



**YOGA AND SPIRITUAL SESSION**  
**BY**  
**SWAMI OMANAND MAHARAJ JI**  
**SWATIKA RISHIKA MATA JI**

## Shri Arunava Lahiri Welcomes Swami Omanand Maharajji to ISCL Plant.



## Shri Arunava Lahiri Welcomes Swatika Rishika Mataji to ISCL Plant by presenting Garland.



Swami Omanand Mahraj Ji and Swathika Rishika Mataji were kind enough to visit ISCL Plant at around 3.00 pm on 9<sup>th</sup> Nov 2016.

Employees greeted the two divine souls with spiritual slogans.

Reaching new canteen, where the programme was organized, Swathikaji and Swamiji were kindly performed the lamp kindling ceremony.

After lamp kindling ceremony, Shri Arunava Lahiri received them by presenting Shawl and Sreephal.















Mata Rishika Ji blessed the employees with the nectar of spiritual words which was totally an enlightened discourse regarding achieving goals by overcoming all sorts of challenges that may come across on the way towards one's journey for attaining the ultimate results. Mataji related the topic with an episode of Ramayana where the challenges faced by Shree Hanumanji, while travelling towards Lanka in search of Mata Seethaji to convey the message from Shree Ramji. Mata Rishika Ji described how Hanumanji eliminated each and every obstacles that were emerged on his way towards his mission. The ultimate teaching was how one can achieve the set goals if one puts one's efforts relentlessly with strong determination and positive attitude towards the journey of achieving the set goal.







Swami Omanand Maharaj Ji addressed the employees with his spiritual discourse. He was very kind to make his discourse in the cotemporary parlance for the easy understanding about the HARD work to be performed in a SMART way in all walks of life, whether professional or personal. Swamiji was very appreciative about the attitude of ISCL employees.

Swamiji also expressed the concern of the MD and Chairman regarding the wellbeing of the employees in the company; and, the care they have in their mind, in respect of the welfare and development of each and every employee.

After the spiritual blessings, Swamiji very kindly conducted a Yoga class, especially regarding breath control (Pranayama) to get rid-off various kinds of diseases and keep oneself healthy.











Finishing the spiritual discourses and yoga activities, sweets and fruits were distributed by Swamiji and Mataji, themselves, to all employees present during the function.

After the above functions, Swamiji and Mataji were kind enough to perform tree plantation.





After spending about two hours providing spiritual education and spreading positive energy in the atmosphere, Swami Omanand Maharaj Ji and Swatika Mata Rishika left the complete about 5.00 pm.

We felt very lucky that the we were able to feel the spiritual vibration and positive energy of such divine souls very closely.

We sincerely that the vibration and energy left behind by them will remain with us for a long time.



