



We are entering a new renaissance where a “well-formed mind” could be totally devoid of all the information but can reach the peak of creativity. It will act out of the demand of this present moment.



www.abhyas.mu

Misconceptions About Mental Health

According to the World Health Organization (WHO), mental health stigma is a significant barrier preventing individuals from seeking help and receiving treatment. Many people **fear being judged, labelled, or discriminated against, which often leads them to conceal their struggles and avoid discussing their mental health.** This stigma is prevalent across different sectors, including workplaces, where employees worry about facing discrimination or losing opportunities if they disclose their mental health issues. Cultural and social factors further exacerbate this stigma, especially in regions with limited awareness about mental health.

How Can We Help?

Abhyas Institute of Universal Awareness is an institution approved by the Mauritius Qualifications Authority (MQA), the government organisation responsible for setting educational standards and accreditation qualifications in Mauritius. All instructors at Abhyas are MQA approved.

Based at the La Laura Centre, the Abhyas Institute of Universal Awareness serves as a **research hub for mental health and well-being.** It focuses on the physiological, psychological, emotional, and social factors that contribute to an individual's overall mental health.

By studying lifestyle choices, work environments, and social conditions that impact mental health, **Abhyas aims to identify effective interventions and develop modules that promote emotional balance, reduce mental health disorders, and enhance overall quality of life.**

Additionally, Abhyas runs the "Train the Trainer" program for local enthusiasts and aspirants, equipping them with the tools to evolve into the highest version of themselves and make a meaningful impact in both society and the workplace through the application of a pragmatic approach.

12 billion work days are lost every year to depression and anxiety.

“More than half the world’s population are currently in work and 15% of working-age adults live with a mental disorder. Without effective support, mental disorders and other mental health conditions can affect a person’s confidence and identity at work, capacity to work productively, absences and the ease with which to retain or gain work. Twelve billion working days are lost every year to depression and anxiety alone. Furthermore, people living with severe mental health conditions are largely excluded from work despite this being important for recovery. Mental health conditions can also impact families, careers, colleagues, communities, and society at large. ***Depression and anxiety cost the global economy US\$ 1 trillion each year predominantly from reduced productivity.***” (source: World Health Organisation)



Workplaces and Mental Health

An inability to handle stress, especially at the workplace, is one of the main causes of mental and physical health issues. ***When the stress is processed in the right way, there is progress***

Workplaces can be places of both opportunity and risk for mental health. On the one hand, workplaces that promote good mental health and reduce work-related stress not only enhance mental and physical well-being, but are also likely to reduce absenteeism, improve work performance and productivity, boost staff morale and motivation, and minimize tension and conflict among between colleagues. As a result, actions to protect and promote mental health in the workplace can be cost-effective.

Workplaces can be places of both opportunity and risk for mental health.

On the other hand, unemployment, discrimination in accessing or performing work, and poor working conditions can all lead to excessive stress, increasing the risk of developing new mental health conditions or exacerbating existing ones. Such negative working environments are the antithesis of what is needed for employees to thrive and perform their best.*

How Abhyas Can Help Improve Mental Health in Your Workplace?

"Abhyas' experienced instructors in conscious leadership, emotional well-being, time and conflict management, lifestyle disorders, stress management, and related areas have been working closely with professionals to equip them with the skills to needed to **maintain optimal performance and efficiency**. One-on-one counselling with leadership, along with the Employee Assistance Program (EAP), has been designed to deepen the understanding of underlying issues that may be causing stagnation in growth by applying a pragmatic approach to an individual's perspective and lifestyle."

Get in touch with us to curate the right plan for your organisation

Adapt Proven Practices

The Process :

Phase 1

De-learn

We are bombarded with ideas, because we are dictated by the past events, which could be a memorised version of ourselves. However, we are not who we think we are or what we have identified ourselves with.

“The process begins with becoming aware of the Self.”

Phase 2

Disrupt

If we are not aware of this present moment, then we are losing our time. Our body structure is such that it will find one way or the other to please itself, to get back to the same pattern over and over again.

And if we think that there is no scope of any progress, then we need to be receptive to the disruption in our lives. That will happen only by bringing about the attentiveness at this point in time and changing the very narratives. We make each cell of our bodies as receptive as possible to the reverberation of the energy that encircles us at all times. As we make this cut in the neural-pathways, our past no longer becomes our future.

“Each breath has the power to fill us with what we are looking for, accelerating the graph of success in our lives.”

Phase 3

Respond

To shape the desired future we need to bring awareness of this present moment. It begins with the lifestyle: how we sit, what we eat, etc., everything starts with our bodies. However, because our body and mind have become one, the decisions we make are being led by the emotions. Therefore, we need to create a gap between them.

“Once we are able to align our body and mind at a juncture at a specific place, where they come together on the same page, there will be Harmony.”

Phase 4

Take Control

Once we have the ability to gaze through the future on the seat of the intensity of this present time, we would feel more alive, awakened, and become more conscious of our thoughts.

“Now that we have this Inner Mechanism, it allows us to realise what is happening within ourselves and what we're capable of. We achieve discernibility, which is heightened and awakened to take control of our lives.”



Every organisation has a unique way of evolving. Through pragmatic approach, Abhyas helps foster this growth.

Offerings to Drive Transformation

We specialize in empowering individuals and organisations to **create thriving, heightened-awareness workplaces.** Through our holistic programs, we address challenges such as stress management, team alignment, and personal growth.

Partnering with us provides tailored solutions that **foster resilience, enhance focus, and build a culture of awareness.**

Collaborate

Optimize your team with life-guiding principles that resonate with shared core values. With **MQA-approved programs,** choose from a range of courses to begin your journey toward building a **highly efficient team.**

Each mindfully crafted course provides clarity on the underlying issues causing stagnation and **fosters a pragmatic approach** in overcoming them.

Optimise your team

Empower your leadership to inspire, align, and drive impact. Our programs focus on **self-governance,** a consistent level of excellence, enhanced emotional well-being, and the ability to resolve conflicts, enabling leaders to **navigate challenges and foster growth.**

With 1:1, individually tailored, practical solutions, **gain clarity for conscious leadership.**

Leadership

“

I joined Abhyas for their Leadership course in March 2023 and have benefited immensely. Since then, I have continued my journey at the institute, learning and practicing. Joining Abhyas has positively impacted various areas of my life, encompassing my health, general well-being, family, and work life.

I believe the teachings, knowledge and practices that Abhyas offers should reach as many people as possible.

Tony Lee Luen Len, Senior Partner, Ecosis

Get in touch with us to curate the right plan for your organisation

Experiential Courses

The inability to manage the circumstances is deeply rooted in our Inner Mechanism, which is the reflection of the self. How could we find ourselves to **'do what is needed'** is the message that Abhyas wants to provide and help with.

Workplace Self-Awareness

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (from 1-3 weeks)

Objectives:

Foster expanded self-awareness in participants.

Promote a pragmatic approach to life for personal and professional growth.

Develop emotional intelligence and resilience.

Create a shift in personal perspectives to enhance well-being.

Support participants in navigating life's complexities with greater ease.

Accreditation

Approved by Mauritius Qualifications Authority

NAW/4189/2024

About the Course

The awareness program has been divided into four phases of transformation, each focused on specific areas. It equips participants with the ability to take control of both the physiological and psychological, attuning the body and mind.

The four phases aim to bring disruption into the present moment with each day serving as a stepping stone toward heightened awareness. This prepares participants to process and strengthen themselves within.

Why take Self-Awareness Course?

Workplace Self-Awareness, grounded in life-guiding principles, is designed to establish fundamental practices for any organisation. The course helps create a culture of inclusivity and optimal performance by fostering a deeper understanding of how change in the workplace starts from within.

It covers key elements such as self-governance, stress and conflict management, and the judicious utilisation of resources and time. Starting with the body, the practices throughout the course guide participants through the complexities of understanding ourselves, making it clear and actionable through the application of transformative tools in daily life.

[**Book this course**](#)

All Abhyas experiential courses are Mauritius of Qualifications Authority approved and HRDC refundable

Emotional Well-Being

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (from 1-3 weeks)

Objective:

The objective of this course is to equip participants with effective techniques for managing emotions and maintaining calm, especially in challenging situations. By understanding the root causes of emotional patterns and how emotions manifest physiologically, participants will gain the skills to foster positive emotional transformations. The course aims to promote a holistic approach to living, enhancing self-awareness, decision-making, and emotional resilience.

Type:

Face-to-face

Accreditation

Approved by Mauritius
Qualifications Authority
NAW/4254/2024

About the Course

Through the systematic application of transformative tools, each module is designed to provide insights into the underlying causes of emotional barriers and offer practical tools to overcome them. With a focus on gradual understanding and targeted interventions, this course equips participants with the knowledge and skills needed to gain mental clarity and maintain equanimity, even in the most challenging circumstances.

Why take an Emotional Well-being Course?

This course has been designed to teach effective techniques for emotional management and managing stress, especially during challenging situations. It equips participants with the skills to understand, process, and transform their emotions, leading to greater clarity, resilience, and self-awareness. By delving into the root causes of emotional patterns, participants will develop a holistic approach to emotional well-being, empowering them to make impactful decisions and live more balanced lives.

Outline:

Module I: Governing Forces and Resilience in Adversity

Module II: Emotional Mastery Through Practical Solutions

Module III: Achieving Holistic Team Progress

Module IV: Turning Challenges into Opportunities

[Book this course](#)

Conscious Leadership

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (over 3 weeks)

Objective:

The objective of this course is to equip leaders with the clarity to navigate challenges effectively while fostering a culture of excellence and emotional balance. Participants will develop the ability to resolve conflicts constructively, maintain a consistent level of excellence in their performance, and enhance their emotional well-being to lead with resilience and purpose.

Type:

Face-to-face

Accreditation

Approved by Mauritius Qualifications Authority

NAW/4305/2024

About the Course

A prominent characteristic of a conscious leader becomes apparent when they exhibit the capacity to function at a level that surpasses the immediate impact of both their own emotions and the emotions of others, rooted in a profound comprehension that has been cultivated through navigating numerous trials and situations. The adeptness to rise above unease is underpinned by an unwavering commitment, and achieving sustained success necessitates steadfast perseverance. Gain clarity to tap into solutions through proven practices.

Why take Conflict Management?

This course is designed to help leaders and individuals gain mental clarity, make conscious decisions, and enhance team performance through personalised 1:1 counselling sessions and individually tailored practical solutions. By exploring the root causes of behaviour and emotions, participants will learn to navigate adversity with strength and transform challenges into opportunities for growth. This course empowers participants to develop emotional intelligence, lead with purpose, and foster a high-performing team culture.

Outline:

Module I: Governing Forces and Resilience in Adversity

Module II: Emotional Mastery Through Practical Solutions

Module III: Achieving Holistic Team Progress

Module IV: Turning Challenges into Opportunities

[Book this course](#)

Conflict Management

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (from 1-3 weeks)

Objective:

This course aims to develop self-awareness and emotional intelligence to handle conflict effectively across personal and professional settings. It equips participants with practical tools for problem-solving, decision-making, and clear communication while fostering teamwork, inclusivity, and stronger relationships. The focus is on transforming conflict into a catalyst for growth and improved performance.

Type:

Face-to-face

Accreditation

Approved by Mauritius Qualifications Authority

NAW/7258/2024

About the Course

This course is designed to help individuals and teams develop clarity and resilience through a pragmatic approach to conflict management. It combines self-awareness, transformative tools, and organisational insights to navigate conflicts constructively, using them as gateways for personal evolution and team synergy.

Grounded in life-guiding principles and an understanding of organisational dynamics, the program supports both personal and professional transformation by helping individuals shift their conduct, thinking patterns, and emotional responses.

Why take Conflict Management?

Conflict is often perceived as a hindrance, yet it holds within it the potential for profound growth. In workplaces, relationships, and communities, unresolved conflict often stems from limited perspectives, emotional reactivity, and unaddressed personal patterns.

This course reframes conflict as an opportunity—to introspect, communicate better, adapt to evolving situations, and develop emotional intelligence. Through understanding the root causes and triggers, individuals can move from confusion to clarity, from reactivity to responsiveness, and from isolation to inclusive collaboration.

Outline:

Module I: Why Conflict?

Module II: The Content of the Character

Module III: Conflict Triggers and Solutions

Module IV: Turning Challenges into Opportunities

[Book this course](#)

Managing Resources

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (from 1-3 weeks)

Objective:

This course is designed to help individuals develop the ability to utilize internal and external resources most judiciously, while cultivating the resilience needed to face adversity with clarity.

Participants will learn to recognize and nurture talent, transmute emotions into growth-oriented action, and shift from reactive patterns to grounded decision-making. With a strong emphasis on presence, self-reflection, and conscious conduct, the course supports participants in transcending personal limitations and aligning their actions with long-term growth and meaningful impact.

Type:

Face-to-face

Accreditation

Approved by Mauritius Qualifications Authority

NAW/8401/2025

About the Course

This course is a practical and reflective journey into understanding and optimizing the use of both internal and external resources. With a focus on perception, awareness, conduct, and emotional maturity, the course empowers individuals to move beyond conditioned responses and engage in conscious decision-making. It blends introspective practices with workplace relevance—offering participants tools to nurture talent, build resilience, and foster long-term growth by realigning personal narratives, refining conduct, and transforming limitations into opportunities.

Why Take Managing Resource Training?

In today's fast-paced environments, resources—whether time, energy, skills, or people—are often underutilized or misdirected due to limited awareness, reactive behavior, or outdated mental models. This course invites a shift in perspective: to see resources not just as tools, but as mirrors reflecting how we perceive, decide, and act. It emphasizes how personal conduct and emotional intelligence directly influence resource optimization, and how recognizing hidden potential—both in ourselves and others—can lead to sustained growth. By grounding participants in awareness and guiding them to practical application, this training becomes vital for anyone looking to lead, manage, or simply make the most of what they have.

Outline:

Module I: The Resources vs. the Utilization of Resources

Module II: Talent Management

Module III: Utilizing Resources Consciously

[Book this course](#)

Aspiring for transformation

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (over 3 weeks)

Objective:

This course aims to support participants in reshaping their inner mechanisms through self-expansion and receptivity. It facilitates breaking free from past patterns, expanding vision through inclusivity, and shifting perspectives by understanding the role of influence and presence. Participants will learn to recognize and release limiting narratives, develop conscious adaptability, and create a vision for the future grounded in awareness and co-existence. Ultimately, the course empowers individuals to operate with clarity, inclusiveness, and deep involvement in all aspects of life.

Type:

Face-to-face

Accreditation

Approved by Mauritius Qualifications Authority

NAW/8402/2025

About the Course

This course offers a deep-dive into reshaping the inner mechanism by expanding awareness, receptivity, and adaptability. Rooted in self-observation and grounded presence, it empowers individuals to move beyond conditioned mindsets, past limitations, and sensory-based perceptions. Participants are guided through practical tools and reflective sessions that foster transformation—from letting go of old narratives to embracing change through inclusivity and attentiveness. The course supports the emergence of a more conscious, adaptable self capable of leading with clarity and presence in any environment.

Why take Aspiring for transformation?

Transformation doesn't begin with external change—it begins with how we perceive, process, and respond internally. This course is essential for individuals seeking lasting, meaningful transformation through self-expansion and awareness. It helps participants move beyond past patterns and mental rigidity, and instead cultivate presence, inclusivity, and conscious engagement. By addressing deeply rooted internal narratives and offering practical ways to evolve them, this course acts as a catalyst for adaptive growth and leadership that is rooted in clarity, not reaction.

Outline:

Module I: Reshaping the Inner Mechanism through Self-Expansion

Module II: Expanding the Vision Through Inclusivity

Module III: Creating the Vision of the Future with Presence

[Book this course](#)

Maximize Time and Potential

Format:

In-person sessions with guided instruction, interactive workshops, and personal reflection exercises.

Duration:

9.5 hours (over 3 weeks)

Objective:

This course aims to enable participants to unlock the full potential of the mind by understanding and transforming conditioned patterns. Through the application of introspective tools, the course nurtures emotional intelligence for better time management, increases focus and productivity, and encourages conscious disruption of unproductive cycles. Ultimately, it equips individuals with the inner alignment and clarity required to make the most of every moment.

Type:

Face-to-face

Accreditation

Approved by Mauritius Qualifications Authority

NAW/7338/2024

About the Course

This course explores the intricate relationship between time, thought patterns, and personal potential. Through a blend of reflective inquiry, practical tools, and conscious awareness, participants are guided to recognize how conditioned behaviors and emotional responses affect their time and energy. The course fosters deep introspection, empowering individuals to disrupt habitual tendencies, develop presence, and consciously engage with life's moments. The outcome is greater productivity, emotional intelligence, and the ability to unlock inner potential through purposeful action.

Why take Maximize Time and Potential?

Time is often seen as an external resource, yet the true mastery of time lies within mastering our internal mechanisms. This course is ideal for anyone seeking to overcome procrastination, mental fatigue, and emotional distractions that hinder performance. It helps participants understand the influence of thoughts, emotions, and senses on time usage, and provides tools to reframe narratives, break repetitive cycles, and develop a present-moment mindset. By maximizing internal potential, one can enhance both personal well-being and professional efficiency.

Outline:

Module I: Time, Thoughts and Mind

Module II: Hindrances, Involvement, and Introspection

Module III: Disruption of The Present Moment

[Book this course](#)

Enhancing Organisational Success Through Meaningful Collaboration

At Abhyas, we are committed to supporting organisations in achieving their goals by aligning employee well-being and the core values. By fostering emotional resilience, self-awareness, and conscious leadership, our programs empower teams to work cohesively and sustainably.

Key Benefits :

- **Enhanced Productivity:** Equipping teams with tools to manage stress and emotions leads to increased focus and output.
- **Stronger Team Cohesion:** Improved self-awareness and communication skills enhance collaboration.
- **Sustainable Growth:** Aligning with SDGs ensures your organisation's strategies are future-proof and socially responsible.
- **Employee Retention:** Supportive workplace practices promote loyalty and job satisfaction.

Continuous Support

- **Tailored Plans:** Each program is designed to meet the specific needs of your organisation, ensuring alignment with your values and goals.
- **Employee Assistance Programs:** Ongoing support for individuals through counselling and guided sessions.
- **Leadership Coaching:** 1:1 mentoring and workshops to foster long-term growth and resilience among leaders.
- **Follow-up Mechanisms:** Periodic assessments and recalibrations to measure progress and adapt strategies as needed.

Preserving Your Core Values Pragmatically

- **Interactive Workshops:** Designed to foster collaboration and creativity.
- **Experiential Learning:** Practical sessions that encourage participants to apply lessons directly to their roles.
- **Holistic Approaches:** Modules that integrate physical, emotional, and psychological well-being, ensuring a balanced approach to team development.
- **Inclusivity and Awareness:** Cultivating a shared understanding of workplace challenges and fostering a supportive culture.

Investing in mental well-being and conscious leadership is no longer optional -it is essential for thriving in today's competitive landscape. By partnering with Abhyas, your organisation will not only achieve immediate improvements in performance and morale but also contribute meaningfully to global sustainability goals. Together, we can create a workplace that is resilient, innovative, and truly inclusive.

Get in touch with us to curate the right plan for your organisation



Abhyas Retreats and Residential Programs

Step into 2025 with Clarity, Purpose, and a Renewed Sense of Self



Enhanced Physical and Mental Well-Being through Grounding:

Connect with the elements of nature to heal the body physically and quieten the mind for expanded awareness.



Enhanced Lifestyle: Cultivate conscious lifestyle habits to enhance lifestyle experience.



Eco-Friendly Stay: Stay in accommodations designed to minimise environmental impact and promote sustainable consumption, and adopt habits that reflect eco-conscious values.



Learning for a Better Tomorrow:

Engage in thought-provoking workshops, handcrafted courses, and experiential approaches to deepen the understanding of life experiences. Apply pragmatic theory to create a positive impact in your daily life and cultivate renewed sense of self.

During the program, you will embark on an experiential journey that helps you integrate conscious living into your daily life. Through guided practices, reflective sessions, and practical tools, you'll gain a deep sense of clarity and purpose, enabling you to move forward with ease.*

Personalised Guidance from Experienced Instructors:

Receive mentorship of Abhyas instructors who offer tailored support, guiding you through your awakening journey and ensuring profound personal transformation.

Holistic and Handcrafted Courses:

Experience thoughtfully designed programs that nurture every aspect of your well-being—from mental clarity to emotional resilience—empowering you to achieve optimal health and a balanced life.

Scalable, Life-Changing Programs

Engage in flexible, progressive programs that evolve with you, providing continuous support and practical tools to foster a more conscious, joyful, and healthier life.



I am incredibly grateful for this experience and highly encourage anyone considering it to take the leap—you won't regret it.

[Inquire](#)

Adelfa, USA

What Happens After the Residential Program?

Abhyas as Knowledge Partner

Abhyas Institute of Universal Awareness as a knowledge partner, will support the establishment of organisational values through tailored programs starting at a duration of 100 hours.

With a focus on mental well-being and optimal performance, our network of professionals brings extensive expertise to foster emotional resilience, enhance productivity, and cultivate a culture of harmony. We collaborate closely with you, serving as trusted allies in creating sustainable solutions and driving impactful outcomes.

Plan your journey.

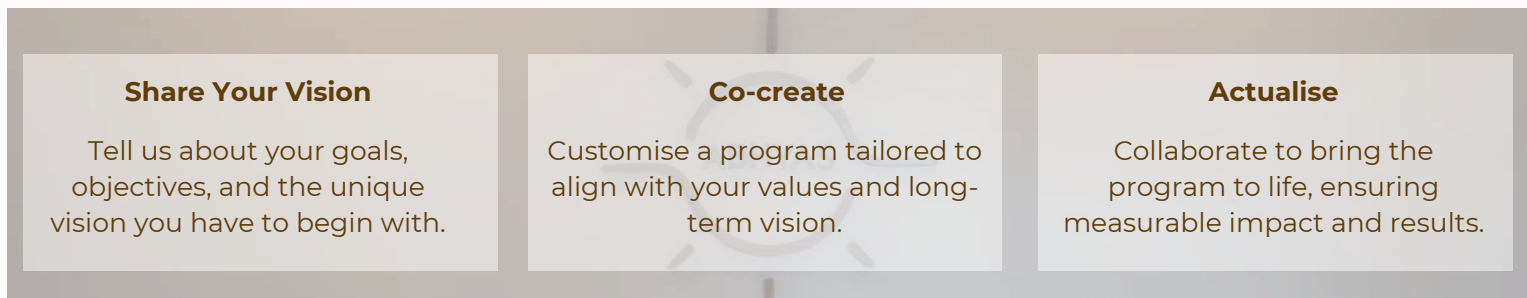
*The journey doesn't end when the residential program concludes —it's just the beginning of a deeper, more impactful transformation. For next 90 days, we offer an extended program to help you fully integrate the practices and principles learned during your residential program into your daily life.

This 90-day program is designed to inculcate the conscious living and lifestyle introduced in the program, providing consistent guidance to ensure meaningful and lasting change. Participants will work closely with Abhyas instructors through tailored sessions, offered on alternate days or 6 hours per week, depending on your schedule. This immersive approach allows us to systematically build on the foundation established during the program, strengthening your ability to live a conscious, joyful, and purpose-driven life.

What Can I Integrate from the Extended Program?

- | | |
|-----------------------|---------------------|
| Conscious Leadership | Maximised potential |
| Optimised performance | Synchronised team |
| Growth Mindset | Well-formed mind |

How It Works



Whether you're seeking personal transformation or a group experience, we work with you to design a program that aligns with your goals. Choose the pace, focus areas, and activities that resonate most with you, ensuring that every moment of your stay is meaningful and impactful. From one-on-one guidance to group workshops, your experience is tailored to enhance your awakening journey in a way that feels authentic and empowering.



Institute of Universal Awareness

Based at the La Laura Centre, Abhyas Institute of Universal Awareness serves as a **research hub for mental health and well-being**, focusing on the physiological, psychological, emotional, and social factors that contribute to an individual's overall mental health.

By investigating lifestyle choices, work environments, and social conditions that impact mental health, Abhyas aims to identify effective interventions and develop programs that **promote emotional balance, reduce mental health disorders, and enhance quality of life. All instructors at Abhyas are MQA-approved trainers.**

The Need to Awaken to Mental Training Programs at Abhyas Institute of Universal Awareness Well-Being

Mental health conditions continue to take a heavy toll on people's lives, yet mental health systems and services remain ill-equipped to meet these needs. Most individuals with mental health conditions lack access to effective care, as services are often unavailable, lack the necessary capacity, are difficult to access, or are unaffordable. In addition, widespread stigma prevents many from seeking help. Financial and human resources for mental health care remain scarce in most countries and are unevenly distributed.

*Due to extreme underinvestment, universal mental health coverage remains far out of reach, with the treatment gap for severe mental health conditions in some regions reaching a staggering 90%. As a result, far too many individuals with mental health conditions are not receiving the care they need and deserve.**

Abhyas Institute of Universal Awareness offers two transformative training courses: the **Corporate Train the Trainer (TTT)** and the **Teacher Training Course (TTC)**. The TTT course is designed for well-being professionals and enthusiasts, equipping them with practical, experience-based tools to address corporate and business challenges. It emphasises uncovering the root causes of complex issues through experiential science and life-guiding principles, beginning with self-implementation. Key focus areas include conscious leadership, emotional well-being, self-governance, time and resource management, conflict resolution, and Employee Assistance Programs (EAP).

The TTC, on the other hand, is tailored for those specialising in therapeutic counselling, rehabilitation, and holistic healing. It balances theoretical knowledge with practical skills, enabling participants to explore the root causes of emotional and psychological issues. The training course emphasises emotional well-being and trauma healing, therapeutic counselling, self-awareness, governance, and the study of terminal, chronic, and progressive conditions. Both training courses are grounded in the Abhyas ethos of experiential learning, fostering personal growth and empowering participants to make meaningful impacts in their respective fields.

[**Explore Our Trainings**](#)



Corporate Train the Trainer Course

The **Corporate Train the Trainer** (TTT) course in mental well-being at Abhyas is designed to empower individuals with the knowledge, skills, and tools needed to become effective facilitators of conscious leadership, mental health and emotional well-being. This course provides participants with a deep understanding of mental health concepts, including stress management, emotional resilience, lifestyle balance, and other grounding practices.

Through a combination of pragmatic learning and practical application, participants are trained to:

- **Conduct workshops and training sessions on mental well-being.**
- **Facilitate one-on-one coaching and group discussions.**
- **Implement evidence-based interventions for managing stress, conflict, and lifestyle disorders.**
- **Foster emotional intelligence and conscious leadership in both personal and professional environments.**

The program is open to individuals passionate about mental health, including educators, managers, wellness coaches, and aspiring trainers.

Steps to Enrol

Sign-Up



Sign up via E-Form to share your details and aspirations for the Corporate Train the Trainer course before it begins. Afterward, you'll receive a notification for a brief 'connect with your trainer', who will guide you through the next steps of your journey.

[**Sign-Up via E-Form**](#)

Connect with Your Trainer



Connect with one of Abhyas' lead instructors to discuss your journey of evolution. Once you begin, your schedule and timings will be set, and you'll be ready to move to the final stage for confirmation.

Confirm Your Training



After confirming your participation by completing the payment process, you'll receive details such as the course curriculum and outline, lodging and accommodations, and a quick 'connect with the current TTT batch'. Your journey with Abhyas begins!

Designed to address corporate and business challenges, the TTT course focuses on key areas:

- **Conscious Leadership and Decision-Making**
- **Emotional Well-Being and Self-Governance**
- **Time, Resource and Talent Management**
- **Emotional Intelligence and Conflict Management**
- **Employee Assistance Program (EAP)**



Through my experience with Abhyas, I discovered deeper dimension practices—one that works not only on the body but on the inner mechanisms that lead to a more meaningful life. This shift transformed my lifestyle completely—my diet became healthier, I developed a sense of discipline I had never known, and I began living more consciously. It all culminated in a profound, positive impact on my mood and emotions, helping me build resilience in the challenges around me. Abhyas has guided me toward a better, more fulfilling life, and for that, I am truly grateful.

Kanusha, Student (TTT)



Teacher Training Course

The **Teacher Training Course (TTC)** encompasses essential aspects of therapeutic counselling, rehabilitation, and holistic healing, balancing theoretical knowledge and practical skills. **It emphasises uncovering the root causes of complex issues through experiential science and the application of life-guiding principles**, starting with self-implementation of the course's structure.

The TTC focuses on the following key areas:

- Emotional Well-Being and Trauma Healing
- Therapeutic Counselling & Rehabilitation
- Self-Awareness and Governance
- Study and Analysis of Terminal, Chronic, Progressive, and Special Cases

Steps to Enrol

Sign-Up



Sign up via E-Form to share your details and aspirations for the Teacher Training Course before it begins. Afterward, you'll receive a notification for a brief 'connect with your trainer', who will guide you through the next steps of your journey.

[Sign-Up via E-Form](#)

Connect with Your Trainer



Connect with one of Abhyas' lead instructors to discuss your journey of evolution. Once you begin, your schedule and timings will be set, and you'll be ready to move to the final stage for confirmation.

Confirm Your Training



After confirming your participation by completing the payment process, you'll receive details such as the course curriculum and outline, lodging and accommodations, and a quick 'connect with the current TTC batch'. Your journey with Abhyas begins!

Abhyas has created a harmonious rhythm in my life, reinforcing the principles of awareness, self-governance that I have learned through my practices. It has brought a greater sense of alignment and balance, enhancing both my spiritual well-being and my overall quality of life.

In summary, the transformation I have experienced through Abhyas has been profound. I look forward to continuing this journey, sharing my knowledge, and helping others discover the incredible benefits of universal practices.

Sanjeev, Student (TTC)

The Need for Trained Professionals and Expanded Resources

The WHO's latest **Mental Health Atlas** analysis confirms that progress towards accessible mental health care has been slow. New demands for mental health services are now placing even greater strain on already overstretched health systems worldwide.

As such, the need for comprehensive transformation in mental health care is undeniable and urgent. Every country, regardless of resource constraints, has an opportunity to take substantial steps to support change in mental health care access, as there is a growing need for trained professionals and expanded resources.*

(Source: [World Mental Health Report: Transforming Mental Health](#))



A Well-Formed Mind

As a knowledge partner, and to equip the younger generation to be "future ready," workshops, campaigns, and training sessions have been designed as part of the practical tools needed to create "a well-formed mind." Professionals at Abhyas are dedicated to research, analysis, and the application of a pragmatic approach to bring clarity to students, consciously shaping the future.

Students will engage in a **comprehensive curriculum that combines theoretical knowledge with practical applications, focusing on body-mind synchronicity, stress management transformative tools, and personal growth and development.** A key aspect of the program is helping students let go of conditioned patterns that hinder their growth and potential to achieve higher purpose. Through transformative practices and group discussions, participants will explore how these ingrained habits can impact their lives and learn techniques for overcoming them.

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I encountered challenges along the way, but they became valuable lessons. I learned to embrace vulnerability, connect authentically with colleagues, and cultivate a compassionate space for learning.

Many students, especially first-generation and international students, face challenges accessing formal counseling or mental health resources due to fears of social judgment. While technological advancements are reducing barriers and making life easier, it's also undeniable that a significant portion of the population, due to lack of awareness, is succumbing to these challenges.

In the last quarter of 2024, Abhyas collaborated with universities to promote "**Enhancing Academic Performance with Presence**" through workshops and campaigns. Key programs included:

Future Ready with Presence (University of Mauritius):

Focused on the Power of Presence in Academics, Building Resilience, and Proactive Learning.

Mental Health in the Digital Age (Middlesex University):

Explored the impact of digital technology on mental health, proactive measures for improvement, and generational differences in digital experiences.

Optimising Academic Performance (MCCI Business School):

Navigated student challenges like anxiety, clarity of purpose, and maintaining healthy habits for overall well-being.

Coping is Not a Solution (Polytechnics):

Emphasised moving beyond coping to adopt presence and proactive learning for sustainable academic success and balance.

These initiatives empowered students with tools for academic and personal growth, fostering resilience and self-awareness.

Ways to get involved:

Trainings

Campaigns and Workshops



Services

Raising Awareness through Intuitively Driven Collaborations Meaningful Collaborations in 2024

Since its inception, the Mauritius chapter of Abhyas has become a dynamic hub for enthusiasts and professionals united by a shared intention and purpose to create meaningful impact. Guided by a common resonance, this journey has been marked by successful collaborations that reflect the power of collective vision. The chapter's growth is driven by mutual learning, fostering an environment where knowledge, experiences, and aspirations converge. This synergy not only propels individual growth but also expands the chapter's influence exponentially, laying a strong foundation for a transformative future.

It's in the willingness to engage with discomfort and challenge our established ways of thinking that we discover our true potential. By embracing diversity and inclusivity, we open ourselves to innovative solutions and transformative change, ultimately becoming more adaptable, creative, and connected to a whole new "us."

“

ADSP School has the pleasure to work with Abhyas in development of our Special Needs Children. Students feel happy and satisfied after every session, they are always eager for their next session and even the language is not a barrier for them as they follow the instructions very well.

**Mrs P Ullagen
Director, ADSP**

- Visually impaired children often develop a heightened connection to their inner world, a trait nurtured by **Lizie dan la Main (Union des Aveugles de l'Île Maurice), an organisation dedicated to supporting visually impaired individuals in Mauritius.** Partnering with ASY, Lizie dan la Main offers a mindful, inclusive environment where students can cultivate holistic well-being.
- "Together with **DAV**, Abhyas empowers students to thrive by equipping them with pragmatic tools that foster emotional stability and future readiness, shaping a purposeful future."
- Since March 2023, Abhyas has been working jointly with the **Association of Disability Service Providers (ADSP)** on an ongoing workshop titled "**Help Ourselves to Help Others**" to support the development of children with special needs.

*****Too many people living with mental health conditions are not getting the care they need and deserve.***



Community

Over the past few years, **the community has made a significant impact by addressing the various determinants of mental health, while actively working to reduce the stigma associated with these issues.** These determinants include individual attributes such as the **ability to manage thoughts, emotions, behaviors, and interpersonal interactions, as well as broader social, cultural, and environmental factors.** Key influences include national social protection systems, living standards, working conditions, and community support networks. The community also emphasises the importance of addressing preventable risk factors, such as exposure to adversity at a young age, which is a well-established contributor to mental disorders, while fostering an open and supportive dialogue to break down stigmas surrounding mental health.

Sangha: A Community for Growth and Understanding

At Abhyas, Sangha was launched in July 2024 as a **welcoming space for individuals from all walks of life to come together, free from judgment or labels.** It fosters mutual understanding and encourages personal growth, regardless of lifestyle or challenges.

The essence of Sangha lies in **creating meaningful connections through shared experiences and diverse perspectives.** It emphasises stepping out of comfort zones to engage with others navigating their own unique journeys, reflecting a universal desire for progress and transformation.

Sangha inspires growth not by abandoning beliefs but by refining thought processes. It acknowledges that every path is valid and that the drive to improve, evolve, and overcome is a shared human experience.



I realised that all our problems and difficulties we face in life are means to strengthen ourselves and look at life with a new perspective. Not to lament and lose hope over our problems, but to see it as a challenge. It has been a blessing to be part of the Abhyas family.

Dr. Udit

Actively engaged in community-focused projects and working with all sections of society, regardless of caste, creed, religion, ethnicity or gender, Abhyas **collaborated with institutions to create a collaborative impact through an inclusive approach:**

- **Village Council of Long Mountain & Disability Centre:** Collaborated on non-invasive well-being practices.
- **La Passerelle Rehabilitation Centre:** Ongoing support and counselling for young individuals affected by drug addiction and substance abuse, working towards their reintegration into society.
- **Human Service Trust, Calebasses:** A youth-focused program emphasising mindful practices, offering participants the opportunity to pause, reflect, and reconnect with themselves to consciously shape their future.

[**See All Collaborations**](#)



Awareness in Mauritius

Abhyas is privileged to have immense support from various platforms in bringing the message of mental well-being to a wider audience. **From mental awareness events to one-on-one talk shows, and from television programs to radio broadcast, the message is being effectively spread among seekers and advocates of well-being practices.**

These collaborations have been widely embraced, creating a resonance that continues to grow over time. They are helping to shift the community's perspective towards recognising the "need of the hour" for a better, more enhanced way of living.



The Founder of Abhyas, in presence of former H.E High Commissioner of India Nandini K Singla and H.E, President of the Republic of Mauritius Prithvirajsing Roopun, celebrated the 9th International Day of Yoga.

While digital platforms have paved the way for mainstream outreach, events that inspire advocates of change have successfully united the global community. Some collaborative milestones from last year include:

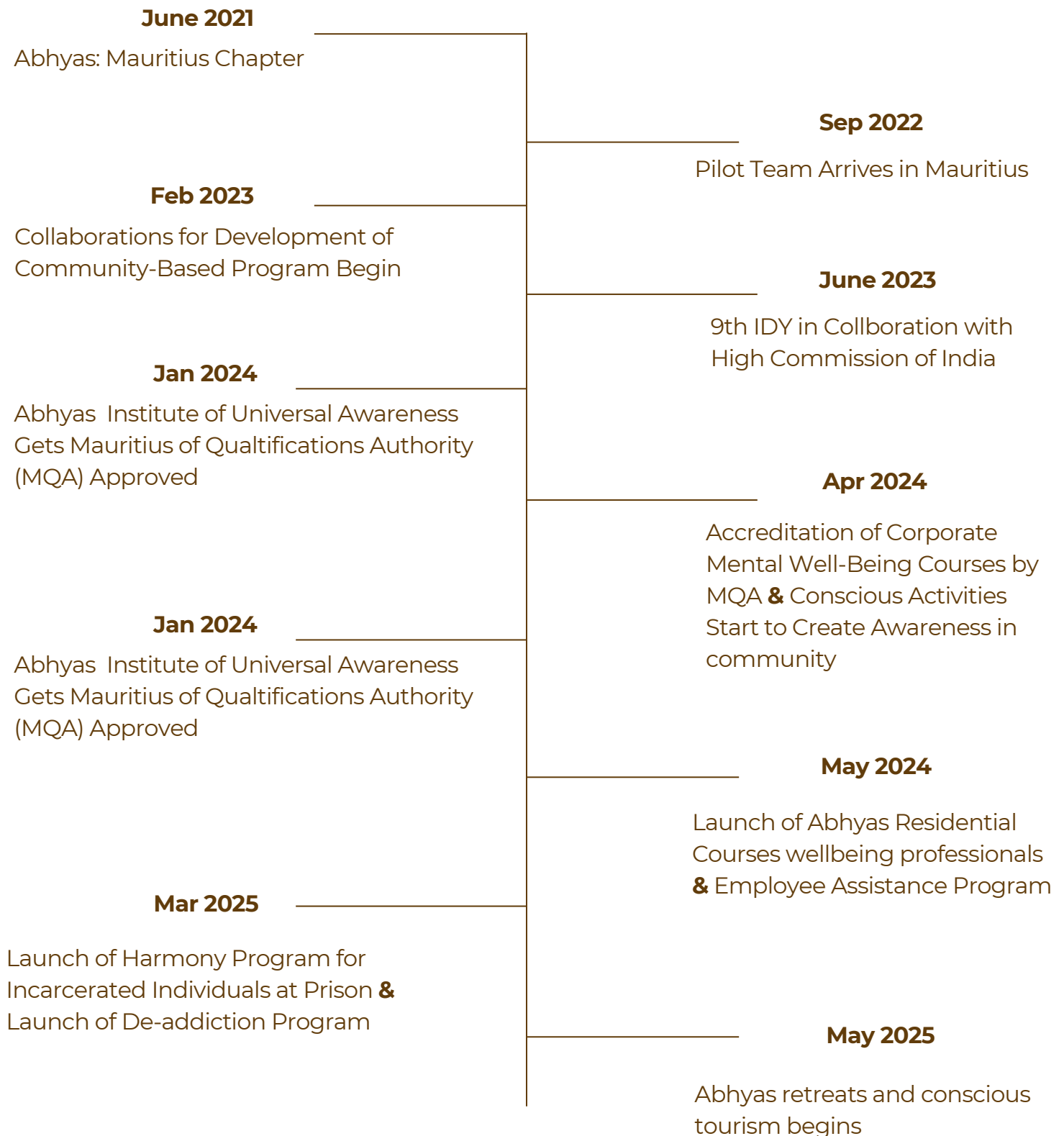
- **9th International Day of Yoga:** Held at Harbour Port Louis, Mauritius, this flagship event represented yoga on a global stage, celebrating the convergence of multicultural diversity and shared values between India and Mauritius.
- **Delegate at the First Emotional Well-Being International Conference:** A thought-provoking event that brought together advocates of emotional well-being to explore and spread the message on an international scale.

Digital Outreach:

- **National TV Show (Abhyas Yog at Mauritius Broadcasting Corporation):** A weekly television show dedicated to promoting well-being through visual media. Each episode combines discussions on psychological and physiological aspects of mental health with practical well-being sessions.
- **MBC Radio (Aaj Ki Charcha):** A talk show designed to promote mental awareness through the medium of radio. With interactive live conversations involving the population, the program fosters mutual understanding between the masses and Abhyas, helping to break barriers and achieve societal harmony through diverse perspectives.
- **MNews (Pa Dire Pan Dire):** A YouTube talk show aimed at reaching the workplace community. The show focuses on urgent topics such as stress management, emotional well-being, and conscious leadership, encouraging actionable change.

Upcoming Events

The Journey



Q3 2025

Events on Mental Awareness begins for all segments

Launch of Mental wellbeing program for Schools (Educators & Students)

Shaping Harmonious Society Together

At Abhyas, we believe that transformation begins when individuals come together to share, learn, and grow. Our journey is driven by a vision of fostering a more aware, balanced, and harmonious society where well-being is a collective endeavor.

Join us in this mission to make a difference—one step, one interaction, and one conscious action at a time. Together, we can create a ripple effect of positive change, break barriers, and nurture a culture of understanding, mindfulness, and inclusivity.

Whether you're a seeker, an advocate, or simply curious, there's a place for you in this movement. Let's resonate, evolve, and shape a brighter future together.

Be the light that you seek in the world.

[Join Abhyas](#)

“

“All transformations have one thing in common: the turnaround in the 'perspective' on what all they have been through.”

Naamdeo

