

# Meditation Session Organized by Isha Foundation

## Introduction:

As part of our ongoing commitment to employee well-being and community engagement, Pune institute of Business Management Pune partnered with the Isha Foundation to organize a meditation session for our employees and the local community. The event aimed to promote mental wellness, stress relief, and mindfulness among participants.



## Event Details:

**Date: 2 May 2024 at 9:30 am**

**Venue: Auditorium of Pune institute of Business Management Pune.**

**Duration: 9:15 TO 12:30 AM**

**Participants: 316**

**Organised by: Samarpan { हम मिलकर फर्क ला सकते हैं }**



### Objectives:

Introduce participants to the benefits of meditation for mental health and stress management.

Provide an opportunity for employees and community members to experience different meditation techniques.

Foster a sense of community and well-being within [Company Name] and the local area.

### Activities:

The meditation session included the following activities:

**Introduction to Meditation:** A brief overview of meditation and its benefits was provided by trained instructors from the Isha Foundation.

**Guided Meditation:** Participants were led through various guided meditation exercises focusing on breath awareness, body relaxation, and mindfulness.

**Interactive Sessions:** Attendees had the opportunity to ask questions and engage in discussions about meditation techniques and their practical applications.

**Group Meditation:** A collective meditation session was conducted to create a sense of unity and shared experience among participants.

**Impact:**

The meditation session organized by the Isha Foundation had several positive impacts:

**Stress Reduction:** Participants reported feeling calmer and more relaxed after the session, with many expressing interest in integrating meditation into their daily routines.

**Improved Focus:** Attendees noted an improvement in their ability to concentrate and maintain focus following the meditation exercises.

**Community Building:** The event brought together employees and members of the local community, fostering connections and promoting a sense of belonging.

**Awareness:** The session raised awareness about the importance of mental health and provided practical tools for managing stress and promoting well-being.





### Feedback:

Participant feedback was overwhelmingly positive, with many expressing gratitude for the opportunity to learn and practice meditation. Some comments included:



"I feel more centered and focused than I have in a long time."

"Thank you for organizing this session. It was truly enlightening."

"I didn't realize how much stress I was carrying until I took the time to meditate. I feel lighter and more at peace."



### Conclusion:

The meditation session organized by [Company Name] in partnership with the Isha Foundation was a resounding success, achieving its objectives of promoting mental wellness, stress relief, and community engagement. We are committed to continuing to support initiatives that prioritize the well-being of our employees and the communities in which we operate.





