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ZEN SEVA

a complimentary program



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What is Zen Seva

self development and team synergy through 2 wonderful philosophies

Mindfulness

Be *totally present* of one's inner world – *thoughts, feelings, body sensations* – and the outer environment.

Be *relaxed even in tough situations*



Seva or Service

The practice of *radically generous acts* change the world.

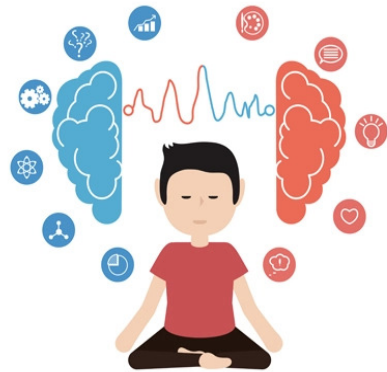
Rekindles *peer to peer generosity* and *empathy* in a *non-transactional ambience*





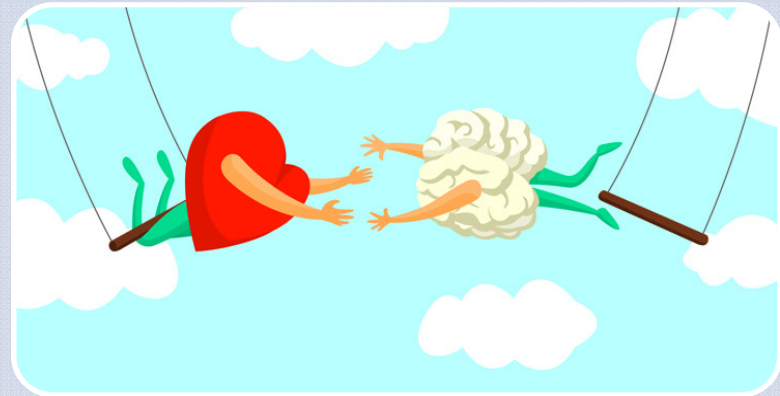
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Why Mindfulness



Mindfulness is gaining momentum in the business world with advances in neuroscience research.

*Google, HP, Xerox and Cisco as well as universities world over have successfully implemented Mindfulness programs to boost **productivity, and emotional and physical wellbeing.***

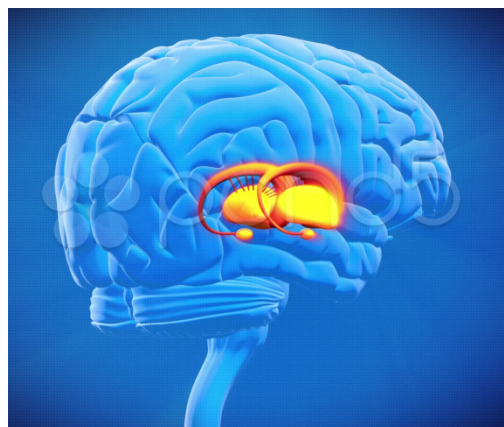


Knowing the **benefits**, and practising and implementing Mindfulness at the workplace are *two different things.*

Our *endeavour* at Pragya is support the *practice of mindfulness at work and in life.*

Research in Neuroscience

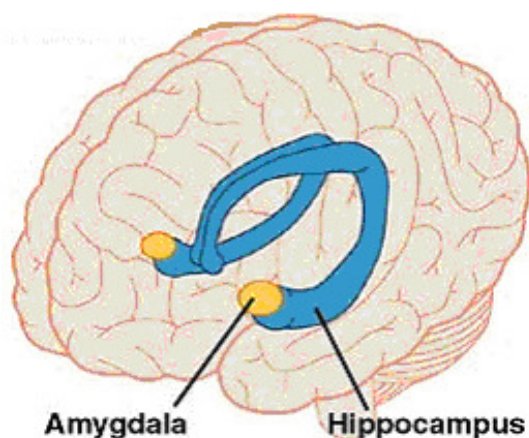
The Brain on Autopilot (Hunter & Scherer 2010)



Older Basal Ganglia triggers
Auto Pilot mode

Without Mindfulness practice

- While managing limited cognitive resources, *the brain moves a repeated action or belief from the conscious control* of the newer and more complex prefrontal cortex to the instinctual and *much older basal ganglia*.
 - This transfer turns conscious and intentional behaviour –(thoughts and feelings) gradually into a non-conscious and automatic habit, often playing out *rigidly and unknowingly*.
 - It becomes, literally, *unthinking and non-adapting, even unproductive and unskilful*, thus making it the default response or habit.



With Mindfulness practice

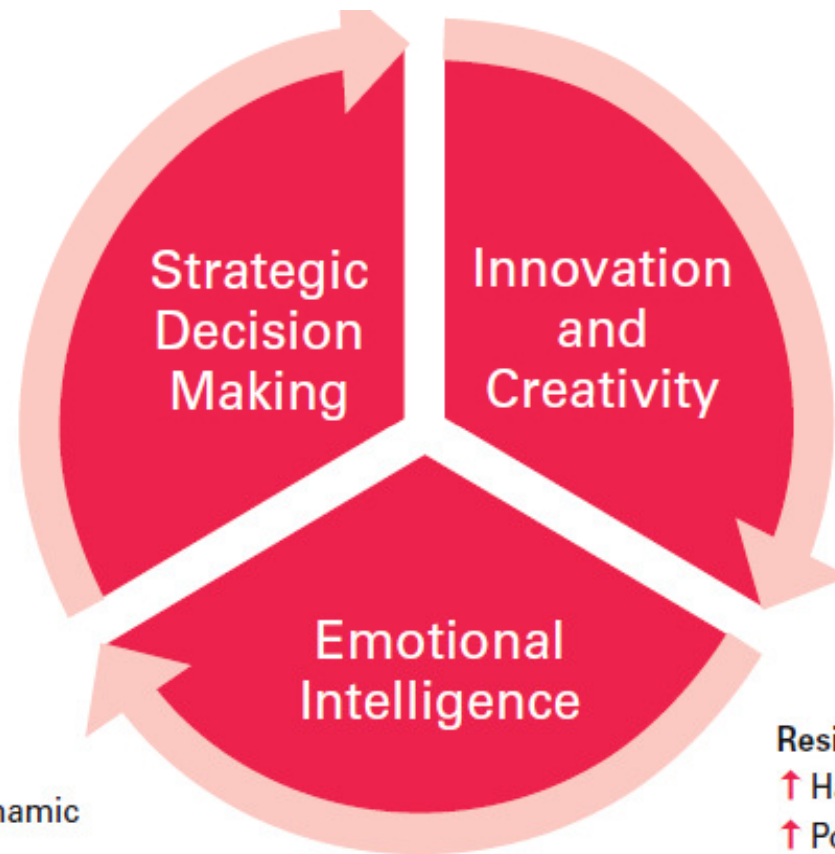
- Individuals exercise a more *sophisticated part of the brain, namely, the hippocampus stimulating critical thinking skills*.
 - This part of the brain creates more flexible memories and allows for a *deeper, more robust knowing*.
 - Disrupting automatic tendencies results in a greater ability to apply more *nuanced understanding when dealing with challenges*.



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Mindfulness Benefits

- ↑ Learning
- ↑ Memory
- ↑ Perspective taking
- ↑ Focus on wider agenda
- ↑ Letting go of judgments
- ↓ Rigidity of thinking
- ↓ Focus on personal agenda



- ↑ Lateral thinking
- ↑ Problem solving
- ↑ More ideas
- ↑ Flexibility of thinking
- ↑ Awareness of thinking process used
- ↑ Observation
- ↑ Working memory

Building relationships

- ↑ Awareness of the social dynamic
- ↑ Positive emotions
- ↑ Psychological functioning
- ↑ Self regulation
- ↑ Empathy levels

Resilience

- ↑ Handling difficult emotions
- ↑ Positive outlook
- ↓ Blood pressure
- ↓ Depression



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The practice of radically generous acts changes the world.

Why Seva



**Ramdass, SEWA
Foundation**

Helping out is not some special skill. It is not the domain of rare individuals.

It is not confined to a single part of our lives. We simply heed the call of that natural impulse within and follow it where it leads us.

Change yourself;
change the world.



Mahatma Gandhi

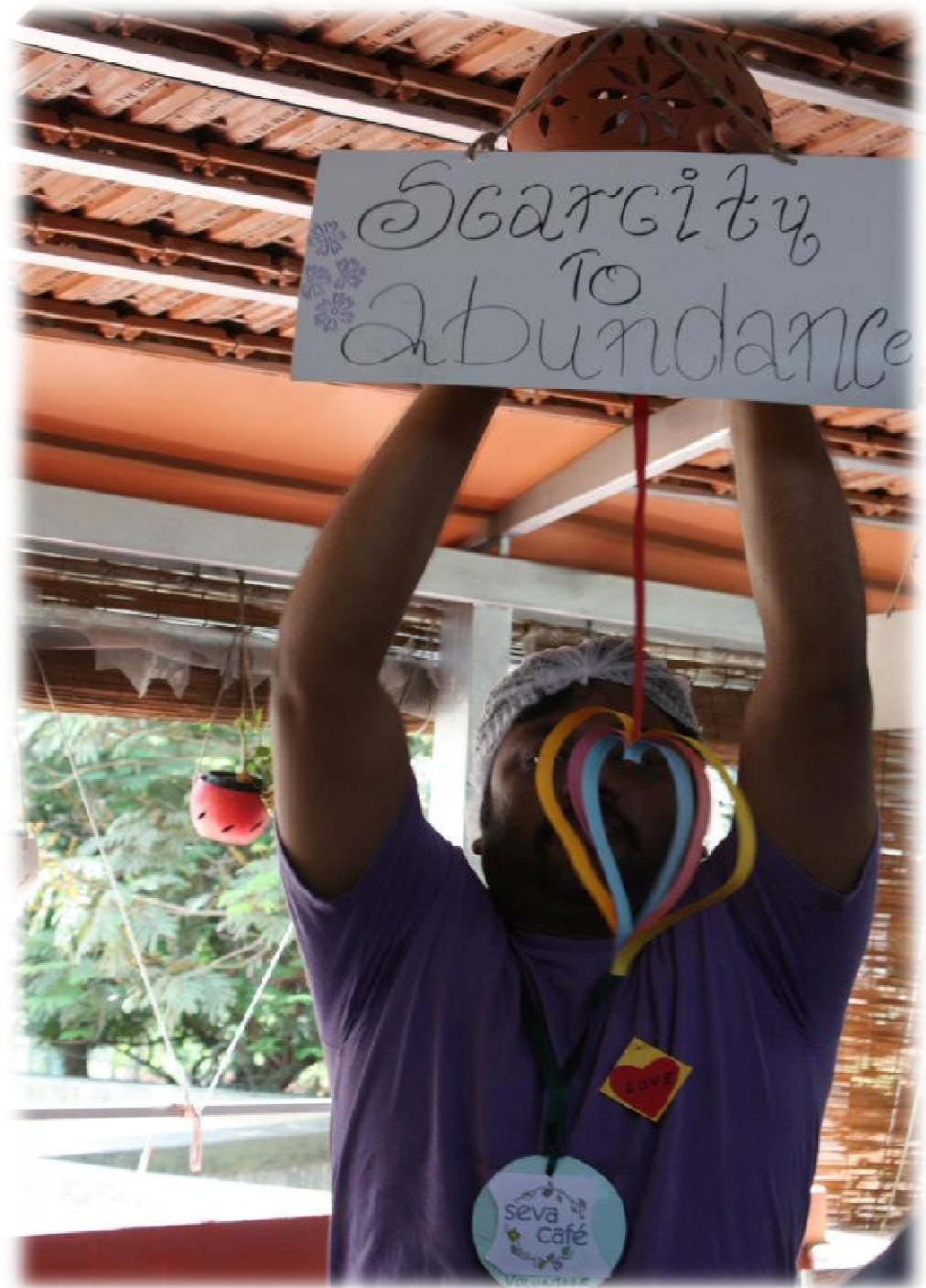


Vinobha Bhave



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ZEN SEVA BENEFITS





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Benefits of Zen Seva



Accelerated Transformation

- Mindful presence, speech, listening, response
- Team synergy – we vs. me
- Trust, generosity and gratitude
- Ownership
- Focus on higher good, inspiration and initiative
- Enhanced ability to deal with stress, fear and negativity

Create Consistent Contributors

- Prioritize collective good vs. personal good
- Encourage conditional contributors to overcome fear and negativity; transition to serve the collective good
- Steer easy collaboration

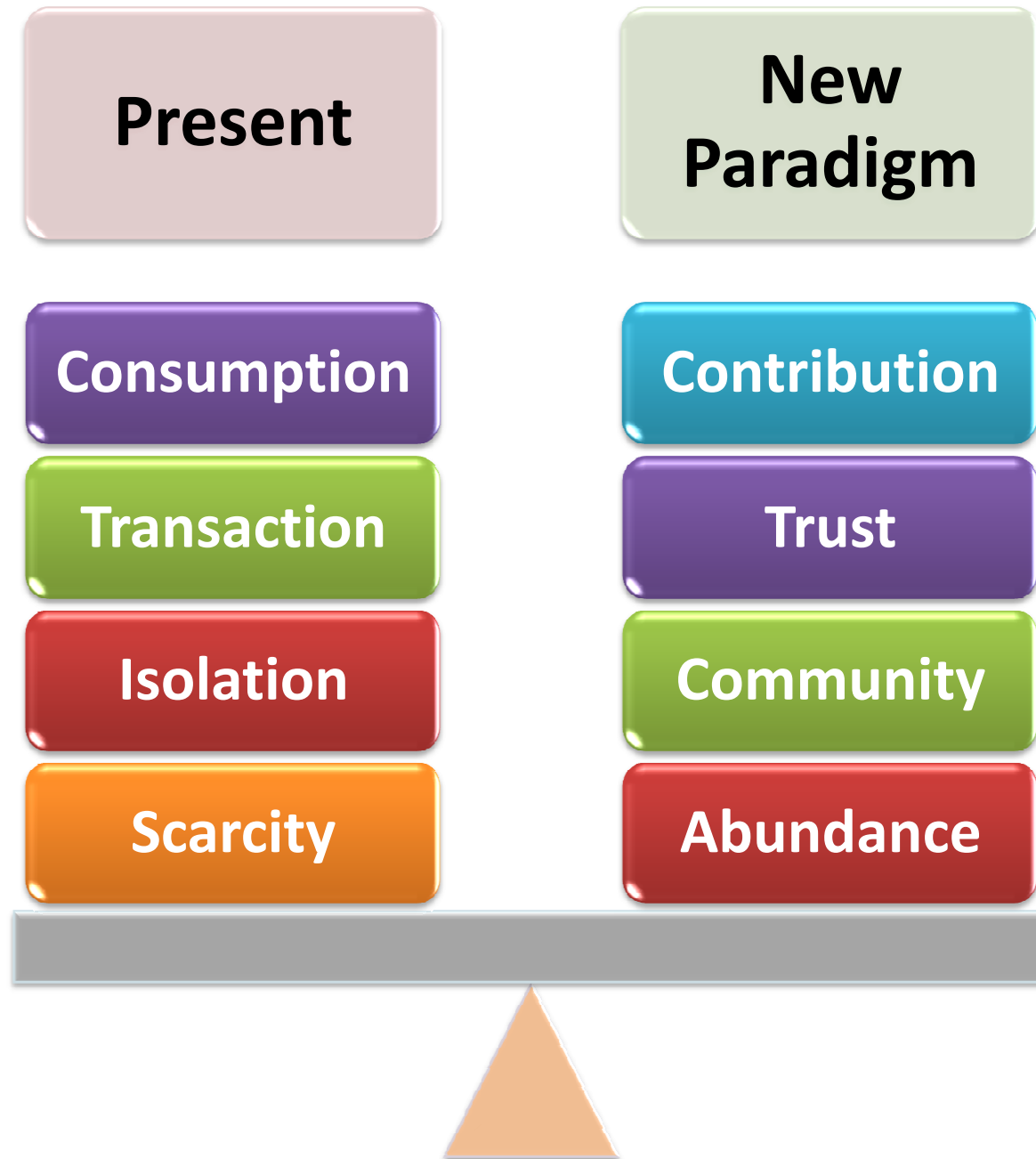
Cooperate for a Higher Common Goal

- Garner trust through cooperation and cohesion
- Self initiative
- Dismantle silo effect
- Discover and acknowledge dignity of labour
- Develop authenticity, empathy and compassion
- Discover new found abilities and capacities



4 Shifts

that
participants
experience





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Zen Seva Beneficiaries

- Zen Seva is strictly *non-transactive*
- Money generated may be used to
 - Seed the next Zen Seva experience in the organization
 - Sponsor a CSR activity or an NGO or a charitable institution or a service
 - Donate to Pragya's Seva activities through sponsorship of -
 - a child's education
 - a wellness program through free medical services
 - DEAR – Drop Everything And Recharge, a complimentary Pragya program





3 options

ZEN SEVA

experience

contribution and collaboration



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Seva Aiyana

Seva Cafe

Seva
Swach



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Seva Café – mindful cooking

- Participants volunteer to *cook a simple and lovingly prepared meal* which is offered as *a gift to guests*.
- *Rich interactions* between volunteers and guests are encouraged.



living is giving

Seva Café is the brain child of Service Space www.servicespace.org, by the pioneer, Nipun Mehta. His work has received worldwide acknowledgement.





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Seva Café – mindful cooking



I feel honoured to have experienced such a beautiful gesture towards the community. The lovely food has enlivened my spirit, and has reassured me that this world has a glorious future, thanks to all the beautiful souls. Thank you very much!!

Seva Aiyana – mindful planting and connecting



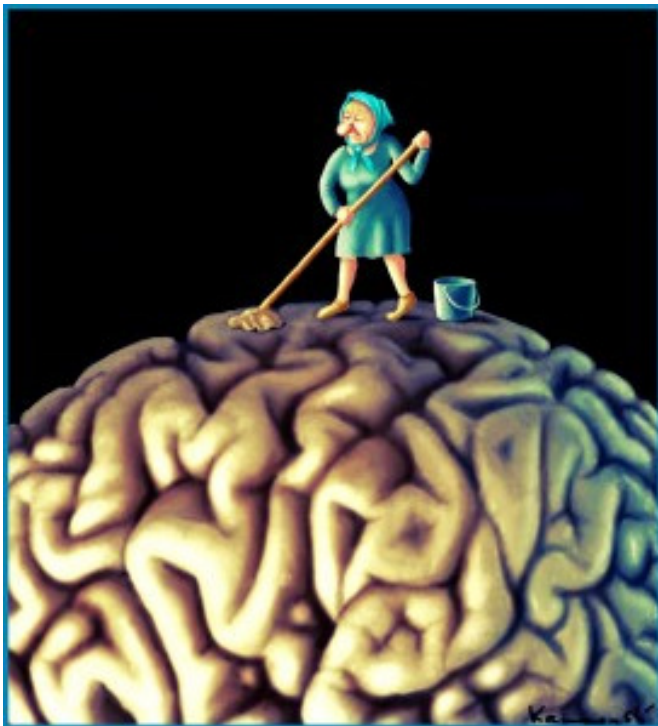
- Aiyana is a Native American term meaning *'forever flowering, eternal blossom'*
- An outbound tree planting activity, *connecting to nature* and feeling gratitude for its abundance; *working as a team* to give back to nature; *receiving messages and insights from the plants and earth.*



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Seva Swachh – mindful cleaning

Housekeeping tasks: sweeping, washing utensils mindfully, while singing together, sharing stories can elevate a so called '*mundane*' task into a gift of love, a meditative and reflective experience.



The task will include a *gratitude circle* to acknowledge the invisible hands that make life comfortable on a daily basis, to *instil dignity of labour*.



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Seva Swachh – mindful cleaning





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Endorsements

It was such a lovely surprise to walk in and experience this afternoon. I'm going back feeling so happy and special. Thank you so much for this. We've not experienced such nice gestures in Yelahanka before and something like this has just made my week!

Thank You!!! 😊

Thank you!!
This was really sweet I'm overwhelmed
The food was brilliant
Loved the generosity
Thank you!! 😊



Zen Seva - options

**Experiential
1.5 days**

**Half day
preliminary
workshop –
billable**

**1 day Zen Seva
event -
complimentary**

**Intensive
2.5 days**

**Half day
preliminary
workshop –
billable**

**1 day Zen Seva
event –
complimentary**

**1 day Post work –
billable**





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Zen Seva – preliminary work

- *One to two weeks* prior to the event, a preliminary meeting (half day) is organized to share the approach and logistics of Zen Seva.
- Each event is *light, fun filled team synergy experience* that is deeply reflective with compelling insights.
- It begins with *a quiet time for self awareness* and to tune into the collective goal; ends with a circle for reflection and sharing.
- Volunteers work in *a non hierarchical structure* freely choosing jobs that are carefully designed and categorized



One of the beautiful things about human existence is how powerful we are when we come together.
♥ Mollycudde



Program Investment

Per batch

- Options –

- 1.5 day playshop

OR

- 2.5 day playshop

- Class size – maximum 25 participants

- Minimum 2 senior facilitators per session

- Professional fee –

- 1 day of the Zen Seva event would be complimentary program

- Preliminary work - billable

- Post work – billable (optional)

- Training materials and photocopying costs at actuals

- Stay and travel expenses at actuals for outstation programs

- Local transport billable for in-station events

- Logistics by host organization



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 - www.thehealingcircle.in
 - www.thecreativeschool.in
 - www.youtube.com/watch?v=3cKCxORg6IA



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Zena Seva – a celebration of oneness!



MARATHI