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GOOD HEALTH
AND WELL-BEING

Shoolini University Leads
the Way in Prioritizing
Mental Health with
Innovative Initiatives



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University

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University

NO PRESSURE
NO DIAMONDS



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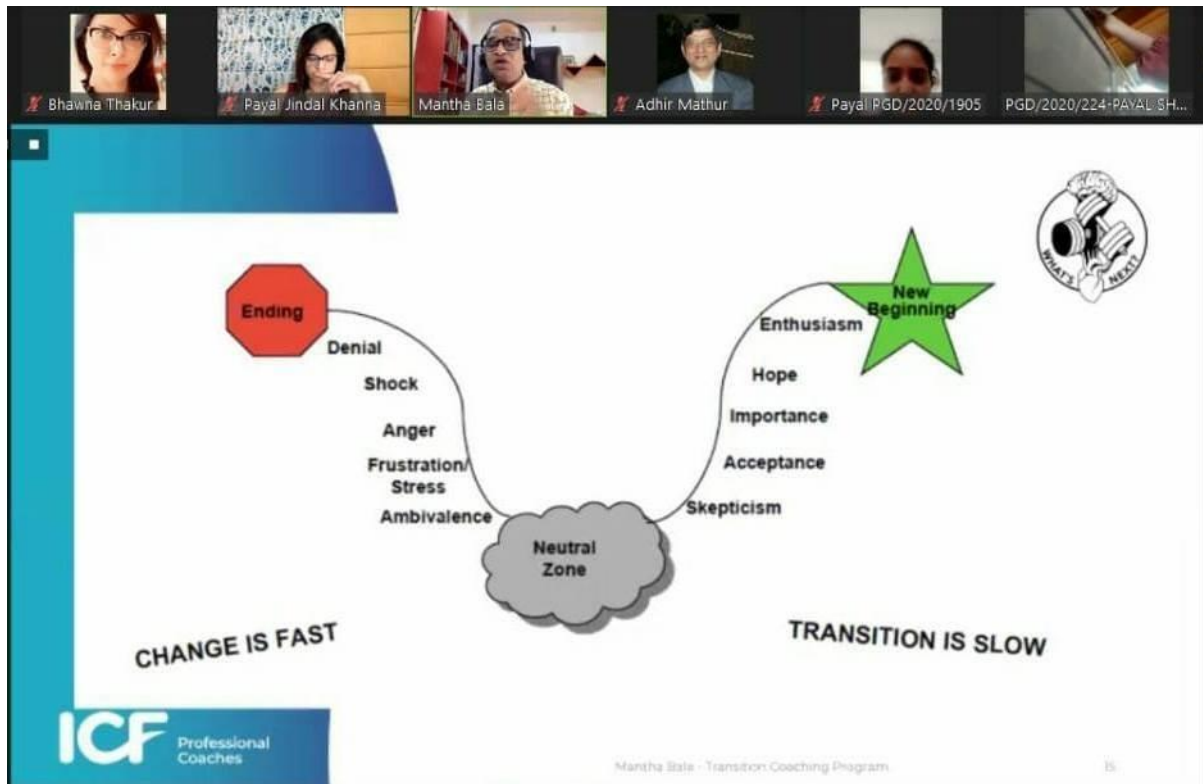
Shoolini gets a diamond rating as an Institution of Happiness



Shoolini University has been awarded the prestigious ‘Diamond’ rating by QS I-Gauge, a custom-designed rating system for universities and colleges in India. The university is among only 20 universities in the country to get this ranking and is the only one located in Himachal Pradesh. These ratings are awarded after a rigorous independent audit conducted by the QS team on seven core and two advanced criteria, Shoolini university received a diamond in Teaching and learning, faculty quality, employability, diversity and accessibility, research categories, and received Platinum in innovation, governance, social responsibility, and facilities. Earlier, the Engineering department of the university had received a ‘Diamond Rating’ in the QS I-GAUGE rankings.

Link to News- <https://shooliniuniversity.com/news/shoolini-univ-gets-diamond-rating-from-qs-i-gauge-tops-in-himachal>

“What’s Next”: Session on Mental Health wellbeing.



On May 8th, Shoolini University's Learning Series, an integral part of the V-Empower Coaching project, organized its 7th session titled "What's Next." The session featured Coach Mantha Bala as the keynote speaker, who offered insights into the pivotal question of "What's Next." With certifications in coaching and training, including PGDE accreditation in Entrepreneurial Motivation Training (EMT LAB), Mantha emphasized the significance of aligning one's heart and mind, strengthening mental resilience, and implementing thoughtful actions when embarking on new endeavors. He underscored the need to embrace and welcome changes in one's life to discover their true calling. Mantha also delved into "Prochaska's Stages of Change," highlighting the steps involved in transitioning from old behaviors to new beginnings. He differentiated between change as a swift, situational event and transition as a gradual, psychological process. The key takeaway from this session was the importance of embracing change while maintaining a positive outlook and silencing the inner critic. It emphasized that individuals have the power to drive their motives, focusing on what propels them forward rather than succumbing to negativity.

Link to News-

<https://himachaltonite.com/himachal/session-organised-on-mental-health-at-shoolini-univ/>

Shoolini University represented at the (CRE) Continuing Rehabilitation Education programme organised by Composite Regional Centre, Sunder Nagar

Prof. Nand Lal Gupta, Head of the Department Centre of Psychology and Behavioural Sciences from Shoolini University represented the university in a 2-days (12 points) CRE (Continuing Rehabilitation Education) programme which was organised by Composite Regional Centre, Sunder Nagar, on the Topic, "Psychosocial Issues faced by Children with Learning Disability". The Center is well-known for its work in skill development, rehabilitation, and disability empowerment (under NIEVPVD, Ministry of Social Justice and Empowerment, Government of India). Shoolini University PhD and MSc Psychology students also attended seminars on diverse difficulties such as learning disability (LD).

Link to News-

<https://himachaltonite.com/education/shoolini-university-represented-at-cre/>

Shoolini University, under the aegis of the Legal Aid Committee, organised a legal aid camp in Sanhol panchayat.



Shoolini University's V-Empower program hosted an enlightening coaching learning session on the topic of "Personal Agility." The session featured Coach Anbu Joseph, who holds credentials from the International Coaching Federation and serves as an Enterprise Agile Coach at Capgemini India Private Ltd. Mr. Joseph provided insights into the concept of "Personal Agility" and its practical application in daily life. He stressed the importance of setting clear goals, assessing their value, and progressively achieving them.

During the session, Mr. Joseph introduced the PAS (Personal Agile System), which encourages individuals to adopt agile practices for personal growth. He highlighted the numerous benefits of PAS, including overcoming procrastination, enhancing focus, reducing stress, and promoting flexibility and adaptability. Furthermore, he discussed the practical implementation of PAS in everyday life, utilizing various coaching tools such as

the 6 questions, PAS prioritymap, PAS forces map, breadcrumbs for reflection, alignment compass, stakeholder canvas, and daily small celebrations. In a separate session organized by the V-Empower team, Coach Bama Shivkumar explored the topic of "How Coaching Helps in Building Clarity for Career Choices." Bama, an Associate Certified Coach with expertise in leadership, behavioral coaching, and POSH Learning Interventions, emphasized the distinct nature of coaching, which focuses on questioning as a means to empower individuals to chart their own path to the future. This approach differs from traditional teaching and mentoring, offering support rather than counseling or advice.

Link to News-

<https://himachaltonite.com/himachal/legal-aid-camp-organised-by-shoolini-university-at-sanhol-panchayat/>

Play reading organized on "Suppressed Desires"



The Shoolini Literature Society (Belletristic) was renowned for its consistent organization of literary events. One of their distinctive and refreshing events was an online/offline play reading, meticulously conducted by the dedicated faculty members of the department. The play chosen for this occasion was "Suppressed Desires," authored by the esteemed writer Susan Glaspell, which served as a satirical exploration of psychology's influence on individuals and their personal environments. It offered a tongue-in-the-cheek perspective on the dual facets of psychoanalysis, devoid of bitterness or rancor. Within the narrative, three family members engaged in spirited debates about the merits and drawbacks of dream analysis and suppressed desires, advocating the liberation from unconscious inhibitions in pursuit of a more liberated life. Nevertheless, this pursuit came at a cost, affecting personal relationships adversely. Notably, Assistant Prof. Mr. Neeraj Pizar and Dr. Navreet Sahi skillfully portrayed the roles of Mr. and Mrs. Brewster, while Purnima Bali brought the character of a young sister, Mabel, to life. The event also saw active participation from other esteemed faculty members who joined in the subsequent discussion. The online/offline event was made accessible to a wide audience

through live-casting on multiple social media platforms and on the campus itself, creating an enjoyable experience for all who attended.

Link to News-

<https://himachaltonite.com/education/play-reading-organised-at-shoolini-univ/>

Conference Organised on spirituality for holistic wellness at Shoolini University



The Yogananda Center for Theology (YCT) at Shoolini University orchestrated the Yogananda Annual Conference on Spirituality for Holistic Wellness in collaboration with the School of Ancient Theology, Indian Wisdom, and Yoga Science. The one-day conference featured an illustrious panel, including Swami Bramhamurti, Founder and Chairman of Dhyana Yoga Ashram and Ayurveda Research Centre, businessman Arvinder Singh, and Prof. Sushim Dubey, Head of the Department of Philosophy at Nava Nalanda Mahavihara, Ministry of Culture India. Swami Bramhamurti, in his address, emphasized the importance of understanding knowledge for soul liberation, illustrated through stories about Paramahansa Yogananda, consumerism, life, and enlightenment. Mr. Arvinder Singh discussed the impact of politics on religion, lamenting the ceremonial nature of the world and the exile of the spiritual path, while also exploring different approaches to spirituality. Prof. Sushim Dubey shared insights on transcendence, spirituality, and morality. Prof. PK Khosla, the Chancellor of Shoolini University, humbly shared his ongoing spiritual journey. The session concluded with a valedictory ceremony and cultural performance, organized by Mr. Vivek Atray, Chairman of YCT. The event, coordinated by Dr. Supriya Srivastava, with the support of Dr. Subodh Saurabh and the entire YCT team, drew an enthusiastic audience of students and faculty from the university.

Link to News- <https://himachaltonite.com/himachal/conference-organised-on-spirituality-for-holistic-wellness-at-shoolini-university/>