

# Work Profile

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## ■ About Company



Soul Diets  
Foundation

Soul Diets came into operation in 2019 and became a legal entity as Soul Diets Foundation in 2021 accredited as Mindfulness, Happiness center for teachers, students, professionals, parents, and individuals. The foundation provides training in the space of Mindfulness by conducting various activities for the Public, Corporates, and Schools.

Mindfulness is the art and science of living in the present moment without losing focus on the future. Mindfulness is a natural thing we all possess, and we can readily experience happiness when we practice it on daily basis through Drama Pedagogies. Soul Diets Foundation understands the need for mindfulness and tries to bring the habit of living a peaceful life and has succeeded in it.

Soul Diets Foundation works closely with teachers, and students and has trained 4000+ Teachers and has worked with 300+ Schools, changing thousands of lives so far. Along we have worked with several corporate teams, NGOs, Institutes, Government Organizations, Parents, and Individuals and impacted leaving a positive influence for a lifetime.



# Mission & Vision

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## Mission



To bring the best with the time and children centric pedagogies to every school

## Vision



Raising active learners using engaging and thoughtful methods

# ■ Milestones Achieved



- Created a strong backend team
- Long-lasting Impact on People
- Powerful Relationships with Clients
- Well-Built Social Media Family
- Revenue retention and expansion
- Improved Responsiveness in the Market
- Fine Training Delivery
- Trained 4000+ teachers and 300+ Pan India and UAE schools
- Promoting Holistic Development
- Overcoming Forgetful Mind & Distraction



# Value System



- Promote Mindfulness
- Encourage Individuals to discover their strengths
- Promote happy work environment
- Find inner peace
- Emotional and Mental clarity
- Relieve stress
- Regulate emotions
- Improve Relationships
- Enhance Productivity
- Healthy Lifestyle

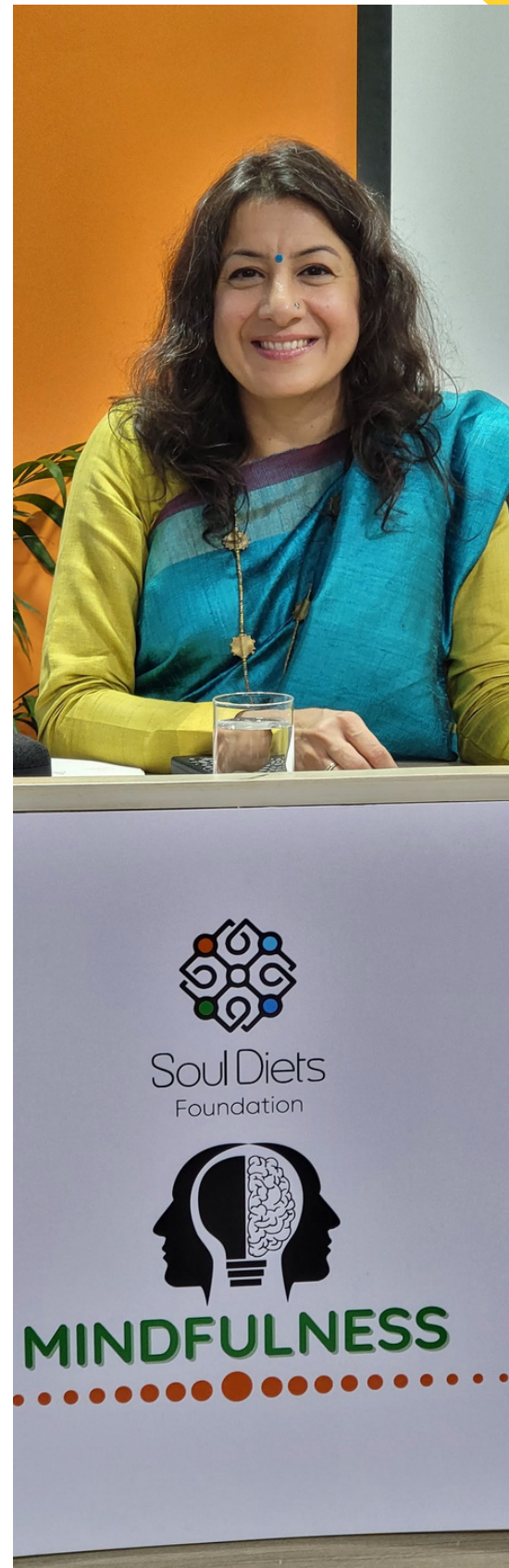
# About The Founder

Jaspreet Mehta (Dimple) is an Author, Drama (Theatre in Education) Pedagogies Expert, Mindfulness and Digital Media Literacy Coach, and Parenting Expert by profession. She has been proudly appointed as a "Mentor for Change" by NITI AAYOG to help schools implement the best learning practices for children. She is one of the key "Resource Person "at CCRT and DoE for implementing TIE (Theatre in Education) into classrooms.

She is the author of "The Bouquet of Mindfulness"- a book on Mindfulness practices for children, "Puppetry in Classrooms" - A handbook on classroom puppetry and Drama, and a handbook for teachers on "**Stress Management - "Distress to De-Stress"**".

Helping organizations at all levels by promoting employee engagement and customer relations while making the employees creative, empathetic, & resilient. To name a few of the Prestigious corporates she is currently working with Bajaj Allianz, Panasonic, Cloud4C, Amazon, Accor, Airbnb, IMA, Success Pact, Multiplier, and many more.

Her experiential workshops and program training are well received not only in India but in UAE too. Her training programs are helping corporates reduce employee stress and to boost creativity and innovation. Resulting in higher productivity, better leadership, and a happier working environment.



# Trainings Offered

## Institutional Training

Creating awareness among institutes of the importance of mindfulness in our lives through various activities.



## School Training

Incorporating mindfulness into education has proved to be improving academic, social & emotional learning of children and teachers. Soul Diets Foundation includes drama pedagogy & experiential learning activities to create a holistic environment for teaching.

## Corporate Training

Mindfulness is a great tool to help optimize the performance of the mind. With mindfulness training, employees feel less stressed and learn how to manage stress in conditions which leads to a boost in the economy.

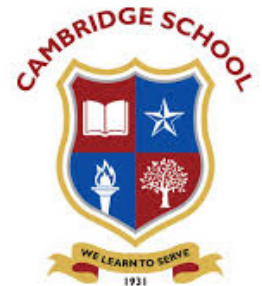


## Group Training

Group training programs are designed for parents, and individuals by following some exercises that will imply to their daily lives and how can they make their lives more effective and happening.



# Prestigious Educational Institutes We Work With



# Our Activity

## DELHI PUBLIC SCHOOL, INDIRAPURAM

Mindfulness is essential for teachers to impart to children as it cultivates self-awareness, emotional regulation, and empathy. By modeling mindfulness practices, teachers can help students develop focus, resilience, and kindness, fostering a conducive learning environment where students thrive both academically and emotionally.





# Our Activity

## AMBUJA VIDYAPEETH

School poses a lot of stressful moments, but how children and teachers react to them can make all the difference. Mindfulness education and techniques can help to calm the mind and body and can reduce the negative effects of stress and increase students' ability to stay engaged, helping them stay on track academically and avoid behavior problems.



# Our Activity

## KENDRIYA VIDYALAYA

With consistent mindfulness practice, we can learn to better understand our mind, its activity and the thought process that shape and condition our lives. Most importantly, we can learn to recognize and interrupt these unhelpful processes.





# Our Activity

## CCRT INDRDHANUSH 2022 – KAL, AAJ AUR KAL

INDRADHANUSH 2022- KAL, AAJ AUR KAL was a summer camp for children. It was organized by the Centre for Cultural Resources and Training (CCRT). Soul Diets Foundation brought out things for children to embrace their skills and bring out creativity through wonderful sessions. Their chance to learn from the masters themselves and to know more about our rich art and craft forms.





# Our Activity

## SOUTH ASIA UNIVERSITY

Student life can be stressful, but that doesn't mean students have to let stress take over their lives. By incorporating mindfulness into daily routines, students can not only relieve stress but also improve their memory, focus, and ultimately their grades.

This guide explains what mindfulness is and how students can begin practicing them. In addition to increasing awareness, mindfulness helps people avoid being overwhelmed and overly reactive to what they're experiencing from one moment to the next.



# Our Activity

## THE ENERGY AND RESOURCES INSTITUTE (TERI)

Listening to someone mindfully isn't easy, but it is a skill we can practice and hone. Mindful Listening is very important in corporates to understand the communication between the employees. Soul Diets Foundation conducted mindful listening practices in TERI for employees to hone and implement the art for a better understanding of each other and perform significantly.





# Our Activity

## VEDICA SCHOLARS

Mindfulness practice, work, and leadership should be viewed as an activity in the middle of many activities. It requires self-awareness, awareness of others, awareness of time, and awareness of the quality of one's efforts.

Viewing success as reaching a certain position or reaching a certain status, we encourage future leaders to view success as a positive change in the lives of colleagues, organizations, families, and society as a whole.



# Our Activity

## JAGAN INSTITUTE OF MANAGEMENT STUDIES (JIMS)

Focus is a skill that enables us to act without interruption and to keep our attention and effort up until our goals are accomplished. Developing mindfulness practices can be beneficial if you have trouble focusing on lectures, tasks, or study materials for an extended period. Soul Diets Foundation assisted pupils in maintaining their positive attitudes, focusing on the present now, and exhibiting less disruptive conduct.





# Our Activity

## UDAYAN CARE

Conducting mindfulness practices among students can have a profound and positive impact on various aspects of their lives. By cultivating mindfulness, students learn to focus their attention on the present moment, which can enhance their ability to concentrate and improve academic performance. Mindfulness also helps reduce stress and anxiety, providing students with valuable coping mechanisms to deal with the pressures of school and life.





# Our Activity

## CSR Uttarakhand

School poses a lot of stressful moments, but how children and teachers react to them can make all the difference. Mindfulness education and techniques can help to calm the mind and body and can reduce the negative effects of stress and increase students' ability to stay engaged, helping them stay on track academically and avoid behavior problems.



# Our Services

Mindful services for educational institutes offer a holistic approach to fostering well-being and personal growth within the academic environment. By incorporating mindfulness into the daily routines of students, teachers, and staff, these institutes create a supportive and nurturing space for mental, emotional, and physical health.

## **Training Sessions - Day Long**

- Discovering one's potential as a teacher
- Conducting Effective Sessions
- The Art of Storytelling
- Developing and Adding MY creativity to my Teaching
- Developing communication skills that make teachers more effective
- Frameworks of my mind - helping me relax, enjoy and give the best to children
- Focused Classrooms - Attention Management
- Anger Management
- Art of Listening

## **Facilitation Programs - 3 Days**

- Drama in Education
- Mindful Classrooms
- Developing effective Facilitating Skills
- The Art of Storytelling
- A Teachers Mindset
- Peer Mentoring
- Leadership and Management

# How Many Lives Do We Want To Impact

We desire to make individuals experience a different side of themselves that they might've never explored earlier. Soul Diets Foundation is working on creating positive, well-mannered, and empathetic individuals. We want to develop more self-inquisitive individuals and enhance their awareness.

We are pedagogy experts and work closely with teachers, principals, and the entire education ecosystem and we would like to help them align their school learning with the latest and the best in time pedagogy. We provide experiential learning space, keeping in mind the holistic development and mental wellness of social beings, and we look forward to educating people on Mindfulness.

We design, develop and implement mindfulness with a Drama experience base for corporate training and practices. By working on one's five senses, our foundation has encouraged meaningful connections with individuals and their surroundings.

Our training aims to promote a healthier lifestyle in all physical, mental, emotional, social, and spiritual aspects.







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Foundation

# Embrace The Present

**For inquiries,  
contact us**

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