

Mezbahn360°



Mezbahn[®]
PROJECT MANAGEMENT, RESEARCH & INNOVATIVE SOLUTIONS SINCE 2001

MALAYSIA



www.mezbahn.org

Mental Well-Being Project Workshop

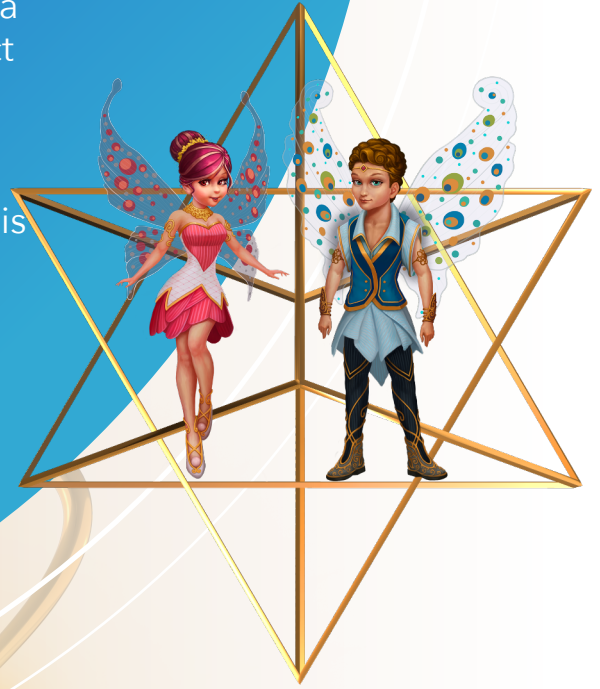
Becoming

SELF-REALISED PROFESSIONAL, SRP[®]

#mezbahnSRP

INTRODUCTION

This course is a successful quest that results from a decade of research and development by a project management professional, **Mr. Susheel Kamotra @ Tinu**, with more than thirty-seven years of experience managing small and large-scale construction projects. The purpose of this course is to educate people to make their lives better. **Mezbahn (Malaysia) Sdn Bhd** is the program distribution company to spread this course worldwide.



This course integrates the two grand theories of Science with Spirituality and connects with the purpose in life. Through thought experiments, using the unique metaphor of Universal Face Theory, the participants experience the unification of knowledge in the bodily system and thus become Awake.

During an interactive workshop session, the participants develop the framework for the origin of the arrow of Time. A bubble of Now, 'The Present Moment,' to enable understanding of physical reality elements, the rubric of Space-Time, Quantum, and the deep structure of the Universe from the lens of Project Management and thus "Master The Time Dimension." An idea that finds its place in the semantic memory for sustainable Happiness - "Sat Chit Ananda."

This course guarantees participants become "Self-Realised Professional, SRP®"





“SELF-REALISED PROFESSIONAL, SRP®”

DEFINITION, CHARACTERISTICS, & ATTRIBUTES.

SELF-REALISED PROFESSIONAL, SRP® certification is earned by an individual who completes the mezbahn360 mental well-being project workshop training. During the course, the participant takes an ethical pledge and is tested, evaluated for self-awareness, experiential knowledge, and performance in managing personal growth and organizational objectives in the holarchy system.

SRP® is free from the bondage of self-centered sense life. Someone who has gained complete self-knowledge, self-realization with an inner sense of freedom, becoming Awake of the connection with Universe as Infinite Being. SRP® is the self's nature, which is stainless, pure, and ethical. SRP® lives in a nondual desireless state of samadhi, the highest form of Raja Yoga is defined as samadhi-in-action in Universal Face Theory. A Self-Realised Professional is one who has attained Samadhi (a flow state) through concentration and is free from all unethical practices and performs duties like a peak performer, a master of the time dimension.

A Self-Realised Professional has good mental health, high life satisfaction, and a sense of meaning or purpose. It's about judging life positively, constantly feeling good, and becoming a master of all situations. SRP®s lead a healthy, prosperous, and happy life under any circumstance like a Guru.

KEYWORDS

- Personal Development,
- Personal Transformation
- Creativity
- Mindlessness & Mindfulness
- Now
- Project Management of Life
- Triple Constraints
- Lifestyle Management
- Life Purpose
- Focus Mastery
- Benefits Realization
- Agile
- Productivity
- Self-Esteem
- Consciousness
- Singularity
- Space-Time
- General Relativity
- Quantum Field Theory
- Balance
- Synergy
- Surrender
- Ethics
- Corruption
- Happiness
- Love
- Sex
- Infinite Being
- Connection
- I AM THAT I AM.





INTRODUCTION OF THE COURSE

“ The project **“Self-Realisation”** is as long as the recorded history of **mankind** and there is no institution in the world that awards participants either a degree or a credential of Self-Realised Professional, SRP®.

The mental health spending alone in the USA is reaching around \$300 Billion per annum. It is estimated that the annual expenditure is globally reaching a Trillion dollar mark due to the ongoing COVID-19 pandemic. The World Health Organization estimates that more than 40% of the world’s population is affected by mental health-related problems.

There is no permanent cure for mind-related problems, which are at the core of all of humanity’s issues today. Wellness programs, yoga, and meditation help, but people continue to suffer due to the mind’s nature. Thus, the problems persist.

Billions of dollars are lost every year in projects worldwide due to wrong strategy, design

as reported by reported by World Economic Forum, Thinkers50, PMI, Brightline Initiative, TED, Leaders Forum.

The project “Self-Realisation” is as long as humankind’s recorded history - no institution in the world that awards participants either a degree or a credential of Self-Realised Professional. Many enlightened Beings as Avatars, Masters, Prophets came during recorded history and showed paths on alleviating suffering and connecting to Meta Reality. Research has shown that every human being is different. Thus the understanding of the Self Realization concept only few could master. Those who get it try to explain, but the other person does not get it quickly.

People may understand temporarily, but it is not sustainable and the sufferings continue. The resources are being lost unnecessarily with no end or solution in hand!

Moreover, when disruption to existing lifestyle models can come from nowhere, such as the Covid-19 pandemic, the existing metaphors do not work. The sufferings deepen with chaos, ambiguity, and uncertainties. New technologies in social media applications and Artificial Intelligence (A.I.) extend help. Still, people are becoming more and more dependent (slave) on technologies. They are not engaging their brain’s capacity, intuitive intelligence for organic growth.

We could go back to the origin of human evolution and analyze why and how we got disconnected from meta-reality and try to connect back to the grand strategy and design. Then start fresh, reset ourselves, transform and develop deep connections with the heart of the creation so that we never disconnect and thus live blissfully forever. That brings sustainability.

Here, **Mezbahn360 Mental Well-Being Project Workshop** helps connect back to meta-reality and make you a **Self-Realised Professional , SRP[®]**, with a fresh start, in the shortest time.



**The flow in
the purpose
is lost!**

Suitable for
**(14) FOURTEEN
YEARS AND
ABOVE**

WHAT WILL YOU LEARN AND HOW THIS COURSE WOULD HELP YOU AND YOUR ORGANIZATION IN BRINGING LONG-LASTING TRANSFORMATIONAL CHANGE?

1

INTEGRATION OF HITHERTO KNOWLEDGE WITH A STEP CLOSER TO THE FUNDAMENTAL REALITY: This course pulls together humankind's most significant religious, philosophical, and scientific knowledge and integrates everything 360 degrees that one needs to know to attain sustainable peace, happiness, and freedom. Participants make connections with The Heart of Creation.

2

CONNECT WITH PURPOSE IN LIFE & KNOWING WHO WE ARE: This course connects participants with their origin and purpose in life, prompts them during the workshop to reset, transform, and align with the grand strategy and design of the universe. Participants learn the science behind the art of living in the Present.

3

PARTICIPATION IN EXISTENCE AS PART OF THE HOLARCHY SYSTEM: Benefits participants to understand and overcome dual nature and thus, through practice, get mastery over the perceptions, emotions, and thoughts. That brings peace and harmony in a system where there is no fear of death. Participants realize themselves as Infinite Beings. Improves focus, enhances confidence, self-awareness, and self-esteem.

4

BECOMING HAPPINESS LEADER, MANAGING ATTACHMENTS: This course is for those who want to harness the science of sustainable happiness for endless aha moments. It explains how one can harness one's inner potential and transform to become a Self-Realised Professional. And thus, one lives happily without the limitation of race and religion.

5

WHAT IS AWAKENING EXPERIENTIALLY?

Awakening happens through knowledge integration, understanding the physical reality elements, space-time rubric, and the quantum and deep structure of the inner and the outer Universe you live within. This course connects you with who you are and awakens you with thought experiments to a higher state of consciousness for good.

6

LONG-LASTING TRANSFORMATIONAL CHANGE: The course prepares participants for the fourth industrial revolution with Artificial Intelligence (A.I.), a pathway towards fifth revolution, by enhancing their skill level, creativity, empathy, compassion in adapting transformational change for good to remain evolving with nature, ethical, contended.

7

REAP BENEFITS REALISATION: This helps lead a blissful life forever for personal and organizational benefits realization, which would result in an increase in productivity and the happiness index of the person, the neighborhood, and thus the whole nation.

8

COLLECTIVE CONSCIOUSNESS: This course is a global movement aligned with universal consciousness's grand strategy and design to nullify the disorder in the system. It means no change orders, pseudo perceptions or variations—a clutter-free pure mind for peak performance. And if we can achieve it, it will ultimately evolve a causal change in our genetic code to eliminate the conditioned slavery mindset. It is scientifically proven and leads to humanity's overall well-being ascending to a higher dimension.

This groundbreaking course is a work of great depth.

***This course guarantees
participants become
"Self-Realised Professional, SRP®"***



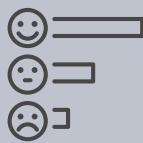
THE TEST

Change in **Sense of Nondual Awareness and Spiritual Awakening** in Response to a Process Based Educational Workshop Seminar of Becoming a Self-Realised Professional, under **Mezbahn360 Mental Well-Being Program.**



Before the participants start

They **take an online test to establish a baseline score at the program's beginning.** The test questionnaire was developed as a joint initiative of leading US universities (Harvard, UCSD, Duke, Sophia) and it was used to assess participants at a resort setting environment at Chopra Foundation USA under controlled environment for a Multidimensional Well-Being Program.



Baseline score establishment

A portion of the test questionnaire is being used here with permission for research purposes (modified) and to help participants gauge their Baseline score at the beginning of the program.



Final test score establishment

At the end of the program, the participants retake the same test and compare their scores.



Certification

Depending on the final **test score, experiential participation and interaction** during the course, the participants earn the credential of **"Self-Realised Professional, SRP®"** from Mezbahn. The individual participant's data is not shared.

This course is divided into Ten (10) Modules.

1

"Mezbahn Sphere of Life"

Keywords: Singularity, Infinite Being, Connection, Now, Love, Flow, Balance/Synergy, Service & Surrender

MODULE CONTENT:

- Developing agile metaphor "Mezbahn Sphere of Life" using Project Management Tools
- Outlining a road map for a "**Sphere of Happiness Forever.**" Project-based ecosystem.
- Testing of the metaphor with hitherto knowledge of Science, Philosophy, Religion, and Faith.

LEARNINGS OUTCOMES

The participants will make connections with the tool they were born with, which they could apply to make appropriate choices for fulfilling life experiences—understanding of Triple Constraints. This tool, as a guide, acts as a light in the darkness in all situations to remain in a state of self-exuberance, with sustained happiness forever in all phases of the life cycle. Builds inner confidence with new handy tools and their application during adverse situations.

2

UNDERSTANDING THE "I"-CHART - "WHO AM I."

Keywords: Present Moment, Now, Religion, Philosophy, Science, Spirituality

MODULE CONTENT:

- Develop an I-chart to Integrate hitherto knowledge of Science, Philosophy, Religion, and Faith.
- Critical Analysis of Living in Present, its importance, relevance in science & ancient wisdom.

LEARNINGS OUTCOMES

To clarify the Mind & Matter forms of Being in Space-Time as the Hierarchy System of Universe. To understand who we are as understood by different cultures, and The purpose of our existence in the universe & understanding of project management in life NOW's definition is the Mantra to live life with true happiness every moment. Order of the Universe, Mezbahn's ten knowledge areas introduction.

3

TOP-DOWN DEVELOPMENT IN LIFE-EXISTENCE

Keywords: Balance, Synergy, Connection, Flow, Now, Samadhi-in-Action

MODULE CONTENT:

- Top-Down Method in Construction
- Understanding top-down growth in real life.
- Managing variation orders in everyday life from a project management perspective

LEARNINGS OUTCOMES

Participants learn The Art of Samadhi-in-Action for peak performance. The science behind Transcendental Meditation & position of Horizon. Yugas, the ancient cycle of Time philosophy.

4

ETHICS & CHANGE MANAGEMENT

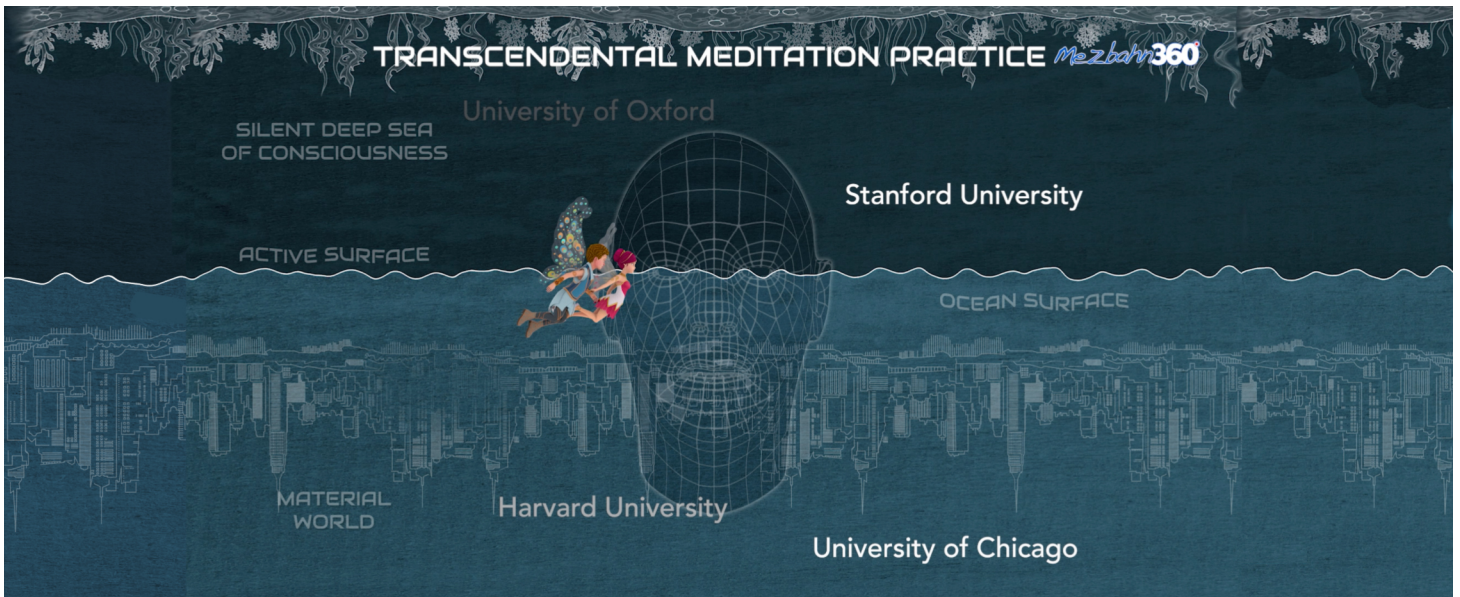
Keywords: Corruption, Love, Service, Surrender, Flow, Now, Balance/Synergy, Connection

MODULE CONTENT:

- Understanding the nature of existence in Nature
- Managing change ethically from a project management perspective
- An introduction to double-slit experiments in science (particle behavior)

LEARNINGS OUTCOMES

How we cook and paint life with different flavors and colors brings out our true nature in existence (rallee-gay, immerse into and dissolve completely). From design to completion, no celebration is real unless you feel it in your consciousness.



5 CONSCIOUSNESS / HAPPINESS SCALE OF LIFE

Keywords: Time, Yugas, Happiness Scale, Consciousness, Awareness

MODULE CONTENT:

- What is Time? Catching time and overview of ancient cycle of Yugas
- Understanding Flow of Time in Relativity, Quantum Mechanics & Computer coded language.
- The entropy of system over time; Sun photons>EARTH>20 x Infrared; Complexity, Simplicity
- Managing Black Hole > Science vs Yugas Philosophy
- Developing Happiness Scale in Existence, Different Phases Intertwined Woven in Fabric of Life
- Climbing The Everest Within, unleashing one's inner potential - Mastering Techniques Refresh

LEARNINGS OUTCOMES

How can we measure consciousness/awareness level in every moment of life?
 Yugas concept applied on the face can enhance inner joy in day-to-day life.
 Mastering Peak Performance in All Phases of Life Cycle via Black Holes evaporation.
 Unlocking The Inner Lockdown to master the fear of failures
 How project management interlaces with every fabric of life

6 THE GRAND CONSCIOUSNESS

Keywords: Singularity, Observer, Consciousness, Heavenly Staircase

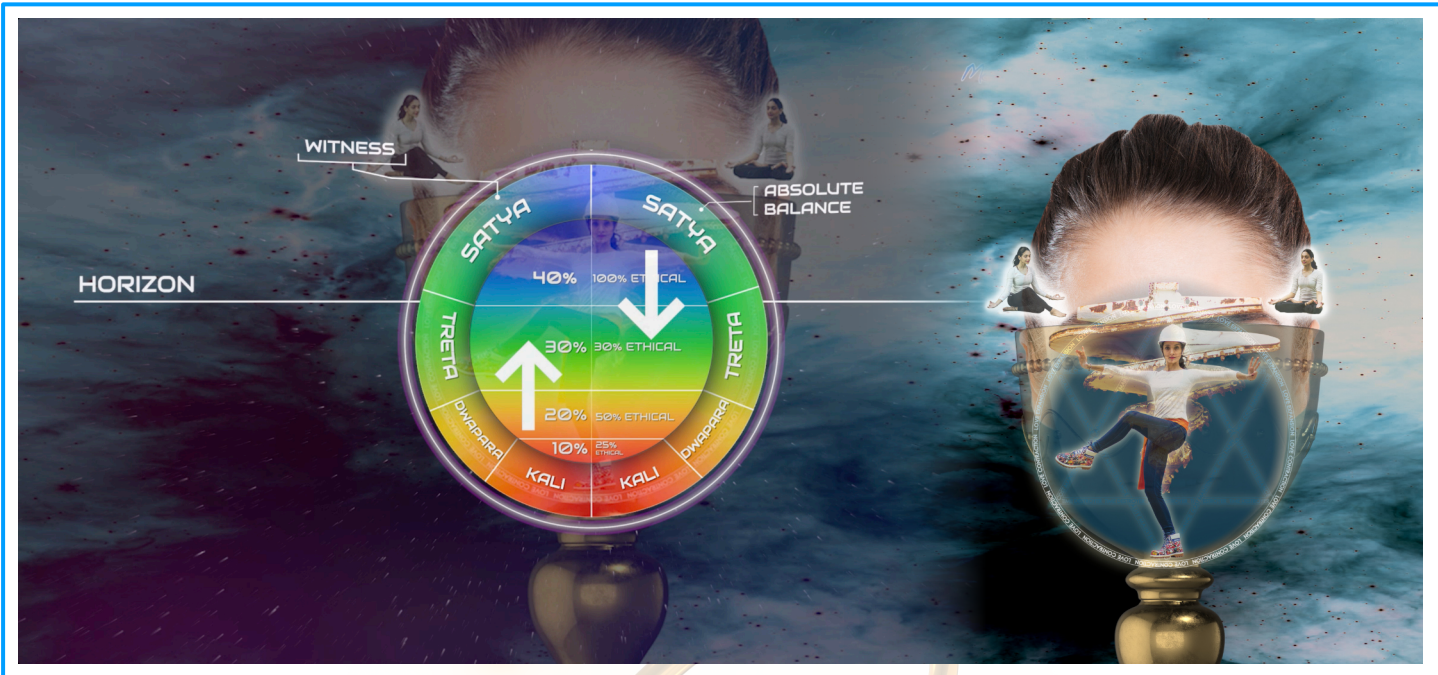
MODULE CONTENT:

- 360 degrees integration of different states of existence on a whiteboard across all cultures
- Science's Perspective of Existence in Multiple Dimensions, and 'The Location of The Mind'
- Designing a Heavenly Staircase from Different Cultures Perspective for Nirvana
- Cross Examine from Science Perspective - Double Slit Experiment

LEARNINGS OUTCOMES

Understanding The Heart of Creation, Location of Observer, Singularity
 Analyzing The Purpose of Existence and Life (SPACE - EARTH - WATER - AIR - FIRE)
 Holarchy System





7 THE HEART OF CREATION

Keywords: Horizon, Primordial Spiral, Multiverse, Quantum Tunneling, Quantum Mechanics, General Relativity, Observer, Present Moment, Singularity, Blackholes, Wormholes, Sri Yantra.

MODULE CONTENT:

- The brief scientific status of the Universe and How do we understand it in simple terms.
- Current Theories in Science & why they are not unified
- How we can unify them with a Thought Experiment combining the Outer with Inner Worlds
- The Hard Problem of Consciousness in Science
- Application of metaphor of Universal Face Theory to understand the existence of multiverse within the human body and relate the presence of current theories in science

LEARNINGS OUTCOMES

- To learn about Singularity, The Present Moment, and The Observer.
- To understand the purpose & work of a mini replica of the universe with “Thought Experiment.”

8 THE ART OF MANAGING THE WITNESS

Keywords: A.I.O., out of body experience, Mezbahn Knowledge Areas

MODULE CONTENT:

- Understand the purpose of the universe & mini replicas & life in existence
- Developing & discussing Ten (10) Knowledge Areas
- Out of Body Experiences, Managing Energies with “Game of SANTAÖLIAH”

LEARNINGS OUTCOMES

- Ten Knowledge Areas of New-Age Living
- (Integration of Science and Spirituality)
- Application of Mezbahn360 project tracker during life experiences to determine appropriate choices that are ethical, fulfilling, and connect to the purpose in life.

9 CLOSER TO SELF-REALISED PROFESSIONAL (SRP)

Keywords: Metaphors, Karma, Ikigai, Love, Faith, Surrender, Service, Flow, Balance, Synergy for immersive experiences.

MODULE CONTENT:

- Application of Ancient Metaphors in life existence and their relevance
- The First Form in existence, Matter formation in Space-Time; Religion & Science
- The minds of Masters, Prophets who showed different paths, a perspective for understanding
- Unity amongst different cultures

LEARNINGS OUTCOMES

- Singularity is our true nature
- Unity in Diversity



10
INTEGRATION

Keywords: *Guru, Mental Therapist, Leadership, Celebrating Death, No-Thing*

MODULE CONTENT:

- Summary recap of the course
- Understanding you are Love, Light, Infinity from a science & spirituality perspective.
- Analyzing six paradoxes of leadership (research findings of PwC)
- Designing Environment-Friendly Organic & Long-Lasting Mezbahn Designer Leather Bag
- Swachh Mann Abhiyan, Benefits Realization
- Meditation on "I AM THAT I AM"

LEARNINGS OUTCOMES

- Destigmatizing Mental Health and Becoming Fearless & Celebrating Death!
- Become **A LEADER, GURU / A REAL MENTAL THERAPIST ; PEACE & FREEDOM**

WHAT'S INCLUDED IN PAID PROGRAM

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This course is divided into about 8 hrs of video content to watch at your own pace;
1-Day Online or Live Interaction as the booked format.

IMPLEMENTATION OF LONG-LASTING TRANSFORMATIONAL CHANGE FOR GOOD:

Following are the self-guiding principles that emphasize minimum usage of electronic tracking & monitoring devices or online database programs. Participants use their brain activity for mental health, memory, nature & body consciousness as a guiding clock for their lifestyle changes broadly following criteria as stated below:

A

Organic Development with The Laws of Nature

Disciplined Self Tracking & Monitoring

B

Gradual Adjustments to The Lifestyle Habits

Pray, Sleep, Eat, Work, Play, Meditation

C

Service for others, projects, subtasks, 'you are here to give.'

D

Recognition of the efforts in the community, rewards for achieving transformational change



Final Instructions from the Project Leader

THE FINAL TEST

The test result comparison and insights

Implementation of the Program amongst the masses Worldwide.
Become Ambassadors of Peace & Help conduct courses and spread Joy, Happiness.

“A.I.O., it is so simple. Jai Guru Dev.”

AA CHHEEN Celebratory Song Plays and **The Course Ends.**

The single poster of Aa_Chheen song explains all course material, and participants learn that.

GENERAL NOTES

ALL HUMAN BEINGS HAVE POTENTIAL TO BECOME A GURU.

MEZBAHN'S INITIATIVE IS TO PROVIDE SIMPLIFIED LONG-LASTING AFFORDABLE TOOLS THAT BRING A SIGNIFICANT CHANGE IN THE DEVELOPMENT OF THE PARTICIPANT.

PARTICIPANTS MAKE AN ETHICAL PLEDGE DURING THE COURSE. IT ENDORSES WILLINGNESS TO ADOPT AND PRACTICE ETHICS. TO HELP GET RID OF CORRUPT PRACTICES FROM THEIR LIFE, SOCIETY, & THE COUNTRY THEY LIVE IN IN THE LONG RUN.

A SELF-REALISED PROFESSIONAL CERTIFICATE IS ISSUED BASED ON THE RESULT OF THE SECOND TEST BY PARTICIPANTS AT THE END OF THE COURSE. PLEASE TALK TO YOUR PROJECT LEADER REGARDING THE TEST SCORE, PERFORMANCE, AND FURTHER GUIDELINES FOR IMPROVEMENTS.

THE CERTIFICATE IS VALID FOR LIFE, AND PARTICIPANTS CAN IMPROVE THEIR SCORE ANY TIME AFTER A CERTAIN PRACTICE PERIOD DECIDED BY THE COURSE PROJECT LEADER.

THE COURSE FEE PAYMENT INCLUDES ONLINE SUPPORT FOR ONE YEAR.

MEZBAHN RESERVES THE RIGHT TO MODIFY OR CHANGE THE CONTENTS OF THE COURSE AS AND WHEN NECESSARY.



FREQUENTLY ASKED QUESTIONS:

Q.1. As a believer in science, I am familiar with the research and development in science. Please convince me why I should take up this course?

Ans: Science is tackling the physical matter form of existence. This course integrates the material and the metaphysical aspect as a whole. The metaphysical elements discussed during the course are using science tools such as geometrical patterns and symmetries in the design aspect of existence at the quantum level. The examples are related to ancient wisdom philosophies and metaphors in different cultures to understand the strategy, design intent, and purpose of existence at a much deeper level. This teaching approach makes the course unique. Many renowned scientists, Nobel laureates have expressed their willingness to support such explanations.

Recently most scientists have believed now that consciousness is fundamental. Science has made the journey from evolution until now. It came out with two beautiful grand theories in science, general relativity and quantum mechanics. And these are based on a fundamental principle that consciousness has evolved through Time and is an emergent brain property. Now most scientists believe that they have to rewrite the whole picture of the Universe from the beginning, even before the big bang, that how everything fits together with the current existing theories. So here, spirituality comes into play. This course lays the groundwork for integrating spirituality and science through thought experiments on our bodily systems.

During this course in the First Module, the participants develop an agile metaphor (abstract) based on science, project management, and ancient wisdom. This metaphor is tested on all existing theories in science, philosophies, religion (scriptures), and faith to prove its uniqueness. The metaphor becomes a handy tool, which can be applied during difficult, uncertain situations, acting as a light in the darkness. How confident a person would become once he/she practices and uses this power to make the appropriate choices in life!



FREQUENTLY ASKED QUESTIONS:

Q.2. There are many self-realization, self-help courses, and wellness programs offered by well-established reputed organizations worldwide. What's the distinct feature of this course?

Ans: There are numerous programs offered by well-reputed and well-established organizations with years of experience. Most of them are conducting programs based on ancient teachings of Yoga and its extensions in different subsets with breathing techniques, knowledge sutras, physical exercises, bhakti yoga (devotional) for body-mind-spirit wellness programs supported by tools and kits of science-based methods and Artificial Intelligence (A.I.). These programs are good but need repeated continuous follow-up and practice. The purpose of becoming self-realized is left to an individual choice and aspiration, albeit the programs help boost performance.

mezbahn360SRP course firstly removes layers of conditioning of the mind. And at the same time, it teaches simple new ideas based on science to solidify participants' foundation to build capacity, self-confidence, and self-esteem. It is done with the practical application of the agile metaphor. Practicing in every day-to-day life organically, removes fear, calms the mind, and connects participants of their immense potential. At every step in life, the tool helps in knowledge integration to form appropriate choices out of the vast available possibilities without fear and with great confidence to live the moment and succeed. Once the participants become familiar with the metaphor, which is like learning a primary language (like A, B, C, D), they never forget it in life and it stays forever. Metaphor finds a place in Semantic Memory.

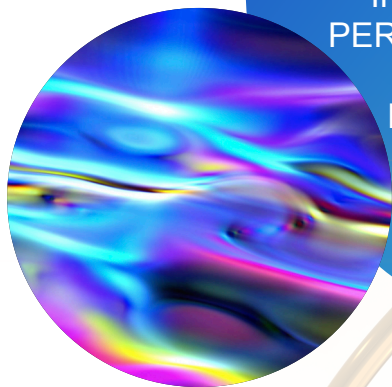
Fear weakens our immune system and is a known cause of many bodily diseases such as stress, diabetes, gastrointestinal problems, kidney functions, cardiovascular damage, mental health, etc. This course makes participants fearless and helps improve overall well-being.

No follow-up is necessary after the awakening has happened. And this course guarantees participants become "Self-Realised Professional" in the shortest time. However, life is a continuous learning process during which the experiences with knowledge become richer and richer every day. And it should never stop.

With Self-Realisation, or one may call it Self-Actualization, comes to a deep sense of contentment in life. All problems rooted in the mind result from attachments to things or stuff in life. Whereas life blossoms in its way, well-being is ultimately a state of mind. It does not matter what and how much you have; it has to do with how stable and secure you feel with what you have. And this course lays a solid foundation for total sustainable transformation, happiness.

BENEFITS OF “SELF-REALISED PROFESSIONAL, SRP®”

IN PURSUING CAREER LIKE A
PERSONAL TRANSFORMATION OR
LIFE PURPOSE COACH
PRACTITIONER OR A GURU



Mezbahn provides one-to-one training, tools, infrastructure platforms such as an integrated website with course planning, payment gateways, certification processes, participant records, follow-ups, and technical support.

When you get the SRP® credential, it signifies that you have the required understanding and knowledge of the topic. Thus you may consider pursuing further to make it your career, which can be highly fulfilling and bring stability to your financial income as a global teacher. Almost the whole of humanity needs this course.

The life of a Guru or Therapist or Mentor or a Coach is the power of mindfulness in action.

You become CEO of your well-being. As an ethical practitioner, you lead authentically, guided by values, awareness, and presence. And you get training to teach the application of Universal Face Theory using agile tools. It is a step-by-step approach with the necessary manual, documentation, and fully accessible online videos for the course. You teach with confidence, and it increases your credibility.

After becoming certified through you, the participants will overcome the conditioning, and usual fear, and negative patterns early in life. The participants find meaning within their life-changing experiences and discard, eliminate limiting belief systems and become empowered.

What is truly important to the participants is to help them align their purpose with the strategy, design of the universe they live within.

In case you are already into the education business and having this course enhances your portfolio. Mezbahn provides user-friendly tools for integration.

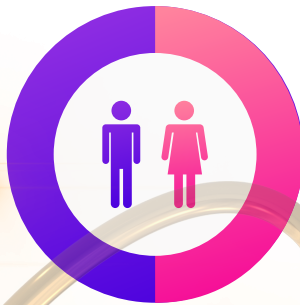
FINANCIAL & MARKETING KEY POINTS

\$300 Billion

It is estimated that mental health spending alone in the USA reaches around \$300 Billion by 2022. The significant component is healthcare costs due to mental illness. Research studies show that depression costs US workplaces \$23 Billion per year.

Disengagement of the employees costs companies up to \$550 Billion a year worldwide.

The global corporate wellness market is around \$60 Billion per annum and is estimated to grow by 7% and reach up to \$100 Billion by 2027.



As per WHO, about **40% of the world population** needs help due to an ongoing pandemic. Thus we are talking about **more than Three (3) Billion people in immediate need.**

The World Economic Forum predicts that more than 80 million jobs will be lost by 2025 due to machine automation. Recent psychometric research data published from McKinsey (June 2021, 18000 people, 15 countries) highlights job growth opportunities for people with Cognitive, Interpersonal, Self-leadership, and Digital foundational skills to thrive in the future of work.

In all cultures, religions worldwide, Self-Realization is considered the essential factor for **human growth, peace, freedom, and happiness.**

In the USA, a wellness program per employee/year ranges from \$150 to 1200. Research data shows that close to a mid-range budget brings much-desired benefits to an organization's ROI.

The researchers from Harvard University found that medical costs fall by about \$3.27 for every dollar spent on wellness programs and that absenteeism costs fall by about \$2.73 for every dollar spent. Cornell University Institute for Health and Productivity Studies recommends spending at least \$150 per employee per annum for an expected \$450 annual ROI per employee.

\$2.73

drop/employee

absenteeism costs fall by about \$2.73 for every dollar spent.

\$450

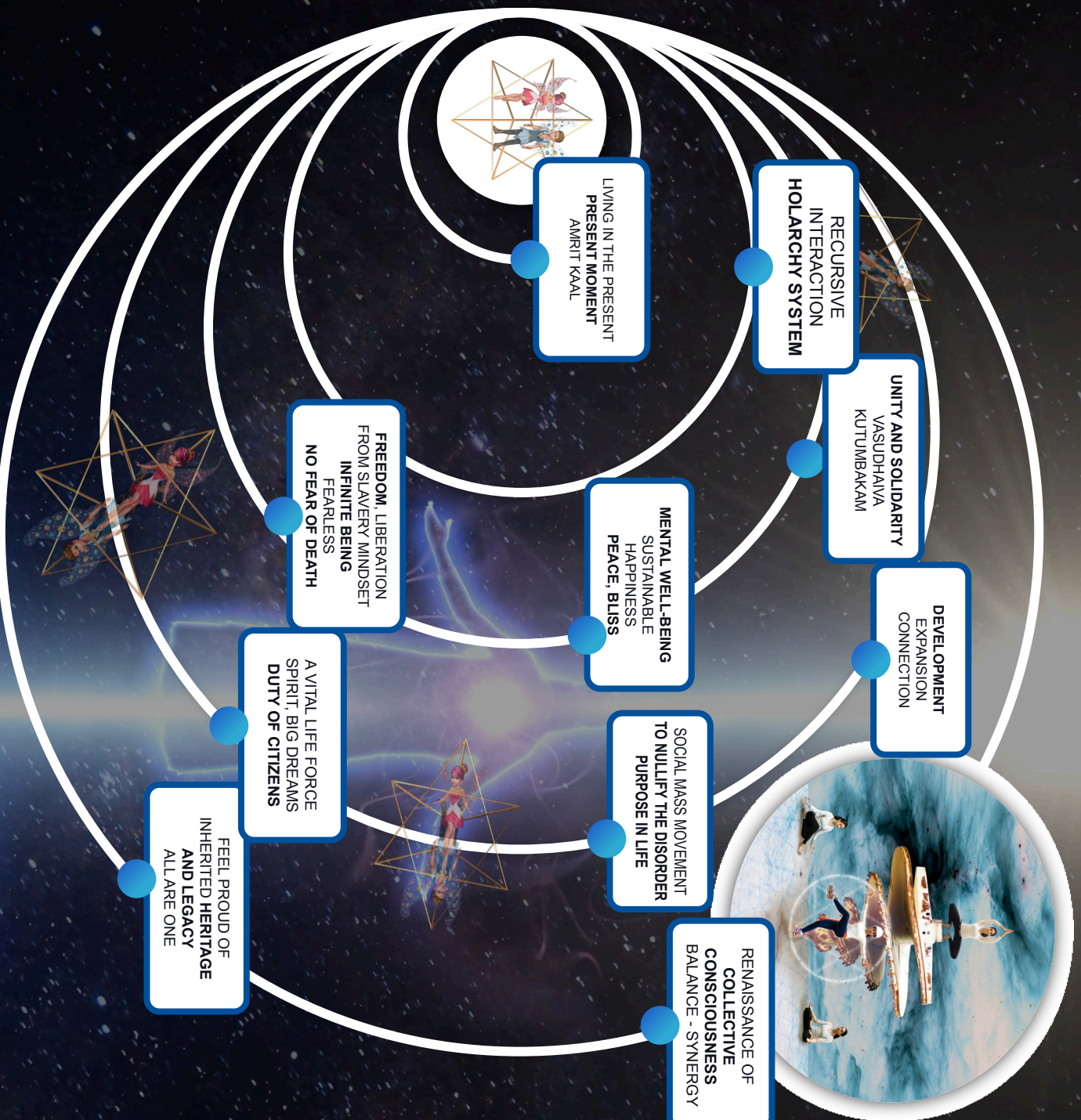
annual ROI/employee

spending at least \$150 per employee per annum for an expected \$450 annual ROI per employee.

According to The Wellness Council of America, an effective Wellness Program ranges from \$100 to \$400 per employee per year. Wellness programs do not include spending on employee health costs. Above are indicative data for the studies done past two decades, as a reference only.

Mezbahn360SRP Integrated Mental Well-Being Program based on years of research is unique. It is considered priceless yet affordable for the masses. And it offers comprehensive benefits for economies to become ethical, grow in the happiness index, reap organizational benefits in productivity, profits with employees, and people engagements for a better world.

AWAKENING



The workshop course provides the following tools:

- mezbahnSRP Book Manual (“Self-Realised Professional, SRPSM”)
 - Seminar Workshop (10 Modules + Supplements)
 - Book (“Universal Face Theory, a theory of happiness”)
 - Hindi Biography of Tinarajali, AIO, it’s so simple (translated into different languages)
 - Aa_Chheen Poster to explain what exists
 - Song Albums (Tinarajali, Aacheen, I am That I am)
 - Musical Feature Documentary Film, “Tinarajali, a song of life”
 - A picture book for your Wall or Living Room
 - A street game, SANTAQLIAH or Pitthu, you can play with your loved ones and become Awake
- Choose any of the above options, and the program transforms you for Good—a gift for your loved ones for their Freedom, Happiness, and Bliss Forever. SAT CHIT ANANDA.
- And earn a coveted credential of “Self-Realised Professional, SRPSM” from mezbahn.

SKILL DEVELOPMENT PROGRAM INITIATIVE BY MEZBAHN BHARAT AND MEZBAHN MALAYSIA
 ALIGNED WITH GOVERNMENT POLICIES, ESG, 4th & 5th INDUSTRIAL REVOLUTION READY AND SUPPORTED UNDER THE RESPECTIVE GOVERNMENT, PUBLIC, PRIVATE SECTOR PROGRAMS



भारत 2023

SWAGHH MANN ABHIYAN

BUTTER-FREE PURE MIND MISSION



Azadi Ka
Amrit Mahotsav

Mezbahar360



MENTAL WELLBEING PROJECT WORKSHOP



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