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A KEY TO ALLEVIATE BUSINESS RELATED CHALLENGES: CRUNCHING MEDITATION SCIENCE AND ITS INFLUENCE ON BRAIN & PHYSIOLOGY

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Abstract

1. Challenges / Description of problem:

India is being widely acknowledged as one of the most matured and exciting emerging economics in the world. (India growth rate rises to 8.8% | 31 August 2010 Last updated at 11:31 GMT | <http://www.bbc.co.uk/news/business-11135197>). More to the point of becoming a global focal point of outsourcing, Indian firms are diffusing globally through international mergers and acquisitions (Indian predators pursue M&A prizes | By James Lamont in New Delhi | Published: January 5 2011 17:26 | Last updated: January 5 2011 17:26 | FT.Com Financial Times | <http://www.ft.com/cms/s/0/562a5072-18ef11e0-9c12-00144feab49a.html#axzz1XwOAEi7G>). Various studies suggests that by the year 2020, India is anticipated to add about 250 million to its labor pool at the rate of about 18 million a year (TutorialReports.com | Advantages of Off shoring to India | <http://www.tutorialreports.com/business/outsourcing/india/advantages.php>), which is more than the entire labor force of Germany. Its always not about the quantity but also the quality of the mass which matters, in this context, the world competitiveness report rated India's human resource capabilities as being relatively weaker than most of the other Asian nations (The Global competitiveness Report | http://www3.weforum.org/docs/WEF_GCR_Report_2011-12.pdf). Employee's knowledge is significantly weighed when it comes to employee performance, agility and their efficiency in performing their tasks i.e. their professional skills. Based on this fact we can now consider training to be a vital factor when it comes to competency, agility, performance and effectiveness of an employee towards his/her job. (http://www.dartmouth.edu/~hrs/pdfs/discussion_worksheet05.pdf). Also, the business history have shown us the decline of the original brilliance of family industries due to lack of proper management training (Family businesses on the wane Research has proven that the third generation is the point when a family begins to break (up) | Maulik Pathak | <http://www.livemint.com/2011/05/24214906/Familybusinesses-on-the-wane.html> | LiveMint.com | The Wall Street Journal), which focuses basically on economics, the temperament of managing intelligence i.e. the Creative Intelligence in any individual and lack of full expression of the evolutionary quality of awareness (consciousness). Now, when we acknowledged the importance of training various questions have started to preoccupy my mind, is to what field or subject should one organization train their employees? What is the right amount of time for the training? Which methodology to be used to train employees? how effective it would be to the employees? All these questions are of paramount importance to any business firm and growing organizations. We know quite a many organizations keep various areas of training, such as communications, computer skills, customer service, diversity, ethics, human relations, quality initiatives, safety, sexual harassment, organizational behavior, time management training (Soft Skill Training as well as technical Trainings) as their training module. This Study contemplates about the possibilities of, What if we train our mind which directly controls all the aspects mentioned above. This will not only increase our ability to learn the things but also suffice all the benefits of training employee at a very low cost.

Author Keywords

Soft Skill Training, computer skills, customer service, diversity, ethics

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