



## SRI SRI RAVI SHANKAR

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### GLOBAL INITIATIVES

2017

Sri Sri Ravi Shankar is a renowned spiritual leader and global humanitarian whose mission of uniting the world into a violence-free, stress-free, global family has inspired millions of people to broaden their share of responsibility and serve society.

Sri Sri has devised practical tools and techniques that help individuals achieve calmness of mind and clarity of thought. Such a state of mind empowers individuals to achieve their goals and instills a sense of service and greater connectedness with humanity.

In 1981, Sri Sri established The Art of Living Foundation, an educational organization with a presence in over 156 countries. The Foundation's individual development programs offer powerful tools to eliminate stress and foster a sense of well-being.

In 1997, Sri Sri founded the International Association for Human Values (IAHV), a humanitarian organization, which promotes societal responsibility and human values in political, economic and social spheres.

IAHV and The Art of Living Foundation collaborate on several humanitarian initiatives, including conflict resolution, disaster and trauma relief, environmental conservation, anti-corruption, prisoner rehabilitation, youth leadership, women's empowerment and universal education. Both organizations enjoy special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.

2017  
IN REVIEW

*The whole world is one family, so it is necessary that we live with naturalness and simplicity; only then life blossoms. The wall that we erect between ourselves and others needs to be demolished. From your side, drop all inhibitions between you and others.*

## PROMOTING PEACE

### Appeals for peace during Jallikattu movement

**Bengaluru, Karnataka, India, Jan. 23**

Following the violence that erupted around the Jallikattu movement, Gurudev appealed to the protesting people of Tamil Nadu to keep calm. He counseled the people to not let anti-social miscreants destroy the success of the peaceful movement. He advocated for a peaceful protest against the ban of Jallikattu. "Six days of the peaceful movement should have been followed by celebration, rather than violence," said Gurudev.

### Gives a ray of hope and peace to Naxal youth

**Bastar, Chhattisgarh, India, Feb. 26**

Citing examples of success of peace process in Columbia and positive developments in Assam, Gurudev assured the villagers and youth that peace is possible in Bastar, too. During the first-ever visit to

Bastar, Gurudev addressed thousands of villagers who attended the event, 'Satsang with Sri Sri'.



At this large public gathering of at least 20,000 people, Gurudev appealed to the Naxals to drop the bullet and get on the ballot.

"I know that these youth carry fire in their hearts, they stand up for justice and to get rid of poverty, but they have to desist from using violence as a means of struggle," he said.

Gurudev said he understands their pain, sacrifice and commitment to social justice. He urged the Maoists to shun the path of violence, join the mainstream society,

and work for prosperity of the region. He offered to act as an interlocutor between the government and the Maoists for peace talks.



Gurudev also inaugurated a sports academy for adivasi (tribal) youth in Bijapur, a district in the tribal region of Bastar in Chhattisgarh. It is one of the active hotbeds for naxal activities. The academy aims to help local youth develop their talents and stay away from the path of violence. Forest Minister Mahesh Gagda, local public representatives and officers were also present for the occasion.

### **Jharkhand Chief Minister supports peace process** **Ranchi, Jharkhand, Mar. 3**



In continuation of his efforts towards a violence-free society, Gurudev emphasized on the importance of prohibition and initiating talks with Naxals during his

meeting with Jharkhand Chief Minister, Raghubar Das. The Chief Minister offered to provide support to The Art of Living to start a center for social activities in Ranchi. Following the meeting, Gurudev presided over a huge gathering assembled for an evening of music and meditation.

### **Peace in Ukraine** **Kiev, Ukraine, Mar. 9-10**



Gurudev addressed the Ukraine Parliament at a round-table conference on 'Peace in Ukraine' which was attended by ministers, deputies, secretaries and the Indian ambassador, Manoj K Bharti. As a peace ambassador, Gurudev asserted that conflict and unrest can be resolved through dialogue and reiterated that the cause of all conflicts in the world is the lack of communication and trust.

Speaking on the rising terrorist attacks in the world, Gurudev emphasized on the role of meditation in pacifying terrorists.

Around 1,000 people gathered at the Embassy of India in Kiev (Ukraine's capital) to listen to Gurudev's talk on 'Love Moves The World'.

### **Talks of peace in the North-East continues** **New Delhi, India, Jun. 23**

T. Muviah, the General Secretary of Nationalist Socialist Council of Nagaland, a Naga nationalist





insurgent group, called on Gurudev to discuss peace initiatives in North-East India.

### **Meets diplomats in Munich** Munich, Germany, Jun 25



Gurudev was invited by the honourable Consul General of India, Mr. Sugandh Rajaram, at his residence, where Gurudev met with diplomats.

### **Iceland pledges for peace & happiness** Reykjavik, Iceland, Jul. 25-26



Gurudev held discussions with Bjarni Benediktsson, the Prime Minister of Iceland on ways to bring more peace and happiness in the world. The meeting was

joined by Mr. R. Nagpal, the Indian ambassador to Iceland. Gurudev also gave a talk and conducted Meditation 2.0 in Reykjavik on July 26.

### **68 militants return to mainstream** Bengaluru, Karnataka, India, Aug. 23



In the wake of the surrender of 68 militants, the Chief Minister of Manipur, Mr. N. Biren Singh, visited Gurudev at the Bengaluru international center and discussed plans for peace and stability in Manipur.

Post the surrender of militants, Chief Minister Singh expressed gratitude to Gurudev: "Thanks Gurudev Ravi Shankarji. Today Manipur's peace is being restored under your tireless efforts and blessings; 68 militants back to the mainstream."



The 68 cadres, who surrendered, came from the 11 most-dreaded outfits operating in Manipur, including six factions of the Kangleipak Communist Party (KCP), two factions of the People's Revolutionary Party of Kangleipak (PREPAK), People's Liberation

Army (PLA), United National Liberation Front (UNLF), and Kanglei Yawol Kanna Lup (KYKL).

### **Giving peace an impetus in the North East** **North-east India, Sep. 5- 10**



For decades, the North-East region of India has been torn by violence. The Art of Living has been working relentlessly in several areas of development. Gurudev has been periodically visiting the region with an aim to give impetus to the peace initiatives.



#### **Highlights of Gurudev's tour:**

- It saw the historic convergence of 67 groups of various ideologies, many of them being militants. The event backed by chief guest Justice SN Phulkan, former Governor of Meghalaya RS Musahari, and many research scholars.
- Inaugurated an inter-faith cultural program in presence of cabinet ministers of Arunachal Pradesh.
- Discussed several development projects and

peace initiatives with the chief minister of Assam, Mr. Sarbananda Sonowal, and his team of ministers and bureaucrats.

- Addressed political leaders and bureaucrats on political ethics and its challenges in Arunachal Pradesh.



- Met youth leaders actively involved in the service projects of Assam.
- Led an interactive session for students and faculty at the Royal Global University in Guwahati.

### **An insightful talk on good governance** **Raipur, Chhattisgarh, India, Feb. 27**

In a meditation and QnA session, Gurudev gave an insightful talk on spirituality and its importance to the members of the Legislative Assembly of Raipur. Gurudev emphasized that it was the gift of spirituality which enabled the Indian democracy to thrive in the face of complex diversity.

In his address, Gurudev encouraged the members of the legislative assembly to have a broad vision and commitment to their work. He urged them to focus on building good relationships with their people saying that no amount of money can have the impact that is there in the sense of belongingness one feels with people.

Chhattisgarh Chief Minister, Raman Singh, expressing gratitude to Gurudev said, "Today, all



the members of the Vidhan Sabha have received guidance and practical ways to bring transformation in society." He also lauded Gurudev for organising the World Culture Festival and strengthening India's image internationally.

### **Gurudev leads peace event for Kashmir, Paigam-e-Mohabbat** Bengaluru, India, Nov. 10



Paigam-e-Mohabbat, a peace initiative for Kashmir, brought 200 families of slain militants, martyred security personnel, and victims of cross-firing on one platform. Gurudev led the initiative which aimed at healing hearts and foster trust to bring about reconciliation among the affected parties.

The Kashmiri families participating in the initiative promised to work for harmony and peace in the Valley, stating that they will work towards bringing more people to join the initiative.

## GUIDING YOUTH

### **Utsah uplifts students' spirits in Kota** Kota, Rajasthan, India, Jan. 15

Over one lakh (100,000) students learnt meditation at the Utsah event, organized under the "Spreading Smiles Campaign" by The Art of Living in

collaboration with the district administration. The initiative aimed at de-stressing the students community. Gurudev interacted with the students and gave them advice on various issues. With music and mass meditation, followed by a QnA session, Utsah brought smiles back on the students' faces. The chief guest of honor at the event was the Chief Minister of Rajasthan, Vasundhara Raje.



### **Empowering youth with skills & digital literacy** New Delhi, India, Mar. 4

With the aim to empower youth, The Art of Living Digital India Movement and the National Skill Development Corporation (NSDC) signed a Memorandum of Understanding (MoU) in the presence of the Union Minister of State Skill Development and Entrepreneurship, Rajiv Pratap Rudy and Gurudev.



Digital literacy, skill development, and entrepreneurship training are the core focus areas of the MoU.

## **Inspires over 3,000 students to help the needy**

**Greater Noida, Uttar Pradesh, India, Mar. 4**

While presiding over the second convocation ceremony of Sharda University, Gurudev conferred degrees to over 3,565 students. He appealed to the students to help the needy and to give a thought to improving the conditions of rivers such as the Yamuna. "Every doctor and engineer must have kindness. Kindness is a source of strength, happiness and enthusiasm," Gurudev said. He was awarded an honorary doctorate from the university.

## **Japanese students, politicians understand the secret of breath**

**Tokyo, Japan, Apr. 4**

At the University of Tokyo, Gurudev addressed the students and staff along with Prof. Ikuo Homma, who has done an extensive research on the brain, breath, and emotions. On the tour, Gurudev also inaugurated the Yoga Club in the Japanese Parliament. Upon its inauguration, the Yoga Club saw an immediate membership of 100 members.



Gurudev said, "Happiness must be there at work. It is necessary for happiness to be at homes. I am confident yoga will help people take responsibility and not see suicide as a way out of their problems." He also suggested that prisoners, police force, college students and schoolteachers would greatly benefit from yoga.

The chief coordinator of the club, Hiroshi Yamuda remarked that with Gurudev's guidance this initiative

would be a success. The chairperson of the club, Hakubun Shimomura, shared how Gurudev's goal for a stress-free and violence-free world had inspired him.

## **2,000 youth learn secrets of inner peace, success**

**Pune, Maharashtra, India, Apr. 19**



In an address to a strong congregation of 2,000 young achievers at the Youth Conclave, organized by the youth wing of The Art of Living, Gurudev said, "While India has human values and spirituality to offer the world, we have a lot to learn from others such as teamwork, punctuality and integrity from Japan, marketing from the Americans and precision from the Germans."

The theme of the conference tied three factors - innovation, intuition, and entrepreneurship - and achievers from various fields engaged in discussing their keys to success.

Gurudev shared pointers on how to balance inner peace and outer dynamism along with the role of constant innovation for success. He also encouraged the youth to devote an hour every day for the nation.

## **International Yoga Day celebrations**

**Himachal Pradesh, India, Jun. 19- 21**

On the International Day of Yoga, Gurudev presided over a morning function in Sujampur, which was also attended by the Union minister Smriti Irani and former Chief Minister, Prem Kumar Dhumal, along with hundreds of attendees gathered to perform yoga on the International Yoga Day celebrations.



Gurudev interacted with hundreds of Mega Happiness Program participants at the NIT grounds in Hamirpur and led an evening event of music and knowledge in Dharamshala. He also led a session of sukshma yoga (subtle yoga), pranayama, and yogic wisdom.



Baghdad, Iraq



Rampur Prison, UP, India



Helsinki, Finland



Stockholm, Sweden



Mongolia



Patagonia, Argentina



Machu Pichu, Peru



Shivpur, India



Soweto, South Africa



Perth, Australia



Parliament, Tokyo, Japan



## **‘Empower’: An interactions with youth and academicians**

**Mumbai, Maharashtra, India, Apr. 30**



Gurudev presided over ‘Empower’, an interactive event which saw the participation of thousands of youth, academicians, and educationists in Mumbai. The attendees enjoyed an interesting interactive session and experienced the joy of meditation led by Gurudev.

In the evening satsang titled ‘Anand’, Gurudev was joined by the Chief Minister of Maharashtra, Devendra Fadnavis, who conferred the Maharashtra Gaurav Award from the Maharashtra Regional Marwari Youth Association on Gurudev.

## **Youth discovers ways to be stress-free**

**Bengaluru, Karnataka, India, May 7**

At the Mega Happiness Program in Electronic City, Gurudev interacted with the youth and was later bestowed with the Basavashree Award\* from His Holiness Swami Siddhalinga and Member of Parliament, Anant Kumar, in the presence of former Chief Justice, Venkatachaliah among other dignitaries.



*\*The Basavashree Award is bestowed by the state of Karnataka. Its recipients are chosen on the basis of their contribution to social reform and work for bringing religious harmony.*

## **Gurudev hails Ayurveda College for excellence**

**Bengaluru, Karnataka, India, May 8**



Gurudev attended the convocation ceremony of 2013 batch of the Sri Sri College of Ayurvedic Science and Research Hospital. He applauded the stellar academic performance of the students and staff and congratulated them for excellence.

## **Addresses SSU students, staff on ‘Intuition, innovation and intelligence’**

**Odisha, India, Aug. 20-22**

Gurudev was invited to preside over the fourth convocation of the Sri Sri University in Odisha. Union minister, Prakash Javdekar was the chief guest of honor at the event.



Around 169 students of MBA, MA in Yoga & Naturopathy, MA in Good Governance & Public Policy, BBA and BA (Yoga) graduated this year. Gurudev expanded the vision of the students and staff through a short speech on 'Intuition, Innovation, and Intelligence'. He also inaugurated skills training center for electrical and renewable energy at the university.

### **Interacts with students of Chitkara University** Chandigarh, India, Nov. 6



Gurudev addressed the students of Chitkara University and gave them tips on life and success. In the session titled 'Explore your potential', one of the tips he gave was to develop the ability and maturity to face humiliation or criticism, as this capability has been found common in all great people including the likes of Krishna and Adi Shankaracharya.

### **Gurudev addresses school students** Chandigarh, India, Nov. 6



Gurudev met the governor of Punjab and addressed the students from the government schools at Punjab Raj Bhavan. This was followed by an address at the Chandigarh Press Club.



### **Gurudev attends Shoolini University convocation** Solan, Himachal Pradesh, India, Nov. 7



Gurudev presided over the third convocation of the Shoolini University and handed out doctoral degrees to the students. At the event, Gurudev shared the importance of being able to stand humiliation and adapt to all situations in life.

### **Delivers annual Nehru Memorial Lecture at JNU & interacts with youth** New Delhi, India, Nov. 13

Gurudev delivered the 13th Annual Nehru Memorial Lecture at the Jawaharlal Nehru University (JNU),



where he spoke on the secrets of maintaining inner peace and simultaneously exhibiting outer dynamism. An annual event of JNU the Jawaharlal Nehru University, the lecture is organized on the birth anniversary of Jawaharlal Nehru, India's first Prime Minister. This year was his 128th anniversary.



In the evening, Gurudev interacted with the youth in a session titled, '21st century- Beyond Dichotomy'.

### **Empowering rural youth to accelerate social transformation** **Bengaluru, Karnataka, India, Dec. 4**

At least 2,600 *yuvacharyas* (youth leaders) attended the two-day National Rural Youth Meet organized at The Art of Living International Center, Bengaluru. The conference aimed to create youth leaders for 65,000 villages who will lead projects focussed on social transformation at the grassroots.



At the inaugural session, Gurudev said, "The sign of youth is enthusiasm, readiness to face challenges and a goal in life. If you have these three, you will be successful." He also stressed on the fact that India

needs to adopt entrepreneurship and skill development on a large scale.



### **State Rural Youth Meet sees overwhelming participation** **Odisha, India, Dec. 15**



The Sri Sri Rural Development Program Trust and Rural Youth Wing - Youth Leadership Training Program (YLTP), Odisha, organized a State Rural Youth Meet to promote skill development. The event saw the participation of 1,000 youth from Odisha.

The chief guest of the event was the Union Minister of Skill Development and Entrepreneurship, Dharmendra Pradhan, who appealed to Gurudev to foster skill development. In his address, Pradhan congratulated the 314 youth who have completed the

Government Certification Program with Sri Sri Rural Development Program in partnership with National Skill Development Centre, India, and encouraged others to do the same.

## EMPOWERING INDIVIDUALS

### Village leaders resolve to transform 60 villages Jaipur, Rajasthan, India, Jan. 16



Gurudev addressed the Federation of Indian Chambers of Commerce and Industry (FICCI) Women's Forum and interacted with the civil society at an event titled, 'Pearls of Wisdom'. Gurudev also interacted with village leaders (sarpanchs). It was resolved that they will take the responsibility to transform 60 villages into model villages. The aim is to reduce the number of people living below the poverty line in villages.

### Addresses Entrepreneurship Summit TiECON Hubli, Karnataka, India, Jan. 28



At the sixth edition of the North Karnataka's biggest Entrepreneurship Summit TiECON Hubli 2017, Gurudev was one of the keynote speakers. A yearly summit to foster entrepreneurship, it enjoys participation of entrepreneurs, business leaders and top professionals from across the country.

### NDRF personnel find peace in a special meditation

New Delhi, India, Feb. 3



As part of a special session on 'Inner Strength and Disaster Resilience', Gurudev delivered a talk for the country's premier disaster mitigation force, National Disaster Response Force (NDRF). Gurudev responded to questions about stress-free living and conducted a meditation session for the 600 personnel.

### Gurudev speaks at the World Happiness Summit Miami, USA, Mar. 17-19

The World Happiness Summit is a three-day conference with an objective to increase awareness on happiness as a life choice, as a human right, and as an enabler of human development and social innovation. The conference saw speakers from around the world sharing their expertise on the science and the art of happiness.

Gurudev gave the inaugural speech at the Happy 20 Government Track of the World Happiness Summit





(WOHASU) round-table event, one of the four tracks of the summit. He led a meditation for the participants that included leaders from over 40 countries.



He also gave the keynote speech at the conference and to those seeking happiness, he gave an insightful talk on how chasing happiness actually drives it further away.



Describing the three pillars of happiness, he said, "Wisdom makes our happiness strong. Follow

wisdom, joy follows you. It expands the context of life. Then the problems of life appear insignificant. Second is commitment. If you are committed to a purpose in life, nothing detracts you. The third is compassion, which keeps us in unconditional happiness. The most meaningful thing to do is to bring happiness in the lives of others."

Gurudev summed up the tour by giving a talk on 'Meditation 2.0-Beyond Mindfulness'.

### **Los Angeles breathes in happiness** **California, USA, Mar. 27-28**

On his two-day visit, Gurudev led the gatherings into meditation and interacted with the participants. Expounding on the nature of wisdom in one of the sessions, Gurudev said, "The more you know, you land up in a place of not knowing. Life is a journey from an ugly, 'I don't know' to a beautiful wonder-filled 'I don't know.'"

### **Japan experiences a wave of meditations**

#### **Tapping into power of energy in Tokyo** **Tokyo, Japan, Apr. 1**

Gurudev began his Japan tour with a session of wisdom and meditation for a public gathering in Tokyo. In his talk, he explained how one can tap into the enormous reservoir of strength, which is within, through meditation and bring about a shift in one's



energy level. He further enunciated how meditation and wisdom together can bring a shift - from fear and anxiety to wonder and thrill.



### **QnA at Osaka International House** **Osaka, Japan, Apr. 2**

On the second day, Gurudev answered questions from a public gathering assembled in Osaka International House.

Shedding light on the meaning of spirituality, Gurudev said, "Spirituality is a very basic tool. We are made up of both, matter and spirit. Our body is made up of matter but our spirit is made up of joy, love, enthusiasm - all the beauty. Anything that uplifts the spirit - brings more happiness, creativity, enthusiasm, compassion, joy, and love - is spirituality."

### **Inspires Japan to up their happiness index ranking** **Okinawa, Japan, Apr. 3**

In a Facebook video, Gurudev said he would like the happiness index of Japan to glide up and invited all the industrialists, businessmen, and decision-makers to come together and create a happy and a more enlightened society.



In another event, he addressed students of Kyoto and Osaka Universities. On his visit to the ancient Buddhist Gokoku-ji temple in Okinawa, Gurudev received a warm welcome from the head priest. He also gave a public talk at the ruins of Nakagusuku castle, a world heritage site in Okinawa.



## **Hundreds gather for Gurudev's talk** **Vladivostok, Russia, Apr. 7**



Gurudev visited Vladivostok, an eastern Russian province, where he addressed an enthusiastic gathering of hundreds.

## **Bali rejoices in silence program, meditation and wisdom talks** **Bali, Indonesia, Apr. 12-17**



The tour started with a session of meditation and satsang beneath a moonlit beach in Bali. The evening saw a performance of traditional Balinese dance. Gurudev shared insightful words of wisdom. He also interacted with the Art of Silence program participants during the visit.

## **On the power of inner beauty** **Bengaluru, Karnataka, India, May 4**

At the 12th World Conference on Cosmetic Dermatology, over 4,000 delegates explored the power of inner beauty with Gurudev's keynote speech.

At the inaugural ceremony, Gurudev's keynote speech on 'Satyam, Shivam, Sundaram' (meaning truth, god, beauty) enunciated the power of inner beauty.



"Beauty that comes from the innocence, commitment, sincerity and clarity of mind is unparalleled. You look at Mahatma Gandhi's picture when he was young, and look at his picture when he was old, you would definitely agree that his old age pictures were much more beautiful," said Gurudev in his speech.

## **Reveals mantra for successful & balanced life** **Chennai, Tamil Nadu, India, May 20**

Speaking at the World Congress on Nuts and Dried Fruits, Gurudev addressed the gathering on 'Mantra for a successful and balanced life'.



Gurudev highlighted the importance of attaining a balance between professional and personal lives. The congress welcomed an international gathering of suppliers, traders, buyers, and food professionals from the nuts and dried fruits industry.

## An interesting dialogue

Bengaluru, Karnataka, India, May 21



Gurudev had an interesting dialogue with Rupert Pennant-Rea, Chairman of The Economist Group and National Independent Director of Times Newspapers; Prof Lord (Richard) Layard, British economist and former Programme Director of the Center for Economic Performance at the London School of Economics, and Baroness (Molly) Meacher, British life peer and former social worker.

## Millions join iMeditate Africa

Bengaluru, Karnataka, India, May 27



The iMeditate Africa saw a participation of over a million people, united with a vision for a peaceful Africa. Gurudev led the online meditation which was joined by participants from over 30,000 locations from 95 countries. The special feature of the event was the participation of schools, hospitals, and prisons from across Africa.

## Health and happiness go hand in hand

Bengaluru, Karnataka, India, May 28



Gurudev led a meditation session for over 1000 participants of the Happiness Program at MLR Convention Center, followed by a QnA session. He also inaugurated a telemedicine health clinic in Kadugogi, a rural area in Bengaluru.

The inauguration was part of an initiative of working towards providing affordable and quality healthcare to the needy. Present at the event was Arvind Libavalli, former minister and MLA of Mahadevpura, and corporator, Muniswamy.

## Inaugurates Manorama News Conclave

Kochi, Kerala, India, Jun. 3



Kerala Chief Minister Mr. Pinarayi Vijayan and Gurudev inaugurated the Manorama News Conclave. The conclave brought different personalities on a common platform to talk about 'ways to attain happiness'.



In his keynote address, Gurudev said, "We should prime the faculty of *Drithi*, the life spring or the spirit that upholds life, to attain bliss. Happiness is a natural process and it demands rising above your past. Happiness occurs when you learn to manage your mind."

Emphasizing on the happiness derived from an attitude of service he said, "Moving from the infant joy of getting to the mature joy of giving brings ultimate happiness in life. These two types of happiness and the gradual growth from the former to latter determines the tranquility of your life."

### **Addresses the Munich Conference Series on Ethics and Innovation** **Munich, Germany, Jun. 26**

The World Forum for Ethics in Business (WFEB) and the Max Planck Institute for Innovation and Competition teamed up for the conference series titled, 'Munich Conference Series on Ethics and Innovation'. The conferences brought multiple stakeholders to address questions on innovation, education, leadership, and CSR in the future.



Substantiating the meaning of ethics through an example, Gurudev said, "Ethics is very simple – what you don't want others to do to you, you don't do to others. This is the baseline of ethics."

Suggesting that ethics and innovation share equal importance, Gurudev said, "Caring and sharing, and at the same time discovering the secrets of this universe are essential because these discoveries are meant to bring comfort to individuals." He added,

"Whether it is ethics or innovation, the ultimate goal is to bring individual happiness to the society as a whole."



Gurudev delivered another address at the Technical University of Munich on 'Intuition, Intelligence, and Innovation'.



### **Guru Purnima celebrations** **Boone, USA, Jul. 9**



On the eve of Guru Purnima, Gurudev filled the evening with words of wisdom. Speaking on the significance of the day, he said, "The celebration of

Guru Purnima is to remind you that you need to reflect on the truth that you are light. It is to refresh your knowledge and revive your emotions. It is to remember that you are light of the world and for the world. It is an event beyond events and focuses on the essence of life."

**Gurudev greets India's newly-elected President, Ram Nath Kovind**  
Bengaluru, Karnataka, India, Jul. 20



Ram Nath Kovind is the 14th President of India and upon being elected for the post, Gurudev met Ram Nath Kovind at The Art of Living International Center in Bengaluru. Gurudev congratulated the new president and wished him good luck.

**1500 participants experience Sudarshan Kriya**  
Bengaluru, Karnataka, India, Aug. 6



About 1,500 participants experienced the power of Sudarshan Kriya at The Art of Living's flagship program, the Happiness program, led by Gurudev in

Bengaluru. The program was filled with practical wisdom and deep meditations.

In a QnA session, answering a question on best strategy to deal with unfair behavior and politics at work, Gurudev suggested meditation every morning.

"This is mental hygiene, like dental hygiene. However busy you are, do you go to work without brushing your teeth? It takes 10 minutes and on the way to work refresh yourself with knowledge by listening to audio-books in your car. You will cultivate skill and patience," he said.

**Addresses scientists and engineers at ISRO**  
Ahmedabad, Gujarat, India, Aug. 10



As part of the Space Applications Center lecture series, Gurudev addressed a gathering of over a 1,000 scientists and engineers at India's premier space research organization, Indian Space Research Organization (ISRO).

Gurudev explained three kinds of space in his address: external space, where matter exists, space of the mind or *Chitakasha* where thoughts and emotions originate, and the space of consciousness or *Chidakasha*. He also conducted a meditation session.

**Interacts with delegates of Indo-Russian Chamber of Commerce**  
Krasnoyarsk, Russia, Aug. 31

Gurudev conducted a session on the nuances of handling the mind and the role meditation plays in



our lives in a talk titled, 'Mind Matters' for the delegates of the Indo-Russian Chamber of Commerce.



### **An interaction session at Siemens Health Bengaluru, Karnataka, India, Sep. 12**



Gurudev had an interactive session with the researchers and engineers at Siemens Health in Bengaluru.

### **Speaks at the Internet of Things (IoT) Thought Leadership Award 2017 Bengaluru, Karnataka, India, Sep. 14**



As a keynote speaker at the Internet of Things (IoT) Thought Leadership Award 2017, Gurudev appreciated the role of the conference. He said, "A platform that lets young entrepreneurs to present ideas that are welcomed by industry leaders is a very good way to drive quick progress."

In addition, he said inspiration, innovation, and intuition are present in the consciousness and can be enhanced through meditation.



Gurudev also inaugurated the 52nd Annual Convention of the Federation of Hotel and Restaurant Associations of India (FHRAI).

### **Addresses International Yoga Festival on 'Balancing Life' Mysuru, Karnataka, India, Oct. 4**



Gurudev addressed the congregation at the International Yoga Festival on 'Balancing Life'.

## Inaugurates 63rd Wildlife Conservation Week at IISc Bengaluru, Karnataka, India, Oct. 9

Gurudev inaugurated the 63rd Wildlife Conservation Week at Indian Institute of Science (IISc). He honored 18 forest guards who have taken great risks to save wildlife and 10 school principals who have inspired young people for wildlife conservation.



## Talk on 'Pearls of Wisdom' Vasad, Gujarat, India, Oct. 18



Gurudev interacted with the business community at the 'Pearls of Wisdom' event organized at The Art of Living center in Vasad, Gujarat. Gurudev also met spiritual leader, Sri Hariprasad Swamiji Maharaj, and a delegation of saints from Haridham Sokhada Swaminarayan Temple.

## Gujarat celebrates Diwali with Gurudev Vadodara, Gujarat, India, Oct. 19

Celebrating the festival of lights, Gurudev marked the auspicious five days of the Indian festival with devotees and attendees. Gurudev presided over the

auspicious Mahalaxmi homa, followed by music and meditation in Vadodara.



## Meets leaders of Bodoland Bengaluru, Karnataka, India, Nov. 1



Gurudev met Mr. Ranjan Daimari, founder of National Democratic Front of Bodoland, and Dr. Anjali Daimari, founder of Bodo Women Justice forum, at The Art of Living International Center in Bengaluru, India.

## A talk on 'Inner Peace, Outer Dynamism' Zirakpur, Punjab, India, Nov. 6

Gurudev addressed a gathering in Zirakpur in the event titled 'Inner Peace, Outer Dynamism'. Gurudev emphasized on the role of meditation in purging the menace of drugs in the state.

"Many people, especially youngsters, have benefited from The Art of Living programs and have left drugs forever," he said at the event.



## **Haryana prisons to conduct yoga, meditation for inmates**

**Haryana, India, Nov. 7**



A memorandum of understanding (MoU) was signed between the Haryana government and Vyakti Vikas Kendra, an institute of The Art of Living, in the presence of Gurudev and Haryana Chief Minister, Manohar Lal.

According to the MoU, free yoga, meditation, and other programs will be conducted for inmates of all prisons in the state regularly. The programs will aim towards improving emotional, mental, and physical health of the inmates and empower them to be better citizens of the country.

## **Gurudev addresses the 6th Indo-China Forum**

**Bengaluru, Karnataka, India, Nov. 9**



Gurudev addressed industrialists and businessmen from China at the inauguration of 6th Indo-China forum in Bengaluru.

## **Global Leadership Forum redefines leadership**

**Bengaluru, Karnataka, India, Nov. 10**



Gurudev presided over the Global Leadership Forum 2017 held at The Art of Living International Center in Bengaluru. Usually held at the European Parliament annually, the summit was attended by leaders from different fields from 25 countries who deliberated on leadership and its various dimensions.

## **Grand Karnataka Day celebrations**

**Bengaluru, Karnataka, India, Nov. 11**



The Art of Living International Center celebrated Karnataka Day with music, dance, and traditional Kannada cuisine. Gurudev received special guests for

the evening, including Anant Kumar Hegde, the Union minister of skill development and entrepreneurship and scion of the Mysuru royal family, Maharaja Yaduveer Wadiyar.



### **Leads public gathering, 'Antarang Vaarta'** Nagpur, Maharashtra, India, Nov. 17-19



At the three-day event 'Antarang Varta', Gurudev enlightened the gathering on questions about the

higher self and the purpose of life - subjects that have always piqued seekers. The sessions were packed with life-transforming knowledge and deep meditations.

### **Delivers an insightful address at** **Global Partnership Summit 2017** New Delhi, India, Dec. 13



The Global Partnership Summit (GPS) is a platform evolved from a global partnership between India and Japan. It is a platform for global partners to share knowledge, expertise, resources, and work towards a common objective of establishing an Alternative Development Model (ADM) framework.

In his address to the summit, Gurudev said, "Today, the times are different, and countries can grow by collaborating with each other, sharing values, wealth, and wisdom. Caring and sharing lead to social and economic upliftment. Japan is the land of the rising sun and India is the land of Vedanta and Yoga. When I went to Japan to inaugurate a yoga center, 100 Japanese enrolled themselves as yogis right on the first day."

He further said, "This corroborates the fact that there is an inner connection, connection of spiritual values between Japan and India. In a world torn apart by poverty, terrorism, and environmental issues, spiritual values are important as it forms the foundation of human consciousness."



**‘Happiness at Workplace’  
decoded at Sri Sri University  
Cuttack, Odisha, India, Dec. 14**



At Sri Sri University, Gurudev addressed a conference on ‘Happiness @ Workplace,’ organized by the university in association with the Bhubaneswar chapter of National Human Resource Development Network (NHRDN).

Gurudev said, “If there is happiness at home, there will be happiness in the workplace. It is something inbuilt in us.”

**Addresses Residents Doctor  
Association Meet 2017  
Cuttack, Odisha, India, Dec. 14**



Gurudev addressed medical professionals at the ‘Residents Doctor Association Meet 2017’ at SCB Medical College, Cuttack.

**Addresses members of Indian  
Chamber of Commerce  
Kolkata, West Bengal, India, Dec. 16**



Gurudev addressed members of the Indian Chamber of Commerce in an event in Kolkata, West Bengal.

He started the evening with a discourse on Vigyaan Bhairav at the Netaji Indoor Stadium.

**Flagged off Tata Steel Kolkata 25km run  
Kolkata, West Bengal, India, Dec. 17**

The Tata Steel Kolkata 25km race gives a platform for amateur and experienced runners to showcase their talent. Gurudev was invited to flag off the race.

**TOWARDS SUSTAINABLE DEVELOPMENT**

**Yoga association to be set-up in every state  
Haridwar, Uttarakhand, India, Feb. 7**



Initiated by the Indian Yoga Association, the event saw the participation of eminent spiritual leaders, including Gurudev, Baba Ramdev, and Pranav Pandey. In this meeting, the leaders concluded that yoga and spirituality should benefit the masses. It was decided that a yoga association should be set-up in every state. Holding regular International Yoga Festivals and conducting scientific research on yoga are some of the other initiatives discussed at this event.

### **Role of Eastern Knowledge in Health Sciences talk at NIMHANS**

**Bengaluru, Karnataka, India, Feb. 14**

Gurudev spoke as the chief guest at the Annual Day of the National Institute for Mental Health and Neurosciences (NIMHANS).

"I am thrilled to be interacting with neuroscientists. What the yogis have experienced, you are putting it in scientific terms. This is what is essential today because any truth that isn't open to scientific tests is a weak truth," Gurudev said.

Explaining the ancient Eastern idea of health, he said, "Education about any system of health is only complete with the knowledge of the Self." "Swastha, the Sanskrit word for health," he explained, "means established in the Self. One who is reposed in the Self. For that, you need to know what the Self is."



He added that NIMHANS should not only look at treating the sick, but also probe into the mechanics of consciousness, with some ancient texts such as Yoga Vasishtha as reference points.

Expressing pride in the service that NIMHANS is doing to the nation, he urged them to take up the cause of creating mental wellness across the country. It could be in the form of daily rituals to keep the mind healthy and setting-up happiness clinics for counseling or meditation. The interaction concluded with a QnA.

### **Gurudev lauds Narmada Seva Yatra**

**Dhar, Madhya Pradesh, India, Feb. 28**

As a chief guest, Gurudev joined the Jan Samvad - a public event organized as part of Namami Seva Yatra - an awareness campaign to highlight the importance of conserving the River Narmada. He lauded the awareness campaign and other efforts of state Chief Minister Mr. Shivraj Singh Chouhan, which includes women empowerment, de-addiction and saving the girl child. Gurudev requested the public to devote an hour to de-addiction work for betterment of the nation.



He also urged the government to push for prohibition and save the masses from the menace of alcoholism. Responding to the call, CM Chouhan assured that his government will ensure that there is no shop selling alcohol in a five-kilometer radius around the



banks of Narmada river. The CM, thanking Gurudev, said, "With his visit, Gurudev has filled us with the inspiration to put all our might in implementing de-addiction and tree plantation projects."

Gurudev attended an evening of melodious satsang, organized by the Bhopal chapter of The Art of Living.

### **Gurudev addresses the Bhopal Legislative Assembly** Bhopal, Madhya Pradesh, India, Mar. 1



Addressing the legislative assembly of Madhya Pradesh that saw a huge participation by legislators and top leaders with a request for extending the sessions for yoga and meditation, Gurudev advised the legislators to build holistic relationships with their people. "A sense of belongingness can have much more impact than any amount of money can have," he said.



He congratulated the state government for setting-up Asia's first Happiness Ministry and emphasized on the role of spirituality in tackling violence in the society.

"After Bhopal jail inmates were made to learn simple ways to be pure and tension-free, they wrote letters telling if they were taught this earlier, they would not have committed the crime," Gurudev said.

Gurudev suggested a hall of silence for ministers to help them maintain a positive state of mind. He also interacted with the state bureaucrats.

### **Gurudev bats for addiction-free villages, organic farming in Jharkhand** Dhanbad, Jharkhand, India, Mar. 2



Gurudev addressed an overwhelming gathering of 40,000 farmers in Deogarh in Jharkhand, where he reiterated examples of farmers from other states whose profits increased by a great margin when they turned to natural and traditional means of farming.

He appealed to state agriculture minister, Mr. Randheer Singh, to give 20 fruit saplings to each farmer stating that farmers will be able to make more profits within 4-5 years when these saplings start bearing fruit.

Singh responded saying, "We will see to it that farmers follow organic farming and I promise to give 20 fruit saplings to each farmer. We will encourage them in the areas of horticulture, cattle rearing, fisheries, mushroom and guava farming. We will also help people become free of addictions, and soon declare the state drug-free."

People who came for an evening satsang with Gurudev pledged to curb addiction of all kinds and

spread the knowledge of yoga and meditation in their communities, villages, towns, and cities. In another event, Gurudev presided over a gathering of 80,000 people for an evening of music and meditation. He appealed to the masses to plant more trees and remove the stigma of being the dirtiest city.



During this trip Gurudev also addressed students and faculty of IIT Dhanbad and enlightened them on 'Intuition, Intelligence, and Innovation'.

### **Signs MoU for fusion medicine with heart specialist Naresh Trehan** **Greater Noida, India, Apr. 18**



Gurudev and Dr. Naresh Trehan, the Chairman of CII Healthcare Council and is the Chairman and Managing Director of Medanta – The Medicity, signed a Memorandum of Understanding (MoU) to collaborate on bringing together Indian practices of spirituality and principles of modern medicine to strengthen these two areas.

The MoU was signed at the Global Exhibition on Services 2017, jointly organized by the Ministry of Commerce and Industry, CII and SEPC.

Commenting on the MoU, Gurudev said, "Yoga, naturopathy, pranayama, Sudarshan Kriya, and meditation have proven beyond doubt that they are important for the health of society and individual. Fusion medicine will definitely help billions on this planet."

Dr Trehan said, "New fusion of medicine combining Ayurveda, spirituality and modern medicine will be a big move forward for India."

### **2-day summit gives a shot in the arm to natural farming** **Bengaluru, Karnataka, India, May 9-10**

In his efforts to revive the dying agriculture industry, Gurudev inaugurated a two-day summit on natural farming at The Art of Living International Center in Bengaluru. The summit was organized by the Sri Sri Institute of Agricultural Sciences and Technology Trust. The summit witnessed participation of 200 delegates including farmers, educators, policy-makers, researchers, state advisors, activists, and scientists from India and abroad. It also had workshops on natural farming.

Experts included representatives from premier institutes like the Indian Council of Agricultural Research, Krishi Vigyan Kendras, and various other agricultural boards.

Setting the agenda of the summit, Gurudev said, "What is needed is to reaffirm our faith in natural farming. There is a misnomer that only with expensive fertilizers and pesticides can we achieve good yield but that is not the case." He cited examples of farmers whose revenues arose after switching to natural farming.

He also emphasized on the need for protecting indigenous seeds which can ensure higher yields. He beckoned the gathering to contemplate on how to create a planet free of chemical farming and spread the knowledge of natural farming to the masses. He urged





the ministers from Andhra Pradesh, Telangana, and Chhattisgarh present on the dais to free their state from chemical farming.

State minister for Agriculture, Andhra Pradesh, Mr. S Chandra Mohan Reddy, said, "Our state has extended financial support to many projects of natural farming. Current agricultural practices of using chemical fertilizers and pesticides has pushed small farmers into debt."

Jupally Krishna Rao, Minister for Rural Development of Telangana, added that various associations to promote natural farming have been formed and lakhs of farmers are enrolled.

On the second day of the summit, Gurudev presented Krishi Ratna awards to fifty farmers who established new paradigms in natural farming, carried out zero-budget farming and obtained higher yields with lesser quantity.

### **Arunachal Pradesh CM discusses skill development for youth** **Bengaluru, Karnataka, India, May 22**

Chief Minister of Arunachal Pradesh, Pema Khandu, visited The Art of Living International Center in Bengaluru. On his visit, the CM held a discussion with Gurudev on The Art of Living's skill development and leadership training projects for the youth.



He thanked Gurudev for opening several schools across the state. He also offered Gurudev a statue of Buddha as a mark of respect.

### **Affordable telemedicine health clinic starts in rural area**

**Bengaluru, Karnataka, India, Jun. 16**

Fulfilling the promise to establish affordable healthcare units in four directions of rural Bengaluru, Gurudev inaugurated Kshema Telemedicine Health Clinic in Kaggalipura, which is expected to aid residents of Kaggalipura and 50 nearby villages. The clinic is a part of an initiative of the Sri Sri Rural Development Programs.

The clinic will use Internet to connect the city doctors with rural area patients, helping them to get a more accurate diagnosis. Moreover, the health-care facility will provide preliminary diagnostic tests, which will cost only 20% of the cost in urban diagnostic centers.

## Discusses road-map to adopt 500 villages in India

San Jose, California, USA, Jul. 1

Gurudev gave a keynote address at 'Big Ideas for a Better India' at San Jose Convention Center, organized by the Overseas Volunteer for Better India team. He discussed the road-map for adopting 500 villages to stop farmer suicides and double their income. He also launched 'Ananta' - a CD album of spiritual melodies.

## Visits Vedavathi river rejuvenation sites

Chikmagalur, Karnataka, India, Aug. 2



The Art of Living has been working relentlessly towards rejuvenating the River Vedavathi since 2013. The project is expected to provide easy access to water to at least 15 lakh people in 1,097 villages. Gurudev visited the river's rejuvenation sites and interacted with project team, village heads, and farmers. During the interaction, he urged village heads and farmers to adopt scientific methods in selecting trees for planting to optimize water utilization.

B Chaitrashree, President of Chikmagalur's Zilla Parishad, said, "I am happy about this initiative by Gurudev Sri Sri Ravi Shankar which will help farmers. We are already witnessing a revival in water levels because of the rejuvenation efforts."

Gurudev also led the 'Water Warriors March' in Chikmagalur, which was joined by MLAs, farmers, and volunteers. The march concluded with everyone taking an oath to not pollute water resources, use water judiciously, plant trees and harvest rainwater.

## Meets villagers in flood-hit areas

Gujarat, India, Aug. 10



Gurudev met villagers in the flood-hit areas of Thara and Dhanera, where The Art of Living has been carrying out relief operations. He appreciated the efforts of volunteers and declared that The Art of Living will be carrying out trauma-relief work and will be working on a river rejuvenation project in Gujarat.

## Addresses Sustainable Seeds Innovation Round Table Conference

Bengaluru, Karnataka, India, Sep. 14





Gurudev inaugurated the Sustainable Seeds Innovation Round Table conference that discussed research on innovation and sustainability of indigenous seeds for farmers benefit. The conference, a joint effort of The Art of Living, Max Planck Institute, and Leeds University, saw participation of 23 farmers from 7 states, policy makers, government officials, and researchers.

Delivering the keynote address, Gurudev said, "Preservation of diversity in seeds is as essential as preservation of diversity in flora and fauna. Indigenous seeds are world heritage."

### **Nepal shares Gurudev's vision of a peaceful world**

**Nepal, Mar. 5-7**



- Gurudev addressed business leaders and industrialists during his tour of Nepal.
- Met Prime Minister Pushpa Kamal Dahal and discussed the situation in Nepal.



- Attended the birth anniversary celebrations of 12th Gyalwang Drukpa, an honorific title of Drukpa lineage, a school of Buddhism. The current Gyalwang Drukpa, Jigme Pema Wangchen, is active in promoting peace, service projects and shares a common vision of a peaceful world with Gurudev.



- Inaugurated The Art of Living Center for Yoga & Meditation in Kathmandu.
- Inaugurated a religious site, Shashwat Dham, with Nepal's President Bidhya Devi Bhandari.
- Gurudev emphasized on the significance of the site for promoting peace and harmony in the country.
- Attended an inter-faith conference at Nawalparasi.

### **Art of Living to start a hospital and school in Assam**

**Bengaluru, Karnataka, India, Oct. 7**



Members of the Karbi Anglong Autonomous Cycle of Assam visited The Art of Living International Center in Bengaluru to meet Gurudev. The Art of Living has started a skill and youth development center in Assam and has also proposed to start a hospital and school.

### **Inaugurates tissue culture laboratory** Bengaluru, Karnataka, India, Oct. 9



Gurudev inaugurated the tissue culture laboratory at Sri Sri College of Ayurvedic Science and Research.

The lab will help cultivate nearly extinct medicinal plants which have the potential to cure serious illnesses like Parkinson's disease and agricultural plants to save agro biodiversity.

### **Meets Uttar Pradesh Chief Minister, Yogi Adityanath,** Lucknow, India, Nov. 15



Gurudev met the chief minister of Uttar Pradesh, Yogi Adityanath, in Lucknow and lauded his efforts to address various issues in the state. In a tweet, Gurudev wrote, "The efforts of Yogi Adityanath to address caste conflict, corruption and farmer issues are laudable."

### **River Rejuvenation Conference aims to make India water-sufficient** Bengaluru, Karnataka, India, Dec. 5



Gurudev inaugurated the River Rejuvenation Conference organized by The Art of Living and



International Association for Human Values (IAHV). The conference, in line with the organization's river rejuvenation initiative, brought together scientists, non-profits, policymakers, and students to deliberate solutions for India's water crisis.

So far, The Art of Living volunteers have revived 35 rivers across India. In his address, Gurudev urged the experts to guide them further and work together for a water-sufficient India.

### Andhra Pradesh welcomes Gurudev

**Inaugurates Science & Innovation Center at SRKR Engineering College**  
Bhimavaram, Dec. 9



Gurudev inaugurated the Science & Innovation Center at SRKR Engineering College in Bhimavaram and addressed the students and faculty there.

**Meets leaders for promoting social welfare**  
Srirailam, Dec. 11



On his visit, Gurudev met the Deputy Chief Minister of Andhra Pradesh, K.E. Krishnamurthy, and members of the Muslim Youth Welfare in Srisailam.

**Meets Chief Minister of Andhra Pradesh**  
Vijayawada, Dec. 11



On his meeting with the Chief Minister of Andhra Pradesh, Gurudev congratulated him for working towards making Amaravati the finest city in Asia. The Art of Living is closely working with the Andhra Pradesh government to educate farmers on adopting organic farming and taking a step towards becoming self-reliant.

## BUILDING INTERFAITH HARMONY

**Visits Senso-ji and Renko-ji temples**  
Tokyo, Japan, Apr. 5



Gurudev visited the ancient Buddhist temples, Senso-ji and Renko-ji and paid his tribute to Subhash Chandra Bose, whose ashes lie in the Renko-ji temple.



Later, he gave a talk on 'ancient wisdom' for a select gathering in the Indian embassy. The talk was organized by Sujan Chinoy, the ambassador of India to Japan.

### Attends Inter-faith conference

**Mumbai, Maharashtra, India, Apr. 28-30**

Gurudev attended the inauguration of the inter-faith conference organized by the Ahimsa Vishwa Bharti. The conference aims to provide a common platform for religious and spiritual leaders to talk about human

welfare and development and discuss ways to tackle pressing challenges such as poverty and terrorism.



In another event, Gurudev gave a series of talks on the ancient scripture, Vijñān Bhairav, which saw participation of thousands of participants at the NSCI dome.

### Hosts Vishwakarma saints for a 3-day conference

**Bengaluru, Karnataka, India, May 5**





Gurudev welcomed the saints of the Vishwakarma tradition at The Art of Living International Center and hosted them for a three-day conference. The saints of the Vishwakarma lineage are credited for the science of Vaastu Shastra and architecture.



### Inaugurates concluding ceremony of Saint Ramanajucharya's 1,000th year birth celebrations

**Bengaluru, Karnataka, India, May 14**



The concluding ceremony of Saint Ramanajucharya's 1000 year birth celebrations, the saint who fought against untouchability, was inaugurated by Gurudev.

Commenting upon the current adept and honorable acharya of Ramanajucharya's tradition, Gurudev tweeted, "Under the able guidance of Jeeyar Swamiji of Sri Yadugiri Yathiraja Mutt, Ramanujacharya's philosophy will continue to inspire."

### Addresses inter-faith conference with UAE leader

**Casablanca, Morocco, Jul. 30**



Gurudev addressed an inter-faith conference in a Roman Catholic church in Casablanca, and interacted with prominent faith leaders, including the Sufi leader, Faouzi Skalli. He had a cordial interaction with H.H Sheikh Hamad bin Mohammed Al Sharqi, the ruler of the Emirate of Fujairah, United Arab Emirates.



In the evening, he addressed prominent business leaders at the International Leadership Symposium.

**Meets Puja Pejavara Sri  
Vishweshwara Tirtha Swamiji**  
Udupi, Karnataka, India, Dec. 6



On his visit to Udupi, Gurudev met with Puja Pejavara Sri Vishweshwara Tirtha Swamiji. In the meeting, they held discussions on a variety of issues, including Ayodhya Ram Temple matter.

**Presides over the Christmas celebrations**  
Boone, North Carolina, USA, Dec. 25



The air was filled with joy as Gurudev presided the Christmas celebrations at The Art of Living Retreat Center in Boone, North Carolina. The celebrations began with an ecstatic satsang and concluded with an intimate and interesting interactive session.

**HONORS AND AWARDS**

**Honored as the Head of  
Shanti Yoga Peetham**  
Bengaluru, India, Jan. 12



At the 14th convocation of Swami Vivekananda Yoga Anusandhan Samsthan (S-VYAS) University, Gurudev has been conferred this honorary position. On this occasion, Gurudev remarked that "S-VYAS University is the pride of the world. Here, science and spirituality embrace one another." At The Art of Living, the holistic approach to the four streams of yoga results in understanding oneself, as envisioned by Swami Vivekananda, Aurobindo and others.

**Appointed as Honorary  
Mayor of San Antonio**  
Texas, USA, Mar. 20

Gurudev was appointed as Honorary Mayor of San Antonio, Texas by Ivy R Taylor, Mayor of San Antonio.

Later in Austin, Gurudev conducted 'Meditation 2.0 - Beyond Mindfulness' where he spoke about spirituality and meditation. He also led the audience into a guided meditation and answered questions from the gathering.





Throwing light on spirituality, Gurudev said, "Knowing about that aspect within us that expands when we are happy and contracts when we are sad, is spirituality. Getting hold onto this aspect gives us real strength."

He added, "When we reach out to that aspect and make it more active and vibrant, it is called meditation."

### **Awarded Lifetime Achievement Award** **Pune, Maharashtra, India, Apr. 19**



Maharashtra's Chief Minister, Devender Fadnavis, and Maharashtra Journalist Association presented the Lifetime Achievement Award to Gurudev.



Later, in an event organized by the World Hindi Literature Council, Gurudev presented awards in the presence of former President of India, Mrs. Pratibha Patil.



In the evening music and meditation event, along with Union minister Prakash Javdekar, Gurudev launched a project to clean seven rivers of Maharashtra.

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