



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

Who We Are

Based in the heart of Mauritius, Abhyas Institute of Universal Awareness is a space dedicated to understanding and **nurturing mental wellbeing**. Rooted in both research and lived experience, our work explores the physiological, psychological, emotional, and social dimensions **that shape how we experience life**.

We study the impact of modern lifestyles, work environments, and social conditions on mental health, with the intention of creating meaningful and practical interventions. Through this, **we design structured programmes and experiences that support emotional balance, reduce inner conflict, and enhance overall quality of life**.



Trainings



Mental Wellbeing



Rehabilitation Support

Serving as a platform to unlock one's inner potential, Abhyas is building an **inclusive ecosystem for** harmonious living on a global scale, empowering individuals to realise the higher purpose of their lives by **making mental well-being truly universal**.

We Are Serving



Rehabilitation Support:

We work closely with national agencies and initiatives as an aid to create positive behavioural shift



SEN & Vulnerable groups at NGOs:

We're an aid to non-profit and private organisations in their meaningful initiatives



Workplace Wellbeing:

We specialize in empowering individuals and organisations to create thriving workplaces



University & Academics

We're equipping the education systems & new generation with an ability to make conscious decisions



National Initiatives

Creating awareness through events, forums, and media initiatives with national agencies for global impact

Since 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.



*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, hieghtened-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

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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

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.

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.

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.

Adapt Proven Practices

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.”



Institute of Universal Awareness

At the core of Abhyas, the Institute of Universal Awareness, is a platform for **empowering individuals and institutions** through curated professional training programmes uniquely designed for everyone and every organisation.

Bridging the gap between skills training and optimal performance, our approach is aligned with the ***purpose of igniting curiosity*** within and strengthening decision-making through ***receptivity and heightened awareness***.

Why mental well-being training?

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

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.

How It Works

Share Your Vision

Tell us about your goals, objectives, and the unique vision you have to begin with.

Co-create

Customise a program tailored to align with your values and long-term vision.

Actualise

Collaborate to bring the program to life, ensuring measurable impact and results.

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](#)

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

Naamdeo

