



Employee Progress Report - The Melting Pot Food Co.

The report presents data on changes in habit patterns among 39 participants who attended a three-month training program, [Sat Sanghā](#). The training focused on shifting deep mental patterns to support habit change and guide participants toward a more fulfilling life – both materially and spiritually.

This data was collected from **September 11-14, 2024**, through interviews with **39 participants**, around two months after the training.





Key Metrics and Quantitative Data:

Category	Metric	No. of Participants
Finance	Better savings habits	35
	Opened RD/SIP or New Account	9
	Improved bank balance	9
Lifestyle	Health improvements (exercise, sleep)	19
	More time with family	11
	Better communication	7
Addictions	Quit smoking	8
	Reduced smoking	12
	Quit alcohol	5
	Reduced alcohol	7

Story Insights:

Smoking and Alcohol: 8 – 12 participants, who were previously addicted to smoking, have either quit or reduced smoking, while around **7** have either quit or reduced alcohol consumption.

Several participants, such as **Omar** [name changed], expressed a lack of desire to smoke or drink: "Mann hi nahin karta ab." [Eng: "I just don't feel like it anymore."]

Financial Habits: 90% (35 out of 39) of participants reported improved saving habits, with **23%** (9 out of 39) having opened new financial instruments like recurring deposits (RDs) or systematic investment plans (SIPs).

Participants like **Robert** [name changed] are now **saving 50-80 Rs every day** and working towards family goals like their Kedarnath pilgrimage, which was a personal action plan from the training.



- **Health and Well-Being:** Participants are seeing substantial health improvements, with **55%** (22 out of 39) reporting better sleeping, eating, and exercise habits.

Samir [name changed] noted significant life changes: "From 5-6 cigarettes a day to zero... better morning habits, exercise, and walking."

- **Family Time and Relationships: 40%** (16 out of 39) of participants have started spending more time with their families and improving relationships.

Karma [name changed] shared: "I get inspired from successful people now, and have invested my savings into building a home back in the village."

Prominent Quotes:

Samir [name changed]: "I've recovered money stuck in loans and learned to control my spending."

Samir: "More conscious of money. From 5-6 cigarettes a day to zero."

Binny [name changed]: "Fayada hi hua. Ghaata nahin hua" [Eng: "It was all gain, no loss."], summarising the impact of the training as overall beneficial.

Rocky [name changed]: "Opened RD for 5 years, better control over anger, and no swearing."

Tony [name changed]: "More savings, mutual funds, less expense on useless expenditure."



Designed for forward-thinking organisations, Sat Sanghā integrates mindfulness, spirituality, neuroscience-based methodologies, **habit transformation**, and **practical financial wisdom** to cultivate a deeply **engaged, resilient**, and **purpose-driven workforce**. [Learn more.](#)
