



# 2<sup>nd</sup> REGIONAL CONFERENCE OF MEDITATION LEADERS

Excellence through Meditation

July 6<sup>th</sup> - 7<sup>th</sup>, 2024

(Main conference - Jul 6th, Post conference - Jul 7th)

9:00 am - 6:00 pm IST

Yashada Auditorium,  
Yashwantrao Chavan Academy of  
Development Administration, Raj Bhavan  
Complex, Baner Road, Pune- 411007



**Buddha-CEO**  
*Quantum Foundation*

[www.buddhaceo.org](http://www.buddhaceo.org)



## Objectives of the Conference

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

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

## Who will Benefit

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

## Your Takeaways from the Conference

Some takeaways from this conference comprising of keynotes, lectures, case study presentations, meditation sessions and panel discussions are:

You will understand the procedure, benefits and science of meditation.

You will learn from leaders and organizations on the transformational changes they have seen from a meditation practice.

You will also learn how you and your teams can realize positive results from a regular practice of meditation.

You will learn how to expand the impact of your CSR initiatives

You will learn about a new dimension for accelerating social and personal change

## Organizers

This conference is being organized by Buddha-CEO Quantum Foundation.



### How to practice meditation?

Choose a quiet place. Sit in a comfortable posture, cross your legs at the ankles and clasp your hands. Close your eyes, observe your normal in-breath and out-breath. No forceful inhalation or forceful exhalation. When you observe the breath, the mind becomes empty. Be in that emptiness. If you find your mind wandering in thoughts, gently bring your attention back to the breath.

## Breath Mindfulness Meditation

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

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

Brahmarshi Pithamaha Patriji founded Pyramid Spiritual Societies Movement in 1990 and relentlessly worked to promote meditation extensively.



**Brahmarshi  
Pithamaha Patriji**  
Founder, Pyramid Spiritual  
Societies Movement

Our Inspiration

## Role and Impact of Meditation

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

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

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

## PROJECT EXCELLENCE

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

### Charter / Goals:

#### Spread Awareness

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

#### Scale Enablement

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

#### Rollout Programs

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

This conference is the 1st initiative from Project Excellence

## Initial list of speakers



**Padma Shri  
D.R Kaarthikeyan**  
Former Director, CBI, CRPF (GoI)



**Chandra Pulamarasetti**  
Former Corporate Executive,  
Founder, Buddha-CEO  
Quantum Foundation



**Laurence Guihard-Joly**  
Co-Founder, Buddha-CEO Quantum  
Foundation, Former Global Senior  
General Manager at IBM



**Dr. Sai Krupa Sagar**  
CEO - Quantum Coherence  
Technologies & Trustee - PVI



**Rakesh Jalumane**  
CTO - Quantum Coherence  
Technologies & Trustee -  
Buddha-CEO Quantum Foundation



**Dipak Sanghavi**  
Managing Director and CEO  
Nilon's Enterprises Private Limited



**Savitha Reddy**  
CEO, Inlingua International school of  
languages & Founder,  
Languagestation.org



**Rajkumar KG**  
CEO, Shree MTK Textiles Private Ltd  
& Star Eco energy & Quantum  
Renewables



**Narendra M**  
Former IOB Chairman

## Conference Tracks

### Organizational Excellence

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

### Educational Excellence

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

## Main Conference Schedule

8:00 am - 8:45 am	Pre-Conference Meditation
9:00 am - 10:00 am	Inauguration Ceremony followed by Keynote Speech
10:00 am - 11:00 pm	Keynote Speech-2 & Group Meditation
11:00 pm - 1:45 pm	Conference Track 1: Organizational Excellence
1:45 pm - 3:00 pm	Lunch Break
3:00 pm - 5:00 pm	Conference Track 2: Educational Excellence
5:00 pm - 6:00 pm	Project Excellence Presentation & Closing Remarks

All conference tracks consist of Power Talks, Panel Discussions and Meditations.

for more information and registration, please visit: [buddhaceo.org/rcmlpune](http://buddhaceo.org/rcmlpune)

Organised by



+91 94223 02715

+91 98202 88789

# HIGHLIGHTS FROM THE 1<sup>ST</sup> GLOBAL CONFERENCE OF MEDITATION LEADERS

RECENTLY CONCLUDED GLOBAL EVENT FROM PROJECT EXCELLENCE, HELD IN NEW DELHI, INDIA FROM FEB 24-25, 2024

The Main Conference began with an inaugural talk by Padma Shri D R Kaarthikeyanji, emphasizing the scientific benefits of meditation, setting the conference's theme. Chandra Pulamarasetti's keynote highlighted his meditation journey, offering scientific insights. Kiran Bediji's speech reflected on meditation's effects in policing. Dr. M. B. Athreya discussed integrating meditation into management. Smt. Pari Patri emphasized leading from the heart through meditation. Dr. Newton and Dr. Lakshmi delved into health benefits of meditation. Dr. Mohit Gupta shared personal and research-backed benefits of meditation. Dr. Gopalakrishna urged integrating meditation into medical treatments. Mr. Shreans Daga stressed mindful parenting. The power of pyramids in meditation was discussed, leading to the introduction of the Pyramid Meditation Channel.

## Panel Discussions:

**(a) Holistic Excellence:** Panelists shared experiences of mainstreaming meditation in classrooms, communities, and offices.

**(b) Organizational Excellence:** Leaders emphasized leading by example and immediate implementation of meditation programs.

**(c) Health Excellence:** Experts recommended including meditation in medical education and professional conferences.

**(d) Educational Excellence:** Panelists discussed the benefits of meditation in schools for better teaching and learning outcomes.

**Project Excellence and Buddha-CEO App Launch:** The Quantum Creations Technology team launched the Buddha-CEO App and presented "Project Excellence" to delegates.

**Pre-Conference Workshops:** Workshops on "Consciousness Heals" and "Mind to Matter" were well-received by the audience.

**Conference Conclusion:** Padma Shri D R Karthikeyanji concluded with a resolution to spread meditation's message globally, emphasizing its role in driving positive social change.

