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Greetings of Peace from Chetana Empowerment Foundation!

Our vision is to provide culturally competent, holistic and wellness focused services that promote every class of society especially youth and adolescence social- emotional development, avert the rise of mental health challenges and address social-emotional problems like screen addiction that currently exists.

MISSION

We are continuously working for the following four main social causes.

- Impart Value Education to school students.
- Promoting Mental and Emotional Wellness.
- Undertaking the financial liability pertaining to food, shelter, and education to the needy and scholar students from deprived class, who deserve to be supported in their endeavour for pursuing Higher Education.
- Sensitive & Counselling for Screen Addiction (Digital Wellness)

At Chetana Empowerment Foundation, we recognize the pressing need to address the detrimental effects of excessive gadget use, particularly among teenagers, on mental health. Our mission is to empower individuals to lead healthier, more balanced lives by promoting mindfulness and wise screen usage.

1. **Meditation and its Benefits:** Meditation is a cornerstone of our approach to promoting mental well-being. Through guided meditation sessions, we offer participants the opportunity to experience deep relaxation and cultivate inner peace. Research has shown that regular meditation practice can reduce stress, improve focus and concentration, and enhance overall emotional well-being. By integrating meditation into our programs, we equip individuals with valuable tools to navigate the challenges of modern life with greater resilience and clarity.

2. **Collaboration with Dnyanada and its Impact:** In collaboration with Dnyanada, we are implementing innovative programs aimed at empowering students. Through our value education program, we aim to foster qualities such as empathy, integrity, respect, and resilience among students. By integrating these values into our workshops, seminars, and interactive sessions, we help students develop a strong moral compass to guide their decisions and interactions in the digital world and beyond.

Through digital wellness program, We conduct workshops, seminars, and interactive sessions, we educate students about the potential risks of excessive gadget use and provide practical strategies for developing healthy screen habits. Our partnership with Dnyanada has been instrumental in reaching a wider audience and maximizing the impact of our initiatives. By working together, we can create a more informed and empowered generation capable of making positive choices in their digital lives.

Furthermore, all our programs and resources are provided free of cost to ensure accessibility to all individuals, regardless of their socioeconomic background. We believe that everyone deserves access to tools and support for improving their mental well-being, and we are committed to removing barriers to participation.

3. **Introduction of Chetana Empowerment Foundation Members:**

1. **CA Vivek Randad**(President Chetana Empowerment Foundation)

2. **Mitali Lathi** (Vice President Chetana Empowerment Foundation)
(Psychologist, Counsellor)

3. **Gayatri Randad**(Psychologist, Counsellor)

4. **Akash Fulzalke**(Project Director, Chetana Empowerment Foundation)
(Yoga Teacher)

Our team comprises dedicated individuals from diverse backgrounds, united by a common passion for promoting mental health and well-being. Each member brings a unique set of skills and expertise to our organization, ensuring the effectiveness and sustainability of our initiatives. We are deeply committed to making a positive difference in the lives of others and are grateful for the opportunity to serve our community.

In conclusion, at Chetana Empowerment Foundation, we remain steadfast in our commitment to fostering a culture of mindfulness and well-being in an increasingly digital world. Through collaboration, education, and advocacy, we strive to empower individuals to lead healthier, more fulfilling lives. Together, we can create a brighter, more resilient future for generations to come.