

Inner Search Foundation

*Lead me from the unreal to the Real
Lead me from the darkness to the Light
Lead me from the temporary to the Eternal*

Brihadaranyaka Upanishad

***Inner Search Foundation is non-profit charitable trust registered
under the Bombay Public Trusts Act 1950***

Registration Number E 19144

www.inner-search.org

Our Philosophy

True everlasting happiness, which we all are seeking, remains an illusion if we continue to search for it in wealth, comfort, relationships, possessions, intellectual knowledge and power. This external search is a result of our continuous identification with our body and the mind, which are subject to change, decay and death.

According to the ancient books of wisdom, true happiness lies in knowing ourselves at all the three levels, i.e. the body, the mind and the Real self, which lies within each one of us. This complete understanding of self leads to integration of our being and helps in developing clarity with regards to our relationship with the external world.

About Us

Inner Search Foundation has been established with an objective of providing the right environment and necessary resources which help individuals develop a complete understanding of self at all the three levels and thereby become more effective in their respective fields of influence. The methodology used for this is the age-old practical science and philosophy of Yoga, understood as A Way of Life. Improved physical and mental health, peace of mind, creativity and productivity are the fruits one reaps along the path to complete Self Awareness.

Remaining true to our core philosophy, over the years, Inner Search Foundation has expanded to include several activities as part of the Trust which support the cause. These include:

- Inner Search Activities – Yoga, Meditation, Community Service, Counselling, Workshops, etc.
- ISF Institute of Research and Education (IIRE) - for promoting research and educational activities in diverse fields.
- Equality, Dignity, Safety (EDS) - An NGO to address the issues of sexual harassment at workplaces.
- The Confluence - A unique ecologically balanced residential campus under-development in line with the Vision and Core Guiding Principles of the Inner Search Foundation. This model campus aims to demonstrate, influence and develop humans in a balanced approach towards life, development and growth.

Initiatives by Inner Search Foundation

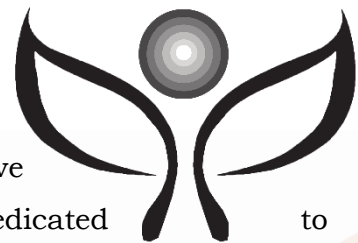
ISF Institute of Research and Education: In 2013, ISF Group established a research institute: ISF Institute of Research and Education (IIRE). IIRE is a non-profit unit of the ISF Group dedicated to developing and delivering integrated educational and research programs. IIRE is actively involved in research programs and benchmarking surveys for the Maritime Industry.

IIRE has also published peer reviewed journals, working paper series, white papers, training materials, and application notes.



Explore the Institute of Research and Education:
www.inner-search.org → Research and Publications

NGO: Equality, Dignity, Safety (EDS): The EDS was founded with a mission to fight against any form of discrimination and work for safety, dignity and equality of human life. The formation of EDS is as per the stated objective of Inner Search Foundation's Deed (objective 2/q &v) and is dedicated to work for eliminating of any discrimination.



Explore EDS:
www.inner-search.org → NGO: Equality, Dignity, Safety (EDS)

The Confluence:

Development of an ecologically balanced model campus "The Confluence" which would be utilized for research work, development & delivery of educational training programs in support of various SDGs. The holistic residential campus as a model campus is expected to demonstrate a balanced approach towards life, development and growth.



Explore The Confluence:
www.inner-search.org → The Confluence

Activities under Inner Search Foundation

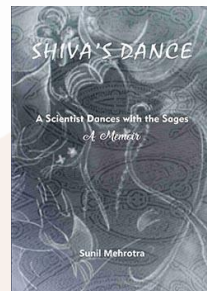
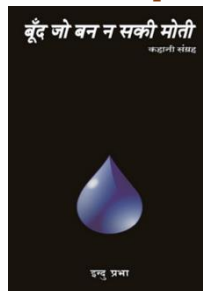
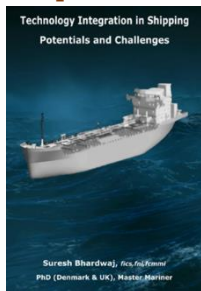
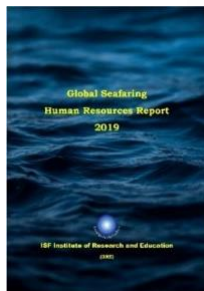
Yoga classes and meditation workshops for corporates, individuals and children



Community Service in form of health camps, tuitions for local children, contribution towards education establishments in nearby villages, raising funds through cultural programs towards charities



Research projects, research publications and book publications



Seminars and Workshops for stress management, time management, leadership skills, team building, interpersonal relationships, etc.



Counselling for individuals, couples, families; Special Career counselling portal



www.sowhatnext.net