Consultant. Additionally, also worked as a RMO in various hospitals. Over the years, work to designs and implements Hospital policies & programs at the highest standards so that the patients receive the highest level of care. She ensures Quality Assurance and Compliance functions. Also monitors expenses and suggest cost-effective alternatives along with creating and reviewing multiple documents of organization including SOPs, Manuals, Protocols, and annual budgets. She has been involved closely in conducting and lead quality audits, drills, awareness, and training programmes. She also leads the periodical assessment of hospitals on quality checklist, Identifying the gaps and developing action plan.

Prof. Ambika Khurana

Prof. Ambika Khurana specializes in teaching analytics, optimization, and simulation, with a focus on their applications in the service industry and logistics management. Before joining Sharda University, she was associated with GNIOT College of Management in Greater Noida, where she taught B.Tech. and M.B.A. courses. Prof. Ambika holds an M.Sc. in Mathematics, an M.B.A. in Human Resource Management, and an M.Phil. in Mathematics from G.J.U. and K.U.K. (Haryana). She was awarded a gold medal for her M.Sc. in Mathematics.

Prof. Manik Batra

Manik Batra is a results-driven and highly adaptable professional with a proven track record of success in Healthcare Management. With a strong combination of research acumen and expertise in data analysis, Manik excels in using tools like Tableau and Python to deliver exceptional performance and drive strategic outcomes. With 2.5 years of field experience, Manik is pursuing a PhD while holding an MBA. This academic background is complemented by significant achievements, including publications in three Scopus-indexed international journals and participation in an international conference in Sweden. In addition to formal education and research contributions, Manik has acquired several certifications that enhance his skill set. These include Python for Beginners and Machine Learning from Infosys, Power BI from SkillUP by Simplilearn, and Six Sigma White Belt from the Council for Six Sigma Certification. Furthering expertise in marketing analytics, Manik has also completed certifications from the University of Virginia Darden School of Business and the University of Illinois at Urbana-Champaign. Manik's primary area of interest lies in Healthcare Management, where he continues to apply his knowledge and skills to make meaningful contributions and drive positive change.

Course Module

School: SSBS		Batch : 2022-25	
Program: MBA Integrated		Current Academic Year: 2024-25	
Branch:		Semester: V	
1. Course Code	VAB114		
2. Course Title	Mindfulness and Emotional Well-being		
3. Credits			
4. Contact Hours (L-T-P)	30 Hours		
Course Type	Value added course		
5. Course Objective	To know about the life skills that help to stay healthy, and understand the factors that promote positive health and well-being.		
6. Course Outcomes	<p>CO1 : To understand the concept of health with its dimensions and importance.</p> <p>CO2: To describe the concept of mindfulness and its various strategies.</p> <p>CO3: To use life skills that help people to stay healthy.</p> <p>CO4: To categorize factors that promote positive health and well-being.</p> <p>CO5: To understand and recognise the emotional wellbeing strategies.</p> <p>CO6: To integrate factors leading to Positive health and well being.</p>		
7. Course Description	<p>This course will provides a comprehensive exploration of health and wellbeing from a holistic perspective. Students will gain an understanding of the principles of holistic health and the various dimensions of well-being. The course will delve into health-enhancing behaviours and introduce mindfulness as a key practice for promoting overall well-being. Through a combination of theory and experiential exercises, students will learn strategies for managing stress, enhancing emotional awareness, and integrating mindfulness into daily life to cultivate happiness and fulfilment.</p>		
8. Outline syllabus		CO Mapping	
Unit 1	Health and well-being		
A	Concept of holistic health, its principles and importance	CO1	
B	Concept of health, dimensions, various facets of well-being	CO1	
C	Health enhancing behaviours	CO1	
Unit 2	Introduction to Mindfulness		
A	Nature and concept of stress, Mind-body connections	CO2	
B	Fundamentals of Mindfulness	CO2	
C	C Strategies for Mindfulness	CO2	
Unit 3	Techniques of Mindfulness-based cognitive therapy		
A	Emerging science of mindfulness, Techniques – STOP	CO3	
B	Mind body awareness and connection, technique-body scan	CO3	
C	Working with emotions, technique-RAIN	CO3	
Unit 4	Emotional Awareness		
A	Recognizing and labeling emotions	CO4	
B	Emotional regulation strategies	CO4	
C	Integrating mindfulness into daily life	CO4	
Unit 5	Happiness Activities		
A	Expressing gratitude and positive thinking; Love and kindness; Avoiding overthinking and social comparison	CO5, Co6	
B	Identifying signature strengths; Achieving happiness with “Flow”.	CO5, Co6	
C	The concept well-being; Self-determination and motivation	CO5, Co6	
Mode of examination	Assignments/Quizzes		