



## SRI SRI RAVI SHANKAR

---

### GLOBAL INITIATIVES

#### 2019

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.

2019  
IN REVIEW

*It is sacrifice that makes life worth living. It brings out your magnanimity and helps you move out of misery. Sacrifice makes you sacred.*



Ushering into 2019 with a special message from Gurudev

## Ushering into the New Year

BOONE, USA, JAN. 1

Thousands joined the New Year celebrations with Gurudev in Boone and via LIVE webcast. He urged everyone to step out of their comfort zone this year. He said, "Life is a combination of both challenges and comfort. If you are in a comfort zone all the time, you'll go to slumber, your real potential won't come out, you'll get into a state of inertia. On the other hand, if there are only challenges in life you'll get bored. Nature is made in

such a way that nobody's life is only challenges or only comfort. So, when challenges come, welcome them. It is easy to be friendly with someone who is friendly but the challenge is when you can make friends with people who are not friendly. Accept this challenge. Become friends with those who are not friendly, this should be your resolution. Inch by inch step out of your comfort zone and you see that your comfort zone is expanding. When you decide to go beyond your comfort zone what happens, comfort comes behind you."

## PROMOTING PEACE

### Mass meditation

BERLIN, GERMANY, JAN. 7



Gurudev conducted an interactive and meditation session in Berlin, Germany. Gurudev in his address said, “Generally, the craving in mind is ‘Oh! Everything should go smooth’ and the older you get, you don’t want to get challenges. Challenge means carry the weight, it means effort and things go smooth. But my dear I tell you, life is a combination of both challenges and comfort. If you are in a comfort zone all the time you’ll go to slumber, your real potential won’t come out, you’ll get into the state of inertia. On the other hand, if there are only challenges in life you’ll get bored. You get so drained and bored down, but nature is made in such a way that nobody’s life is only challenges or only comfort. So, when challenges come, welcome them.”

### Leads Voice of Africa, an event for a peaceful africa

BENGALURU, KARNATAKA, INDIA, MAY 25

Over 50,000 people from 106 countries joined the Voice of Africa event via webcast. People from

all walks of life - from prison inmates to patients in hospitals, housewives, working professionals, students - joined to meditate for peace in Africa. Gurudev said, “Let us pray for a peaceful African continent. I appeal to people in Sudan and other places where there is conflict to drop the past.”



H.E Mrs. Jeanne Simeon, Minister for Education and HR in Seychelles, who was present at the Bengaluru Ashram said, “If each of us are at peace, we can do whatever it takes for a peaceful nation. Whatever I have experienced in Bengaluru Ashram is that it can happen through meditation.”

### Meets political leaders in Russia

RUSSIA, JUN. 26

Gurudev met the Governor H.E. Yevgeny Vladimirovich Kuyvashev in Ekaterinburg,



Babushkina Ludmila, Chairman of Sverdlovsk region Parliament, Alexander Gennadievich Vysokinsky, the Head of Ekaterinburg, Igor Valeryevich Volodin, the Chairman of the City Council and Anastasia Nemetz Member of the City Parliament.



With Governor H.E. Yevgeny Vladimirovich Kuyvashev



With Ms. Babushkina Ludmila the Chairman of the Sverdlovsk region Parliament



With Mr. Dmitry Anatolyevich Morozov

- Gurudev also met State Duma's Health Committee chairman, Mr. Dmitry Morozov in the Russian Parliament.

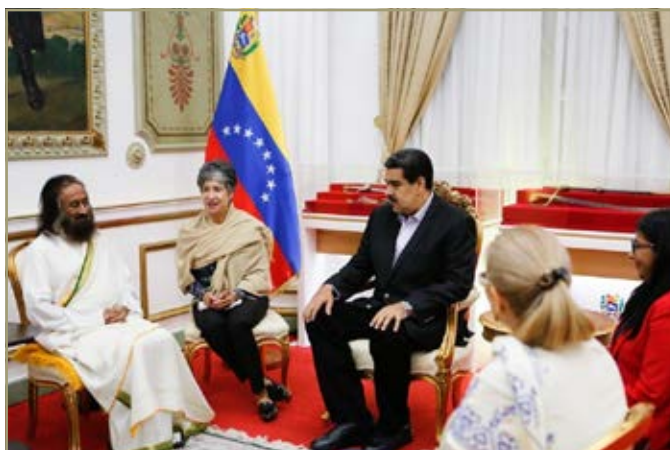


At the Sima Land trading company

- He addressed 10,000 employees of Sima Land Trading Company on the invitation of the owner Mr. Andrey Simanovsky.

## Visits Venezuela after eight years, meets President Nicolas Maduro,

VENEZUELA, JUL. II



With President Nicolas Maduro in Venezuela

Gurudev visited Venezuela after eight years. He met President Nicolas Maduro and discussed principles of non-violence and peace through dialogue. He also met the Vice-president, Delcy Rodriguez, and discussed about conflict resolution, water management, and agriculture. He also met The Art of Living teachers and volunteers.

## Talks peace with president of Venezuela's national assembly, opposition leader

CARACAS, VENEZUELA, AUG. 14



With Mr. Juan Guaido, the president of Venezuela's national assembly

Gurudev met Mr. Juan Guaido, the president of Venezuela's national assembly and one of the opposition leaders, Ms Maria Corina Machado. He had fruitful conversations with both to seek a peaceful path ahead for Venezuela.

## European Parliament receives insights into the subtle art of mediation

BRUSSELS, BELGIUM, NOV. 12

Gurudev was invited to address the European Parliament to speak on the topic, 'From Meditation to Mediation'. In his address, Gurudev said, "Mediation is being neutral and giving space for two parties in conflict. When all communication breaks down between two parties, the role of the mediator comes in. The attitude of allowing two parties to come together and rebuild lost trust is very challenging but it is not impossible. To do this, one needs to be in a very calm, serene state and needs to be patient."

Enunciating the role of meditation in mediation, Gurudev said, "Meditation changes our mindset from perceiving things from a stressed perspective to bring in more clarity in observation, in our perception, and in our expression." As a mediator in the Ayodhya issue, he noted that people were willing to cooperate, consider others' point of view, and move ahead for the betterment of all.



'From Meditation to Mediation' at the European Parliament

Applauding Gurudev's peacebuilding initiatives, European parliamentarian G Van Orden said, "At Sri Sri's behest, Maduro (President of Venezuela) released political prisoners and adopted a new approach. I think that's remarkable. There is this great spirit of optimism about human nature that Sri Sri finds in everybody."



With two Vice Presidents of European Parliament, Ms. Mairead McGuinness and Ms. Katarina Barley. Also met Ex-President of EPP Mr. Jerzy Buzek and several MEPs

A. Peterle, former PM of Slovenia, and member of European Parliament noted, "Very few people



believed this (resolution of Colombian conflict) was possible but it happened because someone came with a different light. He came with something different in his head and his heart.

Gurudev later had fruitful discussions with two Vice Presidents of European Parliament, Ms. Mairead Mc Guinness and Ms. Katrina Barley. He also met Ex-President of EPP Mr. Jerzy Buzek and several MEPs, individually and collectively.

## ‘Getting 25 parties to agree on one thing was not an easy task’

NEW DELHI, INDIA, NOV. 26



Invited to speak at the Republic Summit - India's Moment Nation First, Gurudev mentioned about the Ayodhya mediation, he said, "Getting 25 parties to agree on one thing was not an easy task. Those who never even sat with each other were there sitting with each other. You can challenge the mediation. But not the judgement."

On the future of the country, he said, "Our youth are vibrant. They will take challenges and march forward. They are resilient. There is nothing in our country that can stop from progressing."

## Interacts with Members of Parliament, promotes cultivating mental hygiene

NEW DELHI, INDIA, NOV. 27



On the invitation of Vice President, M Venkaih Naidu, Gurudev had an interactive session at his residence with a group of about 90 MPs, including the Deputy Chairman of Upper House, Harivansh Narayan Singh. He suggested the parliamentarians to develop "mental hygiene" for clarity of thought and inculcate patience to listen to others. "That will build bridges among people and reduce conflicts by connecting with each other," Gurudev added.

## GUIDING YOUTH

### Inaugurates Project Parivartan

INDIA, JAN. 21



Project Parivartan, an initiative of The Art of Living in association with the government of Telangana, aims to distribute 10,000 cycles to government school students in underprivileged areas. The dropout rate after Grade 5 is more than 68%. This initiative will encourage students to continue studying. Gurudev inaugurated the project, giving a much-needed push to the welfare of underprivileged students.

### Launches Drug-Free India, a nationwide movement against drugs

CHANDIGARH, PUNJAB, INDIA, FEB. 18

At least 25,000 youngsters joined Gurudev, actor Sanjay Dutt, rapper Badshah, comedian Kapil Sharma, singer Gurdas Maan, and film producer Mahaveer Jain in the launch of Drug-Free India, a nationwide movement against drugs. The movement kicked off in Chandigarh with

thousands of youth pledging against using drugs.



An enthusiastic crowd rapped along with Badshah on an upbeat song with a message of dissuading youngsters from falling prey to drugs and its addiction, the song was “Na karenge, na karne denge” (we will not do (drugs) and let others do it).

Badshah also encouraged the youth to find their life’s calling as a way to keep out of addictions. He said, “I’ve never done them. But I had a friend in college who did, who was better rapper than me. But now he’s no more.” He further said, “I found my high in music,” Badshah said, “Find your high because you are the future, the nerve of this country.”

Sanjay Dutt told the audience about his journey with drugs. Recounting the time when he quit drugs, he said, “When I returned from rehab, a drug peddler came to me, offering a new kind of drug. All it took me one second to decide to quit drugs for the rest of my life.”

Appealing to the students, Gurudev said, “We have to fill up our youngsters with energy.





Drug-Free India, Chandigarh

People who haven't gone to drugs yet, we must create barriers. For those who have gone (into addiction), we must bring them back."

Drug-Free India is an initiative by The Art of Living to prevent drug addiction among the youth of our country through youth clubs, orientations, pledge events, and time-tested techniques.

## At its launch, Drug-Free India in Hisar gets overwhelming response

HARYANA, INDIA, FEB. 19

Gurudev launched the Drug-Free India movement at Guru Jambheshwar University in Hisar, Haryana. Present at the launch were the Haryana Chief

Minister, ML Khattar, and actor Varun Sharma. At least 35,000 students took the pledge against drugs.

Over a crore students from more than 12,000 colleges across India took the pledge during the two days of the launch of the Drug-Free India movement.

The Prime Minister of India, Narendra Modi also sent a message to the participants of the event via a live video. Urging society to help those affected by drugs, he said, "People who do drugs are not criminals. There is no need to hide it. Our society has the ability to bring them on the right path."

Gurudev encouraged youth to take pride in not taking drugs. He said, "The youth must take pride in not consuming drugs."



Drug-Free India, Hisar, Haryana



## Interacts with IIT-BHU students, artisans at Handicraft Institute

VARANASI, UTTAR PRADESH, INDIA, APR. 3



Gurudev interacted with students at IIT BHU. So far, 70 graduates from the campus are faculty with The Art of Living and are engaged in spreading wisdom around the world. Highlighting the purpose of education, he said, “True education is developing a personality and kindling intelligence and intuition, not just gathering information.”

Later, Gurudev interacted with artisans and carpet weavers at the Handicraft Institute, Varanasi, who were undergoing an Art of Living program. An MoU was signed to train all the students and faculty in interpersonal skills.

## Inaugurates Student Counselling Services at IIT BHU

VARANASI, UTTAR PRADESH, INDIA, APR. 4



Gurudev inaugurated SAKHA, a center for counselling services for students with Prof. PK Jain, Director of IIT BHU. In his address, Gurudev said, “Don’t see going to a counselling center as treating an ailment, but see it as a self-development activity. It is there to bring more zest to your personality.” He added, “If you see a friend not keeping emotionally well, bring them here.”

## Inaugurates Nursing Education & Research Center at AIIMS

RISHIKESH, UTTARAKHAND, APR. 5



Gurudev inaugurated the center dedicated to nursing education and research at AIIMS, Rishikesh, and addressed the students and faculty there. An MoU was signed to conduct Art of Living programs. Hailing the work by the team, Gurudev said, “Work by the team and high spirits of the Director, Padmashri Dr. Ravi Kant & Principal Dr. Suresh Sharma is commendable.”

## The Art of Living signs MoU with Dr. APJ Abdul Kalam Technical University

LUCKNOW, UTTAR PRADESH, INDIA, MAY 1

The Art of Living signed an MoU with Dr. APJ Abdul Kalam Technical University, Lucknow, for

meditation and life-skills program for students and faculty. Inspiring the attendees, Gurudev said, “The purpose of universities is to create personalities with qualities of enthusiasm, creativity, and compassion which are appreciated universally.”



He met vice-chancellors of several universities, including the Vice Chancellor of Dr. APJ Abdul Kalam University, Prof. Vinay Kumar Pathak.

## Addresses 10th convocation of Sri Sri College of Ayurvedic Science & Research (SSCASRH)

BENGALURU, KARNATAKA, INDIA, MAY 17



Gurudev addressed the 10th convocation of Sri Sri College of Ayurvedic Science & Research (SSCASRH) at Bengaluru Ashram. The President of

the Central Council for Indian Medicine, Dr. J Deopujari, and Vice Chancellor, Rajiv Gandhi University of Health Sciences, Dr. S Sacchidanand addressed the gathering.

Gurudev congratulated the students and teachers who have helped the college secure 100% result and distinction over the years, making it one of the best Ayurveda colleges.

## Focus on bigger goals, contribute to society: Gurudev to staff at Sri Sri University

CUTTACK, ODISHA, INDIA, SEP. 20



On the occasion of Manthan 2.0, an event for Sri Sri University faculty, Gurudev interacted with the staff and management on various subjects like curriculum, initiatives, and future goals. He stressed on the need to design curriculums that focus on bigger goals and contribute to society. Applauding the achievements of the faculty, he tweeted, “Their achievements & commitment are laudable. Also visited some exhibitions put up by our talented students. I wish all the best to our faculty, staff & students for their future endeavors.”



In his inaugural speech at the event, Vice Chancellor and Professor Ajay K Singh said, “The focus of the university is on digitalization, new-age courses, research and development. We aim to channelize all resources for effective outcome.”



In the evening, thousands of people from 104 countries joined the satsang webcast from the university. Veteran Bollywood singer Asha Bhole also joined the satsang and shared her inspiring life story with students. Several MoUs were signed between the university and other reputed institutes.

## CM of Odisha dreams for healthy, happy state at foundation laying ceremony of Sri Sri Ayurveda College

CUTTACK, ODISHA, INDIA, SEP. 21



The Art of Living, in partnership with National Skill Development Corporation (NSDC) and Skill India, has trained over 10,000 youth in eight districts of Odisha. These youth are trained as yoga instructors, in organic farming, to operate sewing machines, and in behavioral skills for street food vendors. Gurudev addressed 500 of these youth at a certificate distribution ceremony held at Sri Sri University.

Gurudev also welcomed Naveen Patnaik, the Chief Minister of Odisha, for the foundation laying ceremony of Sri Sri College of Ayurveda. On the occasion, the Chief Minister said, “The growth of health institutions in Odisha can substantially improve wellness, provide better health services and promote health tourism. I hope both public and private initiatives will go a long way in realising the dream of Healthy Odisha, Happy Odisha.”

This 300-bed hospital will be accompanied by a Sri Sri Ayurveda College of Research too.

## Launches Resource Center for Climate Change at Sri Sri University

CUTTACK, ODISHA, INDIA, SEP. 22



Gurudev launched the Resource Center for Climate Change & Sustainability Education & Practices at Sri



Sri University, developed in collaboration with Noble Laureate Al Gore's Climate Reality Project, India office.

## Addresses Indian academia during Gyan Sammelan event

BENGALURU, KARNATAKA, INDIA, SEP. 25



Gurudev addressed members of the Indian academia during the Gyan Sammelan event at the National Assessment and Accreditation Council (NAAC) office in Bengaluru. He tweeted, "Best wishes and blessings to the NAAC fraternity."

## 'Believing in God not a prerequisite to meditate,' Gurudev at IISc, Bengaluru

BENGALURU, KARNATAKA, INDIA, OCT. 11



In an interactive session at IISc Bengaluru, Gurudev answered several questions including how to deal with break-ups and if atheists can meditate.

He suggested interactive sessions and breathing techniques like Sudarshan Kriya as some of the ways to support students going through depression. He said, "You must have interactive sessions with students to help them open up about themselves. They would have blocked their emotions and feelings and think that no one understands them. I also suggest my therapy of Sudarshan Kriya for such students. It will help them come out of depression and anxiety."

He remarked that believing in God is not a prerequisite to meditate. He said, "You don't have to believe in God to meditate. Jainism and Buddhism did not really preach about God. They taught meditation. When you meditate, you have a happy mind, disease-free body and a compassionate heart."

## Interacts with Trinity College students and faculty

DUBLIN, IRELAND, NOV. 19



With Mr. Rupert Pennant-Rea, former Chairman of The Economist Group

Gurudev was received by Dr. Patrick Prendergast, the President and Provost of Trinity College, Dublin. Gurudev visited the beautiful library of the university, which is over 400 years old and home to the Book of Kells, that dates back to the 9th Century. He had a

session with the students and faculty of Trinity College, Dublin, moderated by Mr. Rupert Pennant-Rea, former Chairman of The Economist Group and distinguished alumnus of the university.

## Let us be progressive doctors: Gurudev at Baba Farid University of Health Sciences

FARIDKOT, PUNJAB, NOV. 23



Gurudev gave a talk on 'Medicine, Meditation and Morality' at the medical university. In his address he said, "We need to have a holistic approach to health. In an emergency, you have to go to allopathy. But taking allopathy treatment for everything may not be necessary. Let us be progressive doctors."

Addressing the issue of exam-time stress, he said, "Overcome exam-time stress with pranayama and meditation."

He also took questions from the audience at the end of the talk. When asked how to overcome distractions, he said, "Welcome the distraction. Don't try to avoid them. Second is when you keep yourself very busy, then distraction takes a backseat especially during exam time or when you have a serious interview."

## Gives keynote address at Guru Nanak Dev University Golden Jubilee celebrations

AMRITSAR, PUNJAB, NOV. 24

Gurudev gave the keynote address at the Golden Jubilee celebrations at Guru Nanak Dev University, also marking the 550th birth anniversary of Guru Nanak Dev. Gurudev said, "The contribution of Punjab in existence of Bharat cannot be denied. Punjab is a land of five rivers but it can be said it is a land of sixth river which is the river of wisdom. The real tribute to 550th Day of Prakash Purab is to serve humanity by preaching Gurbani by translating it in various languages to reach all corners of the world."

Praising saint Guru Nanak, he said, "Guru Nanak came at a time when there were a lot of evils like casteism, gender inequality and degradation of values."



Keynote address at the Golden Jubilee celebrations at Guru Nanak Dev University



He gave the message of oneness and brought wisdom into experience while staying in social life.”

Emphasizing on the importance of meditation, he said, “Instead of searching peace all over, one should meditate so that the mind gets back to the soul and becomes one. Irrespective of social differences, one should search for peace in their consciousness.”

\* Gurudev also had a public QnA session in Amritsar the same evening.

## Encourages NIT Jalandhar students to be creative, confident

JALANDHAR, PUNJAB, NOV. 25



Gurudev interacted with NIT Jalandhar students and faculty. In his address, he inspired students to take challenges head on. He said, “We need confidence, creativity and an undying smile to take challenges. Nothing big can be accomplished if you don’t have confidence and courage to overcome challenges.”



“Tech giants from all over the world have drawn inspiration from India. They have found that

meditation is very useful in developing the energy levels in a person. When your energy level is high, you can take on any challenge,” he said.

Encouraging students to reach new heights, he said, “I’d encourage you all to go for higher studies. You are young. Go with the determination that I have to bring prestige to my institute and I’m not going to get stuck in small little things. I’ll do something path-breaking. That must be your goal.”

## Addresses FICCI Higher Education Summit

NEW DELHI, INDIA, NOV. 28



Gurudev addressed the FICCI Higher Education Summit which saw 1,500 participants from 76 countries. In his address, he emphasised on the need to meditate and essential qualities in a human being. “A human must have a sharp intellect, high value system, and must be practically useful for themselves and society,” he said.

He also interacted with T.V Mohandas Pai, Chairman of Manipal Global Education at the summit. In a QnA session with him, he said, “The ancient education system was based on learning many skills. They categorised 64 disciplines of learning. The school trained a student according to his aptitude and taste.”



## Addresses International Innovation and Creativity Conclave

BENGALURU, KARNATAKA, INDIA, DEC. 3



The conclave, a deliberation on innovation, creativity, culture, heritage, intercultural communication, governance, educational reforms, business intelligence and markets saw the participation of academicians, business magnates, technologists and young leaders from 30 countries. In his address, Gurudev said, “Innovation is inherent in human consciousness when it is free from stress. We need to create an atmosphere of trust and belongingness to nurture creativity.”

On the same day, the research wing (Sri Sri Institute of Advanced Research) signed an MoU with Narayana Nethralaya for research collaboration - to assess the impact of meditation techniques on vision.

## Addresses National Workshop on Socially Relevant Technical Education

TIRUPATI, ANDHRA PRADESH, INDIA, DEC. 8

In his address at the National Workshop on Socially Relevant Technical Education organized

by IIIT, Sri City, Gurudev said, “As educators, it is our responsibility that the educated lot in society have a good character & bring prestige to the nation. Students should be enabled to appreciate the dignity of work and culture of this country. Most crimes today are not committed by the uneducated but the so-called educated.” As part of the workshop, IIIT signed an MoU with The Art of Living, under which The Art of Living shall conduct credited course on “Professional Skills Programme” to the BTech students of IIIT Sri City. The MoU shall enable students to learn apt social and human values and to graduate as a holistic and socially responsible individual.



IIIT Sri City Director Prof Kannabiran said that the Institute has decided to align with The Art of Living to conduct formal courses to the students. He added that while the education system mainly focuses on building technical prowess, there is an important need to educate the students and researchers about the social impact of such technological advancements. It is also important to sensitize faculty on the changing requirements of pivotal linkages and the present MoU will help in that direction.

## EMPOWERING INDIVIDUALS

### Inaugurates All India Congress of Obstetrics & Gynaecology

BENGALURU, KARNATAKA, INDIA, JAN. 9



Gurudev inaugurated the All India Congress of Obstetrics & Gynaecology in Bengaluru, Karnataka. The Congress aimed to bring to the forefront matters of invention, innovation, practical and pragmatic as well as futuristic solutions in a range of issues. In the address, Gurudev urged them to adopt holistic and affordable healthcare.

### IFS officers undergo excellence program

BENGALURU, KARNATAKA, INDIA, JAN. 24



A group of Indian Forest Service (IFS) officers attended the program on Personal Excellence at The Art of Living International Center in Bengaluru. Post their program, Gurudev met the officers and congratulated the central ministry of environment, forests and climate change. Later, Gurudev tweeted, "I congratulate them & @moefcc for the increase in India's forest cover by 8000 sq miles. India is among the top 10 countries in the world where forest cover has increased."

### Inaugurates conference of neurosurgeons, interacts with 15,000 people

MUMBAI, MAHARASHTRA, INDIA, JAN. 26



Gurudev inaugurated the conference of neurosurgeons from around the world in Mumbai. At the event, the attendees were left intrigued by the demonstration of Prajñā Yoga. An MoU was also signed with The Art of Living to conduct research on consciousness. Gurudev also interacted with 15,000 people during a knowledge talk organized by The Art of Living Mumbai teachers and volunteers.



## Interacts with 12,000 Happiness Program participants, 60,000 volunteers

NEW DELHI, INDIA, JAN. 27



Gurudev interacted with participants of the 3-day Happiness Mahotsav in New Delhi. Happiness Mahotsav is an initiative of The Art of Living to bring happiness across the nation with a special 3-day Happiness Program. This year, it was conducted in 5 states of Delhi NCR, Punjab, Haryana, Himachal Pradesh and Uttar Pradesh. The event witnessed participation of 12,000 people.

Gurudev also interacted with 60,000 volunteers from 860 villages around the country via teleconference. He encouraged them to keep their villages clean and free from addictions and violence.

## Interacts with global sports experts, welcomes former Presidents of Tunisia, Bosnia

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU, KARNATAKA, INDIA, FEB. 1

Gurudev interacted with experts in the field of sports from around the world in a round table discussion held at the Bengaluru international center. The discussion was around the growth and acceptance

of sports as a viable career option in India and how infrastructure and coaching can improve here.



Later in the evening, Gurudev welcomed former President of Tunisia, H.E. Dr. Moncef Marzouki and former President of Bosnia and Herzegovina, H.E. Haris Silajdžić. They spoke on how India's principle of non-violence can have a bigger impact in bringing peace to the world.

## Hundreds sing, celebrate and meditate during Gurudev's Maharashtra tour

**At evening discourse, Gurudev urges everyone to contribute**

AURANGABAD, MAHARASHTRA, INDIA, FEB. 6



A giant statue of Lord Vitthal was inaugurated at a Mahasatsang in Aurangabad, Maharashtra, in the



presence of Gurudev. Speaking about Lord Vitthal, Gurudev said, “Vitthal is That which is present in every particle, in every moment. Don’t seek it, just be still. In stillness, you are drenched in a shower of devotion. In devotion, you attain the Divine in a moment.”

He also urged everyone to have a mindset of contribution and not that of complain. “Problems will not be solved just by complaining but by contributing. Let us pledge to get out of complaining and get into contributing and supporting. When everyone joins in to contribute, India will emerge as a strong nation.”

### **Farmers gather in thousands, Gurudev discourages them from committing suicide**



Farmers' gathering in Jalna, Maharashtra

On February 7, thousands of farmers gathered for an evening discourse with Gurudev in Jalna, Maharashtra.

The following day on February 8, Gurudev met farmers at the event ‘Krishi Mela’ (an agriculture exhibition) organized in Watur, by The Art of Living. The exhibition aimed to boost the spirit of farmers to desist from suicidal tendencies and move forward with organic farming. Many farmers presented success stories at the exhibition.



Farmers' gathering in Khamgaon, Maharashtra

Later in the day, Gurudev also attended another evening discourse with the farmers in Khamgaon. The next day on February 9, Gurudev met thousands of farmers in Khamgaon and urged them to reach out to those even with the slightest of suicidal tendencies. He said, “Life is far more valuable than debt. There’s enough humanness in society to help you. Invoke your valor and have confidence.”

### **Hundreds gather in a blissful evening**

PUNE, MAHARASHTRA, INDIA, FEB. 11

Hundreds meditated and sang in the presence of Gurudev in an evening discourse held in Pune. With this event, Gurudev concluded his Maharashtra tour.

### **Kerala enjoys meditative evening with Gurudev**

KOLLAM, KERALA, FEB. 21



People from all over Kerala gathered for an evening discourse with Gurudev in Kollam, Kerala. The wisdom, meditation and soulful singing left the crowd feeling blissful.

## Meets former president of Mauritius

BENGALURU, KARNATAKA, INDIA, FEB. 22



Gurudev met former president and the father of the current Prime Minister of Mauritius, Sir Anerood Jugnauth. They discussed how The Art of Living can train youth in Mauritius in natural techniques for agriculture and start a Drug-Free Mauritius campaign.

## Gurudev revisits Patanjali Sutras after two-decades

BENGALURU, KARNATAKA, FEB. 25- MAR. 3

The Patanjali Yoga Sutras is a two-thousand-year-old collection of principles on yoga laid down by the great sage Patanjali. The scripture offers practical tools to master the mind and get established in yoga.

After 25 years, Gurudev gave a discourse on the scripture at the Bengaluru center. Thousands joined him from all over the world via live webcast.

All the attendees said they had a wonderful experience and wisdom gave them a deeper insight into yoga and its practical use in daily life.

## Addresses diplomats, businessmen and media persons at ASEAN CCI Business meet

BENGALURU, KARNATAKA, FEB. 26



Gurudev addressed diplomats, businessmen and media persons at the ASEAN CCI Business Meet in Bengaluru. He gave the message that India is a friendly nation that wants peace and harmony, but will not tolerate terrorism and will stand up against it.

## Over a lakh people soak in the bliss at Mahashivratri celebrations

BENGALURU, KARNATAKA, INDIA, MAR. 5





Mahashivratri is the celebration of the Shiva tattva. Every year, The Art of Living International Center in Bengaluru celebrates the festivities of Mahashivratri with ancient Vedic ceremonies, deep meditations, and an electric Satsang. It is a festival that attracts people from across the globe. This year, 100,000 people celebrated Mahashivratri with Gurudev in the Ashram.

## After getting new zest in life, DSN participants interact with Gurudev

BENGALURU, INDIA, MAR. 10



Gurudev addressed 7,000 graduates in 90 locations across India who graduated from The Art of Living Dynamism for Self and Nation (DSN) program, aimed at overcoming inhibitions and bringing out dynamism and commitment at work culture.

## Chandigarh police sign up for meditation program

CHANDIGARH, PUNJAB, INDIA, MAR. 15

The Art of Living signed an MoU with Chandigarh Police to conduct programs for their personnel. The city police had recently

rescued 280 children from drug abuse and are aiming at rescuing thousand more.



## Gurudev speaks about leadership at meeting with businessmen

CHANDIGARH, INDIA, MAR. 17



During his visit, Gurudev also held a meeting with businessmen of the city on leadership and shared with them the ways to be a good leader without taking stress.

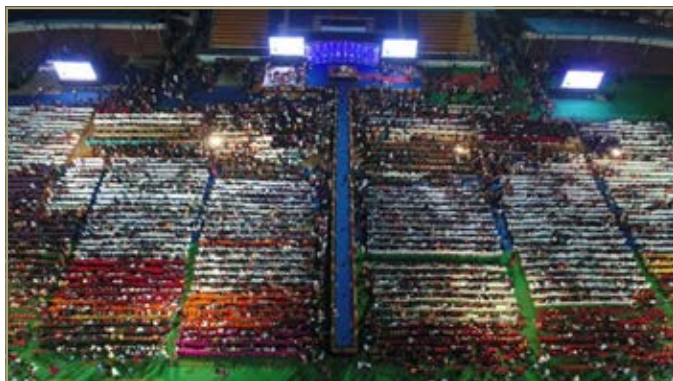
## Thousands join on ground, online for drug-free India

BHATINDA, PUNJAB, INDIA, MAR. 19

An evening discourse and celebration echoed the enthusiasm of people to bring spirituality to daily life. They went back with determination to fight



illnesses and the menace of drugs. Apart from thousands on the ground, the event was watched via webcast in 100,000 locations in 100+ countries.



## Attends foundation-laying ceremony of The Art of Living's Himalayan Center

DHARAMSHALA, HIMACHAL PRADESH, APR. 18



Gurudev laid the foundation stone for The Art of Living's Himalayan Yoga and Meditation Center in Dharamshala, Himachal Pradesh. The center is an

addition to the nine existing centers across India and nine centers across the world. The center will host regular yoga and meditation programs offered by The Art of Living.

## 300,000 meditate with Gurudev via webcast

BALI, INDONESIA, APR. 27



Gurudev led a meditation session from Wisnu Kencana National Park, Bali, for 300,000 people who joined via live webcast from all over the world.

Gurudev said, "Vishnu is that which is in every atom. We are soaked in Vishnu, the consciousness which is benevolence and bliss."

## Thousands attend Gurudev's commentary on Bhagavad Gita, Ch-15

BENGALURU, KARNATAKA, INDIA, MAY 11 - 12



Gurudev gave a discourse on the Bhagavad Gita, Ch-15 over two days at the Bengaluru Ashram. Thousands discovered the depth of the scripture. . The sessions, which were webcast LIVE and watched by thousands, concluded with a blissful meditation conducted by Gurudev.

## Addresses ‘Anti-Doping in Sports’ conference

OSLO, NORWAY, JUN. 4



Gurudev addressed the ‘Anti-Doping in Sports’ conference organized by the World Forum for Ethics in Business (WFEB), FairSport, and Anti-Doping Norway.

Addressing the conference, Gurudev stated, “Athletes are those who have the spirit of celebration right from the beginning. We need to infuse them with values, give them a broader vision on life, and inspire them to achieve greater success.”

“Conferences like these can help us see sports from different light. We need to do this time and again. Especially for the coming generation, it’s our responsibility to give them a world full of compassion. We need competition with values, competition with compassion,” he emphasized

Gurudev also tweeted, “Conferences like ‘Anti-Doping in Sports’ help us see sports in a different light. Players create a high in the hearts of onlookers. Sports create joy; they unite people. Today, sports are played like wars. It is our responsibility to nurture competition with values and compassion.”

## Attends Mahatma Gandhi’s 150th birth anniversary celebration

BERN, SWITZERLAND, JUN. 7



Gurudev attended the celebration of Mahatma Gandhi’s 150th birth anniversary year which was held jointly in Bern, Switzerland by The Art of Living and the Indian embassy in the presence of many diplomats as well as dignitaries .

## Speaks at National Summit for Mental Health

DENVER, COLORADO, USA, JUL. 25



Organized by the International Association for Human Values (IAHV), the National Summit for Mental Health brought experts from various fields to



tackle issues of violence, depression, and suicidal tendencies. Gurudev addressed the 2-day summit which culminated in a special live meditation session under the banner 'America Meditates'. Millions from 129 cities in the US joined the online session. The session was also joined by over 111,600 locations in 106 countries across the world.

## 75,000 participants enjoy Anand Utsav sessions with Gurudev

INDIA, AUG. 16- 18



Anand Utsav is a pan-India online Happiness Program led by Gurudev Sri Sri Ravi Shankar. Over 75,000+ participants registered for the program from across 2,500 locations in India. After the program, participants shared of having a wonderful experience after learning Sudarshan Kriya. While they experienced instant relief from stress accumulated over the years, many shared that they would like their friends and family members to learn the program too.

## Visits UNESCO World Heritage Village, meets scientists, doctors, politicians

JAPAN, SEP. 6

Gurudev visited the UNESCO World Heritage Village in the pristine surroundings of Shirakawago

village in Gifu prefecture, Japan. He also met scientists, doctors and politicians of the country.



## Six years later, Gurudev lands in Mongolia

### Kick-starts 'Waves of Happiness'

MONGOLIA, SEP. 7



As Gurudev arrived in Mongolia after six years, he led a public meditation program called 'Waves of Happiness'. Chief guests included Mongolia's Vice Minister of Health, Yam Suram, notable faith leaders, Giri Maharaj Swamiji, Swami Nityanandji, Maulana Miaz Ahmed Farukh Sahib, Maulana Mahmood Sahib, and an Indian delegation including Member of Parliament from Ladakh, Nam Gayal and Ambassador Extraordinary and Plenipotentiary of India to Mongolia, H.E. Mr. Singh.

Yam Suram expressed her happiness with The Art of Living's contribution in maintaining and improving the health of its followers.

Mr. Singh spoke about the flourishing relationship between India and Mongolia. He said, "India and Mongolia enjoy historical relations. Religion and spirituality bind us. A few years ago the Prime Minister of India made a historic and first-ever visit to Mongolia, setting a paradigm shift in our relationship. We have now shared with Mongolia a strategic partnership which is being carried forward by initiatives like Sambad - a Buddhist conference on peace. Gurudev's visit to Mongolia is really a step forward in taking people to people dialogue. Looking at all of you, I can see the connect that you have, not only for Guruji but also the Land of Buddha that is India."



Gurudev in his address emphasised on the need to create Happiness Centers. He said, "We should all think how we can create waves of happiness. When we are hungry, we go to restaurants. When we want to exercise, we go to gyms. For entertainment, we switch on our phones. But when we are unhappy, we don't know where to go. This is where we need Happiness

Centers, where we can sit, meditate, take some wisdom and go back with a big smile."

### Leads a public meditation program

ULAANBAATAR, MONGOLIA, SEP. 8 - 10



Gurudev led a big public program of meditation and music on September 8 and led thousands into a blissful meditation session on September 10 in the capital of Mongolia.

### Addresses Morningstar Investment Conference

MUMBAI, MAHARASHTRA, INDIA, SEP. 20



Gurudev addressed 1,700 CEOs, CFOs, Fund Managers & Financial Advisors in the Morningstar Investment Conference in Mumbai.



## Thousands in Gujarat, Maharashtra immerse in blissful Diwali celebrations with Gurudev

### Mass meditation, celebration & 329 delicacies mark festivities in Gujarat

PALANPUR-JAMNAGAR-VASAD,  
GUJARAT, INDIA, OCT. 25-29



"Deepotsav" in Palanpur, Gujarat, India

Gurudev began the Gujarat tour with a public satsang in Palanpur. In the satsang, he emphasised the role of spirituality in our lives and encouraged everyone to meditate.

He said, "Having ill feelings for others in our mind appears like a burden. Think of somebody, have anger towards them, our health deteriorates. So we have to protect ourselves from this. Through a wave of spirituality, meditation, bhajans, satsang, all this will go away."



Jamnagar, Gujarat, India

"By meditating, the body and mind are kept in good condition, intellect sharpens and our behaviour with others automatically becomes cordial and our desires start getting fulfilled. And what we want gets effortlessly done. So all these are the benefits, and there are only more and more benefits. That's why everyone must meditate."

The next day, on the Hindu festival of Dhanteras, he led the satsang in Jamnagar. Shedding light on the deeper meaning of the customs of Diwali, Gurudev said, "When throughout the year we keep meeting people and talking to them, various emotions arise – anger, sadness, disagreements, and so on. We suppress these emotions and don't express. But, when a blast (of crackers) occurs outside, your mind feels empty. So light the crackers and be empty from within and be happy. Light the lamp. The lamp of knowledge. Spread pleasantness. Our words must be sweet and pleasant. Our behavior must be pleasant."



Vasad, Gujarat, India

Gurudev's tour ended at The Art of Living's Vasad ashram where 329 special delicacies were prepared by volunteers for Annakoot, celebrated on the fourth day of Diwali.

## Over 100,000 join Diwali celebration in Mumbai, Nashik

MAHARASHTRA, INDIA, OCT. 28-30



Mumbai, Maharashtra, India



Mumbai, Maharashtra, India

Diwali celebrations continued in Maharashtra with Gurudev addressing a gathering of about 50,000 people on the ground and over 100,000 joined the LIVE webcast from over 80 countries.



Nashik, Maharashtra, India

Gurudev then attended an evening discourse in Nashik where hundreds of lights were lit to welcome him, also marking the spirit of the festival.

## Madhya Pradesh welcomes Gurudev for various events, celebrations, interactive talks

### Thousands join for a discourse

INDORE NOV. 4



Thousands gathered for a public satsang with Gurudev in Indore. In his address, Gurudev said, "Worry is either about acquiring what is out of reach or holding on to what is already acquired. When you know that it is the Divine who brings you what is out of reach and protects what you have, you are free from worry."

### Addresses 30,000 farmers

BORAWAN NOV. 5





In an event titled 'Kisan Mahotsav', Gurudev addressed 30,000 farmers in Borawan. Farmers practicing natural farming presented their success stories at the event which inspired interest in this chemical-free method of farming in many farmers. Over the years, The Art of Living has taught natural farming to 2.2 million farmers.

### **Allen Institute's 7,000 students get answers from Gurudev on several youth issues**

INDORE, NOV. 6



Gurudev interacted with 7,000 students at Allen Institute, an institute for competitive exams. Emphasizing on the need to tackle youth suicides, Gurudev said, "We must save our youth from depression and self-harm by boosting the happiness factor. I urge everyone here to talk to their classmates who are feeling down. We can tell from their face if someone is sad."

Gurudev also answered questions ranging from tackling addictions to dealing with exam stress. On improving self-esteem, he said, "You must assume that you have it and that no one can take it away from you."

### **Gurudev also addressed Indore's chartered accountants, students and faculty at the Renaissance University.**



### **Addresses international conference on ways to combat online child exploitation**

VATICAN CITY, NOV. 16



Gurudev addressed the international conference on 'Promoting Digital Child Dignity' - From Concept to Action'. The conference brought together religious leaders, academics, policymakers and tech industry leaders from around the world to discuss ways to combat the exploitation of children online. Cardinal Parolin, HM the Queen of Sweden, and HH Sheikh

Saif Bin Zayed Al Nahyan, Deputy PM of UAE and other dignitaries participated. In his address, he said, "The animalistic behavior of adults towards kids is appalling. Crime against children is a sign of lack of sensitivity and respect for life. When lust and greed overtakes the human personality, all virtues and good qualities that one possesses gets obscured."

Pointing out the root of such incidences, Gurudev said, "We have been working with offenders in prisons the world over and we can see that they are miserable. They are full of regret and repentance but it is already too late. They never had any education on mental health and how to control negative tendencies. Neither at home nor at school, nobody teaches them on how they can manage when these awful feelings and tendencies come up in them."

He added, "I feel that we need to educate people in counseling and handling their own negative tendencies. We have worked with nearly 800,000 offenders in prisons around the world. And what we have found is there is a nice person inside all those offenders. They're not bad people or good but they got carried away in a moment of negative spell that took over them."

## Ireland breathes out stress at a special meditation event

DUBLIN, IRELAND, NOV. 17



Over a lakh people from all over the world meditated with Gurudev online in 'Ireland Meditates' - a public event held in Dublin. He gave a talk on meditation at the event and interacted with the audience in an interactive session.

In his talk, he said, "Meditation is like mental hygiene. We are all taught how to brush teeth. The same way meditation is the process which can help your mind to get rid of all negative feelings." He added, "Meditation establishes a connection with the whole of humanity. You feel totally at home with everyone."



"Ireland Meditates" in Dublin



Gurudev also spoke about the kind of attitude that can in reality drive care for the environment. He said, “There is so much talk about the environment everywhere. How can you care for the environment when you don’t feel for it inside? You must feel that this is part of me. Like I care for my body, I have to care for the environment. This attention towards the environment becomes spontaneous when we release the stress from our daily activity.”

When asked if mindfulness is same as meditation, he said, “If meditation is the house, mindfulness is the driveway. Don’t stay in the driveway. Mindfulness has become a new fad. It is good to be alert, be conscious. But it is just the surface of meditation.”

He was also asked what he wants to say to terrorists. He said, “I smile at them. I understand their predicament. They feel they are not understood. Love can transform people. We’re all made up of love. The distorted spirit becomes anger and hatred. It just needs a little cleansing. Violence does not lead anyone anywhere. It only destroys. When you bring this awareness, they come out of it.”

## Meets Irish leadership

DUBLIN, IRELAND, NOV. 19



Gurudev met the honorable Prime Minister of Ireland, Leo Varadkar and discussed with him various projects that The Art of Living can undertake in the country. He also had a very warm and cordial meeting with the Speaker of the Irish Parliament, Mr. Sean O Fearghail. The Indian ambassador HE Mr. Sandeep Kumar also joined him in the meeting.

## Attends Medanta session, interacts with chief Dr. Naresh Trehan

GURUGRAM, HARYANA, INDIA, NOV. 26



Gurudev interacted with Dr. Naresh Trehan, the chairman, managing director and chief cardiac surgeon of Medanta - The Medicity in a session titled ‘Ancient Knowledge and Well Being in the Modern Context’. The Art of Living signed an MoU with Medanta to do research on ancient and modern methods of healing and well-being.

## 2,000 artists perform at Sur Taal Sansad

NAGPUR, MAHARASHTRA, INDIA, NOV. 29

Gurudev inaugurated the cultural festival Sur Taal Sansad featuring 2,000 artists in Nagpur

with Union Minister Nitin Gadkari. The festival will go on for ten days. He tweeted, “Such festivals uplift the spirit of society, bring more energy and hope and unite people.”



## West Bengal dives deep in Bhagavad Gita, gets guidance on spirituality, society and progress

### Addresses Educator's Meet

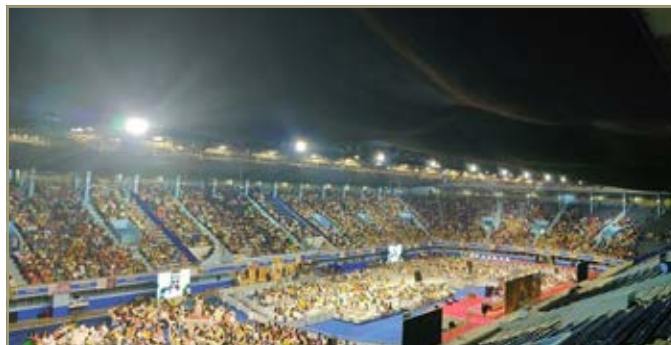
KOLKATA, DEC. 1



Gurudev met and interacted with 150+ educational institutions including VCs, Registrars, Directors and Principals at an Educator's Meet on Human Values in Higher Education, organized by Sister Nivedita University and AICTE.

### Gives discourse on Bhagavad Gita Ch-17

KOLKATA, DEC. 1-2



Gurudev completed a 2-day discourse on the 17th chapter of Bhagavad Gita at Netaji Indoor Stadium in Kolkata. Hundreds attended on ground and thousands attended the sessions online.

### Gurudev also addressed rural youth leaders post the Bhagavad Gita event

KOLKATA, DEC. 1





## Inaugurates residential school for children of sex-workers

KOLKATA, DEC. 1



Gurudev inaugurated a residential school for children of sex-workers in Kolkata. The school has been started under Project Udaan, an Art of Living initiative towards the upliftment of sex workers and their children. The project runs free medical camps for sex-workers in Asia's largest red light area and also provides free dance classes to children there.

## Discusses spirituality and society with West Bengal Governor

KOLKATA, DEC. 2



Gurudev met West Bengal Governor Jagdeep Dhankhar and shared thoughts on how spirituality can play a role in finding solutions to various problems in society.

## Felicitates distinguished sportspersons at 'Spirit of Sports'

KOLKATA, DEC. 2

Gurudev felicitated distinguished sportspersons from 15 sports disciplines who have brought laurels to the country at the 'Spirit of Sports' event held at Bengal Rowing Club. Gurudev met Kolkata Mayor & Minister for Urban Development, Firhad Hakim. He also gave the annual memorial lecture at the SREI Foundation.



## Hundreds attend Rudra Puja

KOLKATA, DEC. 3



Hundreds attended Rudra Puja with Gurudev in Asansol, West Bengal. He tweeted, "The sound of mantras purify the whole atmosphere and this effect is amplified with meditation and devotion. When a large no. of people participate in such an event, it is a yagya that brings peace and benefit the entire region."

## Completes Global Happiness Program, leads public program

CHENNAI, TAMIL NADU, INDIA, DEC. 8



Gurudev led the Global Happiness Program for 3 days which saw the participation of people from over 100 locations in 18 countries. The program was a special Happiness Program, a flagship program of The Art of Living, where the medium of instruction was Tamil. In the evening, Gurudev led a public program of meditation and music where hundreds found peace and bliss.

## Addresses Digital Hindu summit

BENGALURU, KARNATAKA, INDIA, DEC. 15

The Digital Hindu summit discussed aspects related to strengthening Hindu dharma and

culture through modern technological means, building dialogues for conflict resolution through modern communication, facing challenges of information and misinformation campaigns. An array of thinkers, visionaries and speakers such as Gurudev, Swami Sukhabodhananda, Rets. Maj. Gen. G.D Bakshi, Rajiv Malhotra, Sudhir Choudhary, Maria Worth, Tejasvi Surya, Anand Ramanathan, Prashanth Patel Umrao attended the summit.

Gurudev in his address at the summit said, “Fanaticism is foreign to Hinduism. It has always honored diversity including atheism. If what you say carries hate, even if it is right, it will be discarded. Sane voices should be more active on digital platforms. Hate mongers should be shunned.”





## TOWARDS SUSTAINABLE DEVELOPMENT

### Inaugurates Sri Sri Holistic Hospitals

HYDERABAD, TELANGANA, INDIA, JAN. 21



Gurudev Inaugurated the Sri Sri Holistic Hospitals, which combine allopathic medicine with Ayurveda & Yoga, and has 5 branches - 3 in Hyderabad, 1 in Kadapa and 1 in Sangareddy. Applauding the members of the project. Gurudev tweeted, “This is the result of hard work done by Dr. Ramachandra & his wife & The Art of Living teacher Dr. Tushara.”

### Indigenous seeds take center stage in Bengaluru

BENGALURU, KARNATAKA, INDIA, MAR. 30

More than 2,000 farmers from 8 states of India participated in the Desi Beej Mahotsav (exhibition of indigenous seeds) held at The Art of Living International Center, Bengaluru. The exhibition aimed to facilitate knowledge exchange among farmers and disseminate the benefits of using indigenous seeds. Gurudev met the farmers at the exhibition and honored eminent seed conservationists

including Rahibai Soma Popere, or ‘Seed Mother’ who was in the BBC list of ‘100 Women of 2018.’



“We are helping farmers to cultivate and preserve these indigenous seeds,” Gurudev said at the exhibition, “Agriculture is the backbone of human existence. For any civilization to prosper, agriculture has to be healthy and sustainable.”



The Art of Living has trained 2.2 Million farmers in 22 states of India in Natural farming method, which can help farmers make profits in spite of poor precipitation and provides competitive yields without compromising on the financial and physical health of the farmer. Practicing natural farming requires desi seeds. Currently, there are very few reliable sources for getting indigenous seeds.

## Addresses Clean Air Games at Nobel Peace Center

OSLO, NORWAY, JUN. 3



Gurudev addressed the Clean Air Games, a combined Environment seminar and International Athletic Competition in Oslo, Norway. “As an NGO we have contributed a little in trying to create awareness about not burning plastic and leaves. We took an initiative to educate 280,000 farmers not to burn their farm. We taught them organic farming and mulching the roots back into the soil. Farmers were benefited. The air quality is sustained and pollution is reduced. This sort of education is necessary,” he said, adding, “It is a misnomer that economic growth isn’t possible if you go organic.”

Gurudev also spoke about how concerted effort of people can save the environment. “In Latur, they had to bring water in trains for many years. But when local people stood for it and they started joining

the rejuvenation program, people could have their water. They didn’t need others to bring it,” he said.

“Whether it is bureaucracy, judiciary, or politics, everywhere courage is needed. People’s demand is needed. And it needs to be strong,” Gurudev added.

## Felicitates exceptional women leaders involved with Palar River Rejuvenation Project

VELLORE, TAMIL NADU, INDIA, OCT. 15



Palar river is one of the 42 rivers and tributaries being rejuvenated by The Art of Living. Since 2014, the river rejuvenation team of The Art of Living has built 3,145 recharge structures across 19 village panchayats. Bore wells that have been dry for almost 15 years now find water at 12 feet. Gurudev visited 10 villages which have derived benefit from the rejuvenation project and met the locals there.

Gurudev facilitated women leaders from 300 villages for their participation in the project.

He tweeted, “It was a joy to see the people there happy and full of hope as water has returned to their lands. Inspired them to save their soil and water by avoiding the use of harmful pesticides and chemicals.”



## Addressing public event, Gurudev draws attention on environment care

ROME, ITALY, NOV. 16



Gurudev gave a public talk on 'Breath and Environment' in Rome. He tweeted, "Environment is an extension of the physical body. Like we take care of our body, we need to take care of our environment." During the trip, he elucidated about the kind of attitude that can in reality drive care for the environment. He said, "There is so much talk about the environment everywhere. How can you care for the environment when you don't feel for it inside? You must feel that this is part of me. Like I care for my body, I have to care for the environment. This attention towards the environment becomes spontaneous when we release the stress from our daily activity."

## Addresses Crans Montana Forum for African Women

BRUSSELS, BELGIUM, NOV. 16

Crans Montana Forum is an NGO with primary aim to strengthen international cooperation by promoting good practices and allowing a permanent dialogue between those in public and private sector.

The NGO organized an African Women's Forum which saw business and political leaders from Europe and Africa discussing the challenges African women face and the changes needed to achieve gender equality. Among the topics discussed during the sessions were ways to empower rural women and promote women's entrepreneurship.



In his address, Gurudev emphasised that women are the backbone of society. He said, "While women are increasingly occupying important positions in the political, economic and social spheres, they must also take succeed in taking the lead in religious institutes."

## Waste segregation a must in every home: Gurudev at waste compost plant inauguration

NEW DELHI, INDIA, NOV. 28



The Art of Living, in association with the New Delhi Municipal Corporation, installed a waste compost plant at NDMC Nursery Raja Bazaar, Sector - 4.

Present at the inauguration were Lieutenant Governor Anil Baijal and NDMC Chairman Dharmendra.

At the occasion, Gurudev said, “It is time to turn waste into Gold wherein we get an opportunity to change the polluted environment to fragrant gardens. Segregation of waste should be done in every home. We need to educate that how every individual should participate and separate organic and inorganic waste. If we will work in synergy, we will do wonders.”

The Art of Living with the help of different governing bodies is running 17 waste composting plants in the country: 14 in temples, 1 in a dargah, and 2 in municipalities. This is the 18th composting plant which Gurudev inaugurated.

## Inaugurates a 250 million liter capacity dam

DAHIWADI, MAHARASHTRA, INDIA, DEC. 11



Gurudev inaugurated a 250 million liter capacity dam in Dahiwadi, Maharashtra where for the last 10 years, people were dependent on tankers for water. The dam will benefit 22,000 farmers in the region and is an initiative of The Art of Living’s River Rejuvenation Project.

## Launches Aakhri Boond campaign

BENGALURU, KARNATAKA, INDIA, DEC. 16



iTV network in partnership with The Art of Living launched the #AakhriBoond campaign, an initiative to conserve water. Union Water Minister Gajendra Singh Shekhawat also joined in the launch program.

During the 360-degree pan-India water conservation campaign, ITV Network will inculcate the message of good habits of water conservation, the condition of reservoirs, and make people aware of groundwater depletion.

The launch program saw eminent personalities discussing ways to make water conservation a mass movement. It ended with participants pledging to conserve water. Kartikeya Sharma, founder of iTV network welcomed Gurudev and the Art of Living community for their commitment to the cause.

In his address, Gurudev said, “It is timely that we are waking up to the water emergency. It is important to spread awareness among masses. A solution to the problem is possible.” He also said planting indigenous species of trees is crucial in conserving water.



## BUILDING INTER-CULTURAL HARMONY

### Meets Swami Ramdev and Swami Avdheshanand

HARIDWAR, UTTARAKHAND, APR. 10



Gurudev met Swami Ramdev at Patanjali Yogpeeth, Haridwar. Commending the Ayurveda facility started by him, Gurudev tweeted, “The state-of-the-art Ayurveda research lab on the campus is a facility India can be proud of. The vast herbal collection and the paintings of various herbs are really laudable.”



Gurudev also addressed Vidyarthi Sanskar Shivar, a student's yoga camp being run by Patanjali Yogpeeth at that time. He said, “Have faith in yourself and stand by your ideals. You all will brighten this country's future,”



He also had a cordial meeting with Swami Avdheshanand, Maharaj of Juna Akhada at his Ashram in Kankhal.

### Leads public meditation programs in Japan

TOKYO & TOYAMA, JAPAN, SEP. 6

Gurudev led public meditation programs in Tokyo and Toyama. In his talk at Tokyo, he highlighted the role of passion and dispassion in life. Gurudev said, “For action you need passion, for relaxation

you need dispassion, without passion nothing can be achieved in the field of action and without dispassion silence can never be achieved. When you have both passion in work and dispassion in your life what comes out in your life is compassion.”



He added, “Buddhism, Shintoism, Taoism, Hinduism, all the religions in the world they teach this: compassion, passion, dispassion, it’s the essence.”

## Arrives at Kalahasti

ANDHRA PRADESH, INDIA, SEP. 16

As Gurudev arrived at the pilgrim town of Kalahasti, he was given a grand welcome with flowers. He later visited the Venkateswara temple in Tirupati.

## Vatican invites Gurudev, meets Pope Francis

ITALY, NOV. 14



The Vatican invited Gurudev to address a conference on ‘Promoting Digital Child Dignity - From Concept to Action’ in Italy where he met with HH Pope Francis.

## Launches talking Bhagavad Gita at Saubhagya

NEW DELHI, INDIA, NOV. 28



Gurudev launched the talking Bhagavad Gita at Saubhagya, an event organized by Safe Shop, attended by an enthusiastic crowd of 30,000 young people at the Indira Gandhi Stadium, New Delhi. It was also joined by another 600,000 on the webcast.



## Attends Shri Mata Vaishno Devi Shrine Board Meeting, honors Ayurveda doctors

JAMMU, BENGALURU INDIA, DEC. 6



Gurudev met the first lieutenant governor of Jammu & Kashmir, Sh GC Murmu and attended the Shri Mata Vaishno Devi Shrine Board meeting in Jammu. The Board reviewed the Yatra statistics of the year and discussed various measures which may be taken to further increase the number of pilgrims visiting the Shrine. On the sidelines of these events, Gurudev honored Vaidya Kamalesh Kumar Sharma, Professor, Dept of PG Studies in Swasthavritta, National Institute of Ayurveda, Jaipur & Executive Committee Member, CCIM, for his contribution to Ayurveda, with the prestigious Bhishak Shri award in Bengaluru.

## Participates in Mahakavi Bharathiyar International Seminar

TAMIL NADU, DEC. 7

Gurudev participated in Mahakavi Bharathiyar International Seminar with Hon. Governor of Tamil Nadu Sh. Banwarilal Purohit. Gurudev

tweeted, “Devotion towards Divinity & patriotism towards the country are not in conflict. Mahakavi Bharathi used his deep spiritual experience to unite the people of this nation.”



## UNVEILING INFINITY

‘Unveiling Infinity’ is a rare experience where Gurudev shares the powerful and insightful techniques from an ancient esoteric scripture, the Vigyaan Bhairav. Vigyaan Bhairav is an ancient scripture which lists 112 techniques to achieve higher states of consciousness. In this workshop, Gurudev guides the participants step-by-step to practice these techniques. These sessions unveil secret ways

of reaching a higher state of being resulting into a state of deep rest and stillness - a far cry from the turbulent chatter that normally occupies the mind.

Gurudev has been travelling to various cities to teach these techniques for better living. So far, he has travelled to:



Hyderabad, India, Jan. 19: Thousands immersed in silence at 2-day Vigyan Bhairav organized in Hyderabad.



Pune, Maharashtra, India, Feb. 11: Celebrations ensued when people hundreds soaked in the deep meditations of Unveiling Infinity in Pune.





Ludhiana, Punjab, Mar. 17: At the 2-day session, 6000 people in Chandigarh experienced the untouched Self, whose beauty never fades.



Moscow, St. Petersburg, Russia, Jun. 23: Hundreds attended the Unveiling Infinity sessions by Gurudev.



## AWARDS & HONORS

### Receives an honorary degree from Guru Jambeshwar University

HARYANA, INDIA, FEB. 19



On the sidelines of the launch event of Drug-Free India, Gurudev received an honorary degree from Guru Jambeshwar University.

### The Art of Living honored with Order of St. George

KOTTAYAM, KERALA, INDIA, MAY 5



The Art of Living received the Order of St. George conferred by the Orthodox Church, Kottayam,

Kerala. Gurudev tweeted, "I appreciate the honor and the warm reception by Dr. Thomas Mar Athanasius Metropolitan and former CM of Kerala, Sri Oommen Chandy. The service projects & the interfaith initiatives by the Church are laudable."

### Ural Federal University honors Gurudev with honorary doctorate

RUSSIA, JUN. 25



Gurudev was conferred with an honorary doctorate degree by Russia-based Ural Federal University for his contribution to the development of intercultural friendship between the Indian and Russian Federation.

In his acceptance speech, Gurudev said: "It is education that is needed in every corner of this



world for a happy peaceful society. Whether it is technology, arts or sciences or humanities, it is the universities that give us a universal vision, a vision of what life is, how one should conduct one's life. We have the technology to connect lives, but we need an education that also connects the hearts, where human values are given importance to." He also encouraged students to incorporate yoga, deep breathing techniques and meditation in their daily routines to lead stress-free lives.

Gurudev also signed a memorandum of understanding (MoU) with the Ural Federal University and Sri Sri University in Odisha, India's first alcohol, drugs, and smoke-free campus.

## **Jain Vishva Bharati Institute bestows honorary doctorate on Gurudev**

**BENGALURU, KARNATAKA, INDIA, NOV. 2**

Gurudev received an honorary doctorate from Jain Vishva Bharati Institute, a deemed university established with the inspiration of Gurudev Tulsi of the Jain Terapanth lineage. The doctorate was awarded by Union Minister, Sadananda Gowda.

Gurudev tweeted, "The Jain philosophy of non-violence is much needed today. Acharya Mahashraman's (current Acharya of the Jain Terapanth lineage) work in spreading non-violence and vegetarianism is praiseworthy."



## 37 YEARS OF SERVICE



### ART OF LIVING FOUNDATION AND IAHV

**37 years** of Service & Celebration

Presence in **156 countries**

Have touched the lives of **450 million** people

Run humanitarian projects in **every sphere of life**

Unite **across religion, race, creed**

Run **3000 centers** across the world

Over **100 million man hours** in developing the full human potential

Over **165,000 Stress Relief Workshops** benefiting more than **5.6 million** people

Over **1300 militants** encouraged to join mainstream since 2003

One of the largest volunteer-based networks in the world

Reached **70,000 villages** & developed **55 model villages** in India

Reviving **42 rivers and their tributaries across 4 states** in India

Run **702 free schools** teaching over **70,000 children** in rural areas across India





The Office of  
**Sri Sri Ravi Shankar**

**INDIA**

21st km Kanakapura Road, P.O Udaypura, Bangalore 560082

Tel: +91 99866 22022, +91 93425 22022

Email: [secretariat@artofliving.org](mailto:secretariat@artofliving.org)



**USA**

2401 15th Street NW, Washington, DC 20009

Tel: +1 202 492 5522

Email: [ajay@srisri.org](mailto:ajay@srisri.org)



**EUROPE**

Bad Antogast, Oppenau Germany D77728

Tel: +49 1602 812 2048

Email: [c.glaser@artofliving.de](mailto:c.glaser@artofliving.de)



**CANADA**

525 Bonsecours, #101, Montréal, QC H2Y 3C6

Phone: +1 514 836 0809

Email: [lucie@srisri.org](mailto:lucie@srisri.org)

