

## Terms & Condition

- Payment should be made in advance through DD/Cheque/NEFT **Bank Detail:** ICICI Bank, A/C- 112601000662, IFSC: ICIC000322, PAN No. AAJAS2521C.
- Payment should be made in favour of “**SAKSHAM SOCIAL WELFARE SOCIETY**”.
- Billing will be for the participants as per work order irrespective of their absence.
- **Cancellation Policy:** 40% of the total proposed amount will be charged if the workshop is cancelled 10 days prior to the commencement of the workshop.

**Residential Charges - Rs.58,800/- + 18% GST (Includes Boarding and Lodging, Training material and sessions)**

**Venue: Srinagar**

**Date: 16th June to 19th June 2024**

*As pioneers in yoga and naturopathy, every workshop we conduct incorporates elements of both for the attentive benefit of both individuals and organizations alike*

## Contact Us

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## Agency Profile

Saksham Social Welfare Society is dedicated to serving society through three key initiatives: health education, women empowerment, and skill development programs. Our organization stands out for its meticulously designed workshops, both residential and non-residential, which have benefited senior executives from various esteemed organizations and government bodies. Our efforts extend beyond workshops, as we actively engage in initiatives such as life skills training workshops for leading schools in Delhi, focusing on shaping confident future individuals. Additionally, we champion women empowerment through workshops and skill development programs, particularly in the North-East region of India. As part of our mission to advance towards a healthier nation, Saksham Yoga & Naturopathy Treatment cum Research Centre stands as a testament to our commitment. With over a decade of operation, our leading yoga and naturopathy center, initially established in Vasant Vihar, Delhi, has expanded its reach across India.

## Our Clients

NTPC, NHPC, PGCIL, PFC, SJVNL, REC, NHDC, PTC, IREDA, EESL, UJVNL, CVPPL, ONGC, IOCL, HPCL, BPCL, OIL INDIA, OVL, BHEL, SAIL, IRFC, NSPCL, NBCC, HUDCO, B&L, CGA, CBDT, PFMS, PMHBL, PFC.C M of P&G, M of Labour .etc.



Art and Science of  
**Happiness in  
Modern Era**

## Objective

In the face of rapidly changing times and the fear brought on by the pandemic, emotions often take a backseat, and happiness can feel elusive. Despite the challenges, Saksham recognizes the importance of prioritizing mental well-being. During our journey of two decades and countless workshops we understand that happiness is not just an art, but also a science. With this understanding, Saksham introduces the latest endeavor: "Art and science of Happiness in Modern era" workshop. This workshop aims to unravel the mysteries behind happiness, offering practical insights and techniques to navigate life's uncertainties with resilience and joy. Join Saksham on this transformative journey towards reclaiming happiness and embracing a brighter future.

**People have everything these days, except happiness. Discover the key to true joy!**

## Content

- Introduction to Happiness
- The Psychology of Happiness
- Practical Strategies for Cultivating Happiness
- Nurturing Positive Relationships
- Happiness in Everyday Life
- The Art of Self-Compassion
- Maintaining Happiness in the Face of Challenges
- Bringing It All Together
- Practice kaizen for happiness and Yogic techniques for complete fulfillment

## Why You Should Attend

Discover the keys to happiness and fulfillment while enhancing your personal and professional effectiveness through better emotional management. Develop deeper connections and build stronger relationships by understanding and managing emotions effectively. Join us to adapt, enhance well-being, boost performance, and foster meaningful connections.

## About Workshop

Many myths and misconceptions surround the concepts of energy and happiness. Understanding these elements is crucial to achieving true happiness. Contrary to the belief that happiness is solely a personal feeling, it involves doing good for others. Positive emotions expand our cognitive and behavioral capabilities, increasing our resilience. This workshop focuses on understanding and leveraging positive emotions to build a fulfilling and resilient life.

