

# “Holistic Wellbeing – Path to Leadership through Happiness”

Date: 26/09/23

Location: TechMahindra, Hitechcity Organized by: HYSEA

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## **Executive Summary:**

The seminar titled "Holistic Wellbeing - Path to Leadership through Happiness" took place on September 26, 2023. The event was attended by 50 participants from various technical fields and aimed to provide a transformative experience, igniting a journey towards new personal and professional growth. This report provides an overview of the seminar's key sessions and insights.

## **Agenda and Topics Covered:**

**Session1: KundaliniandMeditation Speaker: Yogesh Agiwal, CEO of Crossover Leadership, a Renowned Sahajayoga Practitioner.** The session began with an introduction to Kundalini, the power of pure desire within us. Yogesh Agiwal discussed how meditation and self-realization are interconnected with harnessing the power within oneself. The speaker highlighted that through regular meditation, more strands of the Kundalini rise, connecting individuals to divine power, resulting in Amore profound and blissful meditation experience. Advantages of Kundalini meditation were explained, including building strength, improving mood, lowering blood pressure, enhancing memory And focus,and boosting metabolism. The session included a 10-minute guided meditation, allowing participants to experience the presence of Kundalini within their souls.

## **Session 2: Fostering positive emotional health and Reducing Stress (4:15 p.m.)**

**Speaker: Dr. Purnima Nagaraja, Psychiatry Expert at Dhrithi Wellness Clinic.**

During the seminar, the speaker emphasized the powerful role of optimism, positivity, and meditation in reducing mental stress. She highlighted that while depression may have genetic factors contributing to 50% of its occurrence and physical illness playing a significant role in 40%, only 10% of depression can be attributed to circumstantial factors. This information challenges the common misconception that depression solely arises from external circumstances and underscores the importance of addressing one's mental and emotional well-being through practices like meditation and fostering a positive mindset.

The key takeaway here is that individuals should not underestimate the impact of their thoughts and emotions on their mental health. By Cultivating optimism, positivity,and engaging in mindfulness practices like meditation, individuals can proactively manage their mental wellbeing, even in the presence of genetic predispositions and physical health challenges. This in sight highlights the need

for a holistic approach to mental health, taking into account both internal and external factors, to promote overall wellbeing and reduce the risk of depression. Participants learned how various problems and issues can be viewed differently to reduce stress and improve mental health. The speaker provided practical tips, including the importance of recognizing one's interests and acknowledging life's challenges. The memorable takeaway from the session was the concept of "three things to touch, two things to smell, and one thing to speak," which resonated with participants and served as a reminder of the day's Valuable insights.

### **Key Take aways:**

- Kundalini meditation offers a path to inner strength, improved mood, and physical well-being.
- Understanding and addressing genetical impact is crucial for preventing depression and stress in children.
- Altering one's perspective on problems can significantly reduce stress and enhance mental health.
- Simple practices, such as acknowledging one's interests and practicing mindfulness, can lead to a happier and more fulfilling life.
- Highlights:
- The hands-on Kundalini meditation experience left a lasting impression on participants.
- Dr. Purnima Nagaraja's interactive session provided practical tools for improving mental well-being.
- The memorable "three things to touch, two things to smell, and one thing to speak" concept added a unique and practical dimension to the seminar.
- Future Implications:
- The seminar has the potential to inspire personal and professional growth, promoting holistic wellbeing and happiness.
- The practical insights gained from the seminar can be applied in participants' personal and work lives, leading to improved mental health and leadership skills.

### **Conclusion:**

The seminar on "Holistic Wellbeing - Path to Leadership through Happiness" was a resounding success, providing participants with valuable insights into Kundalini meditation, genetical influence, and stress reduction. The hands-on experiences and practical tips offered during the sessions left a lasting impact, and participants left the event with a renewed sense of purpose and wellbeing.