



Mindfulness and the Zen of Awareness & Wellbeing – Corporate ‘Best Practice’

“I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness”.- Max Planck, Quantum Physicist and Founder of Quantum Theory, Observer 25th Jan 1931

Today we are standing at a critical time in the 21st century where digital technology is very much the part and parcel of our day to day life. With all its benefits, we have to simultaneously cope up with information overload, data protection, cyber security, social networking ethics along with the problems of anxiety, depression, lack of motivation and inspiration in a society where mental healthcare has not been probed enough with care and concern. Our aspirations and ambitions are becoming distant dreams since we don’t have the fundamental support, be it financial or social, in times which are malleable and changing. Standing at the crossroads, many, in the West and the East, are looking towards reviving traditional practices of contemplation for benefit of communities and societies. Since, with the use of digital technology we understand that the reality we confront is an interconnected ecosystem, any problem anywhere has a ripple effect everywhere else.

So, to tackle the issues concerned at both the individual and societal level, more and more corporate companies, governments and societies are planning retreat programmes for practicing mindfulness, or designing short courses that address these new problems of ethics, attention deficit disorder, unrest, sleep disorder, anxiety, behavior inhibition and avoidance. It has been seen that the overall drive towards a better knowledge economy lies not only in providing adequate jobs and infrastructural facilities, but, in providing a platform where health and wellbeing of the individual is looked after with much care and attention. This is only possible by increasing our awareness through mindfulness meditation and scientific research has shown that the mind can positively influence the healing process and speed it up by a factor of four approximately.

People are also looking to practice meditation to detox their body/mind- a yearning for quiet, extended moments and hours of information UN-load which will facilitate their personal work life by adding more meaningful value systems like simplicity, stability, efficiency, compassion etc. The last 50 years of research on Quantum Physics and Neuroscience, tells us that mindfulness meditation practices can help us improve our mind-body systems by connecting with non-local consciousness which, indeed, is ground of being. This is in compliance with our teachings in the Upanishads and Vedas, the research in cognitive neuroscience and developmental psychology tells us that if we can practice mindfulness then we have the ability to train the brain to transform our lives. There has been extensive research on Neuroplasticity which is about the ability of the brain to heal or restructure itself and form new habits after training. (Exp. Roger Federer). The brain which we knew is a common noun is now seen by neuroscientists as a verb (kriya) where thoughts and emotions can change the activity of genes in neurons – altering neural pathways in the brain (process orientation). Meditation is the best way to alter the neural pathways and de-condition the system according to the needs of evolution for higher automation and organization.

As part of our social outreach, the EEF Team have launched very short mindfulness meditation programmes for students and working professionals. The programme comprises the basic idea of Zen meditation or natural meditation, basic understanding of mindfulness or awareness, how to connect with nature and increase compassion and receptivity, basics of MBE (Mind Brain Education Science) and the mindfulness meditation techniques. The courses are instructor led with minimum 2 and half hours guided learning hours in each session.

Programme Structure:

Session – 1 – Duration: 2:30 Hrs

1. Introduction to Mindfulness and Zen
2. What is Zazen or Sitting Meditation?
3. Detox Session- Listening to Zen Meditation Music and Breathing Practice
4. Neuroscience: How Meditation Changes the Brain?
5. Effects of Meditation on the Brain and Immunity Boost-Up
6. How to Handle Stress
7. Formal Techniques: Body Scan and Zazen
8. Mindful Walking
9. Mindful Eating
10. Good Dietary Habits

Session -2 Duration: 2:30 Hours

1. What is Quantum Consciousness?
2. Mind above Matter: Strengthening the Mind
3. Classical Body and Quantum Mind Paradigm
4. Oxherding Pictures and Transformation
5. Zen Art of Leadership and Organizational Development
6. The Way of the Warrior: Emptying Mind and Going Beyond
7. Creativity and Zen: The Art of Innovation
8. Body as a Hologram: Understanding of Human Energy Fields (Additional Topics as per the interest of the audience – Introduction to David Bohm’s Implicate and Explicate order, Quantum Information Fields and Understanding of Holograms)

FAQ Session: 10 minutes Q & A

Presentation Delivery: Will include audio-visual embedded in texts

Requirement: AV and Projector and back-screen to set up laptop presentation

The programme will be run by UK Skills, a not-for-profit organization based in the UK in collaboration with its Indian counterpart, Education for Employment Foundation (EEF), a not-for-profit and section 25 company.

About About UK Skills and EEF: UK SKILLS is a company registered in the UK as a not-for-profit organisation operating in the arena of the development, procurement and deployment of educational resources. It works in the UK and India on all areas of education, training and qualifications.

UK Skills works with partners in the UK and India to bring together experience and expertise from across the educational and training world. It has the express commitment to provide reliable, realistic and worthwhile learning and assessment to all sectors of Indian society.

UK Skills work with its partners and affiliates to identify the most appropriate resources from the UK and beyond, tailor these to the requirements of Indian learners and work with local partners to provide 21st Century skills, knowledge and understanding for Indian students. Its principal partner in India is the Education for Employment Foundation (EEF), a not-for-profit and section 25 company. Our partners have been pioneering exciting approaches to assisting young people and other communities achieve their full potential. They aim to ease the problems of Indian youth development and unemployed and underemployed communities. By garnering the support of business, government, education and civic leaders, Education for Employment Foundation creates a sustainable, independent local foundation that run training and job placement programs. Website: <http://www.uk-skills.com>

Brief Profile of the Resource Person: Joy Roy Choudhury, Head of Communications Strategy, Assessment

Tomorrow, UK and UK Skills: He is working in Corporate Communications for the last 15 years which has now been extended to managing Associates and Partners overseas, new Business development and working with National and Govt Education Institutions and Corporate. His focus is to develop India centric businesses for multinationals in areas of Education/Energy/Healthcare and also manage Relationships develop PR and conceptualize events. His specialities lie in the area of Creative Thinking, Strategy & Communication, Managing Relationships and Promoting Goodwill. He is now conducting training workshops both at the K-12 level in multinational schools and at the universities on Multiple Intelligence, 21st century skills, Zen and the Art of Management, Mindfulness and Shamata and Stress Reduction. An excellent speaker, he is working with many worldwide scientists, theoretical physicists and practitioners including Dr. Amit Goswami, Dr. Jack Sarfatti, Dean Radin on areas of interface between brain and technology, consciousness and physicality, system developments and simulations etc. His recent paper on Tagore-Einstein dialogue for the Bhakti Vedanta Institute Nepal Conference has reached a wider audience in understanding the role of the observer and the dependent nature of reality. He has a Post-Graduate Degree in Media Studies from Jadavpur University and Masters in English Calcutta University. He is working on areas of consciousness studies and Mind, Brain and Education Science.

His books published by Kindle and available on Amazon are: 1. The Zen Gate of Time, (Kindle Edition) 2. The Subtropics of Zen. (Kindle Edition) 3. Rains Winds and Cycles, Kindle Edition)

Contact Information:

UK Skills and EEF, New Delhi: Joy Roy Choudhury, Head of Communications Strategy, AT UK Email: e.aryans@gmail.com/Mob: +91-9830067159

Dr. Tejwant Chhatwal, Managing Director & CEO, UK Skills and Director, EEF Email: tejwant@uk-skills.com /tejwantchhatwal@gmail.com , Mob: +91- 9999468855

Mr. Jeff Ross, Director, UK Skills and Assessment Tomorrow, UK Email: jeff@assessmenttomorrow.com/jeffmross@aol.com Mob: +44-7785920392

