

Excellence through Meditation

February 20<sup>th</sup> - 23<sup>rd</sup>, 2025

Bharat Mandapam, New Delhi.



## Objectives of the Conference

Spread awareness about the role of meditation in driving positive social change that is defined as "a resilient and self-empowered individual, a growing and purpose-driven organization, and a harmonious and expansive society".

Aid senior leadership in governments, global organizations, corporations, and others in formulating policies and guidelines for the rapid adoption of meditation across organizations and communities.

### Who will benefit

- Law makers, Policy makers, Government officials
- Leaders of professional bodies, industry associations
- Heads of universities, educational boards
- CEOs / Leaders of public and private sector companies in all sectors
- Leaders of healthcare, yoga, alternate medicine institutions
- Heads of NGO's across the globe, working towards social change and empowerment
- Leadership of global and cross nation
   organizations such as UN, World Bank,G20, etc

# **Project Excellence**

A new initiative from PSSM and Buddha-CEO, aimed at assisting government bodies, corporations, and NGOs in creating positive economic and social change in society through awareness and rollout of meditation and inner transformation programs.

#### Charter / Goals:

### Spread Awareness

- Global and Regional
   Meditation Conferences
- Create and publish educational content

#### Scale Enablement

- Formulate training programs
- Build a community of trainers to teach Right Spiritual Science Wisdom

### Rollout Programs

- Connect trainers and provide governance
- Support with resources, technology, and program management

# Organizers

This conference is being organized by Buddha-CEO Quantum Foundation in association with Pyramid Meditation Channel (PMC) Hindi, Pyramid Valley International and other organizations within Pyramid Spiritual Societies Movement.

### Conference Tracks

#### Holistic Growth

Explore meditation's role in enhancing emotional well-being, accelerating career growth, deepening relationships, and driving positive social change.

#### Physical Health & Mental Well-being

Understand how meditation reduces stress, improves healing, prevents illness and enhances overall well-being.

## Sustainability Excellence

Know how meditation helps leaders to develop a sense of interconnectedness with environment, enabling a mindset of sustainability and oneness.

### Organizational Excellence

Learn how meditation cultivates growth-mindset, clarity of purpose, empathetic values, higher team productivity and coherent leadership.

#### **Excellence in Education**

Discover meditation's impact on enhancing concentration, confidence, clarity, creativity, and the overall educational experience for students and teachers / professors.

#### Meditation for Conflict Resolution and Peace

Learn how meditation increases empathy, loving kindness and holistic understanding, resulting in smoother resolution of conflicts.

Feb 21st & 22nd - Main-conference Workshops @ Bharat Mandapam.

Feb 20<sup>th</sup> Pre-conference Workshop Feb 23<sup>rd</sup>
Post-conference Workshop

# Tentative schedule for Main Conference (Feb 21st, 22nd)

Pre-Conference Meditation
Inauguration / Guest Messages
Keynote address
Group Meditation
Tea break
Morning Power Talk
Panel Discussion
Group Meditation
Lunch Break
Afternoon Power Talk
Panel Discussion
Fullet Discussion
Group Meditation
Tea Break
Concluding Session
Close of the Day

some sessions like panel discussions, leader roundtable / policy discussions for different tracks will happen in parallel

## Breath Mindfulness Meditation

The process of breath-mindfulness meditation is very simple and can be easily practised by everyone.

This method, and the underlying wisdom have been extensively spread to millions of people across India and the world, by Pyramid Meditation Channels, Quantum Life University, Buddha-CEO Quantum Foundation and thousands of masters from the Pyramid Spiritual Societies Movement over the past 35 years. Brahmarshi Pithamaha Patriji founded Pyramid Spiritual Societies Movement in 1990 and relentlessly worked to promote meditation extensively.

### Our Inspiration



Brahmarshi
Pithamaha Patriji
Founder, Pyramid Spiritual
Societies Movement

## Role and Impact of Meditation

Meditation brings positive transformation and excellence in individuals. This, in turn, enables growth, and innovation in organizations and society. Organizations have access to vast resources in terms of people, material, technology and money. They influence many aspects of the lives of their employees, families and the larger society. The more organizations operate in a sympathetic and responsible manner, the greater is the organizational growth and improvement in the quality of the lives they touch.

To implement this virtuous model most effectively, the mindset of the leadership plays a critical role. A leader empowered with the techniques, science and wisdom of a meditation practice carries higher energy and vision, empathetic values, a friendly and intuitive approach, and responsible execution ability.

Meditation develops greater spirituo-scientific mindset in every practitioner. A 'spiritual-scientific' mindset gives purpose, stops greed and the need to wield power. A leader with a well-developed spirituo-scientific mindset uses resources for maximum good.

Organised by



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