

Mindfulness Meditation Program Catalogue



KESRI
FOUNDATION



EMPOWERING LIVES ...



ABOUT US

The Role of Kesri Foundation in Empowering Education and Career Counseling in India

The Kesri Foundation stands as a beacon of hope and transformation, playing a pivotal role in shaping the educational landscape in India. With a strong commitment to ensuring equal access to education and reliable, research-based career counseling, the foundation has established itself as a driving force in empowering students and shaping the future of India's youth. Its mission is clear and far-reaching: to bridge the gap in education, providing affordable programs and certifications, while advocating for career counseling in every school across the nation.

Equal Access to Education

At the heart of Kesri Foundation's mission is the belief that every child, regardless of their background, deserves access to quality education. The disparity in educational resources and opportunities is a pressing issue in India, where many students, particularly in rural and underprivileged areas, face significant barriers. Kesri Foundation aims to address these challenges by developing programs that reach even the most marginalized communities, ensuring that students everywhere have the tools they need to succeed.

The foundation's work includes supporting institutions that offer psychology courses and providing resources to students who might otherwise struggle to access higher education. By collaborating with schools, colleges, and organizations, Kesri Foundation has created a network of support that empowers students to pursue their academic dreams without financial or geographical constraints.

Advocacy for Career Counseling

One of the unique aspects of Kesri Foundation's approach to education is its strong focus on career counseling. Recognizing the importance of informed decision-making in a student's academic and professional journey, the foundation emphasizes the need for career counseling in every school across India. Career counseling is not just about helping students choose a profession; it's about guiding them towards fulfilling and meaningful careers that align with their skills, passions, and aspirations.

Kesri Foundation actively works with schools to implement structured career counseling programs, ensuring that students receive personalized guidance as they navigate the complexities of modern career paths. The foundation's career counseling initiatives are based on thorough research and a deep understanding of industry trends, ensuring that students are equipped with the knowledge and skills needed to thrive in an ever-evolving job market.

ABOUT US

Impact Through Workshops and Community Engagement

In addition to its educational programs, Kesri Foundation plays a critical role in fostering community engagement through workshops and awareness programs. These workshops, often focused on topics like career guidance, mental health, stress management, and substance abuse prevention, are designed to support both students and educators. By addressing issues that go beyond the classroom, the foundation helps create a holistic educational environment that nurtures students' emotional and psychological well-being.

For example, Kesri Foundation has organized numerous de-addiction workshops across India, with a specific focus on schools and rehabilitation centers. These sessions are led by experienced professionals, including psychologists and counselors, who work closely with students to raise awareness about drug addiction and provide support for those in need. The foundation's commitment to mental health and well-being is further reflected in its partnerships with institutions that offer counseling services and psychometric assessments, ensuring that students have access to both academic and emotional support.

National and International Recognition

Kesri Foundation's dedication to excellence has not gone unnoticed. The foundation is registered under MSME and holds prestigious certifications for ISO 9001:2015 for Quality Management Systems, ISO 45001:2018 for Occupational Health and Safety (OH&S) Management Systems and ISO 21008:2018 for Educational and Organizational Management Systems. These certifications reflect the foundation's commitment to maintaining high standards of quality in its programs and services. Moreover, Kesri Foundation is a recognized member of respected international organizations such as the Asia Pacific Career Development Association (APCDA), the International Association of Applied Psychology (IAAP), and the International Accreditation Forum (IAF). Through these memberships, the foundation not only gains access to global best practices but also contributes to the global discourse on education and career counseling. This international recognition strengthens its credibility and expands its ability to collaborate with educational institutions and policymakers around the world.



OUR ACCREDITATIONS & CERTIFICATIONS



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OUR TEAM

Dr. Nayanika Singh Resource Person



Dr. Nayanika Singh has done her schooling from The Lawrence School Sanawar following which she did her graduation with honours in psychology from gcg-11, Chandigarh, Post Graduation in Psychology from Panjab University with specialization in Clinical and Counselling Psychology and PhD in Jungian Psychology from Punjabi University Patiala.

She has also done a Post Graduate Diploma in Guidance and Counselling. Dr. Singh, has a passion for research and has 70 papers published in National and International Journals of repute. She has presented more than 35 papers across the country for National and International Conferences and is on the board of studies of academic institutions and member of many National associations.

She has a passion for writing and has authored a book in Sports Psychology and Edited a book on Mental Disorders. She has the acclaim of correlating Psychology with Art as part of the National Mobile Exposition in 2009 sponsored by the Govt. Museum and Art Gallery, Chandigarh.

Dr. Nayanika, is certified for Emotional Freedom Therapy (EFT), Internationally Certified as Mindfulness Meditation Practitioner (IAPCCT Certified), Certified Parent Coach form CCI and a Certified Career Counselling Coach. She has also done a Certificate course in Art Therapy from Asha, The Hope Foundation in collaboration with ICPEM, Govt. of India, content approved by United Nations, Geneva.

She is also a Grandmaster in Reiki Therapy and trained for basic modalities of Hypnotherapy, Expressive Arts Therapy, Neuro-Linguistic Programming (NLP), Life Skills and Mandala Art. Dr. Singh, has a passion for training and has conducted over 500 behavioural trainings and a number of webinars.

Dr. Singh has done a Ten Days Online Course on Casestudy writing from Stanford University, Georgetown, U.S.A in collaboration with MGSIPA under the able guidance of Prof. Kent Weaver and Mr. Blair Cameroon. She has also done a training module on Purpose & Motivation and Leadership from Chandler Institute of Governance, Singapore in collaboration with MGSIPA.

Some of her core areas for trainings include: Stress Management, Mindfulness, Life Skills, NLP, Team Building, Motivation, Drug Awareness, Office Etiquettes, Research Methodology, Emotional Intelligence & Regulation and Leadership.

She is also a reviewer for and on the editorial board of many National Journals and International Journals such as MOJABB, Medcrave publishing house, CA, USA.

Presently she is working as an Assistant professor in Psychology at Mahatma Gandhi State Institute of Public Administration (MGSIPA), Chandigarh, Govt of Punjab and conducting behavioural trainings for IAS/PCS officers and officers of boards and corporations of the Punjab Government.

OUR PROJECT

OVERVIEW

Mindfulness Meditation is a powerful mental health practice that focuses on being fully present in the moment, cultivating awareness, and developing a non-judgmental attitude toward thoughts and emotions. The practice can lead to reduced stress, improved emotional regulation, and enhanced well-being. This program is designed for individuals seeking to manage their mental and emotional health and for students, professionals, and counselors who want to integrate mindfulness into their personal lives or professional practices.

MINDFULNESS MEDITATION PROGRAM OFFERINGS

01 Online Program

Duration: 4 Sessions

Mode: Online (Live Virtual Sessions)

This online program introduces participants to the essential principles of mindfulness meditation, focusing on techniques to cultivate present-moment awareness and manage stress. The live virtual sessions are designed for individuals seeking flexibility while receiving comprehensive training in mindfulness practices.

- Who Should Attend: Students, professionals, counselors, individuals interested in learning mindfulness for stress relief and emotional balance.
- Key Takeaways: Participants will learn practical mindfulness techniques, strategies for reducing stress, and how to develop emotional resilience.

Course Content:

- Introduction to mindfulness and its benefits
 - Guided meditation practices
 - Techniques for cultivating present-moment awareness
 - Strategies for stress reduction and emotional regulation
 - Incorporating mindfulness into daily routines
 - Tips for overcoming distractions and sustaining a regular mindfulness practice
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MINDFULNESS MEDITATION PROGRAM OFFERINGS

02 Offline Program

Duration: 6 Sessions

Mode: In-person (Workshop)

The offline mindfulness meditation program provides a more immersive experience for participants, with in-person guidance, group activities, and hands-on practice. This program is ideal for those looking for a deeper, more personalized learning experience, allowing for greater engagement and direct feedback.

- **Who Should Attend:** Individuals seeking to deepen their mindfulness practice, students of psychology, mental health professionals, and those interested in group-based learning.
- **Key Takeaways:** Enhanced understanding of mindfulness meditation techniques, hands-on practice, group discussions, and personalized feedback on mindfulness practice.

Course Content:

- Comprehensive introduction to mindfulness practices
 - Focused mindfulness exercises for stress relief and emotional well-being
 - Group practice sessions with real-time feedback
 - Using mindfulness to enhance focus and productivity
 - Practical applications of mindfulness in professional and personal life
 - Certification of participation from Kesri Foundation
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WHY CHOOSE MINDFULNESS MEDITATION AT KESRI FOUNDATION?

01 Expert-Led Training

The program is led by Dr. Nayanika Singh, an internationally certified Mindfulness Meditation Practitioner with years of experience in facilitating mindfulness programs. Dr. Singh has extensive expertise in mental health, emotional regulation, and mindfulness techniques, ensuring participants receive high-quality instruction.

02 Practical, Interactive Sessions

Both the online and offline mindfulness programs are designed to provide practical tools that participants can apply immediately to their lives. Each session includes guided meditations, interactive exercises, and personalized feedback to help individuals build a sustainable mindfulness practice.

03 Suitable for All Levels

Whether you are new to mindfulness or an experienced practitioner looking to deepen your practice, these programs cater to all skill levels. The sessions are flexible and can be adapted to the needs of beginners and advanced practitioners alike.

04 Holistic Approach

The mindfulness programs integrate emotional well-being with mindfulness techniques, offering a complete toolkit for managing stress, improving mental focus, and enhancing overall well-being.

PROGRAM BENEFITS

01 Develop Emotional Resilience

Mindfulness meditation helps participants regulate their emotions more effectively, leading to greater emotional stability and resilience in the face of challenges.

02 Reduce Stress and Improve Focus

The mindfulness techniques taught in this program are scientifically proven to reduce stress levels and enhance concentration, leading to better focus and productivity in daily life.

03 Improve Overall Well-Being

Mindfulness meditation supports mental, emotional, and physical health, fostering a greater sense of balance and well-being.

04 Tools for Professional and Personal Use

Participants will leave with practical mindfulness tools that they can apply to both their personal lives and professional settings, whether in counseling, teaching, or other fields.



KESRI FOUNDATION

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