

Impact Assessment Report

PROJECT: PROMOTION OF HEALTHCARE AND MINDFULNESS THROUGH YOGA



A CSR Initiative of Sonalika International

By CauseBecause


causebecause
enabling conscious change

Saucepan Media Pvt. Ltd.

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Executive Summary

This independent impact assessment evaluates the outcomes of the “Promotion of Healthcare and Mindfulness Through Yoga” initiative implemented during FY 2023–24. The initiative, supported by Sonalika International and implemented through Divine Soul Yoga and Solis Wellness Centre, continued its mission of fostering holistic health, emotional resilience, and community wellness through yoga, meditation, healing therapies, workshops, and residential retreats.

The year 2023–24 marked a significant phase of expansion and maturity for the initiative. Building upon the foundation laid in previous years, the programme introduced immersive residential wellness formats such as the Sachidananda Retreat and Yoga Vipassana Retreat, enabling participants to engage in deeper healing and self-reflection practices.

Key findings include:

- Significant participant growth across workshops, retreats, follow-up sessions, and regular wellness programmes.
- Introduction of advanced retreat models focusing on silent meditation, breathwork, mindful living, and emotional healing.
- Strong participant feedback indicating measurable improvements in stress reduction, mental clarity, emotional balance, and overall wellness.
- Infrastructure enhancement through the continued development of the long-term leased retreat property, including meditation spaces, landscaped wellness zones, yoga halls, internal roads, and eco-conscious recreational areas.
- Increased community participation and awareness through workshops, digital outreach campaigns, and wellness-focused community engagement.
- Generation of local employment opportunities through retreat operations, maintenance, hospitality, and wellness support services.
- Establishment of a structured monitoring and follow-up system through regular Sunday sessions that encouraged consistency and long-term participant engagement.

The project has evolved into a comprehensive wellness ecosystem that combines preventive healthcare, mindfulness, spiritual well-being, and community participation. The continued development of infrastructure, programme design, and participant outreach demonstrates the initiative’s potential to become a scalable and sustainable model for holistic healthcare interventions.

1. Introduction

1.1 Overview of Sonalika Social Development Society (SSDS)

Sonalika Social Development Society (SSDS) was established in 2015 as the CSR arm of International Tractors Ltd. (ITL). Through SSDS, the organization has consistently undertaken initiatives focused on community welfare, health, education, and social development.

The organization operates within established legal and regulatory frameworks to ensure transparency, accountability, and ethical implementation of CSR programmes.

1.2 Mission and Vision

The mission of SSDS is to foster social development through impactful welfare programmes that improve quality of life and community well-being. Its vision is to build a sustainable and equitable society through responsible corporate engagement and long-term social interventions.

1.3 CSR Compliance

SSDS ensures alignment with applicable CSR regulations and compliance requirements. The organization remains committed to maintaining transparency, accountability, and effective governance across all social initiatives undertaken under its CSR mandate.



2. Impact Assessment Methodology

Team CauseBecause studied the project concept, programme structure, participant engagement model, and implementation approach before designing the assessment methodology.

2.1 Desk Review of Available Documents

A detailed review of all available project documents and programme-related material was conducted. The documents reviewed included:

1. Programme design documents and implementation plans
2. Retreat and workshop schedules
3. Monitoring reports and participant attendance records
4. Testimonials and participant feedback documentation
5. Data relating to participant engagement and programme delivery
6. Infrastructure development and operational updates

2.2 Field Research

The assessment team adopted multiple approaches to evaluate programme outcomes and participant experiences, including:

- Discussions with project stakeholders and programme management teams
- Interviews with participants and retreat attendees
- Telephonic and virtual interactions with beneficiaries
- Review of wellness programme implementation and follow-up mechanisms

2.3 Qualitative Data Analysis

A structured qualitative analysis framework was used to evaluate participant experiences, programme effectiveness, and implementation outcomes.

2.4 Quality Control During Collection

Senior research professionals supervised interviews and feedback collection to ensure consistency and accuracy.

2.5 Data Verification Post-Collection

Responses were validated through random checks and participant verification exercises.

2.6 Data Analysis

Collected data was analyzed to identify key themes, programme outcomes, behavioural shifts, and participant satisfaction levels.



3. Key Findings

3.1 Project Overview

The project focuses on promoting holistic health and wellness through yoga, meditation, mindfulness practices, healing therapies, workshops, and residential wellness retreats.

The initiative continued to address increasing levels of stress, emotional fatigue, lifestyle disorders, and mental health challenges by offering structured and accessible wellness interventions.

3.2 Project Goals

The programme aimed to:

- Promote holistic physical, mental, and emotional well-being
- Encourage preventive healthcare practices through yoga and mindfulness
- Provide accessible and affordable wellness opportunities
- Foster emotional resilience and stress management
- Create immersive wellness experiences through retreats and residential programmes

3.3 Background and Initiative

Founded under the guidance of Hon'ble Master Dr. Deepak Mittal, Divine Soul Yoga has steadily evolved from small wellness gatherings into a growing wellness community.

During FY 2023–24, the initiative expanded significantly through:

- Introduction of advanced retreats and silent meditation formats
- Expansion of participant outreach through digital awareness campaigns
- Strengthening of operational systems and participant support mechanisms
- Increased focus on personalized wellness experiences and emotional healing

3.4 Expansion and Adaptation

The initiative adapted to participant needs by introducing:

- Sachidananda Retreats focused on breathwork, subtle energy movement, and mindful stillness
- Yoga Vipassana Retreats integrating yoga with silence-based self-inquiry practices
- Workshops designed for participants unable to attend residential retreats
- Structured follow-up sessions to maintain consistency and long-term wellness engagement

These developments allowed participants to move beyond short-term wellness activities and adopt sustainable practices in daily life.



4. Project Overview

4.1 About the Project

The Promotion of Healthcare and Mindfulness Through Yoga initiative is designed to support holistic health through integrated wellness practices. The programme combines yoga, meditation, healing therapies, mindfulness, breathwork, and immersive retreats to improve overall well-being.

The initiative focuses on creating supportive spaces where participants can disconnect from stress, reconnect with themselves, and adopt healthier lifestyles.

4.2 Project Facility and Locations

At Solis Wellness Center, Mall Road, yoga sessions are conducted in hourly Morning and Evening Sessions allowing participants who attend the Workshops at their convenience. This yoga studio has been taken on lease from a third party by Sonalika Social Development Society (SSDS).

However, the monthly 3-day Residential Retreats and the weekly follow-up sessions are held on Sundays are conducted at Solis Wellness Retreat Center, located in Village Tharoli which is situated in a tranquil natural setting designed to support relaxation, mindfulness, healing and community wellness activities. This property at village tharoli has been taken on lease from Solis Naturals Private Limited by Sonalika Social Development Society.”

4.3 Facility Description

The retreat infrastructure continued to evolve during FY 2023–24. Several improvements were undertaken to enhance participant experience and programme delivery.

Major infrastructure developments included:

- Construction of a large yoga hall
- Development of meditation spaces
- Landscaping and beautification initiatives
- Creation of internal roads with interlocking tiles
- Enhancement of Tatwa Park with pathways, fountains, waterfalls, bamboo plantations, and recreational areas
- Development of Dhyana Hill with a meditation hall and horticulture work
- Lotus Pond development with pathways and water features
- Kitchen upgrades and operational improvements

These developments helped create a serene and immersive wellness environment aligned with the project’s long-term vision.

4.4 Project Components

The project included the following components:

- Yoga and yoga therapy sessions
- Guided meditation and breathwork practices
- Healing therapy sessions
- Workshops and wellness camps
- Residential wellness retreats
- Sunday follow-up sessions
- Nature-based mindful activities
- Devotional singing and spiritual discourse
- Community engagement and awareness activities



5. Project Implementation

Project Evolution in FY 2023–24

The project witnessed significant growth and operational strengthening during FY 2023–24. What initially began as yoga and wellness interventions gradually evolved into a more structured and immersive wellness ecosystem.

The year focused on expanding programme quality, retreat experiences, participant engagement, and infrastructure development.

Strategic Growth

I. Expansion of Residential Retreats

The project introduced immersive retreat formats such as:

- Sachidananda Retreats
- Yoga Vipassana Retreats
- Multi-day residential wellness retreats

These programmes emphasized:

- Mindful silence
- Breathwork
- Emotional healing
- Meditation practices
- Yoga nidra
- Nature immersion
- Holistic therapies

II. Infrastructure Expansion

The leased retreat property underwent substantial development to support increasing participation.

Enhancements included:

- Development of wellness zones and meditation spaces
- Construction and expansion of yoga halls
- Landscaping and eco-conscious beautification
- Improved accessibility and participant movement across the campus

III. Strengthened Participant Engagement

The programme strengthened participant retention through:

- Weekly follow-up sessions
- Digital communication support
- Structured onboarding systems
- Personalized guidance from instructors

5.1 Programme Design

Each programme was strategically designed to address community wellness needs, participant feedback, and common physical and mental health concerns.

Programmes included:

- Beginner and intermediate yoga sessions
- Guided meditation practices
- Healing therapy sessions
- Breathwork modules
- Workshops and retreats
- Mindfulness-based activities

5.2 Outreach and Participant Mobilization

Participants were mobilized through:

- Awareness campaigns
- Community workshops
- Digital and social media outreach
- Wellness calls and engagement initiatives
- Word-of-mouth participation

These efforts helped improve awareness and programme participation across nearby cities and communities.

5.3 Enrollment and Onboarding

Participants were registered through a structured onboarding process and guided towards sessions aligned with their needs and schedules.

The operational team ensured smooth enrolment, orientation, and participant support.

5.4 Session Delivery

The project used both online and offline delivery modes.

Online Sessions

Sessions conducted through digital platforms enabled participants to join wellness activities remotely.

Offline Sessions

In-person sessions were organized at Solis Wellness Centre and the Retreat Centre to provide hands-on guidance and immersive wellness experiences.

5.5 Retreats

Retreats were designed to create immersive wellness experiences in peaceful natural surroundings.

Participants engaged in:

- Yoga sessions
- Meditation practices
- Pranayama
- Nature walks
- Laughter yoga
- Devotional singing
- Holistic therapies
- Mindful activities
- Nutrition and wellness discussions

The retreats enabled participants to disconnect from stress and experience deeper emotional and spiritual healing.

5.6 Workshops

Short-duration workshops were organized for participants unable to commit to residential retreats.

These workshops included:

- Yoga practices
- Meditation sessions
- Wellness talks
- Experiential activities
- Healing and relaxation techniques

The format made wellness programmes more accessible for working professionals and individuals with time constraints.

5.7 Monitoring and Follow-Up Sessions

Continuous monitoring mechanisms were established to track:

- Participant attendance
- Session quality
- Engagement levels
- Participant feedback
- Self-reported wellness improvements

Regular Sunday follow-up sessions were conducted to encourage consistency, address participant concerns, and support long-term wellness practices.

5.8 Data Collection and Documentation

The project maintained systematic participant records, attendance data, programme tracking, testimonials, and wellness feedback.

This documentation supported programme evaluation and informed decision-making.

5.9 Roles and Responsibilities

Management

Responsible for:

- Strategic planning
- Programme design
- Budgeting and oversight
- Performance review

Instructors

Responsible for:

- Conducting yoga and meditation sessions

- Participant mentoring and guidance
- Monitoring participant progress

Operations Team

Responsible for:

- Participant outreach
- Registration and coordination
- Session reminders and support
- Operational management



6. Need Assessment and Beneficiary Reach

The programme addressed growing concerns relating to:

- Stress and anxiety
- Lifestyle-related health conditions
- Emotional imbalance
- Lack of accessible wellness opportunities
- Need for community-based healing spaces

The initiative particularly benefited individuals seeking:

- Stress relief
- Emotional healing
- Mental clarity
- Physical wellness
- Spiritual grounding

Participants from different age groups and professional backgrounds engaged with the programme through retreats, workshops, and regular sessions.

The initiative also expanded outreach through digital campaigns and community awareness activities, helping bring first-time participants into the wellness ecosystem.

7. Implementation Strategy and Its Outcomes

Participant Growth and Increasing Demand

Participant response to the programme remained highly positive throughout FY 2023–24.

Many participants reported:

- Improved emotional balance
- Reduced stress and anxiety
- Better sleep quality
- Increased energy levels
- Greater inner calm and clarity

The immersive retreat experience became a major attraction for participants seeking recovery, self-reflection, and mental rejuvenation.

Growing demand encouraged the organization to:

- Expand retreat offerings
- Introduce advanced wellness programmes
- Increase retreat frequency
- Improve facilities and operational systems

Managing Space Constraints and Growth

As participation increased, the organization expanded its infrastructure through a long-term lease arrangement with Solis Naturals Private Limited.

The enhanced facilities improved participant comfort and enabled larger groups to participate in wellness programmes.

Property Specifications

Location

The retreat property is situated in a peaceful natural environment supportive of relaxation and holistic healing.

Size and Capacity

The property provides adequate space for:

- Accommodation
- Meditation spaces
- Yoga halls
- Recreational areas
- Healing activities
- Community engagement programmes

Lease Duration

The 15-year lease agreement provides long-term operational stability and supports future infrastructure planning.

Development of the Property

Significant efforts were made to transform the underdeveloped property into a comprehensive wellness retreat centre.

Key outcomes included:

- Enhanced participant experience
- Improved accessibility
- Better infrastructure for wellness activities
- Expanded operational capacity
- Eco-conscious and aesthetically calming spaces

Local Employment and Community Engagement

The project prioritized local hiring for:

- Hospitality services
- Property maintenance
- Operational support
- Wellness assistance

This contributed to local employment generation and strengthened community participation.



8. Healing Therapy Integration

Healing therapies continued to remain an important component of the project during FY 2023–24.

The integration of meditation, breathwork, yoga nidra, mindfulness, and energy-based practices supported participants in addressing:

- Emotional stress
- Mental fatigue
- Anxiety
- Inner restlessness
- Lifestyle-related burnout

The Sachidananda Retreat and Yoga Vipassana Retreat further deepened the healing approach by integrating:

- Silent meditation
- Conscious breathwork
- Subtle energy movement
- Nature-based healing experiences
- Reflective practices for self-awareness

Participants frequently described these experiences as transformative and restorative, often referring to the retreats as opportunities to reset emotionally, mentally, and spiritually.

9. Long-Term Objectives & Sustainability

The project has gradually evolved into a long-term wellness initiative focused on sustainable community impact.

Key sustainability elements include:

- Long-term leased retreat infrastructure
- Continued facility development
- Structured participant follow-up systems
- Community-based engagement models
- Strengthened operational systems
- Development of scalable wellness programmes

The project also demonstrated sustainability through:

- Local employment generation
- Infrastructure enhancement
- Eco-conscious landscape development
- Long-term participant retention
- Community awareness and outreach

The initiative's future direction focuses on:

- Programme diversification
- Expansion of therapeutic wellness modules
- Increased outreach to underserved communities
- Continued infrastructure development
- Stronger integration of holistic wellness into community life

10. Beneficiary Statistics

The project implemented a comprehensive data collection and participant tracking system to ensure effective programme management and evaluation.

10.1 Participant Records

Detailed records were maintained for all participants, including:

- Personal details
- Attendance tracking
- Programme participation
- Feedback and testimonials

10.2 Programme Attendance Tracking

Attendance was systematically documented for:

- Workshops
- Retreats
- Follow-up sessions
- Wellness programmes

10.3 Residential Retreat Participation

During FY 2023–24, the project conducted multiple residential retreats, including:

- Retreat Series R55 to R64
- Sachidananda Retreats
- Yoga Vipassana Retreats

Total participants across retreats: 480

10.4 Weekly Follow-Up Sessions

Weekly follow-up sessions conducted every Sunday at the Retreat Centre recorded strong participation and engagement.

Total participation across follow-up sessions: 2,735

These sessions played a critical role in:

- Encouraging practice continuity
- Supporting behavioural consistency
- Strengthening participant relationships
- Reinforcing wellness outcomes



11. Project Participants Feedback

Participants consistently shared positive experiences relating to physical, emotional, and mental well-being.

11.1 Workshop Testimonials

Sanju Bala – Workshop 56

“Every part of the workshop met my expectations about Solis Yoga. Meditation was my favourite part because it gave me inner peace. I gained knowledge about Vedic science and chakras and look forward to daily sessions for positive vibes.”

Sampada – Workshop 54

“Solis Wellness Center is such a positive place. It improved my mental peace and the staff was extremely cooperative.”

Mamta – Workshop 64

“This experience was extremely good for my health, both physically and mentally. It made me feel healthy and happy.”

Sukhwinder Kaur – Workshop 60

“The workshop was excellent. The instructors were knowledgeable and supportive. The centre is full of positive energy.”

Ms. Sunita Ahuja – Workshop 60

“It was an awesome experience attending the workshop. The staff was very cooperative and the overall experience was wonderful.”

11.2 Retreat Testimonials

Satnam Singh & Nirmala – Retreat 54

“The ambience, facilities, teachers, and overall structure were excellent. We learned meditation techniques, pranayama, and yoga practices that should become part of our daily life.”

Rita Tiwari – Retreat 54

“This was an experience difficult to express in words. The dedication of the staff made the retreat truly memorable.”

Suresh Chander – Retreat 55

“Joining this retreat was a life-changing decision. The environment was peaceful, the staff extremely helpful, and the teachings deeply meaningful.”

Saroj Yadav & Nikita – Retreat 55

“The retreat helped us understand yoga and meditation at a much deeper level. The natural environment and programme structure created a truly transformative experience.”

Reeta Kakkar – Retreat 56

“We are thankful to Dr. Deepak Mittal and the DSY team for helping us understand the deeper purpose of life through yoga and meditation.”

12. Recommendations for Enhancing the Impact of the Project

a) Expand Specialized Wellness Programmes

- Introduce therapeutic wellness modules for stress, anxiety, and chronic health conditions
- Develop long-term residential wellness programmes
- Expand emotional well-being and mindfulness-based interventions

b) Strengthen Outreach and Awareness

- Launch targeted awareness campaigns in nearby cities and underserved communities
- Conduct wellness events in schools, corporates, and community spaces
- Strengthen digital engagement and social media outreach

c) Continue Infrastructure Development

- Expand meditation and recreational spaces
- Develop multi-purpose wellness halls
- Improve accommodation facilities and participant comfort
- Continue eco-conscious landscaping and beautification efforts

d) Enhance Monitoring and Evaluation

- Further strengthen participant feedback systems
- Introduce structured wellness outcome assessments
- Build long-term participant engagement and follow-up frameworks

e) Deepen Community Participation

- Increase local employment and skill-building opportunities
- Encourage community ownership and participation in wellness initiatives
- Expand partnerships with local organizations and institutions

13. Conclusion

FY 2023–24 marked an important phase of consolidation, expansion, and deeper impact for the Promotion of Healthcare and Mindfulness Through Yoga initiative.

The programme successfully combined yoga, meditation, healing therapies, mindfulness practices, retreats, and community engagement into a structured wellness ecosystem that supported physical health, emotional resilience, mental clarity, and spiritual well-being.

Infrastructure expansion, programme diversification, and stronger operational systems enabled the project to deliver more meaningful and immersive participant experiences. The continued development of the retreat centre and wellness facilities created supportive and aesthetically calming spaces aligned with the principles of mindful living.

The project also contributed positively to community development through local employment generation, increased participation, and awareness around holistic wellness.

Most importantly, participant experiences reflected genuine emotional and behavioural transformation. Many participants described the retreats and wellness programmes as life-changing experiences that helped them reconnect with themselves, reduce stress, and adopt healthier lifestyles.

The year established a strong foundation for future expansion and long-term sustainability. Going forward, the initiative is well-positioned to deepen its impact through programme innovation, infrastructure enhancement, broader outreach, and continued commitment to accessible and community-centred wellness.

Sachidananda Retreat- 1
Date:- 28th April-01st May 2023

Sr. No.	Family	Names	Contact	Gender
1	Family	Mr Gopal Ji	7508285167	Male
2		Mrs. Abha Jagota		Female
3		Ms Sneh Jain ji	9815566409	Female
4		Mr Varun Ji	9818589239	Male
5	Family	Mr Taran	9876725384	Male
6		Mrs. Nancy		Female
7	Family	Mr. Naresh Mittal	9814144001	Male
8		Mrs. Naresh Mittal		Female
9	Family	Mr. Arun Jain	9417884040	Male
10		Mrs. Meena Jain		Female
11	Family	Mr Sandeep	9316774331	Male
12		Mrs. Ila Gupta		Female
13	Family	Mr. Madhu Sudan Vij	9478123456	Male
14		Mrs. Mitu Vij		Female
15	Family	Mr. Neeraj Aggarwal	9814270033	Male
16		Mrs. Chandni Aggarwal		Female
17	Family	Mr. Vishal Sood	7986013464	Male
18		Mrs. Pooja Sood		Female
19	Family	Mr. Deepak Uppal	7527072457	Male
20		Mrs. Satish Uppal		Female
21	Family	Mr. Atul Jain	9815375982	Male
22		Mrs. Archana Jain		Female
23	Family	Mr. Prabodh Kumar	7543926419	Male
24		Mrs. Meenal		Female
25	Family	Mr. Sumesh Jain	9988401180	Male
26		Mrs. Rakhi Jain		Female
27	Family	Mr. Kiran	9216557776	Male
28		Mrs. Preeti Ohri		Female
29		Manan		Male

Compiled Testimonials and Workshop Feedbacks (2023–24)

Section 1: Retreat Testimonials

1. Satnam Singh

“DSY program and its atmosphere, policies, structure, staff, teachers are excellent. The manager was very clear and took advanced sessions. The workshop created calmness and peace. The management and care shown was deeply appreciated.”

2. Rama / Ratna (handwriting unclear)

“This was an experience which is difficult to express in words. It was filled with positivity, peace, and self-discovery. The retreat changed my perspective towards life.”

3. Shamshad / Simashad (handwriting unclear)

Expressed gratitude for the retreat and spiritual guidance. Mentioned emotional peace, blessings, and appreciation for the entire team and management.

4. Dimple Dixit

“Unlimited love received from everyone felt connected straight to my heart. Thanks, thanks, thanks.”

Date: 27-03-2023

5. Ashu Kumar

Praised Divine Soul Yoga and the discipline, positivity, meditation practices, and team spirit experienced during the retreat. Mentioned gaining inner peace and learning valuable life lessons.

6. Hemlata Soni

Shared that the retreat gave her a new understanding of yoga and spirituality. Mentioned improved peace of mind, self-awareness, and positivity.

7. Snehal Sharma

“I feel that the moment when I decided to join this retreat was a life-changing moment for me. The hospitality was extremely humble and comfortable. Staff was very helpful and smiling. The knowledge shared by the teachers was full of truth and positivity.”

Date: 22-05-2023

8. Saroj Yadav & Nikita

“Spending three days here was a total eye-opening experience for both of us. We had basic knowledge about yoga and meditation, but the teachers taught us how to understand concepts deeply and apply them in life. Walking in nature, meditation, yoga nidra, and mindful living were wonderful experiences.”

9. Ravi Kumar

Thanked the Divine Soul Yoga team, instructors, and organizers. Mentioned learning valuable lessons through yoga and sambodhi practices and appreciated the supportive environment.

Date: 12-06-2023

10. Devishi

“First of all, I would like to thank Master Ji Deepak Mittal Ji and the whole team of DSY. By God’s grace I along with my family got this chance to awaken my consciousness. Earlier I was interested in this lifestyle but was not able to continue. Now I have found the path and guidance to continue this divine journey.”

Date: 19 June 2023

Section 2: Workshop Feedbacks

Workshop Feedback Forms

1. Sonu Balo

Date: 3 September 2023

Mentioned that meditation and yoga exceeded expectations. Appreciated the breathing practices, positive vibes, calmness, and peaceful environment.

2. Aparna

Date: 3 September 2023

“Divine Soul Yoga Centre is best for every people. Staff members are polite and cooperative. Nothing else to improve in the workshop.”

3. Chitra

Date: 3 September 2023

Praised the healthy environment, yoga techniques, and motivational sessions. Mentioned gaining positivity and mental peace.

4. Sangeeta

Date: 6 August 2023

“Sessions were positive and gave good vibes. Very peaceful environment. Thanks to Mittal Sir and the team.”

5. Shivika Sharma

Date: 6 August 2023

“Don’t think there is any issue in the workshop. I loved the yoga sessions. Instructors were very kind and polite and helped us in many ways.”

6. Ramandeep Kaur

Date: 6 August 2023

“Workshop was amazing and a different experience. People at the back were unable to see posture properly.”

(Suggestion given regarding posture visibility.)

7. Anita Sharma

Date: 6 August 2023

Mentioned that the workshop helped improve lifestyle and positivity. Appreciated the yoga techniques and peaceful atmosphere.

8. Mamta

Date: 7 April 2024

“Really this is very good for health. It helps body feel happy and healthy. I am really happy this was part of my life.”

9. Dimple

Date: 7 April 2024

“Yoga gave me positive energy. I joined Divine Soul Yoga and after this my daily life improved greatly. Thanks to Divine Soul Yoga and staff members.”

10. Subhash Chandra Kaushik

Date: 7 January 2024

“Workshop was emotionally good. Instructors were good. Great knowledge related to yoga was given. This experience filled positive vibes in life.”

11. Mr. Suresh Kumar

Date: 7 January 2024

“It was an amazing experience to attend the workshop. Staff was very cooperative, helpful, and good. Divine Soul Yoga sessions were wonderful.”

12. Harshvardhan / Harshit (handwriting unclear)

Date: 7 January 2024

Mentioned that the workshop was interactive and informative. Appreciated the positivity and motivation received during sessions.

13. Poojan

Date: 7 January 2024

“Everything was good and teachers were also good, but there is need of a little loud voice. Otherwise everything was attractive and sessions were all good and well. Thanks to all staff and Deepak Mittal Ji.”

Retreat - 54 (A+B)

SATNAM SINGH - Our views on the DSY programme are that Ambience, Facilities, Structure, Staff, Teachers
NIRMALA SINGH are excellent. Our learnings include knowledge about meditation techniques, pranayam, yoga
was shared. The message was very clear that, to take advantage of all learnings, there
need to be practiced on a daily basis so that it becomes part of our nature.
Grateful to the institutions and sh. Deepak Mittal ji. Satnam Singh Nirmala Singh

RITANSHU This was an experience which is difficult to express at personal level, will
definitely follow the learnings. The best experience is the dedication of
staff. *Ritanshu*

SHAMSHAD BANO मेरी जाती शय है कि यहाँ आकर आकार दिल को सुकून और खुशी का बेहतरीन अनुभव
हुआ। साथ ही साथ यहाँ सभी ने जिस निष्काम भावना से सेवा की! उसका दिल से झुकिया।
Shamshad Bano 27.3.2023

Dimple Dixit → Unlimited Love Received from every one. Felt connected, staff
stole my heart. Thanks Thanks Thanks.

Dimple Dixit
27.3.2023

I Belong to You

Retreat - 55 (A+B+C)

मादरणीय डॉ. मितल मजनी को प्रणाम

मैंने का अनुभव अच्छा मंत्र, परिवार, लकारात्मक अला और मिथने के लिए
काफी कुछ हाक का अच्छा व्यवस्था आहोम, सभी कुछ अच्छा
हम कार्यकर्ता के रूप में और निमित्त रूप है में 2 पर भी
में अच्छा छोड़ें देना सबके लिए सबके लिए सबके लिए प्रणाम की
मेरी प्रणाम मादरणीय डॉ. मितल मजनी को आभार सबके लिए

राजकुमार
दिनेश मेहता

Arun Kumar :- Sir, 29.9. मैंने Divine Soul Yoga की जिम्मेदारी शुरू की और अलग
किस्म का Experience लिया। इसके स्वस्थ प्रारंभ के लिये योग (योग)
करना हम सब के लिये बहुत जरूरी है। यहाँ मैं रहने का और खाने-
पीने के सुख बहुत ही अच्छा है। Staff का तो कहना ही नहीं है।
सभी Divine Soul Yoga की Team बहुत ही अच्छी है। Amazing

Arun Kumar
Hoblingpur (CP)

I Belong to You

मान्य सर डा० दीपक मिश्र की व्यो न्वरण-वन्दना।

गुरु आप ने मानवता के हर पक्ष में सुधार हेतु जो अनन्य प्रयत्न प्रयत्नों से हमें यह अद्भुत ज्ञान प्राप्त करने हेतु यह अवसर प्रदान किया है इसके लिये हम सदैव आप की बर् आभारी रहेंगे। यहाँ आकर हमें अद्भुत ज्ञान की प्राप्ति हुई। हर तरह से बहुत बढ़िया सम्बन्ध। तजुर्वा रहा। हम वैसे लगातार अपनायेगे तथा अर्थों को भी प्रेरित करेंगे। सदाप्य बहुत बढ़िया है। इस ज्ञान स्थान पर आकर हमारी बुनियाँ ही बदल गई। हर तरह से enjoy किया।

दामोदर सिंह
वीना कुमारी

Suresh Chander: I feel that the moment when I decided to join this retreat was a life changing moment for me. The breathtaking view of this place is extremely peaceful, far away from the madding crowd. The stay was extremely comfortable. Staff is very helpful and with a smiling face they solve our all queries. Food was delicious. Hygiene is also commendable. Mr. Pandey is very good host. I am extremely thankful to the knowledgeable teachers. Mr. Gyan Prakash Shja Sir is truly "full of Gyan". He showed us the right path. Doing Yog Nidra - flies disturbed alot. This issue can be worked upon.

Looking forward to visit again.

Gaurav
22/02/23

Shikha
21/02/23

Saroj Yadav & Nikita:-

Coming here and experiencing this wonderful duration of 3 days was a total eye opening thing for both of us. We both had basic knowledge about Yoga and meditation, but the teachers here taught us how to read between the lines, grasp the correct concept and adopt that practice in our upcoming future. Sure we had heard of "living in present" ideology, but how to do that using Yog Nidra and Meditation was a complete new knowledge to us. The aesthetic pleasure of walking in the lap of nature is something we cannot compare with any other pleasure. The wonderful arrangements, fun activities and conduction of schedule was all perfectly conducted. We want to thank honorable Deepak Mittal Sir and his entire team for giving us a chance to be the part of this wonderful family. With a new ray of hope, we both are going to set our way

I Belong to You

RETREAT :- 56 (A+B+C)

Reeta Karkar

8968120556

I would like say that I am extremely thankful to respected Mr. Deepak Mittal & DSY Team for leading us to the real purpose of life. The mentors Mr. Aman, Mr. Dhan, Mr. Mande, Mr. Pandey all are talented in their concepts and the duties entrusted to them. This retreat proved to be a blissful opportunity to gain our aim of human life. We will guide others who will come across us. The management was too good to explain in words. We learn the valuable things from each and every member here. We learn the techniques of Yoga and Samadhi. Thanks to all the members and the Chairperson.

With regards!

Reeta

19/6/25

a necklace was given to 18+ people only. Thank You but everything else was very nice

Devishi

First of all I would like to thank Master Dr. Deepak Mittal ji and to the whole team of DSY. By God grace I along with my family got this great chance to awake my consciousness. Earlier I was interested in this type of exercises and practice but somehow I was not able to get that. But Now, I have found it so I would continue this journey but need guidance as well. So seeking for guidance ahead I would join this divine journey.

Heartiest best wishes

J. Thakur

Jinnu
Manu
19 June 2025

I Belong to You

Workshop Feedback Form



DIVINE
SOUL YOGA

Workshop No: 56

Date: 3rd September 2023

Name: Sanya Bala

Contact No.: 9592926525

1. What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☐
- e. Laughter Yoga ☐
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☒
- h. Bhajan/Devotional Songs ☐

2. Did the workshop meet your expectation?

Yes ☒ No ☐

3. Is the Staff cooperative?

Yes ☒ No ☐

4. Is the Centre being hygiene?

Yes ☒ No ☐

5. Rating For yoga sessions:

Excellent ☒ Good ☐ Bad ☐ Poor ☐

6. Can you think of anything else to help us improve the workshop?

Every part of workshop is meet my expectations about solis yoga. Meditation is my favourite part. It gives me my inner peace. I gain so much knowledge about vedic science and chakras. Overall, I really enjoy workshop and look forward toward my daily sessions. to get positive vibes.

Thank You



DIVINE
SOUL YOGA

Workshop No: 56

Date: 3rd September 2023

Name: 1 Arpana

Contact No.: 94178 82769

1. What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☐
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☐
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation? Yes ☒ No ☐

3. Is the Staff cooperative? Yes ☒ No ☐

4. Is the Centre being hygiene? Yes ☒ No ☐

5. Rating For yoga sessions: Excellent ☒ Good ☐ Bad ☐ Poor ☐

6. Can you think of anything else to help us improve the workshop?

Divine Soul Yoga Centre is best for every people.
Our experience is outstanding. Staff members
are polite and cooperative. Nothing else
to improve the workshop.

Thank You

Workshop Feedback Form



DIVINE
SOUL YOGA

Date: 3rd September 2023

Workshop No: 5-6

Name: Umesh Gupta

Contact No.: 9463306375

1. What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☐
- f. Social (meet like-minded people) ☐
- g. Philosophy/Discourse ☐
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation? Yes ☒ No ☐

3. Is the Staff cooperative? Yes ☒ No ☐

4. Is the Centre being hygiene? Yes ☒ No ☐

5. Rating For yoga sessions: Excellent ☒ Good ☐ Bad ☐ Poor ☐

6. Can you think of anything else to help us improve the workshop?

The yoga workshop was really wonderful.
The teachers are providing excellent knowledge.
They correct our postures while performing
different asana and pranayams. The bhajans
and mantra chanting sessions are very attractive.
The whole staff is very cooperative. Really thanks to
Divine soul yoga (Sohis wellness Centre) to have
such initiative.

Thank You



Workshop No: 54

Date: 06th August 2023

Name: Sampada

Contact No.: 9915083557

What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☒
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☒
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation?

Yes ☒ No ☐

3. Is the Staff cooperative?

Yes ☒ No ☐

4. Is the Centre being hygiene?

Yes ☒ No ☐

5. Rating For yoga sessions:

Excellent ☒ Good ☐ Bad ☐ Poor ☐

6. Can you think of anything else to help us improve the workshop?

Soli's wellness center is such a good place.
I think its vibes are very positive and
good vibes. very cooperative staff.
Thanks to Nital Sir and his team.



DIVINE
SOUL YOGA

Workshop No: 59

Date: 06th August 2023

Name: Shivika Sharma

Contact No.: 98159-21947

What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☒
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☒
- h. Bhajan/Devotional Songs ☒

Did the workshop meet your expectation?

Yes ☒

No ☐

Is the Staff cooperative?

Yes ☒

No ☐

Is the Centre being hygiene?

Yes ☒

No ☐

Rating For yoga sessions: Excellent ☒

Good ☐

Bad ☐

Poor ☐

Can you think of anything else to help us improve the workshop?

I don't think there is any issue in the workshop. I loved this yoga sessions. Everything was good as the yoga instructors are very kind and polite towards us. They also help us in our asans and guidens in many way. I belong to you

Thank You



5th August 2023

Workshop No: 54

Ramandeep Kaur

No.: 97798 40583

What are the top things you liked most about the Workshop?

- | | |
|-------------------------------------|-------------------------------------|
| a. Breathing | ☒ |
| b. Postures | ☒ |
| c. Meditation | ☒ |
| d. Healing Workshop | ☒ |
| e. Laughter Yoga | ☒ |
| f. Social (meet like-minded people) | ☐ |
| g. Philosophy/Discourse | ☐ |
| h. Bhajan/Devotional Songs | ☒ |

Did the workshop meet your expectation? Yes ☒ No ☐

Is the Staff cooperative? Yes ☒ No ☐

Is the Centre being hygiene? Yes ☒ No ☐

Rating For yoga sessions: Excellent ☐ Good ☒ Bad ☐ Poor ☐

Can you think of anything else to help us improve the workshop?

Workshop was amazing. I had different
experience But the people at back are
unable to view the yoga teacher properly
So the posture can not be made properly
Thanks you.

Thank You



5th August 2023

Workshop No: 54

Shivika Sharma

No.: 98159-21947

What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☒
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☒
- h. Bhajan/Devotional Songs ☒

Did the workshop meet your expectation? Yes ☒ No ☐

Is the Staff cooperative? Yes ☒ No ☐

Is the Centre being hygienic? Yes ☒ No ☐

Rating For yoga sessions: Excellent ☒ Good ☐ Bad ☐ Poor ☐

Can you think of anything else to help us improve the workshop?

I don't think there is any issue in the workshop. I loved this yoga sessions. Everything was good as the yoga instructors are very kind and polite towards us. They also help us in our asanas and guide us in many ways. I belong to you ♥

Thank You



DIVINE
SOUL YOGA

Date: 07th April 2024

Workshop No: 64

Name: Manta

Contact No.: 7710155704

What are the top things you liked most about the Workshop?

- a. Breathing ☐
- b. Postures ☐
- c. Meditation ☒
- d. Healing Workshop ☐
- e. Laughter Yoga ☒
- f. Social (meet like-minded people) ☐
- g. Philosophy/Discourse ☐
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation? Yes ☒ No ☐

3. Is the Staff cooperative? Yes ☒ No ☐

4. Is the Centre being hygiene? Yes ☒ No ☐

5. Rating For yoga sessions: Excellent ☒ Good ☐ Bad ☐ Poor ☐

6. Can you think of anything else to help us improve the workshop?

Really, this is very good for health
this is need us body ... feel it
happiness and healthy. I am real
happy this is part of my life.
Love

Workshop Feedback Form



DIVINE
SOUL YOGA

Date: 07th April 2024

Workshop No: 64

Name: DIMPLE RAT

Contact No.: 8847405916

1. What are the top things you liked most about the Workshop?

- a. Breathing ☐
- b. Postures ☐
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☐
- f. Social (meet like-minded people) ☐
- g. Philosophy/Discourse ☐
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation? Yes ☒ No ☐

3. Is the Staff cooperative? Yes ☒ No ☐

4. Is the Centre being hygiene? Yes ☐ No ☐

5. Rating For yoga sessions: Excellent ☒ Good ☐ Bad ☐ Poor ☐

6. Can you think of anything else to help us improve the workshop?

Yes, it is ~~very~~ give me positive energy. I am very
overthinking person due to this i joined the divine
soul yoga. I hope this bad habit improve day by
day. Thank you divine Soul yoga and staff members.

Workshop Feedback Form



Workshop No: 60

Date: 07th Jan 2024

Name: Subhineeta Kaur

Contact No.: 89686 55711

1. What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☒
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☒
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation?

Yes ☒

No ☐

3. Is the Staff cooperative?

Yes ☒

No ☐

4. Is the Centre being hygiene?

Yes ☒

No ☐

5. Rating For yoga sessions:

Excellent ☒

Good ☐

Bad ☐

Poor ☐

6. Can you think of anything else to help us improve the workshop?

This workshop was extremely good. Instructors
are very expert and their dealing is very
good. Good knowledge related to yoga
given. This centre is full of positive
vibes. Thank you very much.

Thank You



Workshop No: _____

Date: 07th Jan 2024

Name: Ms. SUNITA AHUJA

Contact No.: 9464484704

What are the top things you liked most about the Workshop?

- | | |
|-------------------------------------|-------------------------------------|
| a. Breathing | ☐ |
| b. Postures | ☐ |
| c. Meditation | ☒ |
| d. Healing Workshop | ☒ |
| e. Laughter Yoga | ☐ |
| f. Social (meet like-minded people) | ☒ |
| g. Philosophy/Discourse | ☒ |
| h. Bhajan/Devotional Songs | ☐ |

Did the workshop meet your expectation?

Yes ☒ No ☐

Is the Staff cooperative?

Yes ☒ No ☐

Is the Centre being hygiene?

Yes ☒ No ☐

Rating For yoga sessions:

Excellent ☒ Good ☐ Bad ☐ Poor ☐

Can you think of anything else to help us improve the workshop?

It was awesome experience to attend workshop. Yes would like to give one suggestion. Music should add with yoga. staff was very cooperative. Really very good. Stay blessed divine soul yoga.

Thank You

Workshop Feedback Form



DIVINE
SOUL YOGA

Workshop No: 60

Date: 07th Jan 2024

Name: Pardeep Anil Kumar

Contact No.: 9876738447

1. What are the top things you liked most about the Workshop?

- a. Breathing ☒
- b. Postures ☒
- c. Meditation ☒
- d. Healing Workshop ☒
- e. Laughter Yoga ☒
- f. Social (meet like-minded people) ☒
- g. Philosophy/Discourse ☒
- h. Bhajan/Devotional Songs ☒

2. Did the workshop meet your expectation?

Yes ☒ No ☐

3. Is the Staff cooperative?

Yes ☒ No ☐

4. Is the Centre being hygiene?

Yes ☒ No ☐ Bad ☐ Poor ☐

5. Rating For yoga sessions: Excellent ☒ Good ☐

6. Can you think of anything else to help us improve the workshop?

Workshop is very valuable for us. Instructors
was very cooperative and
impressive. we are very mobile
and other activities. This is
very important. workshop gave
us very energy.

Pardeep Anil Kumar

Thank You

Workshop Feedback Form



DIVINE
SOUL YOGA

Workshop No: 60

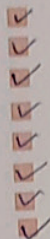
Date: 07th Jan 2024

Name: Poonam

Contact No.: 7087525360

1. What are the top things you liked most about the Workshop?

- a. Breathing
- b. Postures
- c. Meditation
- d. Healing Workshop
- e. Laughter Yoga
- f. Social (meet like-minded people)
- g. Philosophy/Discourse
- h. Bhajan/Devotional Songs



2. Did the workshop meet your expectation?

Yes



No



3. Is the Staff cooperative?

Yes



No



4. Is the Centre being hygienic?

Yes



No



5. Rating For yoga sessions:

Excellent



Good



Bad



Poor



6. Can you think of anything else to help us improve the workshop?

Everything is good, our teacher is also good, but there is a need of a little bit loud voice. Otherwise everything rather it is cleanliness, atmosphere all is good and well. and heartiest thanks for the owner of this institution. our blessing our with staff and Dr. Deepak Mittal.

Thank You

Ranjan Rayna
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