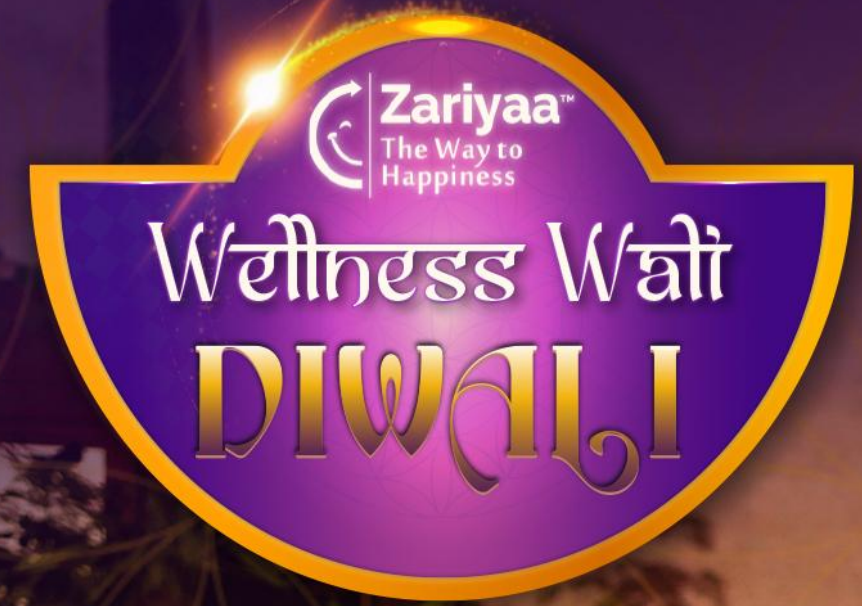
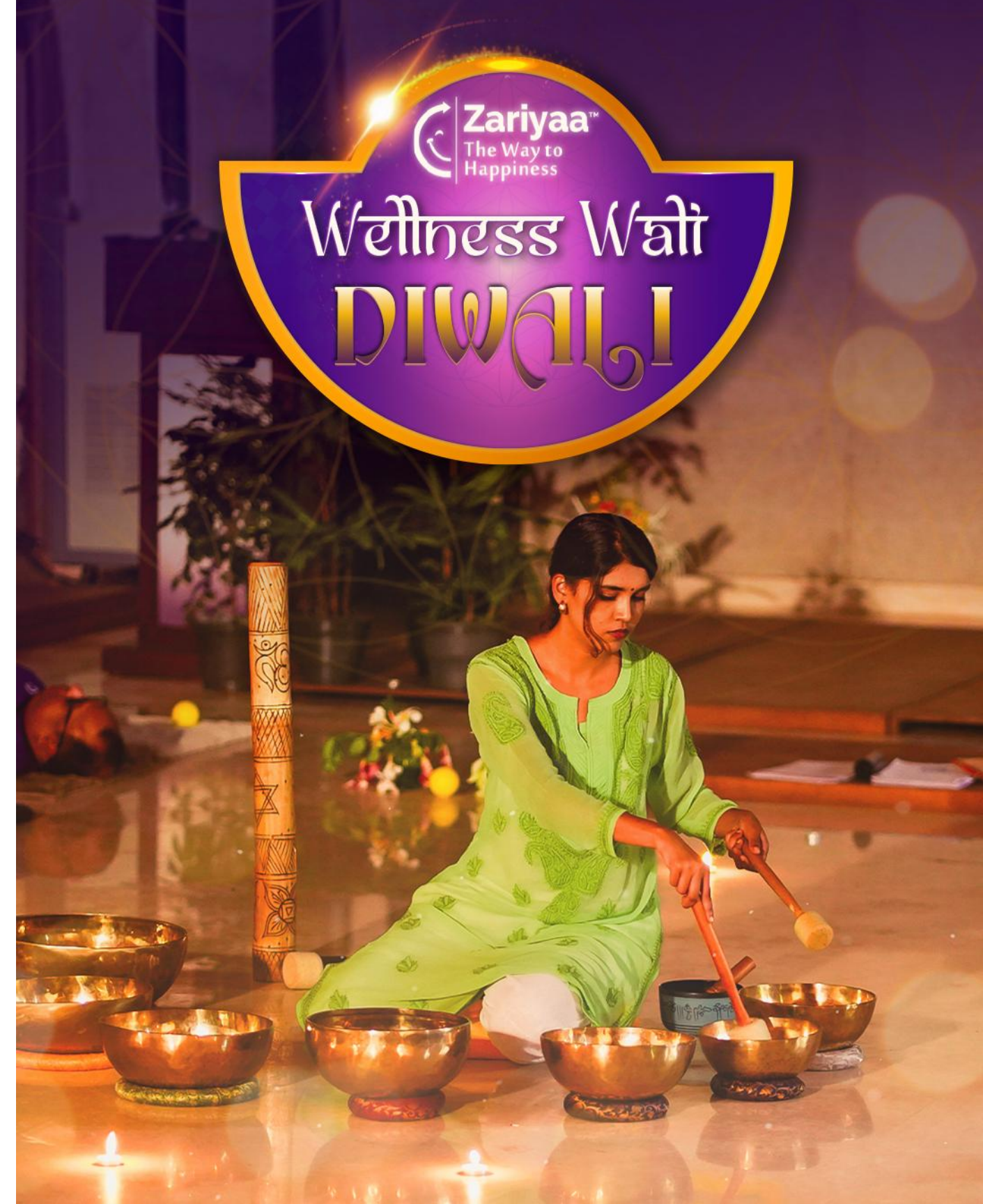


Zariyaa Diwali Wellness Planner 2025

For HR & People Engagement Teams



Why HR Should Choose a Wellness-First Diwali

Festive seasons are crucial for HR leaders to reinforce culture, improve wellbeing, and build lasting engagement. Traditional hampers create short-term excitement but lack long-term impact.



Solve Low Participation

Activities designed for both introverts and extroverts, ensuring inclusivity.



Reduce Festive Burnout

Sessions help employees recharge in the busiest quarter of the year.



Create High Recall

Experiences stay with employees long after Diwali lights fade.



Boost Employer Branding

Position your organization as progressive and people-first.



Our Festive Wellness Formats

1

Wellness Sessions

Customize Plan

- Sound Healing & Meditation to release stress
- Dance Movement Therapy for energy and bonding
- Laughter & Stress-Release Workshops for instant mood uplift

2

Mini Wellness Festivals

Half/Full Day

- Mind Zone: Meditative art, puzzles, brain games
- Heart Zone: Emotional wellness, gratitude walls
- Body Zone: Massage corners, fitness challenges
- Soul Zone: Sound healing, chakra alignment

3

Zen Garden Activations

On-Campus Installations

- Meditation pyramids for deep reset
- DIY healing kits for self-led practices
- Biofeedback tools to build awareness
- Quiet reset zones for introverts



Key Outcomes for HR Teams

3x

Higher Recall

Compared to traditional gifting approaches

100%

Engagement Uplift

Across all departments, including usually disengaged teams

Demonstrated Results

- Stress reduction using neuroscience-backed practices
- Stronger culture of belonging and collaboration
- Enhanced celebration experience



Next Step

Let's co-create your Diwali Wellness Calendar and make this festive season memorable for your teams.

Ready to Transform Your Diwali?

Partner with Zariyaa to create wellness experiences that your employees will remember long after the festivities end.

