



*Ancient Keys to*  
**SUCCESS & HAPPINESS**  
*in the*  
**WORKPLACE**



Ananda Sangha Delhi

# A BRIEF DESCRIPTION OF MODULES

## **Freedom From Stress and Anxiety**

### ***How to Remain Calm and Joyful Amidst Life's Trials***

Combining the latest scientific research from Harvard Health with simple yet powerful ancient yogic tools, learn how to greatly reduce stress and anxiety in life. Some areas we will address:

- Why are we stressed in the first place? Understand the nature of stress and how to tackle it the right way
- The harmful effects of stress on the mind and body, and how to reverse them
- Identifying signs of tension and stress in the body, in order to stop it in its tracks

## **Become a Master of Focus in a World of Distraction**

With countless factors vying for our attention, how to focus and concentrate to excel in all that we accomplish? Combining the latest scientific research with simple yet powerful ancient yogic tools, we'll learn how to increase concentration and productivity.

Some areas we'll address:

- Why is concentration an essential skill in all areas of life
- Why is it so difficult to concentrate? Is it our digital world, (distractions, internet, social media), or is there a deeper issue?
- The importance of energy control in concentration
- Simple techniques to achieve deeper states of concentration in daily life

# Money Magnetism: How to Attract What You Need When You Need It

Discover the hidden laws of success and prosperity and learn to attract what you need—when you need it. Some areas we'll address:

- What is Money Magnetism?
- Understanding What True Wealth and True Security Are
- How Much Wealth Is Available?
- Don't Limit Your Demands
- How to Emanate The Right Kind of Magnetism to Attract Success
- Learn to Remove Fear, Insecurity, and Other Blockages to Money Magnetism
- The Infallible Law of Giving that Increases Money Magnetism
- The Supreme Importance of Developing Clarity of Thought and Concentration
- Learning to Be 'Practical in our Idealism'

# How to Be Happy at Will: A Yogic Science

To seek happiness outside ourselves is like trying to lasso a cloud. Happiness is not a thing: It is a state of mind. It must be lived. Most people delay their happiness trying to make the outer world “just right.” But we know that almost never happens.

By learning how to be happy at will using scientific techniques one can achieve inner happiness that is immune to outer inconveniences. Discover:

- The Happiness Trap: Why do we fail to find happiness outside ourselves?
- Where Does True Happiness Lie?
- Happiness: A Choice or a Result?
- “Happiness Thieves” and How to Avoid Them
- The Little-Known Link Between Our Energy and Happiness

# Change Your Magnetism, Change Your Life

## How to Eliminate Self-Defeating Patterns and Attract True Success

Success in every area of life depends on the power of one's magnetism to attract it. Magnetism is not only a property in metals but also in humans - an inner force that attracts things, people, and opportunities that are on the same "wavelength."

- The Lesser-Known Yogic Science of Magnetism
- How to Develop a Positive Magnetism to Attract Success
- How to Eliminate Self-Defeating Patterns of Doubt and Failure
- How to Strengthen Your Magnetism and Improve Its "Quality"
- Practical Ways to Be More Magnetic in Daily Life Starting Now

*We'll be using a combination of tools such as breath work, elevating music, affirmations, introspection, meditation, and visualization. How we apply these tools will differ depending on the module.*

## Post-Workshop Activities

*Post-workshop activities can differ according to the need and interests of the participants, as well as the topic at hand. In many cases, a meditation class may make sense. Participants can either join the ones already happening at our center, **but we can also offer a separate meditation class for them at the workplace.** Other activities could include yoga, affirmations, discussions, etc.*

**Weekly or bi-weekly follow-ups** after the conclusion of the modules are possible.

*After understanding if participants are practicing, and want new insights, we can help them to solve real-life problems they may face after applying some of the initially shared techniques.*

# RESULTS

*Few key benefits we've observed in teams and individuals who practice these techniques:*



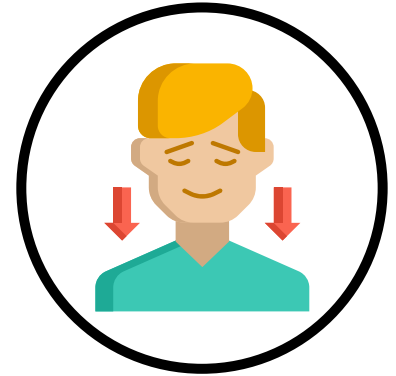
## **Controlled Reactions**

*Gain control over how you react to others, especially in tense situations*



## **Practical Techniques**

*Use quick and simple breathing techniques to increase focus, and break the stress response*



## **Increased Calmness**

*Respond calmly to deadlines, competing priorities, interruptions, and hectic work schedules*



## **Better Decision Making**

*Learn to evaluate situations more impersonally and make better decisions.*



## **↓Stimulant Dependence**

*Reduce dependence on unhealthy coping mechanisms - caffeine, anger, alcohol, escapism, etc.*



## **Increased Empathy**

*Empathise and communicate better with difficult employees or peers.*

# LEADERS SPEAK...



*"The course was very well structured and delivered exceptionally well. The focus was on giving participants real practical tools that they could use in their busy everyday lives. The delivery was practical, interactive, and experiential. Greatly appreciated by all participants both online and in-person."*

**- Corporate Chief Actuary, Senior Vice President, AXA XL**



*"Ananda exposure to Mobilous has been truly validated with the renewal of the program after a gap of 3 months. The meditation classes for the team have helped them to unwind and destress from their busy work schedules and go back to their families every weekend, in a happy mood.*

*A good relaxation with more meaningful interactions at home on the weekend was reflective of the renewed energies of everyone when they got back on Monday mornings.*

*I would insist organisations to spare a thought to the Ananda programs for productivity and overall mental wellness of their teams."*

**- Rakesh Sharma, CEO, Mobilous**



# PRACTITIONERS SPEAK...



*"These simple tools not only helped me deal with challenges but taught me how to achieve calmness in midst of adversity, have strength to take up new challenges and remain ever joyful inside ."* - **Varun Kapur, Senior Business Manager , SAS Institute (India) Pvt Ltd**



*"Daily meditation has brought about phenomenal transformation both personally & professionally. I am in the apparel Industry which is subjected to excessive work hours, intense travel & high stress. Meditation has helped to calm my mind thereby improving focus & clarity. I am able to achieve more in the same amount of time and still keep energy levels high. "* - **Nirmala Fernandes, Director, Global Apparel**



*"Meditation really helps calming one's mind and supports to take right decisions in life. You feel in control, motivated and energetic to make your dreams come true."* - **Rohit Sawhney, Director, Summit India**



*Meditation demonstrated tangible benefits with respect to my personal productivity and quality of output. My calmness amidst challenges helped me take mindful decisions and reduce stress and anxiety significantly. After one year of regular practice, I've become more peaceful. The internal agitation emanating from this professional rat-race is down to zero. I feel joyful for myself and others. "* - **Rakesh Sharma, CEO, Mobilous**

# **GOT QUESTIONS? LET'S DISCUSS**

This brochure is suggestive in nature. If you have more insights, we'd be more than happy to discuss how we can help in the best way possible:



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