

FY 2021 – 2022

Impact assessment report

Project: Promotion of healthcare and mindfulness through yoga

A CSR Initiative of Sonalika International



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Executive Summary

The Divine Soul Yoga Centre – Solis Wellness Centre, established in response to the COVID-19 pandemic, has made significant strides in promoting community wellness through its diverse range of services. The project's phased implementation began with online meditation and yoga sessions, which provided crucial support during lockdowns and social distancing periods. This virtual approach ensured continued access to wellness practices, helping participants maintain their physical and mental health during challenging times.

The introduction of the physical Centre in June 2021 marked a major milestone, offering a dedicated space for various wellness activities. The state-of-the-art facility has been instrumental in providing in-person yoga classes, meditation sessions, and other holistic therapies. This development not only enhanced the effectiveness of wellness practices through direct instructor interaction but also fostered a sense of community by bringing people together for shared experiences and support.

Overall, the Centre's initiatives have yielded positive outcomes, including improved accessibility to wellness services, greater community engagement, and sustained health benefits. Participants have reported enhanced physical fitness, reduced stress levels, and a stronger sense of connection, demonstrating the Centre's success in meeting the evolving needs of the Hoshiarpur community and supporting long-term well-being.

1. Introduction

1.1 Overview of Sonalika Social Development Society (SSDS)

Sonalika Social Development Society (SSDS) was established in 2015 as a CSR arm of M/s International Tractors Ltd. (ITL). The foundation of SSDS marks a significant step towards advancing ITL's commitment to corporate social responsibility, focusing on impactful community initiatives.

The organization operates under several legal and regulatory frameworks to ensure transparency and accountability, including registrations with the Registrar of Societies, Income Tax Department, and Department of Companies Affairs.

1.2 Mission and Vision

SSDS aims to foster social development through welfare programs focusing on health, education, and community empowerment. Its vision is to cultivate a sustainable and equitable society through impactful CSR initiatives and active community engagement.

1.2 CSR Compliance

SSDS ensures its alignment with the CSR Law's requirements. This organization operates within the legal framework established for CSR activities, thereby enhancing its credibility and commitment to social responsibility. The compliance with CSR regulations underscores the organization's dedication to maintaining high standards of transparency, accountability, and ethical conduct in its social initiatives.

2. Impact Assessment Methodology

Team CauseBecause studied the project concept and its objectives thoroughly and also had brief discussions with Team CSR at Sonalika before devising the assessment methodology.

2.1: Desk review of available documents

As a first step, a thorough desk review of all the available material related to the project was done. This included literature provided by Team CSR as well as partner NGOs.

The documents included:

- I. Project concept notes and implementation framework
- II. Project monitoring reports and project progress reports
- III. Names and coordinates of stakeholders, especially the project beneficiaries
- IV. Thorough details of courses and other activities under the project
- V. Monitoring and mid-term assessment reports by the company or third-party entities

2.2: Field research

The research team applied the following techniques for assessing the outcomes of the project:

- Thorough discussions with direct and indirect stakeholders of the project, including Sonalika team and the Yoga Centres representatives
- Interviews (in-person, virtual meetings and telephonic talks) with project stakeholders, including beneficiaries

2.3: Qualitative data analysis

In order to collect essential information from the sampled participants, a professional team of management trainees, communication executives and market research interns worked under senior research professionals.

- **Quality control during collection**
CauseBecause project lead and supervisors engaged in the interviews.
- **Data verification post-collection**
Project lead verified interviewees' responses through random sampling. They also did a post-interview satisfaction survey.
- **Data analysis**
Experienced research professionals and the IT team at CauseBecause worked together for data analysis. The latest version of IBM® SPSS® platform, an effective statistical software, was used for extraction of accurate insights.



KEY FINDINGS

1. Project Overview

3.1 About the Project

The project **Promotion of Healthcare and Mindfulness Through Yoga** through the "Divine Soul Yoga Centre – Solis Wellness Centre" is designed to address the growing need for holistic health solutions, especially in the aftermath of the COVID-19 pandemic. The project focuses on enhancing physical, mental, and emotional well-being through a variety of wellness practices.

3.2 Project goals

The Centre has three primary goals:

- Promote Holistic Health: Enhance overall well-being through yoga and meditation.
- Address Post-Pandemic Health Needs: Support recovery from COVID-19 and improve health resilience.
- Provide Accessible Wellness Services: Offer free wellness services to the community, ensuring no financial barriers to access.

3.3 Project facility and locations

Located at the First Floor, Opp SSP Residence, Mall Road, Hoshiarpur – 146001, the Centre occupies a strategic position that ensures accessibility for local residents and surrounding areas.

3.4 Facility description

The facility spans 4,200 square feet and has been meticulously renovated to serve as a state-of-the-art yoga and wellness centre. The renovation process included creating specialized spaces for yoga studios, meditation rooms, and healing areas, all designed to foster a serene and conducive environment for wellness activities.

4. Project Implementation

The Project was conceived in response to the global COVID-19 pandemic, which significantly impacted both physical and mental health. The project's rationale includes addressing the urgent need for preventive care and wellness practices exacerbated by the pandemic.

The project began with online audio-based meditation courses, transitioned to online yoga sessions, and culminated with the inauguration of the physical Centre in June 2021. This phased approach was not only a strategic response to the pandemic restrictions but also a thoughtful method to address the evolving needs of the community. Each phase was carefully designed to maximize the benefits of the wellness interventions offered.

4.1 Project Components

The Centre offers a range of wellness services:

- Guided Meditation: Sessions in natural settings to enhance mental clarity.
- Yoga and Yoga Therapy: Programs to balance physical and mental health.
- Divine Healing: Energy-based therapy for overall wellness.
- Laughter Therapy: Activities to manage stress and promote joy.
- Rejuvenating Activities: Creative and mindfulness sessions for holistic well-being.

4.2 Implementation Phases

The project began with online audio-based meditation courses, transitioned to online yoga sessions, and culminated with the inauguration of the physical Centre in June 2021.

The phased approach allowed for adaptation to pandemic restrictions and facilitated the eventual establishment of in-person classes and retreats.

5. Need Assessment and Beneficiary Reach

5.1 Need Assessment

A comprehensive survey was conducted, reaching over 1,449 individuals from diverse community segments including local residents, students, government employees, NGOs, and businesses. The survey highlighted a significant demand for wellness programs, particularly in the context of post-pandemic health challenges.

5.2 Survey Findings

The survey results revealed a clear community need for structured wellness programs. Data was gathered from various sources including local colonies, educational institutions, government offices, NGOs, and business houses.

6. Implementation Strategy and its outcomes

6.1 Implementation Strategy

The implementation strategy for the Project was carefully designed to ensure effective outreach, comprehensive support, and successful execution of wellness programs. A dedicated team was assembled to handle various aspects of the project, including outreach, counselling, and daily operations.

This strategic approach was critical for adapting to the changing circumstances of the COVID-19 pandemic and ensuring the project's success. The strategy encompassed three key components: online yoga sessions, audio-based meditation courses, and the development of a physical wellness centre.

6.2 Online Yoga Sessions

In response to the pandemic's restrictions, online yoga sessions were introduced as a key component of the wellness strategy. These sessions were conducted through video conferencing platforms, enabling participants to practice yoga from the safety and comfort of their homes. The sessions were designed to cater to various skill levels and included a range of yoga styles, such as Hatha, Vinyasa, and restorative yoga.

OUTCOMES

- **Adaptability to Pandemic Restrictions:** Online yoga sessions allowed the project to continue providing wellness services despite lockdowns and social distancing measures. This adaptability ensured that participants could maintain their yoga practice without interruption, which was crucial for their physical and mental well-being during a time of significant disruption.
- **Accessibility and Convenience:** Participants could join the yoga sessions from any location, eliminating geographical barriers and making wellness practices accessible to a broader audience. The convenience of attending sessions from home also allowed individuals with busy schedules or mobility issues to participate regularly.
- **Real-Time Interaction:** Live online sessions provided opportunities for real-time interaction between instructors and participants. This allowed for immediate feedback, personalized adjustments, and answers to participants' questions, enhancing the effectiveness of the yoga practice and fostering a more engaging experience.
- **Community Building:** Despite physical distancing, the online yoga sessions facilitated a sense of community among participants. Group classes created a shared experience and encouraged social interaction, which helped reduce feelings of isolation and provided emotional support.
- **Continued Health Benefits:** Regular participation in online yoga sessions contributed to improved physical fitness, flexibility, and mental relaxation. Participants experienced benefits such as reduced stress levels, enhanced mood, and better overall health, which were particularly important during the pandemic.

6.3. Audio-Based Meditation Courses

The project began with audio-based meditation courses delivered via WhatsApp. These courses were available in multiple languages, including Hindi and English, to cater to a diverse audience. Participants received guided meditation sessions through audio messages, which they could listen to at their convenience.

OUTCOMES

- **Flexibility and Accessibility:** Audio-based meditation courses provided participants with the flexibility to engage in meditation at any time that suited their schedule. This was particularly valuable for individuals managing work-from-home arrangements or other responsibilities during the pandemic.
- **Ease of Integration:** The audio format made it easy for participants to incorporate meditation into their daily routines. With no need for specialized equipment or in-person attendance, individuals could practice meditation while commuting, during breaks, or before bedtime.
- **Language Inclusivity:** Offering meditation courses in multiple languages ensured that a wider audience could benefit from the program. This inclusivity addressed language barriers and allowed individuals from different linguistic backgrounds to access and benefit from the wellness services.
- **Stress Reduction:** The guided meditation sessions provided participants with tools and techniques for managing stress, enhancing relaxation, and improving emotional well-being. The audio format facilitated consistent practice, which is essential for achieving long-term benefits such as reduced anxiety and improved mental clarity.
- **Enhanced Self-Awareness:** Regular meditation practice promoted self-awareness and mindfulness, helping participants develop a deeper understanding of their thoughts and emotions. This increased self-awareness contributed to better emotional regulation and overall mental health.

6.4 Physical Centre Development

The development of the physical Centre in Hoshiarpur marked a significant milestone in the project. This state-of-the-art facility was designed to provide a comprehensive range of wellness services, including in-person yoga classes, meditation sessions, divine healing, and laughter therapy. The Centre was strategically located to ensure accessibility for the local community.

OUTCOMES

- **Dedicated Wellness Space:** The physical Centre provided a dedicated space for wellness activities, creating an environment specifically designed to support holistic health. The facility included yoga studios, meditation rooms, and healing spaces, all of which contributed to a serene and supportive atmosphere for participants.
- **Enhanced Personal Interaction:** In-person classes at the Centre allowed for direct interaction between participants and instructors. This face-to-face engagement enabled personalized guidance, adjustments, and feedback, enhancing the effectiveness of the wellness practices and fostering a more supportive and interactive experience.
- **Variety of Services:** The Centre offered a diverse range of wellness services, including yoga, meditation, divine healing, laughter therapy, and rejuvenating activities. This variety allowed participants to explore different approaches to wellness and find the practices that best suited their individual needs and preferences.
- **Community Engagement:** The physical Centre served as a hub for community engagement and social connection. Group classes, workshops, and events fostered a sense of community and provided opportunities for participants to build relationships and support one another. This communal aspect was vital for mental health, providing a supportive network during a time of physical distancing.
- **Long-Term Wellness:** The establishment of the Centre supported the long-term sustainability of the wellness programs. With a permanent facility, the project could offer ongoing services, expand its offerings, and adapt to the evolving needs of the community. The Centre's presence also contributed to the overall health and well-being of the local population by providing consistent access to high-quality wellness services.



7. Healing Therapy Integration

The integration of Divine Healing into the wellness program at the Project represents a significant component aimed at enhancing participants' overall well-being. Divine Healing, which is an energy-based therapy, was introduced as part of a holistic approach to address both mental and physical health concerns. This therapy was conducted by qualified professionals who were trained to facilitate these sessions effectively.

OUTCOMES

a) Enhanced Stress Reduction and Emotional Balance

Divine Healing focused on channeling healing energy to help balance the body's energy systems. This therapy aims to alleviate stress and promote emotional equilibrium. By working with the subtle energy fields around the body, Divine Healing can effectively address underlying emotional issues and reduce stress.

- **Reduction in Stress Levels:** Participants often experience a significant decrease in stress after Divine Healing sessions. The therapy helps to calm the nervous system, allowing individuals to achieve a state of deep relaxation and tranquility.
- **Emotional Release:** Divine Healing can facilitate the release of pent-up emotions, such as anxiety, anger, and sadness. By addressing these emotions, participants may experience greater emotional clarity and stability.
- **Improved Mood:** Regular sessions contribute to an uplifted mood and a more positive outlook on life. This emotional upliftment can enhance overall mental well-being and contribute to a more balanced emotional state.

b) Promotion of Physical Healing and Pain Relief

Divine Healing aid in physical recovery by targeting areas of discomfort and promoting the body's natural healing processes. Energy-based therapy can help in alleviating physical pain and supporting overall physical health.

- **Pain Management:** Participants suffering from chronic pain or discomfort may find relief through Divine Healing. The therapy helps to reduce pain by improving energy flow and addressing energy blockages in the body.
- **Enhanced Recovery:** Individuals recovering from injuries or illnesses may experience accelerated healing due to the supportive effects of Divine Healing. The therapy complements other medical treatments and aids in the overall recovery process.
- **Increased Vitality:** By enhancing the body's energy levels, Divine Healing can contribute to increased vitality and overall physical well-being.

c) Improved Mental Clarity and Focus:

The therapy aims to clear mental blockages and enhance cognitive function. By aligning and balancing the energy fields, Divine Healing helps participants achieve improved mental clarity and focus.

- **Enhanced Concentration:** Participants often report better concentration and mental focus following Divine Healing sessions. The therapy helps to clear mental fog and improve cognitive function.
- **Mental Calmness:** The reduction in stress and emotional clutter allows for a calmer mind, which can lead to better decision-making and problem-solving abilities.
- **Improved Memory:** Regular sessions may contribute to improved memory retention and recall, as mental clarity is enhanced and energy blockages are addressed.

d) Support for Spiritual Growth and Self-Awareness:

Divine Healing is often associated with spiritual growth and self-awareness. The therapy provides a deeper connection to one's inner self and fosters a greater understanding of one's spiritual path.

- **Increased Self-Awareness:** Participants may experience heightened self-awareness and a deeper understanding of their own needs, desires, and purpose. This self-awareness contributes to personal growth and emotional development.
- **Spiritual Connection:** Divine Healing helps individuals connect with their inner self and spiritual essence. This connection can lead to a greater sense of purpose, fulfillment, and alignment with one's spiritual beliefs.
- **Enhanced Intuition:** As participants become more in tune with their inner self, they may also experience an enhancement in their intuitive abilities, leading to more informed and authentic decision-making.

e) Holistic Well-being and Integration

Divine Healing integrates with other wellness practices to support holistic health. By addressing both physical and emotional aspects, the therapy contributes to overall well-being and integration of mind, body, and spirit.

- **Complementary to Other Therapies:** Divine Healing complements other wellness practices such as yoga and meditation. The integration of different therapies provides a comprehensive approach to health and well-being.
- **Balanced Energy Flow:** By ensuring balanced energy flow throughout the body, Divine Healing supports overall wellness and helps maintain equilibrium in physical, emotional, and spiritual aspects.

- **8. Long-Term Objectives & Sustainability**

The Project is poised for significant growth and development, with a strategic focus on enhancing its impact and reach. The future plans for the Centre encompass two primary areas: the **sustained wellness programs** and the **expansion of services**. Each of these areas is crucial for ensuring the Centre's long-term success and its ability to address evolving community needs.

- **a) Sustained Wellness Programs**

The Centre will maintain its core wellness programs, which have proven beneficial to the community. This includes:

- **Guided Meditation Sessions:** These sessions have become a cornerstone of the Centre's offerings, helping participants manage stress, enhance mental clarity, and foster a deeper connection with their inner selves. Continued focus will be placed on refining and expanding these sessions to cater to diverse needs and preferences.
- **Yoga and Yoga Therapy:** Regular yoga classes and therapeutic sessions will remain central to the Centre's mission. These classes, which support physical fitness, flexibility, and mental well-being, will be adapted to address seasonal health issues, emerging wellness trends, and participant feedback.
- **Divine Healing:** Energy-based healing sessions have been well-received, providing emotional and spiritual support. The Centre will ensure these sessions are delivered by skilled practitioners and will explore ways to deepen their impact.
- **Laughter Therapy and Rejuvenating Activities:** Programs designed to promote joy and creative expression will continue, incorporating new activities and formats to keep participants engaged and motivated.

- **b) Expansion of Services**

Development of Additional Wellness Initiatives: The Centre will leverage community feedback to expand and diversify its services. This approach ensures that new initiatives are aligned with the specific needs and preferences of the local population.

Planned expansions include:

- **New Therapeutic Services:** Based on community interest, the Centre will explore integrating additional therapies such as acupuncture, aromatherapy, or sound healing. These services will be evaluated for their potential benefits and incorporated into the Centre's offerings if deemed valuable.
- **Enhanced Digital Resources:** To reach a broader audience, the Centre will develop enhanced digital resources, including a comprehensive mobile app and virtual reality experiences.

- **Community Partnerships and Outreach:** Expanding partnerships with local businesses, schools, and organizations will be a priority. These partnerships will facilitate the delivery of wellness programs to larger groups and promote the Centre's mission more effectively.
- **Adaptation to Emerging Trends:** The Centre will remain agile and responsive to emerging wellness trends and innovations. By staying informed about advancements in health and wellness, the Centre will continuously adapt its programs and services to incorporate the latest practices and technologies, ensuring that it remains at the forefront of the wellness industry.

b) Sustainability

Sustainability is a cornerstone of the Centre's future plans. To ensure that the Centre remains a viable and impactful resource for years to come, several sustainability strategies will be implemented:

- **Environmental Sustainability:** The Centre will adopt eco-friendly practices such as using sustainable materials, reducing waste, and implementing energy-efficient technologies. This commitment to environmental stewardship aligns with the holistic philosophy of wellness and contributes to the overall health of the community.
- **Financial Sustainability:** To secure long-term operational stability, the Centre will explore diverse funding sources, including grants, donations, and partnerships. Additionally, a portion of the Centre's revenue will be reinvested into program development and facility maintenance to ensure continued excellence.
- **Community Engagement:** By actively involving the community in decision-making processes and program evaluations, the Centre will foster a sense of ownership and commitment among participants. This engagement will help sustain interest and support for the Centre's initiatives.
- **Staff Development:** Investing in the continuous training and development of staff ensures that the Centre's team remains skilled and motivated. This focus on professional growth will enhance the quality of services provided and support the Centre's long-term success.

9. Beneficiary Statistics

The Project has established a robust system for managing and maintaining data, ensuring transparency, accountability, and effective program evaluation. This meticulous approach to data management has been pivotal in tracking the Centre's impact, monitoring participant engagement, and refining program offerings based on empirical evidence.

Geographic Reach: The Centre aims to engage and attract individuals from Hoshiarpur and its surrounding areas. Our outreach efforts will include local advertising, partnerships with community organizations, and participation in regional events to ensure we reach the broadest audience within this geographic region.

9.2 Demographic Reach:

1. **Students:** We will implement targeted campaigns in schools and colleges, offering workshops, seminars, and informational sessions tailored to students' interests and needs.
2. **Professionals:** Outreach to local businesses and professional networks will involve presentations and collaborations to highlight how the Centre can support career development and networking opportunities.
3. **Senior Citizens:** Engagement with senior citizen groups and community centers will focus on programs and activities designed to enhance well-being and lifelong learning.

By leveraging diverse communication channels and collaborating with key community stakeholders, the Centre will effectively promote its benefits and encourage widespread participation across all demographic groups.

9.3 Comprehensive Data Collection

The Centre has implemented a comprehensive data collection strategy that captures detailed information about all participants and their interactions with the various wellness programs.

- **Participant Records:** The Centre maintains detailed records of all individuals who have engaged with its programs. This includes personal information such as names, contact details, and demographic data.
- **Program Attendance Tracking:** For each program or activity—whether it's guided meditation, yoga classes, divine healing sessions, or workshops—the Centre records attendance meticulously. This includes the dates of participation, types of activities attended, and any specific feedback provided by the participants.
- **Activity Logs:** Detailed logs are kept for each activity, noting participant numbers, session timings, and the names of facilitators. This helps in evaluating the effectiveness of different sessions and identifying trends or areas for improvement.

Table 1: The table indicates the extent of outreach of the project

Sr.	Particular	No of individuals reached
1	Corporates' employees	16
2	Jain colony HSP	55
3	Arora colony HSP	76
4	Brahman Samiti calling data	34
5	Rotary club (North) HSP	27
6	Suraj Nagar HSP	12
7	Shiv Shakti Nagar HSP	10
8	MC data list	49
9	Ladies Club HSP	149
10	Service Club	71
11	Budh Ram Colony Welfare Society	22
12	Beacons group	18
13	HSP campaign	14
14	Satish ji's Contacts	15
15	Birbal Nagar, New Gautam Nagar	22
16	Indira Colony, Narayan Nagar, Birbal Nagar, New Gautam Nagar	20
17	Preet Nagar	17
18	S.S Jain Sabha	31
19	Sood Community	15
20	Sood Sabha, Brahmin Samiti	15
21	Own Circle	7
22	Byopar Manal And other Nomintions	50
23	Green Valley	14
24	Campaign	100
25	Public Group	14
26	Birbal nagar	12
27	Colony	14
28	Campaign and nominations	14
29	Suraj Nagar + Shakti Nagar	15
30	Persons visits to Centre	521
	TOTAL	1449

Table 2: Participants of Audio Based Courses

PARTICIPANTS OF AUDIO BASED COURSES

SR. NO.	Date	Group Number	Number of Participants
1	Apr-21	HSP 43	14
2	Apr-21	HSP 44	14
3	Apr-21	HSP 45	14
32	May-21	HSP 48	14
33	Apr-21	HSP 46	14
34	May-21	HSP 47	14
35	May-21	HSP 49	14
36	May-21	HSP 50	15
37	Jul-21	HSP 55	18
38	Jul-21	HSP 56	18
39	Jul-21	HSP 57	14
40	Jul-21	HSP 58	13
41	Aug-21	HSP 59	15
42	Aug-21	HSP 60	17
43	Aug-21	HSP 61	16
44	Aug-21	HSP 62	13
45	Sep-21	HSP 63	11
46	Sep-21	HSP 64	14
47	Sep-21	HSP 65	14
48	Sep-21	HSP 66	13
49	Oct-21	HSP 67	14
50	Oct-21	HSP 68	13
51	Oct-21	HSP 69	17
52	Oct-21	HSP 70	15
53	Nov-21	HSP 71	15
54	Nov-21	HSP 72	14
55	Nov-21	HSP 73	13
56	Nov-21	HSP 74	14
57	Dec-21	HSP 75	13
58	Dec-21	HSP 76	13
59	Dec-21	HSP 77	14
60	Dec-21	HSP 78	13
61	Jan-22	HSP 79	15
62	Jan-22	HSP 80	15
63	Jan-22	HSP 81	11
64	Jan-22	HSP 82	13

65	Feb-22	HSP 83	22
66	Feb-22	HSP 84	15
67	Feb-22	HSP 85	15
68	Feb-22	HSP 86	19
69	Mar-22	HSP 87	13
70	Mar-22	HSP 88	13
71	Mar-22	HSP 89	13
72	Mar-22	HSP 90	13
TOTAL			634

Table 3: Number of participants attended physical courses at Solis Wellness Centre

PARTICIPANTS WHO ATTENDED PHYSICAL COURSES AT SOLIS WELLNESS CENTRE

SR. NO.	Date	Workshop	Number of participants
1	Jun-21	Workshop 1	13
2	2nd to 4th July 2021	Workshop 2	18
3	2nd to 4th July 2021	Workshop 3	27
4	30th July -1st august 2021	Workshop 4	23
5	30th July -1st august 2021	Workshop 5	22
6	4th - 5th September 2021	Workshop 6	19
7	4th - 5th September 2021	Workshop 7	14
8	18th August 2021	Workshop 8	25
9	19th August 2021	Workshop 9	30
10	16th October 2021	Workshop 10	29
11	27th November 2021	Workshop 11	23
12	27th November 2021	Workshop 12	22
13	4th December 2021	Workshop 13	23
14	4th December 2021	Workshop 14	24
15	29th and 30th January 2022	Workshop 15	6
16	29th and 30th January 2022	Workshop 16	14
17	5th and 6th February 2022	Workshop 17	15
18	5th and 6th February 2022	Workshop 18	15
19	5th and 6th march 2022	Workshop 19	15
20	5th and 6th march 2022	Workshop 20	20
TOTAL			397

Table 4: The participants who attended the retreats

PARTICIPANTS WHO ATTENDED THE RETREATS

SR.	Date	Retreat No.	No of participants
1	17th April 2021	Retreat No. 9	10
2	22nd May 2021	Retreat No. 10	25
3	25th June 2021	Retreat No. 11	11
4	23rd July 2021	Retreat No. 12	6
5	13th August 2021	Retreat No. 13	12
6	10th September 2021	Retreat No. 14	15
7	24th September 2021	Retreat No. 15	11
8	8th October 2021	Retreat No. 16	12
9	12th November 2021	Retreat No. 17	12
10	7th December 2021	Retreat No. 18	12
11	17th December 2021	Retreat No. 19	13
12	4th to 7th February 2022	Retreat No. 20	11
13	11th to 14th February 2022	Retreat No. 21	12
14	25th to 28th February 2022	Retreat No. 22	12
15	4th to 7th March 2022	Retreat No. 23	13
16	11th to 14th March 2022	Retreat No. 24	12
17	18th to 21st march 2022	Retreat No. 25	8
18	25th to 28th march 2022	Retreat No. 26	9
TOTAL			216

10. Project Participants Feedback

a) Kashish, a student

"I want to extend my heartfelt thanks for the invaluable advice and guidance provided by the project. The insights and practices shared have truly made a profound difference in my life.

"The thoughtful approach and expertise demonstrated have contributed significantly to my personal growth and well-being. I am genuinely appreciative of the positive impact this initiative has had, and I look forward to continuing this journey of wellness with the Centre."

b) Omkar Nath Sharma, senior citizen

"I am incredibly grateful for the meditation sessions offered by the Project. These sessions have brought a deep sense of happiness and calm into my life. The peaceful state of mind and relaxation I experience after each session are truly remarkable. I want to express my sincere thanks for providing such a transformative experience. Your dedication to fostering mental and emotional well-being is deeply appreciated."

c) Sumesh Kumar, professional

"Mr. Sumesh Kumar: The sessions at the project have been nothing short of extraordinary. They offer a unique blend of spiritual enrichment and practical relaxation techniques that purify the soul and help resolve life's challenges. The thoughtful and beautiful approach of these sessions has been incredibly helpful in easing stress and promoting a sense of inner peace. I am truly grateful for the opportunity to participate in such a meaningful and impactful program."

d) Pankaj Dogra, professional

"Mr. Pankaj Dogra: I am deeply impressed by the wonderful platform provided by the project. The combination of yoga, meditation, and healing practices is truly invaluable, offering profound benefits that should be an integral part of everyone's life.

"The dedication to maintaining feedback and continually improving the experience, even on off days, is commendable. This thoughtful approach ensures that the program remains effective and inclusive for all participants. Thank you for creating such a positive and transformative space."

e) Dr. Monica, professional

“Dr. Monica: The audio sessions provided by the Divine Soul Yoga Centre are truly exceptional. They serve as an excellent resource, especially for those times when physical attendance is not possible. These sessions have been instrumental in helping me find inner peace and happiness, offering a soothing escape and a pathway to self-discovery. I am immensely grateful for the opportunity to engage with such high-quality and supportive content. Thank you for your dedication to enhancing our well-being.”

f) Satbir Kaur, housewife

“Satbir Kaur: Engaging with the audio messages from the Divine Soul Yoga Centre has been a profoundly soothing and enriching experience. Each message offers a sense of relaxation and comfort that has been invaluable in my daily life. The thoughtful design of these audio sessions contributes significantly to my overall sense of well-being, making me feel deeply relaxed and content. I extend my heartfelt thanks to the Centre for providing such a nurturing and supportive experience.”

11. Recommendations for Enhancing the Impact of the Project

To further amplify the effectiveness and reach of the Divine Soul Yoga Centre, several recommendations are proposed. These suggestions aim to optimize the benefits of the existing programs and ensure that the Centre continues to meet the evolving needs of its community.

Each recommendation is accompanied by its underlying logic and reasoning:

a) Expand Program Offerings

Introduce a diverse range of specialized programs and workshops beyond the current offerings of yoga, meditation, and divine healing. This could include programs such as advanced yoga workshops, therapeutic yoga for specific conditions, nutrition and wellness education, mindfulness-based stress reduction (MBSR), and holistic health seminars.

Logic and Reasoning:

- **Increased Engagement:** A broader range of programs caters to diverse interests and needs, encouraging higher community participation and engagement. Specialized workshops can attract individuals with specific health conditions or wellness goals.
- **Holistic Approach:** Expanding the range of programs allows the Centre to address various aspects of health, from physical fitness and mental wellness to nutritional education. This comprehensive approach enhances overall well-being and supports a more balanced lifestyle.

- **Enhanced Reputation:** Offering a variety of specialized programs can position the Centre as a leading wellness hub in the region, attracting more participants and potentially increasing funding opportunities.

b) Enhance Accessibility and Inclusivity

Implement measures to make the Centre's services more accessible to a wider audience, including offering virtual sessions, creating programs for underserved populations, and providing financial assistance or sliding scale fees for low-income individuals.

Logic and Reasoning:

- **Broader Reach:** Virtual sessions and online resources make wellness programs accessible to individuals who cannot attend in person due to geographical, physical, or financial constraints.
- **Increased Inclusivity:** Tailoring programs for underserved or marginalized groups ensures that the benefits of wellness practices are available to all community members, promoting equity in health and well-being.
- **Community Support:** Financial assistance or sliding scale fees can alleviate barriers to participation for low-income individuals, fostering a more inclusive and supportive community environment.

c) Strengthen Community Partnerships

Form partnerships with local healthcare providers, educational institutions, and community organizations to collaborate on wellness initiatives, research, and outreach programs. This could include joint events, educational workshops, and research studies on the impact of wellness practices.

Logic and Reasoning:

- **Enhanced Resources:** Partnerships with healthcare providers and educational institutions can bring additional resources, expertise, and credibility to the Centre's programs. Collaborative efforts can lead to innovative approaches and increased program effectiveness.
- **Broader Impact:** Joint initiatives and outreach programs can extend the Centre's reach and impact, facilitating a greater number of community members accessing wellness services and educational opportunities.
- **Shared Knowledge:** Collaborations with research institutions and healthcare providers can lead to valuable insights into the benefits of wellness practices, contributing to evidence-based improvements and advancements.

d) Develop a Comprehensive Evaluation Framework

Establish a detailed evaluation framework to regularly assess the effectiveness and impact of the Centre's programs. This framework should include quantitative and qualitative metrics, participant feedback, and long-term outcome tracking.

Logic and Reasoning:

- **Continuous Improvement:** Regular evaluations provide insights into program effectiveness, enabling continuous improvement based on participant feedback and performance metrics. This ensures that the Centre's offerings remain relevant and impactful.
- **Data-Driven Decisions:** A comprehensive evaluation framework allows for data-driven decision-making, facilitating evidence-based adjustments and enhancements to the programs.
- **Accountability and Transparency:** Systematic evaluations ensure transparency and accountability, demonstrating the Centre's commitment to delivering high-quality services and achieving positive outcomes for participants.

e) Expand Outreach and Marketing Efforts

Enhance outreach and marketing strategies to increase awareness and attract new participants. Utilize social media, local media, community events, and partnerships to promote the Centre's programs and services.

Logic and Reasoning:

- **Increased Visibility:** Effective marketing and outreach efforts increase the Centre's visibility, attracting a larger audience and raising awareness about the benefits of its programs.
- **Community Engagement:** Engaging with the community through events and media can build stronger connections and encourage participation in wellness activities.
- **Program Growth:** A well-executed marketing strategy can drive higher enrollment and support the growth of the Centre's programs, contributing to long-term sustainability and impact.

f) Invest in Staff Training and Development

Recommendation: Invest in the ongoing training and professional development of staff, including yoga instructors, therapists, and administrative personnel. Provide opportunities for advanced certifications, workshops, and skill enhancement.

Logic and Reasoning:

- **Quality of Services:** Well-trained staff can deliver higher-quality services, ensuring that participants receive effective and knowledgeable support in their wellness journey.
- **Staff Retention:** Investing in staff development contributes to job satisfaction and retention, maintaining a skilled and dedicated team.
- **Program Innovation:** Advanced training and professional development enable staff to incorporate the latest techniques and best practices, fostering innovation and improvement in the Centre's programs.

11. Conclusion

The Divine Soul Yoga Centre – Solis Wellness Centre has emerged as a vital initiative addressing the multifaceted health and wellness needs of the community, particularly in the wake of the COVID-19 pandemic. The Centre's thoughtful design and phased implementation—from online meditation courses and yoga sessions to the establishment of a dedicated physical space—reflect its commitment to fostering holistic well-being and resilience among its participants.

The impact of the Centre is evident through its diverse offerings and the significant benefits reported by its users. The integration of guided meditation, yoga therapy, divine healing, and laughter therapy has provided comprehensive support, enhancing physical fitness, mental clarity, and emotional stability. The Centre has successfully created a supportive environment that not only addresses immediate wellness needs but also contributes to long-term community health.

Key outcomes of the project include:

- **Improved Physical and Mental Health:** Participants have experienced notable improvements in physical fitness, stress reduction, and mental clarity, contributing to a better quality of life and aiding in recovery from post-COVID conditions.
- **Strengthened Community Bonds:** Through group activities and wellness programs, the Centre has fostered a sense of community and mutual support, enhancing social cohesion and individual well-being.

- **Sustainable Operations and Future Growth:** With a clear roadmap for future development, including expansion of wellness programs, facility upgrades, and the integration of new technologies, the Centre is well-positioned for continued success and impact.

The Centre's commitment to inclusivity and accessibility, coupled with its strategic approach to program development and community engagement, underscores its role as a leader in promoting holistic health. The positive feedback from participants and the Centre's operational transparency further affirms its effectiveness and dedication.

In conclusion, the project stands as a beacon of hope and healing, embodying the principles of holistic wellness and community support. As it moves forward with plans for expansion and enhancement, it will continue to serve as a valuable resource for individuals seeking to improve their health and well-being, thus contributing to a more resilient and connected community. The Centre's ongoing efforts and future initiatives promise to sustain its positive impact and fulfil its mission of fostering a healthier, happier society.



Glimpses of the project







ANNEXURES

Annexure – 1	List of Participants who attended Audio Base Courses under Group No.HSP-50
Annexure – 2	List of Participants who attended Physical Yoga Courses of workshop no.03
Annexure- 3	List of Participants who attended Re-treat No.10
Annexure - 4	Copy of Society Registration Certificate
Annexure - 5	Copy of Registration with Income Tax Deptt under Section 12AA
Annexure -6	Copy of Certificate under Section 80G of Income Tax Deptt
Annexure -7	Copy of Registration under Section 10 AC of Income Tax Deptt
Annexure – 8	Copy of CIN No issued by Deptt of Company Affairs

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