



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
BUSINESS STUDIES**



COURSE

**Mindfulness
and
Emotional Well-being
(NV20001)**

VALUE ADDED
COURSE BROCHURE-30 HRS
2026-27

Vision and Mission of the School

Vision of the School

To become a world class institution imparting education based on values, fostering culture of research, innovation and entrepreneurial spirit and exhibiting professional excellence for better and sustainable society.

Mission of the School

M1. Building conducive learning ecosystem

M2. Creating socially responsible future business leaders and entrepreneurs

M3. Imparting cutting-edge application based curriculum

M4. Boosting industry-academia connect

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 imbibing competitive abilities in students.

COs	P01	P02	P03	P04	P05	P06	PSO(1)	PSO(2)
C01	2	1	-	-	-	-	-	1
C02	2	1	-	-	1	-	-	1
C03	3	-	-	-	2	-	-	-
C04	3	-	-	2	2	-	-	-
C05	-	3	-	2	-	-	1	1
Co6	-	-	2	-	1	2	1	-

1-Slight (Low)

2-Moderate (Medium)

3-Substantial (High)

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 **‘Mindfulness and Emotional Well-being’ (NV20001)** is a dynamic course designed to provide students with a comprehensive understanding of health and well-being 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.

COURSE SCHEDULE

Week	Content	Details of Topic Covered	Duration Hrs.
1	Health & Well-Being	Introduction to the concept of health and well-being	3
2	Quality of life and Health enhancing behaviours	Understanding wider perspective of quality of life. Lifestyle behaviour, broad dimensions of health and its significance in life	3
3	Digital well being	Mindful use of social media and technology	3
4	Emotional Awareness and Regulation	Emotional regulation strategies—cognitive reframing, self control, coping mechanism, RAIN techniques	3
5	Fundamentals of Mindfulness	Introduction to Mindfulness	3
6	Stress, anxiety and depression, Mind-body connections	Insights into concept of stress, anxiety and depression and mind-body connections	3
7	Mindfulness Strategies	Strategies for Practicing Mindfulness- Formal, informal, developing mindful habits	3
8	Therapeutic Techniques	Mindfulness-Based Cognitive Therapy (MBCT)—concept, importance, STOP Technique	3
9	Mindfulness, Happiness	Happiness Activities and Positive Psychology—Positive thinking, gratitude practise.	3
10	Mindfulness and Personal Effectiveness	Well-being, Self-Determination and Motivation	3

PROFILES

Dr. Pradipta Chandra:

Dr. Pradipta Chandra, a dynamic techno-managerial professional, has received three prestigious degrees from IIT Kharagpur (Institution of National Importance). He received Ph.D., MS (by research in materials science and engineering), and MBA from Vinod Gupta School of Management (VGSOM), IIT Kharagpur. He has a sound knowledge in the polymer production management, process control, product validation, QA with the experience of setting up new manufacturing unit, implementation of standards like IS, ASTM in NABL lab. With 22 years' vast experience in academics with IIT Kharagpur, CIPET, Institution of Engineers (India), state universities, professional association with SMEs like The Supreme Industries Ltd., EXIDE, and R&D exposure in IIT Kharagpur, TBI-IIT Kharagpur, innovation and start-up, successful deployment of Govt. sponsored (DST, DSIR, Ministry of Textiles) projects he has been proving his professional excellency. With his versatile expertise he has a good association with IEEE, USA and India chapters and received awards as a token of his excellency in field demonstration of some unique research findings in technology transfer. He has published papers in SCOPUS and ABDC indexed journal and book chapters. Dr. Chandra has received prestigious "Dr. Rajendra Prasad Excellence Scientist Award-2022".

Dr. 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.

Dr. Richa Pandey:

She 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 a Dental Surgeon (B.D.S) who has done her Masters in Health and Hospital Management from IIHMR Delhi.

Dr. 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. She 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.

Dr. Mohammad Salman:

Dr. Mohammad Salman prior to joining as assistant Professor, was associated with Indian Institute of Management Bangalore for about 3 years in the capacity of Pre-Doctoral fellow (one-year full time program) and Research associate in organizational Behaviour and Human Resource Management area. He is Ph.D. from Aligarh Muslim University in HRM area. He won many accolades during his student life. He was gold medalist for securing first position in Master of Commerce (M.com) from Aligarh Muslim University. He has also qualified UGC- NET with JRF in Commerce. He has published several articles in Scopes listed and ABDC indexed journals such as European Journal of

Dr. Sumedha Agarwal:

Dr. Sumedha Agarwal is an Assistant Professor at Sharda School of Business Studies, Sharda University. She holds a Ph.D. in Management from Sharda University and is UGC-NET & JRF qualified. She has over 10 years of experience in academia and industry. Prior to joining Sharda University, she served at Jamia Millia Islamia, Dr. B.R. Ambedkar University Delhi, Amity University, and Jaipuria Institute of Management.

Her research interests include consumer behaviour, services marketing, branding, customer experience, marketing communications, and entrepreneurship. She has published research papers in Scopus-indexed journals, contributed book chapters with leading international publishers, and presented her research at national and international conferences. She has also edited an academic book, holds three patents, and has developed e-content for the SWAYAM Prabha initiative. She teaches courses in marketing, entrepreneurship, business communication, and consumer behaviour.

School: SSBS Programme: BBA/B.Com Branch:		Batch : 2024-27 Current Academic Year: 2026-27 Semester: V	
1. Course Code	NV20001		
2. Course Title	Mindfulness and Emotional Well-Being		
3. Credits	Audit Course		
4. Contact Hours (L-T-P)	30 Hours		
Course Type	Value added course		
5. Course Objective	1. To introduce the concept of health, holistic well-being, and their importance in personal and professional life. 2. To develop understanding of stress, mind-body connection, and fundamentals of mindfulness. 3. To familiarize students with mindfulness techniques such as STOP, body scan, and meditation practices. 4. To enhance emotional awareness and develop effective emotional regulation skills.		
6. Course Outcomes	After successful completion of this course, students would be able to: CO1: Explain the concepts of health, holistic well-being, mindfulness, and stress. CO2: Describe the mind-body connection, emotional awareness, and fundamentals of mindfulness. CO3: Apply mindfulness techniques such as STOP, body scan, and meditation for stress management. CO4: Analyse emotions and apply RAIN and emotional regulation strategies in real-life situations. CO5: Evaluate the role of mindfulness-based therapy and positive psychology in enhancing well-being. CO6: Design a personal mindfulness and well-being plan for long-term growth		
7. Course Description	This course will provides a comprehensive exploration of health and well-being 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.		
8. Outline syllabus		CO Mapping	
Unit 1	Health, Well-being and holistic Development		
A	Definition of Health, concept of well being and quality of life	CO1	
B	Concept of holistic health—principles and importance	CO1	
C	Health enhancing behaviours—Lifestyle behaviour, digital well being	CO1	
Unit 2	Introduction to Mindfulness, Stress	CO1	
A	Nature and concept of stress, anxiety and depression, Mind-body connections	CO2	
B	Fundamentals of Mindfulness	CO2	
C	Emerging science of Mindfulness	CO2	
Unit 3	Mindfulness Strategies and Therapeutic Techniques		
A	Strategies for Practicing Mindfulness- Formal, informal, developing mindful habits	CO3	
B	Mindfulness-Based Cognitive Therapy (MBCT)—concept, importance, STOP Technique	CO3	
C	Mind-Body Awareness Techniques, Practical Applications in Daily Life	CO3	
Unit 4	Emotional Awareness and Regulation		
A	Emotional Awareness—understanding its role, identifying and labelling triggers,	CO4	
B	Emotional regulation strategies—cognitive reframing, self control, coping mechanism, RAIN techniques	CO4	
C	Working with Emotions in Professional Life	CO4	
Unit 5	Mindfulness, Happiness and Personal Effectiveness		
A	Integrating Mindfulness into Daily Life	CO5, CO6	
B	Happiness Activities and Positive Psychology—Positive thinking, gratitude practise.	CO5, CO6	
C	Well-being, Self-Determination and Motivation	CO5, CO6	
Mode of examination	Assignments/ Quizzes		
Text book/s*	1. Jay Shetty, Think Like a Monk, Simon & Schuster, 2020, ISBN: 9781982134488, 352 pages; 2. Preeti Shenoy, The Magic Mindset, HarperCollins India, 2021, ISBN: 9789354227721, 223 pages; 3. Gauranga Das, The Art of Focus, Penguin Random House India, 2022, ISBN: 9780143452737, approx. 272 pages; 4. Om Swami, The Wellness Sense, Penguin Ananda, 2015, ISBN: 9780143424123, approx. 304 pages.		
Other References	1. Amit Ray, Mindfulness Living in the Moment, Inner Light Publishers, 2014, ISBN: 9780990631309, approx. 150 pages; 2. Amish Tripathi & Bhavna Roy, Dharma: Decoding the Epics for a Meaningful Life, Westland Publications, 2020, ISBN: 9789388754088, approx. 320 pages; 3. Pawan Sinha, Bahirang Yog, Indian Knowledge Systems, 2019; 4. Kristin Neff, Self-Compassion, HarperCollins, 2011, ISBN: 9780061733529, approx. 336 pages.		