



## **ARMY INSTITUTE OF MANAGEMENT AND TECHNOLOGY, GREATER NOIDA**

### **FDP/MDP on Achieving Excellence with Mental Wellness**

**August 21 to August 25, 2023**

A five-day FDP/MDP programme was organised by the Army Institute of Management and Technology from August 21 to August 25, 2023, with the theme of **Achieving Excellence with Mental Wellness**. The objective of the FDP/MDP was to provide an in-depth understanding of mental wellness and dealing with stigmas around it. To help the participants learn to deal with stress in their professional and personal lives and to discuss the nuance of mental health at the individual and interpersonal levels. It was conducted in hybrid mode. Welcome address by Dr. JK Sahu, Director Who spoke about “Whether young or old, the importance of mental health for total well-being cannot be overstated? When psychological wellness is affected, it can cause negative behaviours that may not only affect personal health but also compromise relationships with others.

The first day session covered mainly the Science of Happiness. Acharya Shri Prem Bhatia, the founder and president of Vishwa Bharti Yoga Sansthan, has dedicated his life to yoga. He covered the first day's session, where he shared his personal experience of practicing yoga for 25 years. He spoke about taking care of oneself and focused on the stigma surrounding mental health. He further spoke about a journey in life that takes us from illness to wellness. He concluded the sessions by stating how mental wellness affects our lives and workplace.

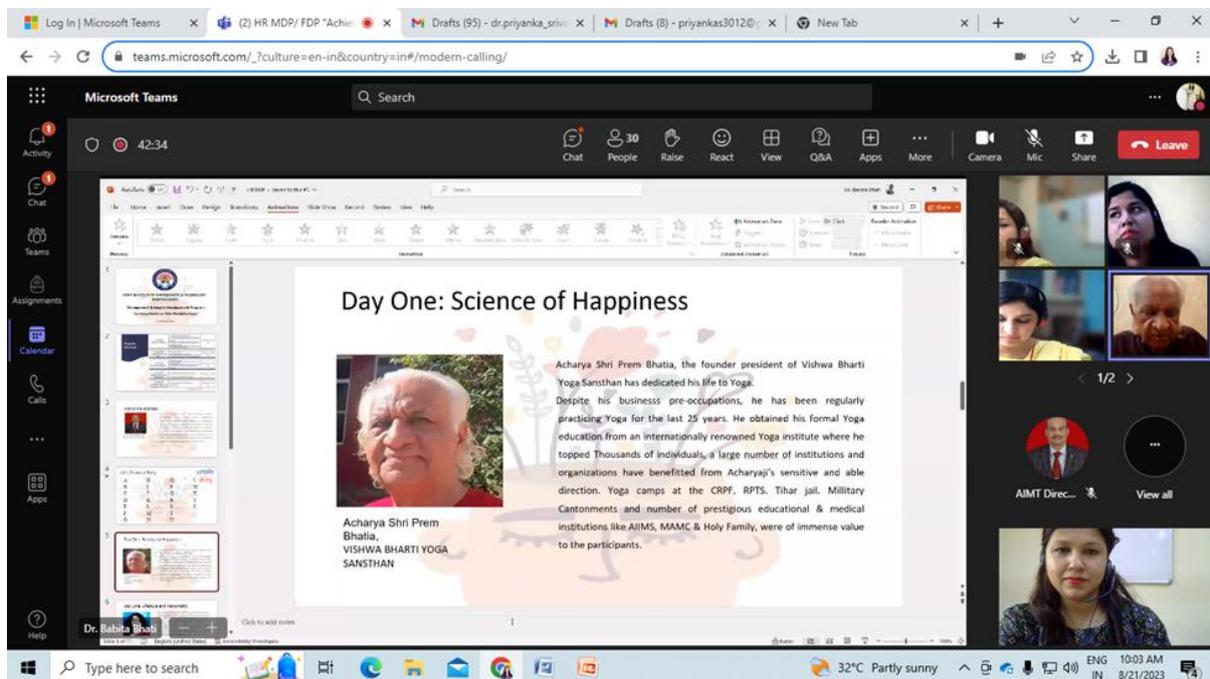
Dr. Nilambara emphasised the importance of lifestyle choices, including social relations, consumption habits, entertainment, and fashion preferences, in personal growth. The Lifestyle Questionnaire helps individuals understand how their choices align with specific personality traits. Dr Nilambara emphasised that change is constant, and proactive change agents can embark on personal growth, transformation, and self-discovery by recognising the profound influence of lifestyle on personality. Dr. Priyanka Shrivastav emphasises the importance of self-management in stress management, recognising the automatic response to physical and mental demands. The Faculty Development Programme provides tools to assess stress levels

and improve overall well-being, fostering awareness of stressors and their impact on overall happiness and well-being.

Dr. Babita Bhati's session aimed to improve workplace outcomes by fostering a comprehensive understanding of emotional intelligence (EI), enhancing interpersonal relationships, and improving workplace outcomes. Participants learned self-assessment exercises, practical strategies, and the importance of healthy relationships using "magic words."

On the fourth day, Dr. Shruti Gupta, a Skill Associate Professor at Shri Vishwakarma Skill University, discussed the crucial topic of managing relationships in business and life. She introduced the transactional analysis framework, emphasising the importance of effective communication and relationships. Gupta shared principles like active listening, empathy, open communication, respect, and flexibility.

Amitabh Kumar, an ICF PCC Executive Coach and Certified NLP Practitioner, led the fifth day of the Faculty Development Programme with a transformative experience. Kumar's dynamic exercise, "WOOP & AR," encouraged personal growth and life balance through self-assessment and the Wheel of Life, promoting a holistic perspective. Col Pandey (retd) delivered the valedictory speech during the conclusion of the Faculty Development Program (FDP).



Microsoft Teams Meeting Interface

Browser tabs: HR MDP/ FDP "Acharya", HR FDP.pptx, Inbox (5,855) - babita\_bhati@ai..., (S) WhatsApp, Drafts (59) - babita\_bhati@ai..., teams.microsoft.com/\_/modern-calling/

Meeting Time: 20:39

Participants (17):

- SM: S Mohanty (Guest)
- US: uparna st...
- DT: Dr. Shilpa T...
- MS: Monika Sha...
- RA: Raman Aro...
- MK: Mrs. Apam...
- RP: Ramchand ...
- NG: Neelakanta...
- D: Dr. Ashima (...)
- Dr. Mitunj...

Presenters (4):

- Dr. Babita Bhati (Organizer)
- Dr. Sheruti Gupta (Guest) (Meeting guest)
- Dr. Nilambara Srivastav
- Dr. Priyanka Srivastava

Attendees (17):

- Diptendu Chakraborty (External)
- Dr. Anubhav Varna
- Dr. Mitunjay Kumar
- Dr. Shilpa Tandon (Guest) (Meeting guest)
- Dr. Ashima (Guest) (Meeting guest)
- Dr. Dharti Raje S... (Guest) (Meeting guest)
- Monika Sharma (External)
- Mrs. Aparna Koth... (Guest) (Meeting guest)

System tray: 29°C Party sunny, 10:10 AM, 8/24/2023