





## Mindfulness Training in FY22



## Total

5,262 **Happiest Minds till date** 



## **Sessions for**

- \* Students who have been given an offer to join the Company
- \* Happiest Minds' Customers
- \* BIM Alumni Association

being **mindful** 

## doing mindful

Moment

Perceive Immersively

Process Non-judgementally

Perform Empathetically