



Holistic Mental Well-being Programme

(Yoga, Meditation, Sports & Substance Use Awareness)

Organised by: Department of Physical Education

Target Group: Undergraduate Medical Students

Academic Year: 2025–2026

Total Duration: 15 Hours



Programme Overview

The Holistic Mental Well-being Programme is designed to promote mental health, emotional balance, stress management, and healthy lifestyle practices among students. The programme integrates Yoga and Asanas, Meditation and Mindfulness, Recreational and Team Sports, and Substance Use Awareness to support students' overall psychological well-being, physical fitness, and social bonding. ●●●●

Programme Objectives

- Enhance mental well-being through yoga and mindfulness
- Promote stress reduction and emotional balance
- Encourage physical activity, teamwork, and social interaction
- Create awareness about substance use and its impact
- Foster healthy coping strategies and positive lifestyle choices

Sl. No.	Date	Activity	Duration
1	06/05/2025	Yoga & Asanas for Mental Well-being	2 Hours
2	18/06/2025	Meditation and Mindfulness Practices	1 Hour
3	25/06/2025	Substance Use Awareness and Prevention	2 Hours
4	19/07/2025	Friendly Matches (Recreational Sports)	2 Hours
5	26/07/2025	Friendly Matches (Team Sports)	2 Hours
6	26/07/2025	Yoga for Mental Relaxation and Focus	2 Hours
7	06/11/2025	Yoga & Asanas for Stress Management	2 Hours
	01/01/2026	Outdoor Exercises and Team Sports	2 Hours

Programme Schedule (15 Hours)

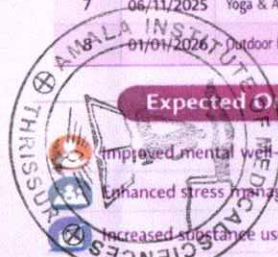
- Yoga asanas and pranayama
- Meditation & mindfulness practices
- Recreational & team sports
- Outdoor exercises
- Substance use awareness sessions
- Healthy lifestyle discussions

Expected Outcomes

- Improved mental well-being
- Enhanced stress management
- Increased substance use awareness
- Better physical fitness & social interaction
- Promotion of a balanced lifestyle

Programme Coordinator: Ancy T A

IQAC Coordinator / Head of Department: _____



Betsy
Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL
AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555



AMALA INSTITUTE OF MEDICAL SCIENCES, THRISSUR

2024 MBBS Batch

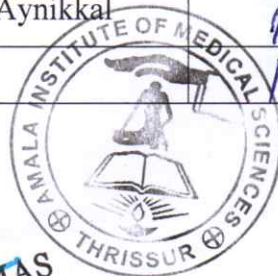
Sl. No.	Roll No.	Name of student	
			26/07/2025
1.	24001	Abel Kallor Babu	P
2.	24002	Adarsh Ashok	A
3.	24003	Adil Rahman K V	P
4.	24004	Afwa Hameed K	P
5.	24005	AkilaArif	P
6.	24006	Alan K V	A
7.	24007	Aleena Davis	P
8.	24008	AlinVinoy	P
9.	24009	Allen Saji Joseph	P
10.	24010	Alphonsa Siby	P
11.	24011	Amalu Unnithan	P
12.	24012	Anaj C S	P
13.	24013	Anakha S Chittilappilly	A
14.	24014	AneelaMajo	P
15.	24015	AnittaNijo	P
16.	24016	Anjima K Suresh	P
17.	24017	Ann Mariya Jose	P
18.	24018	Ann Mariya U B	A
19.	24019	Anova Anna K	A
20.	24020	Anusree S	P
21.	24021	Aparna J R	P
22.	24022	Arpitha T S	A
23.	24023	Aryan Satish Madham	P
24.	24024	Ashik V Binu	P
25.	24025	Awin Peter	P
26.	24026	Catherine Sam	P
27.	24027	Christina Grace Joly	P
28.	24028	Christy Jacob Shibu	P
29.	24029	Christy Mathew	P
30.	24030	Clewin Joseph	P
31.	24031	DevipriyaDeepu	P
32.	24032	E A Nathael Francis	A
33.	24033	Farha Mb	A
34.	24034	Feba Jose	P
35.	24035	Femi Varghese	



36.	24036	Gayathri D	P
37.	24037	GayathriKrishnakumar	A
38.	24038	Gerald Sajin	P
39.	24039	GerminusMerson	P
40.	24040	Gouri Navami P	P
41.	24041	Gouri V	P
42.	24042	Grace Maria Boby	P
43.	24043	Harinandana S	A
44.	24044	IbzaShalia S	A
45.	24045	JelenaJerard	P
46.	24046	Jenifer Treesa Antony	P
47.	24047	Jerome Jaimon	P
48.	24048	Jerusha Ann Sam	P
49.	24049	Jiya George Varghese	P
50.	24050	Joseph K Sunny	P
51.	24051	Joyal Jose A	P
52.	24052	Juvani Ann Thomas	P
53.	24053	Jyothishmayi A	P
54.	24054	JyothisReji	P
55.	24055	KarthikaSajikumar	A
56.	24056	KoottalaShiju Edwin	P
57.	24057	Krishna M	P
58.	24058	Krishna Prabhakar P	P
59.	24059	Lakshmi Prashob C	P
60.	24060	Lakshmi Vinod N	P
61.	24061	Lena Binu	P
62.	24062	Lince Martin Thomas	A
63.	24063	Malavika Santhosh	P
64.	24064	Mathew Joseph	P
65.	24065	MeghanaArun Kumar	P
66.	24066	Minnu Thomas	A
67.	24067	MinsaMariya A A	A
68.	24068	Muhammed Sidaan V S	P
69.	24069	Navaneeth P B	P
70.	24070	NavinPulikkottilManoj	P
71.	24071	Nawal Abdul Hameed	P
72.	24072	Neema Suresh	P



73.	24073	Neetha Ann Biju	P
74.	24074	Nerin Joseph	P
75.	24075	Nihal Rasheed K	P
76.	24076	NikithaRubelBiju	P
77.	24077	Noel Sunny	P
78.	24078	Paulraj M R	P
79.	24079	Reuben George Mathew	P
80.	24080	Ria Maria Robert	P
81.	24081	RisalNazer	P
82.	24082	Riya Tom	P
83.	24083	Rohan Frank	P
84.	24084	Ruvine Anna Varughese	P
85.	24085	Sailekshmi B	P
86.	24086	Sai Swaroop A K	P
87.	24087	Sana P	A
88.	24088	Sanjay Thomas	A
89.	24089	Satheerthya Cs	A
90.	24090	Savio Sunny Punnathanathe	P
91.	24091	Shamly Maria Shani	P
92.	24092	Sheba Cilla Korulla	P
93.	24093	Shreya Elsa Abraham	P
94.	24094	Shreya P Vadakoot	P
95.	24095	Sneha J Fernandez	P
96.	24096	SunaihaMariyam Ameer	P
97.	24097	SwapnaSudhir	A Absent
98.	24098	T Gouri	P
99.	24099	Tom Xavier	P
100.	24100	Vijay Sankar K	P
101.	23006	Ajeena K G	A
102.	23023	Antony ShajuAynikkal	P
103.	23052	Jeffry George	P



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 AMALA NAGAR, THRISSUR-680 555

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Holistic Mental Well-being Programme

Type of Activity: Student Support and Well-being Programme

Organising Unit: Dept of Physical Education

Target Group: Undergraduate Medical Students

Academic Year: 2025–2026

Duration: 15 Hours

Period of Conduct: 06 May 2025 – 01 January 2026

Background

Medical education is academically intensive and often places considerable mental, emotional, and physical demands on students. To support students in managing stress, maintaining emotional balance, and adopting healthy lifestyle practices, the institution organized the **Holistic Mental Well-being Programme**. The programme was designed to promote mental health through an integrated approach involving **yoga, meditation, physical activities, recreational sports, and substance use awareness**, thereby fostering resilience, self-care, and overall student well-being in alignment with institutional student support initiatives.

Objectives

- To promote holistic mental well-being and emotional balance among students
- To enhance stress management and mindfulness through yoga and meditation
- To encourage physical fitness, teamwork, and social bonding through sports activities
- To create awareness about substance-use and its impact on mental and physical health
- To foster healthy lifestyle practices and positive coping strategies

Description of the Activity

The Holistic Mental Well-being Programme was conducted as a structured student welfare initiative aimed at promoting mental, emotional, and physical well-being. The programme adopted a holistic approach by integrating yoga and asanas, meditation and mindfulness practices, recreational and team sports, outdoor exercises, and substance use awareness sessions.

Yoga and asana sessions were conducted to improve concentration, emotional stability, and stress management. Meditation and mindfulness practices helped students develop self-awareness and mental calmness. Recreational sports, friendly matches, and outdoor exercises promoted teamwork, physical fitness, stress reduction, and social interaction. Substance use awareness sessions educated students on the psychological and health consequences of substance use and emphasized preventive strategies and healthy coping mechanisms. The



programme was implemented over multiple sessions across the academic year to ensure sustained engagement and reinforcement of mental well-being practices.

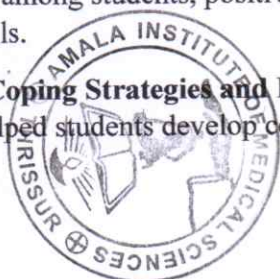
Schedule of Activities

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Total Duration: 15 Hours

Outcomes of the Programme

- 1. Improved Mental Well-being and Stress Management**
Regular yoga, meditation, and mindfulness sessions helped students manage academic stress, anxiety, and emotional fatigue. Participants demonstrated improved emotional regulation and enhanced coping ability during academic activities.
- 2. Enhanced Mindfulness, Concentration, and Emotional Balance**
Yoga and meditation practices improved students' focus, self-awareness, and emotional stability, contributing to better concentration, mental clarity, and positive thinking.
- 3. Increased Awareness and Preventive Attitude Towards Substance Use**
Substance use awareness sessions improved students' understanding of the psychological, social, and health consequences of substance use. The programme encouraged responsible decision-making, preventive behaviour, and willingness to seek help when required.
- 4. Improved Physical Fitness and Active Lifestyle Habits**
Yoga, outdoor exercises, and sports activities promoted physical fitness and motivated students to adopt regular physical activity and healthier lifestyle practices.
- 5. Strengthened Social Interaction and Teamwork Skills**
Friendly matches and team sports enhanced teamwork, communication, mutual respect, and social bonding among students, positively influencing emotional well-being and interpersonal skills.
- 6. Development of Positive Coping Strategies and Emotional Resilience**
The integrated approach helped students develop constructive coping mechanisms for



stress, peer pressure, and emotional challenges, strengthening resilience and adaptability.

7. Promotion of a Culture of Holistic Student Well-being

The programme reinforced the institution's commitment to holistic development by integrating mental health promotion, physical activity, awareness, and preventive care, contributing to a supportive campus environment.

Impact

The programme had a positive impact on students' mental health, emotional stability, physical fitness, and social well-being. It supported the institution's student welfare initiatives and aligned with NAAC quality indicators related to holistic development and well-being.

Conclusion

The Holistic Mental Well-being Programme was successfully implemented and well received by students. The initiative effectively addressed mental health promotion through a sustained and holistic approach. The institution plans to continue and strengthen such programmes to further support student well-being and academic performance.

Prepared by



Aracy T.A

Programme Coordinator

Verified by



Dr Deepthi Ramakrishnan

IQAC Coordinator



ANNEXURE – FEW SNAPSHOTS



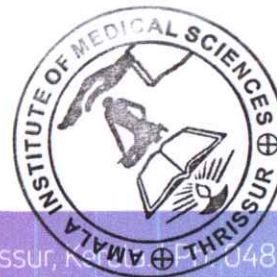


CERTIFICATE Of Participation

This is to certify that Anjima K. Soresh. has actively participated in the Holistic Mental Well-being Programme organised by Department of Physical Education held during the academic year 2025-2026 for a total duration of 15 hours. The programme was conducted with the objective of promoting mental well-being, emotional resilience, and healthy lifestyle practices through Yoga and Asanas, Meditation and Mindfulness Practices, Recreational and Team Sports, Outdoor Exercises, and Substance Use Awareness sessions. The participant's involvement and engagement in the programme are hereby duly acknowledged.

Ancy

Ancy T A
Programme Coordinator



Betsy

Dr. BETSY THOMAS
Principal and IQAC Chairperson
MD, FRCOG, DNB, MICOG

PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555