



Ms. Yati Doshi



Mr. Ashwin Sanghi



Pujya Swamiji Swatmananda

Young Leaders' Forum in partnership with Chinmaya Mission organized an interactive workshop titled **'WORK-LIFE BALANCE'** on August 25, 2012.

The three speakers comprising Pujya Swamiji Swatmananda –the Leader of Chinmaya Mission, Mr. Ashwin Sanghi, Director of M.K. Sanghi Group of Companies, Author of 'Chanakya's Chant' & 'The Krishna Key' and Ms. Yati Doshi - Senior Advisor – Training, Infiniti Consultants, Mumbai shared their thoughts on ways to attain a work-life balance.

Mr. Malav Dani, YLF Chairman introduced Pujya Swamiji Swatmananda who made a presentation on real life situations and options for course correction.

Ashwin Sanghi, author, credits his change in thinking for his transformation from just a stressed businessman to businessman and author. **HE SAID HIS PASSION FOR WRITING IS HIS PRAYER, HIS MEDITATION.**

Ms. Yati Doshi conducted interactive activities and provided exercises and suggestions to the audience to help achieve balance in their lives.

WORKSHOP ON **WORK-LIFE BALANCE**

SWAMIJI SWATMANANDA'S KEY POINTS WERE:

Measure your standard of life, not only the standard of living

Make your Vision of Life more holistic and inclusive.

Take personal time out to improve productivity and achieve our Goal in Life and Goal of Life.

Mind Management includes tools like Power of Practice, Enjoy the Process etc.