

## SRI SRI RAVI SHANKAR

---

### GLOBAL INITIATIVES

#### 2020

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.

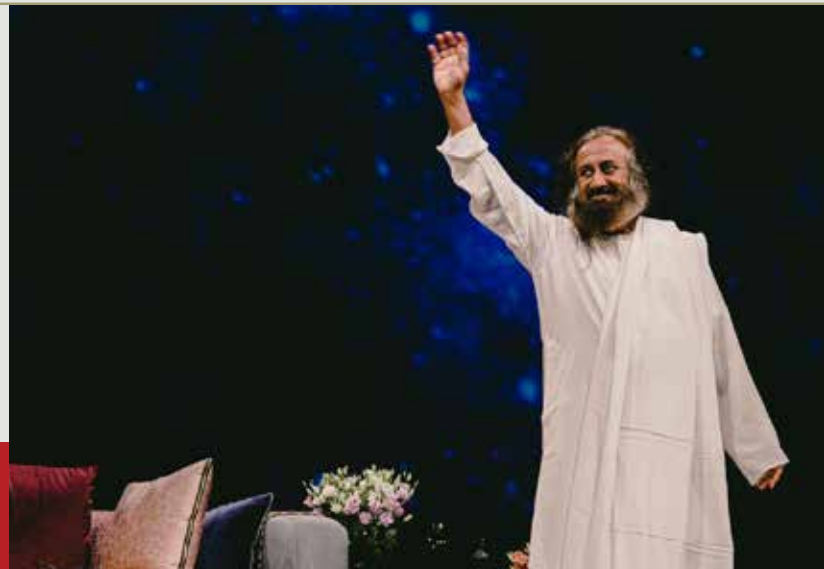
In 1981, Sri Sri established The Art of Living Foundation, an educational organization with a presence in over 156 countries. The Foundation's individual development programs offer powerful tools to eliminate stress and foster a sense of well-being.

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.



2020  
IN REVIEW



*There are those who are stuck in time, there are those who flow with time, and there are those who change the time, and there are yet others who surpass the time, go beyond the time and realize that the whole universe is nothing but One Eternal Life.*



Ushering into 2019 with a special message from Gurudev

## Service in a pandemic year

BOONE, USA, JAN. 1

For the last 40 years, Gurudev Sri Sri Ravi Shankar has been traveling, sharing his insights on world problems, and taking the message of strengthening the individual with inner peace across the globe.

This year of restricted movement, uncertainty, and anxiety saw Gurudev reaching out to millions

online and offline with on-ground relief work, daily online meditations, and heartfelt and insightful interactions with people from diverse sections of society. The interactions showed ways to face the pandemic and its aftermath, and brought out insights that can shape policies and guiding principles of leaders across the world.

## COVID-19 RELIEF WORK

Recognizing the most vulnerable population during the coronavirus lockdown, the daily wage earners and migrant laborers, Gurudev launched the campaign 'iStandwithhumanity' on March 25, just a few days after the announcement of the lockdown.

In India, there are an estimated 121 million daily wage laborers, according to an International Labour Organization (ILO) study. This is the category of people most affected by the lockdown - without food, shelter, or the means to make a living. The iStandwithhumanity campaign reached out to daily wage workers with relief material that could help them sustain themselves during the lockdown period. The Indian film and TV fraternity also joined the initiative in huge numbers. The campaign reached 75,122,069 meals and other essentials to over 2.5 million families in India.

*"I call upon those who can, to take a pay cut and form endowments together to take care of daily wage workers & low income groups in your areas so that the economic burden is shared by society locally. Let's give the assurance that there is enough humanity to take care of everyone."*

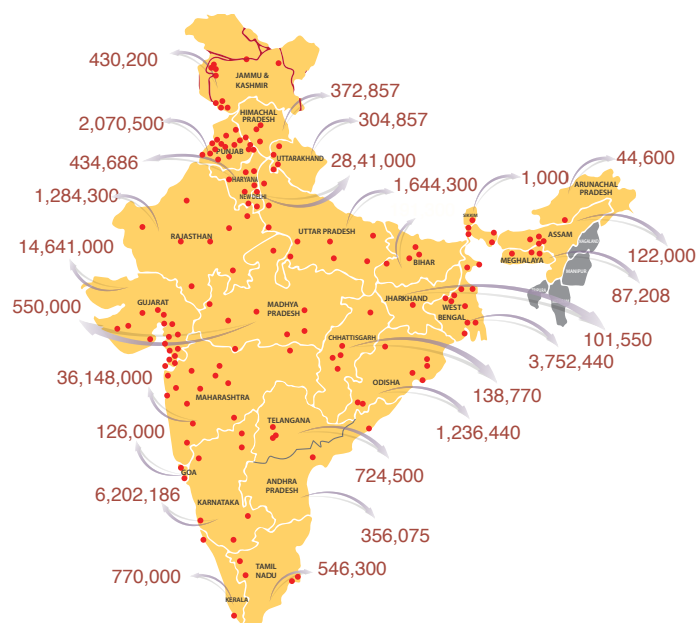
**STAND WITH DAILY WAGE EARNERS**

In this crucial time of the Corona Pandemic let us stand with our Daily Wage Earners who are the worst affected.

Support a family with 10 days of essential food supplies. Sponsor a bag of ration @ ₹ 1000/-

#iStandWithHumanity  
#FromU2Them

For more details: [www.iahv.org/in-en/donate](http://www.iahv.org/in-en/donate)



## Our story of worldwide Covid-19 relief in numbers

### Africa

- Over 25,000\* people benefited
- South Africa - Over 3,000\* people reached
- Kenya - Distribution of supplies to 200 underprivileged families
- Uganda - 300,000 Uganda Shillings donated for food with free regular online meditations

### Germany

- Over 5,000\* people benefited

### Mauritius

- Over 300 food packets distributed
- 500 families provided groceries for 12 days

### Latin America

- Over 10,000\* people benefited
- 115 people in the first online trauma relief program
- Paraguay - Over 3,000\* people

### Malaysia

- Over 6,000\* people benefited

### Nepal

- Food supplied to over 8,000 families

### Australia

- Over 1,000\* people benefited

### United States of America

- Partnered with Children's National Hospital to provide free workshops for all United States healthcare workers

- Distributed 25,000 PPE to healthcare workers in New York City and also helped people in financial distress
- Raised funds to provide food and supplies to the daily wage earners in India
- Conducted daily breathing and meditation sessions, multiple times a day, in English and Spanish for the public including school children and educators, to deal with stress and anxiety

### India

- Provided 75,122,069 meals & other essentials to over 2.5 million families
- Conducted online Art of Living programs weekly. Over 100 million impressions since launch for Sri Sri's daily live meditation
- Upgraded 7 government hospitals for COVID-19. Pune(3), Odisha(1), Bangalore(1) & Hyderabad(1)
- Donated 9,000 cloth masks to TMC\*<sup>1</sup>
- Donated 7 swab booths to PMC\*<sup>2</sup>
- Distributed 50,000 PPE kits & N95 masks to health workers
- Provided weekly ration & marketing support for 3,00,000 tribal artisans through TRIFED\*<sup>3</sup>

\* estimated number (as of April 15, 2020) of people benefiting from various online sessions of yoga, meditation, and other Art of Living and IAHV initiatives.

\*<sup>1</sup> Thane Municipal Corporation, Maharashtra, India

\*<sup>2</sup> Pune Municipal Corporation, Maharashtra, India

\*<sup>3</sup> The Tribal Cooperative Marketing



Development Federation of India

## On-ground volunteers share heartwarming experiences

*“With a curfew pass, we’ve been providing a 10-day ration to slums in Chandigarh and Mohali. Many are migrant workers stuck here. More than food, they need assurance that somebody has their back and we are assuring them that.” - Akash, Chandigarh*

*“Of course, the situation is charged with anxiety and concern. But I remember, once we were distributing food parcels in one area and those families blessed us so much. It is heartening to see that humanity prevails, and we will conquer the crisis.” - Anshul Bhatia, Kanpur*

## Bringing mental relief to masses

MASSSES EXPERIENCE THE POWER OF BREATH

Gurudev conducted daily online meditations during the India lockdown, bringing together millions from across the world to meditate. He conducted meditations twice a day for the first 60 days of the lockdown. He also led unique meditations every day for 21 days as a part of the 21-day meditation challenge, an initiative to encourage people from across the world to embrace meditation.

The Art of Living also re-packaged its leading program, the Happiness Program into an online consumable format: the Online Breath & Meditation Workshop. Millions experienced the power of the

breath in these online workshops. Covid-19 patients also found mental relief with these workshops.

## People share experiences of meditations with Gurudev

“I have looked forward to these meditations every day especially because the lockdown time was very frustrating for me as I was cooking, cleaning, and working at home - alone. The meditations gave me a lot of peace.” - Vanditaa Kothari, Content Writer, India

## Wisdom during the lockdown: A 20-episode series titled #OpenUpInLockdown



Gurudev shared inspiration and wisdom in 20 episodes in a series titled #OpenUpInLockdown. With his hallmark sincerity and humor, Gurudev touched a variety of topics including anger management, fatigue, uncertainty, spirituality, and overcoming negative habits in this series. Gurudev also imparted special wisdom for people struggling with the effects of the lockdown.

## OUTREACH DURING THE PANDEMIC

### Africa meditates



iMeditate Africa is an annual campaign held during the month of May which is also known as the Africa month. It is a month dedicated to commemorating the founding of the organization of the African unity. The annual campaign organized by The Art of Living is dedicated to promote peace and prosperity in the continent through meditation and dialogue. The center of the campaign is a guided online meditation by Gurudev, which millions across the continent and globe participate in every year. This year, 1.5 million meditators from 23 countries from the continent joined in. The continent's thought leaders from diverse backgrounds engaged in dialogue with Gurudev, searching for ways to build Africa after Covid-19:

- Hon. Leela Devi Dookun, Member of Parliament, Minister of Education, Mauritius
- Dr. Ignatius Schoole, Chief Executive Officer, KPMG South Africa
- Prof. David Norris, Vice Chancellor, University of Botswana
- Dr. Adriane Marais, South African theoretical physicist, technologist
- Juliet Nambi Namuddu, Director, Education & Social Services, Kampala Capital City Authority
- Paddy Upton, Head Coach, professional T20 cricket
- Prof. Salim S Abdul Karim, epidemiologist
- Prof. Adam Habib, Vice Chancellor, University of Witwatersrand
- Kumi Naidoo, South African Human Rights & Environmental activist
- Manhar Mooney, businessman, Botswana
- Prof. Fred McBagonluri, President & Provost, Academic City College, Ghana
- Simon Kaheru, former Director & Chairperson, Uganda Broadcasting Corp., Uganda
- Mary Khaemba, Director, Rehabilitation & Welfare, Kenya Prisons
- Pearl Thusi, actress, TV, radio personality, South Africa
- Marlene Le-Roux, co-founder, Women's Achievement Network for Disability, South Africa
- Amb. Rudo M Chitiga, senior diplomat & development expert, Zimbabwe

**Prof. David Norris:** There are many documented benefits of yoga including the cultivation of self-awareness and well-being. How can yoga be practiced to address the paucity of leadership in society, governments, and many such conditions?

**Gurudev:** Leaders have tremendous pressure. They have to cater to the needs of the followers whom they are leading. Leaders have a huge demand on their time and attention. They need to have deep insight and understanding of a situation. Yet, our perception gets blurred and our intuition dies when we are stressed. For leaders to innovate or guide or to envision something, they must be calm. Meditation makes us calm and enhances our intuitive ability. It gives us courage when we need it the most.

**Paddy Upton:** Some leaders have led their people successfully out of these difficult times. What key things do successful leaders of organizations and countries have?

**Gurudev:** I would say that they are people who are committed to their work and put their heart and soul in it. The success is in the attitude rather than the result itself.

**Kumi Naidoo:** Can meditation help us solve one of the worst problems of humanity which is overconsumption?

**Gurudev:** When we are not sensitive towards the needs of others and we don't listen to nature, our planet is not in safe hands. 30 years ago, nobody cared about the planet. They thought that this was outdated thinking. Luckily, there is a lot of awareness now. Also, the current generation is different from the previous generations. I see that they are interested in minimalism. They just want happiness. Since

they have seen previous generations unhappy, they have realized that they don't want to live like this.

## Medical fraternity



Very early on in the lockdown, Gurudev acknowledged the services of the entire medical fraternity, and urged them to take care of themselves. He offered the services of the entire 30,000 Art of Living teaching workforce, making them available to help with dealing with stress; and to renew the enthusiasm and zeal of the healthcare workers for the efforts these essential service providers were taking on. Gurudev interacted with more than 200,000 healthcare professionals and 80,000 pharmacists during the lockdown and launched a special online breath and meditation workshop for healthcare professionals.

## Online Meditation & Breath Workshop for frontline workers



On May 13, The Art of Living launched the Online Meditation & Breath Workshop for frontline workers. With the Sudarshan Kriya at the center, the workshop has been designed to equip frontline workers with inner strength and the ability to fight the emotional stress while fighting Covid-19. As the first program began in ESIC Medical College in Hyderabad, Kishan Reddy, the honorable Minister of Home Affairs, Government of India, inaugurated the launch.

Kishan Reddy, Minister of Home Affairs, Government of India, encouraged the initiative, “The rishis emphasised the significance of moral and spiritual aspects of healing. The mind is an integral element in healing according to Ayurveda. I am sure this workshop will be immensely helpful to participants.”

“This is the time to stand shoulder to shoulder with frontline workers - the doctors, paramedics, essential supply workers, and policemen. On this occasion, I would like to acknowledge their commendable spirit of service and sacrifice. It is a tough time for doctors and we must help calm their anxieties. We need to make ourselves strong and our minds stable. We must find inner strength with

meditation. Using breath and meditation, we can strengthen our body and immune system. At this time, I want to assure you that we are there with you. Anything you need, The Art of Living fraternity as well as the country is there for you.” - Gurudev

Interactions with

- American Association of Physicians of Indian Origin
- England Indian Physician Association
- Global Physicians of Indian Origin
- Australian Indian Doctors Association
- Federation of Obstetrics and Gynaecological Societies of India (FOGSI)
- Indian Healthcare professionals
- Department of Pharmaceuticals, Govt. of India
- All India Ophthalmological Society
- Secretary General, Red Cross & Red Crescent Society

**Question from a medical professional:** “This disease is a three-month disease. We know nothing about its treatment. How do we keep calm during this situation when people around me are dying? If we are so stressed, how can we make people around us comfortable?”

**Gurudev:** You are in a war zone. There is no time to be anxious. In a war, you give your 100 percent and leave the rest to God. This faith can help us. Do Ujjayi breathing. Take long, deep breaths.



Our mind has the ability to attend to breath and control our adrenaline production. This is the time when we can only give maximum comfort to the patient and minimize the spread of the disease. There are other diseases also which do not have a cure. We somehow manage to deal with it by boosting our immunity. We can sit and brainstorm and send a message to the medical fraternity. We should do all within our capacity to remove fear.

**GV Prasad, MD & Co-Chairman, Dr. Reddy's:**  
Doctors, nurses, and scientists are under enormous pressure to fight this battle. I would like to request you to give a message on how to be calm and strong in this situation and be able to effectively cope with it.

**Gurudev:** If we look back at history, we'll see that there were similar rapidly spreading diseases on a smaller scale. There was a time when leprosy patients were isolated. 50-60 years ago, people were scared of tuberculosis. We've all overcome these situations. So, we must know that we will get over this. Now, the second point is that we have not been taught to manage emotions - be it the anxiety of the pandemic or other negative emotions. Yet, there is a way to manage our emotions through the breath since every emotion has a definite breathing pattern. We cannot directly manage our minds, but with the breath we can. The breath can help us find inner strength during these testing times. The Sudarshan Kriya breathing technique can help.

## Encouraging educators and students

Gurudev spoke to young students, teachers, professors, deans, and educationists across the

spectrum, providing hope and encouragement during a time of uncertainty and disruption. Gurudev prioritized and underlined the importance of education in the world today, giving teachers and heads of institutions the moral fortitude to continue inspiring their students. Interactions included sessions with 100 Vice Chancellors of Indian Universities, 60 Directors of Indian technical universities, 31 NIT Directors, CBSE board teachers, student panelists at IIT Guwahati, IIT Delhi, Directors of NIFT (National Institute of Fashion Technology) and directors of notable coaching institutes of India.



*“Real education is building strong and pleasant personalities. We hardly find any education that is giving that kind of attention. There was a time when parents gave a lot of attention, but today teachers have to work extra hard. There is a paucity of education in emotional intelligence and spiritual values for students. Spiritual experience can uplift a student’s life from aggression and depression. We need to teach students during this time to deal with all kinds of anxieties: be it Covid anxiety or job anxiety. Meditation can make a huge difference.” - Gurudev*

- Dorien Zevenbergen, Dutch Inspectorate of Education
- Claire Boonstra, Founder, Operation Education
- Rolf Winter, Leadership coach & consultant
- Emma Seppala, Science Director of the Stanford Center for Compassion & Altruism Research & Education
- James Doty, clinical professor of neurosurgery and director of Center for Compassion & Altruism Research & Education
- Bernadette Melnyk, Chief Wellness Officer, Ohio State University
- Dr. X Ben Wu, Professor & Associate Dean for Faculty Affairs
- Dr. Varun Soni, Dean of Religious Life at University of Southern California
- Dara Ghahremani, Associate Research Professor, Psychiatry & Biobehavioral sciences.
- CBSE board teachers and students
- Dr. Ashok Chauhan, Chief Patron, Amity University
- Dr. Atul Chauhan, Chief Patron, Amity University
- Dr. S Sachidanand, Vice Chancellor, Rajiv Gandhi University of Health Sciences (RGUHS)
- Dr. CN Manjunath, senior cardiologist, Director of Sri Jayadeva Institute of Cardiovascular Sciences & Research
- Dr. BN Gangadhar, Director & VC, NIMHANS

- Prof. Rajesh Shenoy, Dean, Allied Health Sciences, RGUHS
- Prof. TG Sitharam, Director, IIT Guwahati

## Improving mental well-being of students

**MOVING FROM CRISIS TO TRANSFORMATION IN EDUCATION**

EDUCATIONAL LEADERS IN CONVERSATION WITH **GURUDEV SRI SRI RAVI SHANKAR**

WEDNESDAY, JUNE 24TH  
10:30AM EDT | 7:30AM PDT | 8PM IST

[aol.me/youtube](https://aol.me/youtube)

Panelists include: Dr. Maria Gamboa, Assistant Superintendent, Newark, New Jersey USA; Kamaljeet J. S. Anand, Professor, Cleveland University School of Medicine, USA; Elizabeth Glavin Allen, Clinical Director, CUNY/CUNY Council, Mexico State; Dr. Kishore Kulkarni, Superintendent of Schools, Houston, TX USA; Dr. Richard Martinez, Superintendent of Schools, Pomona, California USA; Maruella Palao M.A., Superintendent of Education, State of New Mexico, USA.

**UTSAAH**  
KEEPING THE SPIRITS HIGH!

COACHING INSTITUTE DIRECTORS in conversation with **GURUDEV SRI SRI RAVI SHANKAR**

SUNDAY 19<sup>TH</sup> JULY 2020 4:30 PM IST

Panelists include: Dr. A.C. Chakraborty, Academic Director, The Institute of Management Sciences (IMS); Dr. S. S. Chakraborty, Academic Director, The Institute of Management Sciences (IMS); Dr. S. S. Chakraborty, Academic Director, The Institute of Management Sciences (IMS); Dr. S. S. Chakraborty, Academic Director, The Institute of Management Sciences (IMS); Dr. S. S. Chakraborty, Academic Director, The Institute of Management Sciences (IMS).

**MENTAL WELL-BEING OF STUDENTS DURING AND AFTER COVID-19 OUTBREAK**

SATURDAY MAY 9<sup>TH</sup> 2020  
11:30 AM IST

IN ASSOCIATION WITH NATIONAL PROJECT IMPLEMENTATION UNIT (A UNIT OF MHRD)

IN CONVERSATION WITH **GURUDEV SRI SRI RAVI SHANKAR**

Followed by Global Meditation

[/srisri](https://srisri.org)

SELP (Student Excellence & Learning Program) is an empowerment program created by The Art of Living and sponsored by the World Bank. SELP has helped improve the quality of life of thousands of students

in technical universities of India. Psychometric studies on 60,000 students have revealed that the program has had the following results:

- 83 percent elevated energy levels
- 76 percent decrease in stress levels
- 78 percent increase in belongingness
- 79 percent anxiety drop
- 81 percent boost in mental strength
- 62 percent reduction in fear

University students in the United States have also benefited from The Art of Living's special SKY (Sudarshan Kriya Yoga) campus Happiness Program, which focuses on yogic breathing techniques and social connectedness for stress management. As Gurudev interacted with university professors and educators, he shared insights on ways to improve the mental well-being of university students.

**Professor Ghodke, Chief Project Advisor for NPIU (National Project Implementation Unit) who has implemented SELP in universities:**

As soon as classes begin, we will roll out the online version of the SELP program for students.

**Lalit Kumar Awasthi, Director, NIT**

**Jalandhar:** At NIT, Jalandhar, we have been having YES Plus courses for 10 years and thousands of students have done the programs. The programs have brought improvement in the quality of life, better mental stability, better focus, and a healthier perspective towards life.

**Emma Seppala, Science Director of the Stanford Center for Compassion & Altruism:**

The mental well-being on US campuses has been declining. All research shows that happiness is a constant over the entire course of the lives of those who live beyond themselves, who pursue altruistic acts coupled with self-compassion and self-care. Gurudev, you have founded a university which focuses on student mental health care and service. Do you have any opening comments?

**Gurudev:** When you have to control the smoke, you have to control the fire. If the fire is ignited well, the smoke will disappear. So all feelings are like smoke. It is only a projection of what we are. If we try to manipulate smoke, it is not going to work. You cannot manipulate smoke. You cannot kindle feelings in yourself just like that. You have to go to the source. The source is the space in you that is free from stress. Have your understanding in the right place. Broaden your perception. If your perception is limited and you only think about yourself, you are bound to feel miserable. But when you are aware of the vastness of the universe and its changing nature, your feelings change. Change the context to life.

**Dr. S Sacchidanand, Vice Chancellor, Rajiv Gandhi University of Health Sciences**

**(RGUHS):** Our students are volunteering as Covid warriors, we are sending educational material to students, conducting regular online classes, and we have one personality talk to students about ways to de-stress every week. Our goal is to ensure that students do not get stressed and anxious.

Gurudev, can you share your suggestions?

**Gurudev:** There are four ways to battle anxiety. One, invoke valor inside you. Look back at your

life and observe that you have overcome anxiety in the past as well. When you wanted a seat in the university, you were anxious too but you overcame that. Seeing that gives you strength. Have faith in a bigger power. Know that it will never leave us. Third, look at the people who have a bigger problem than you. Your cause for anxiety will simply vanish. Fourth, practice meditation, pranayama, and yoga. Many US universities have kept such programs for credit. During this period, students should develop their skills and personality. They can learn different languages too.



## Re-inventing education

Insights that can guide towards education policies for the new future.

**Dorien Zevenbergen, Dutch Inspectorate of Education:** What do you think are the most important 21st century skills for students?

**Gurudev:** Children should have adaptability and emotional intelligence. Kids either block their emotions or they are vulnerable - small things upset them. We need to hone their abilities to be sensitive to others, sensible in their perception, and see other people's opinions as well. The spiritual wisdom to be centered is an important skill too.

**Claire Boonstra, Founder, Operation**

**Education, Netherlands:** In our current systems, we optimize efficiency and accountability. We don't want to go wrong. Our world is complex and uncertain. How can we organize this and justify doing well in our current society?

**Gurudev:** The children in Europe are trained to not make mistakes and be perfect and precise. This is very good and needed. In third world countries we need this all the more. Yet, there is certain freedom in expression which we find in the countries in the east. They are not so uptight about making mistakes. We can have a very good east-west combination. The West can learn that it is okay to make mistakes. That confidence in students might turn them into more open personalities.



**Shrinivasa Varakhedi, Vice Chancellor,**

**Kalidas University:** Sanskrit education is cornered in our country. How to attract young minds to our ancient shastras? How to bring sanskrit shastras in mainstream education?

**Gurudev:** In the 80s, we used to focus too much on grammar and focus very less on darshanas and darshan shastras. We should include some of our scriptures in our modern day education. For example, Kautilya's Arthashastras should be included in



economics. Vedic mathematics should be included in Maths. There are the rasa shastras - the study of substances and their qualities. The scripture of Spandakarika can be included in Physics. I should also mention that out of 58 universities in America which teach Indology, only one university is from Indian origin. There is a lot of interest in our scriptures, we need to bring the content of our scriptures to the notice of the scientific community.

## Inspiring youth



Interacting with youth influencers, Gurudev encouraged them to have courage and faith during this time. He also shared his solutions to the most prevalent issues faced by youth today. He especially touched upon challenges like frustration and anxiety about an uncertain future post Covid-19.

He also shared insights on issues most faced by youngsters today including the frustration of an uncertain future post Covid-19.

- Ranveer Brar, Content creator, YouTube influencer
- Prajakta Koli, Content creator, YouTube influencer
- Abhi & Niyu, Content creators, YouTube influencers

- Ananya Birla, Entrepreneur, Singer
- Frank Elaridi, Journalist, Co-founder, Modern Nirvana
- Kat Graham, Actor, Co-founder, Modern Nirvana
- Bryant Wood, Co-founder, Modern Nirvana
- Tabay Atkins, Youngest yoga teacher, USA
- Anushka Sen, Indian TV actor, Scientist, Social media influencer
- Davi Campolongo, Musical artist

*"Many of us are in a phase of wanting to try new things, career avenues and so on. When our minds start jumping from one thing to another, how to find a middle ground and maintain our mental stability?" - Prajakta Koli*

*"Meditation is very helpful in this scenario. It filters unnecessary distractions and improves intuition. Regretful incidents happen when our mind is cluttered. Meditation helps to declutter." - Gurudev*

*"How to deal with frustration and not knowing what will happen in the future?" - Ananya Birla, Entrepreneur, Singer*

*"First, we should know that it is a passing phase. This is the time to have patience. There are many things we can do at home. We can make a concrete plan - what is it that you want to do after Covid-19? The other thing we must do is to meditate - the restlessness will calm down." - Gurudev*

*“Why should youth be interested in spirituality?” - Rishabh Jain, Inventor, Researcher, Developer*

*“Spirituality should also be seen with a scientific temper. God is not someone sitting in heaven trying to punish you. It is space from where everything has come. Honoring life, each other and nature is the original worship of the lord. Spirituality is the science of consciousness. Movies like Inception have found inspiration from ancient scriptures. Dwelling on what is, is material science and dwelling on the question, “Who am I?” is spirituality.” - Gurudev*

*“There is a feeling of separation and anxiety that everyone in the US is going through because of the results of the elections and life in general.” - Frank Elaridi, Journalist, Co-founder, Modern Nirvana*

*“This battlefield is a temporary phase. Let us not lose faith in the judicial system. We may appear to be divided but there is a lot of unity. The “Black Lives Matter” movement was supported by people of all communities. When society is divided on political lines, there will be some disappointment. We must restrain our emotions and have faith in the democratic process. Let us try to deal with the injustices with a calm and collected mind rather than being driven by emotions.” - Gurudev*

## Business confederations

The implications for businesses and the workforce are manifold. In discussions with Business Associations, Gurudev has been addressing the challenges to economic and mental well-being.



Confederation of Indian Industry



Federation of Indian Chambers of Commerce and Industry

- FICCI (Federation of Indian Chambers of Commerce and Industry)
- PHD Chamber of Commerce & Industry
- Asian Americans Hotel Association
- CII, Karnataka (Confederation of Indian Industry)
- SCOPE (Standing Conference of Public Enterprises)
- ASSOCHAM (Associated Chambers of Commerce and Industry)
- NASSCOM (National Association of Software and Service Companies)



*“We must view this crisis as an opportunity where we innovate and rethink our business strategies. Fear and anxiety kills people more than the disease. During this time, we must invoke valor in the people we are working with. During a war, you invoke valor in yourself. If we don’t invoke valor, we’ll slip into depression. Invoke self-confidence. I am sure we will overcome this situation.”*

*- Gurudev*

**Anil Kumar Chaudhary, Chairman, SAIL:**

There is complete pessimism during this situation. How should leadership behave during this time? Leaders are like teabags. What is inside them only comes out when put in difficult situations. Leaders need positivity, good relationships,

and focus on targets. How can meditation help us bring positivity and optimism?



**Gurudev:** If the mindset is negative, pursuing great opportunities successfully also becomes difficult. We have overcome a lot of challenges in our own country. This is the time for cooperation and standing up to the situation. Breathing practices also invoke positivity. Challenge people to think creatively. It is not possible for corporations to do everything. All of us, spiritual organizations, NGOs, and the government together can bring society in the right direction.

“It will take time for people to be able to travel without fear. But, the fear won’t last very long. We must be better prepared for rainy days. To go through these tough times, we must strengthen ourselves with meditation which helps get rid of negative impressions (from the current constant flow of negative news) and improves intuition, that helps in decision making.”

## Multi industry professionals

Gurudev encouraged multi industry professionals to stay resilient during these tough times. He guided

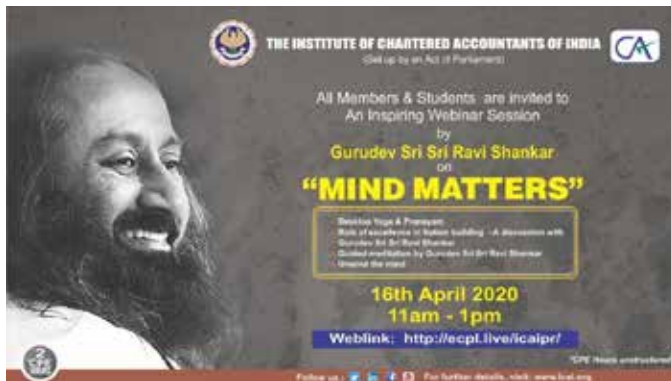


members of national apex bodies on work-life balance, inspired the younger generation, and more.

Income Tax Appellate Tribunal: 700 stakeholders including judicial members, accountants, government officials, and lawyers

- All India Federation of Tax Practitioners, an association of advocates and chartered accountants
- Institute of Cost Accountants of India
- Institute of Chartered Accountants of India
- Institute of Company Secretaries of India
- Institute of Directors, apex national association of Corporate Directors
- All India Management Association, national apex body for the management profession

“After World War 2, Europe, Japan and other countries were in a similar state. When we take this situation as a war, we invoke valor in us. Of course we need to work hard.



Governments will have to work with industries and migrant workers need to be reassured that all will be well. The fear clogging the population needs to be dealt with. We need to think that we are all starting from scratch. We as a young nation have lots of opportunities for the future. We have great minds. We have a robust innovative spirit. As

far as depression is concerned, yoga and meditation can help. Even doctors today who are scared for their own lives have found so much relief after learning meditation. We must have a long term plan. This is not the time to compete but to contribute. Usually in industries, there is competition. If we do that now, everyone will sink. We must cooperate and try to help each other. An era of cooperation will begin. It will happen all over the world, and a stronger value-based education will emerge.” - Gurudev



Panelist question from Institute of Corporate Directors: Is there a way for us to be happier, a race which contributes more and change the way we live?

**Gurudev:** What can take us through this time is confidence in the self which comes with meditation. If you look at the younger generation, they are not consumerists in nature. They are more focused on values and innovation. They are more compassionate. If we encourage them to be more caring, we will definitely have a more humane generation.

Panelist question from ICSI: How to draw a thin line between passion for one's profession and staying dispassionate?

**Gurudev:** “In life, we need three things. Passion, compassion and dispassion. If you are not



compassionate to yourself, it will take a toll on your health. Dispassion is like breathing out and passion is like breathing in. You should be dispassionate and give yourself some time to rest.”

## Industry leaders

Gurudev encouraged members of diverse industries to look at the current crisis as a war and fight the situation with grit and faith.

- Textile Industry
- Ceramic Industry
- Diamond Industry
- Chemists & druggists
- DRDO (Defence Research & Development Organization)
- Plastic Industry
- Travel Agents Association of India



“The future is yours. We need to reinfuse trust, enthusiasm, faith in our workforce and the energy to restart again; giving them the dream of a more prosperous india. We need to think of ourselves as soldiers as we rebuild the economy. The world is looking towards India for inner strength. It is important to awaken the humanity in people’s minds. When they pay attention to human values

only then will there be love, compassion, and a sense of belongingness for the whole planet.



We have a 7 days training program that will not only equip them with new skills but will also make them strong from inside; and that in turn will help them work with new motivation and enthusiasm after the pandemic is over. Meanwhile, let us have faith in God and have belief in the strength of our intentions. Meditate or chant - these practices give us inner strength and connect us within.



This is a war-like situation and in a war, we don’t get scared. We find courage and help each other.” - Gurudev

## Business leaders and entrepreneurs

Speaking to a wide cross section of private and public sector C-suite business leaders, Gurudev encouraged them to innovate and rethink the future strategy of their businesses. He also urged them to collaborate; safeguard the interests of MSME and SME sectors while developing resilience against economic and mental health disruption.

- Sajjan Jindal, CEO & Sangita Jindal, Chairman JSW Group
- Ajay Piramal, Chairman, Piramal Group
- Punit Dalmia, MD, Dalmia Bharat Limited
- Motilal Oswal, Chairman & MD, Motilal Oswal Financial Services Ltd.
- Ness Wadia, British Indian businessman
- David Frigsatd, Chairman, Frost & Sullivan
- YPO, South Asia, a global leadership community of chief executives
- Indian start-up entrepreneurs
- The Indus Entrepreneurs, a Silicon Valley non-profit supporting start-ups
- Mackay CEO forum, peer group for CEOs across Canada
- The Economic Times Leadership Council, premium platform for MDs and CEOs of India Inc.

“At a time when most businesses are hit hard, we must rethink our future strategy. To do that we must have a calm and peaceful mind. Questions like, “What are you running towards?” “Who are you?”, and ‘How can you be useful to others?’ can

help you find a new direction and inner strength during these times. To invoke creativity within us, we must realize that everything in this world



**Punit Dalmia**

India

*MD, Dalmia Bharat Limited*



**Ajay Piramal**

India

*Chairman, Piramal Group*



**Motilal Oswal**

India

*Chairman and MD, Motilal Oswal Financial Services Ltd*



**David Frigsatd**

USA

*Chairman, Frost and Sullivan*



**Anant Goenka**

India

*Executive Director, Indian Express Group*



**T. V. Mohandas Pai**

India

*Chairman, Manipal Global Education*

is uncertain and take some moments of quietude. Creativity arises from quietness and a few minutes of meditation can revive our spirit to innovate. It can also improve our intuitive ability. In addition, businesses will have to thrive on trust and the

goodness of people around. There is an unseen power which listens to our prayers and this big power is very compassionate and loving. With this in mind, we can get over any challenge.” - Gurudev

**Ajay Piramal:** What is seva and what is the right seva to do?

**Gurudev:** Seva means acting like him. Doing things the way the divine does for you without expecting anything in return. Seva is doing something without any expectations.

**Dr. Nancy Mackay:** What is your formula for inspired leadership?

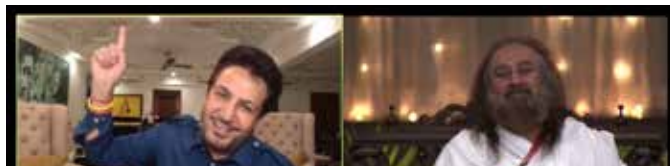
**Gurudev:** I have a simple formula - clarity in mind, purity in heart, and sincerity in action.

## Multicultural music

Gurudev interacted with artists and musicians bringing healing, happiness and fun during the lockdown. Gurudev encouraged them to heal the society through their art, and share lesser known insights into classical music and dance. Each instrument and sound has a particular impact on the nervous system, brain and consciousness. This science was practically experienced by millions, as soothing musical performances were also weaved into Gurudev's guided meditations, bringing healing and solace.

Millions meditated to the musical pieces presented by some of the artists during Gurudev's online meditations.

- Shankar Mahadevan
- Asha Bhosle & Zana Bhosle
- Violin maestro Kala Ramnath
- Veena artist Rajesh Vaidhya
- Bharatanatyam artist Shobhana
- Drums player Drums Sivamani & Playback singer Runaa Sivamani
- Carnatic singer Mohana Kumari
- Daler Mehendi performed verses from the Guru Granth Sahib
- Mandolin Maestro U. Rajesh
- Mika Singh
- Dhrupad artists Gundecha Brothers
- Carnatic musician K.S Chithra
- Punjabi singer Gurdas Maan
- Bollywood music composer Salim Merchant
- Musicians Bombay Jayshree & Vijay Prakash
- Wadali brothers, Sri Puran Chand Wadali & Lakhwinder Wadali
- Pandit Bhajan Sopori & Rustom Sopori



Gurdas Maan



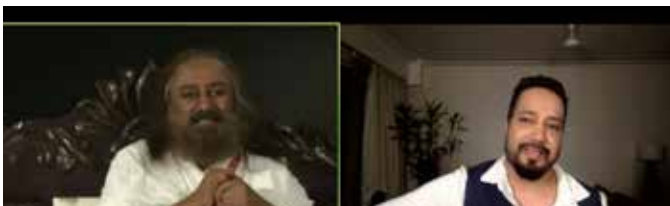
Drums Sivamani & Runaa Sivamani

Padma Shri awardee Drums Sivamani performed with home utensils, clay pots, and dinner

plates, encouraging the audience to create rhythm at home during the lockdown.



Kala Ramnath



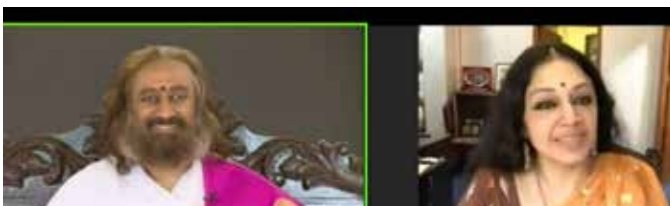
Mika Singh



K.S Chithra



U. Rajesh



Shobhana

“A child first sings with aaa and then language comes. When we are caught up in thinking, we forget music. When music is in our lives, it uplifts us and unites people. We should

encourage everyone to engage in music. It keeps them out of stress and connects people.”

“Music and meditation go together. Words stretched is music and mind stretched is meditation.”

“My mother used to play the Veena for two hours daily, even before I was born. During my college days, when my principal told me that there was not even a single entry for classical music from our college, I took it up as a challenge and learned a piece on the Veena and played it in the semi-finals and finals. I came home with a big cup. My principal was very proud. Later on, I started practicing and learning from a teacher.”

“The universe is filled with dance. When you sit for meditation, your soul dances from inside. The universe is a play of consciousness where everything has a certain rhythm.”

“Sage Bharath was a great dancer. He wrote scriptures on dance. The knowledge of the dance form Bharatnatyam comes from him. Bharatnatyam is full of sign language. It takes you beyond language and connects you with feelings behind the dance piece. The specialty of ancient dance forms lies in the combination of feeling and meaning.”

## Sports fraternity

At a time when sportspersons cannot go out and train, Gurudev raised the morale of the sports fraternity. As the body and mind both contribute to the performance of a sportsperson, Gurudev's insights on how to improve performance and mental fortitude were significant and powerful.





- Sakshi Malik, Indian freestyle wrestler, Olympic bronze medalist



- Yogeshwar Dutt, Indian freestyle wrestler, Olympic bronze medalist
- Sanjeev Rajput, Arjuna awardee Indian shooter
- Yuvraj Singh, Indian cricketer
- Pullela Gopichand, Chief National Coach of the Indian Badminton Team
- Bruny Surin, Canadian track and field athlete, Olympic gold medalist
- Georges Laraque, Canadian sports commentator and former ice hockey player

- Jean Pascal, Canadian professional boxer
- Scott Davis, American former competitive figure skater
- Shyamal Vallabhjee, South African sports scientist, performance coach, and TEDx speaker
- Inge Andersen, Norwegian sports and coach official
- Christoph Daum, German professional football manager
- Tom Farrey, Director of Aspen Institute of Sports & Society Program
- Heinz Gunthardt, retired Swiss Tennis player
- Anja Hammerseng Edin, former Norwegian Handball player
- Peter Marti, former Swiss football player
- Sarah Lewis, General Secretary of International Ski Federation
- Pankaj Advani, India Billiards player, World Champion

- Vijender Singh, Indian professional boxer, Olympic Bronze medalist



## Re-imagining sports during covid

Don't lose your sportive spirit even if you cannot go out and play. Go inwards, meditate and ward off the tendency to get either depressed or aggressive. - Gurudev

**Bruny Surin:** The covid crisis has been going on for two months. What would be the best way to deal with it? It is hard to tell people to even smile during this time.

**Gurudev:** Sitting and crying will not help either. We all must find inner strength and solace. The calmness inside will help. This is the time when we need to keep the hope alive. We need to keep our sportive spirit. We must assure everyone that all will be well.

## Re-defining sports

"Today, wars are fought like sports and sport is played like war. This is unfortunate. That is why sportspersons feel pressured to take performance enhancing drugs. Sportiveness is at times missing. In sport, joy is not just in winning at the end. Joy is in the very process itself. There should be celebration from the moment players enter the field. There is

pleasure when wars are won and there is sadness when they are lost. However, sports should be enjoyed from the very moment the event starts. That is what sports is all about." - Gurudev



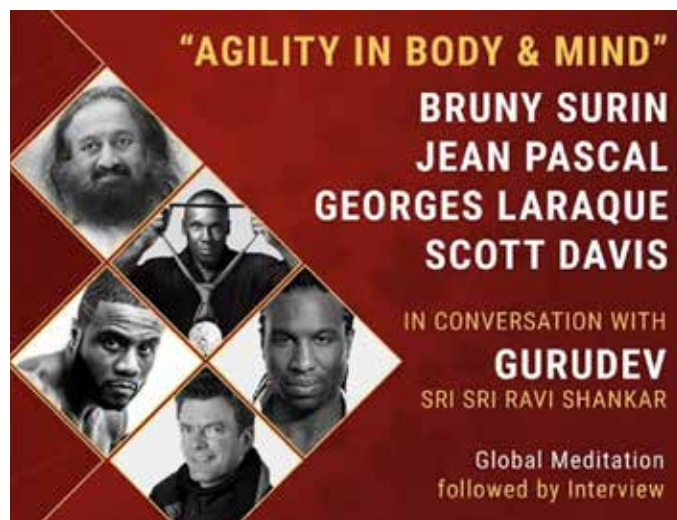
**Sakshi Malik:** Sometimes while playing, things don't go in favor and negative thoughts arise. That deviates me from the target. What to do at that time?

**Gurudev:** In play, sometimes there is victory and sometimes there is loss. Take it as a part of life and treat it like that. We must stay steadfast and not get disappointed.

**Anja Hammerseng Edin:** I realized that players equate their worth to what they achieve. I used to feel like no achievement was ever enough to feel good and peaceful. I thought about how to feel good without the external stimuli of achievements. So, I learnt to meditate. It helped realize I don't need gold medals to achieve peace. I can feel good and still enjoy the game.

**Gurudev:** Meditation can improve a sportsperson's performance by raising their energy levels and providing deep rest. It also helps them stay enthusiastic. We lose energy when we think about the past or worry about the future. Meditation keeps us in the present and saves our energy.

## Wisdom insights for the 21st century player



**Jean Pascal:** How can I find my true path after my boxing career?

**Gurudev:** You can reach out to young people who are into drugs and other harmful activities. They are struggling with aggression and depression. If a boxer has sadness, he cannot box well. We need to help youth come out of both these tendencies. Youth need inner peace. If a person feels insecure or angry, that is what they share with the world. Let us imagine a world free from stress and violence. We can help youth grappling with these challenges.

**P Gopichand:** Sometimes when you have negative emotions, you use high knowledge and that emotion's potency reduces. How do we stop them in the first place?

**Gurudev:** The more we try to control negative thoughts, it will be counter-productive. We should take it as a part of life.



**Shyamal Vallabhjee:** I train sportsmen to get out of their comfort zone. How to push ourselves out of our spiritual comfort zone? How to find balance in life?

**Gurudev:** When we embrace uncertainty in life, then nothing shakes you. Spirituality makes the whole universe your comfort zone. When your comfort zone extends to infinity, then you are in the spiritual center.

**Shyamal Vallabhjee:** There is an element of doubt in the CEOs and athletes I work with. What should our relationship with doubts be as we aspire to become better versions of ourselves?

**Gurudev:** We need to understand the nature of doubts. We always doubt the positive. We doubt the love and honesty of someone. Not their hatred. We doubt our happiness. Not our depression. Just the fact that you doubting something of a higher pedestal indicates that it is positive.

## Inspiring players to reach out

Our youth should take inspiration from you. I would want youth to take training from you all, the sports champions of our country. If given the right direction, youth can really come out as champions in the future. - Gurudev



**Yogeshwar Dutt:** Sudarshan Kriya has benefited me a lot. In 2014, I also took inspiration from you, Gurudev to build a sports academy. Today, 150 children and youth are working hard to bring pride to the nation.

## Heart-to-heart: Conversations with the Indian film fraternity

Gurudev's conversations with artists have been helping people connect and heal in a very special way.



He interacts with the film fraternity in India in a series called heart to heart. Film stars speak from their heart about their own lives, their quests and their everyday questions.

- Karan Johar, Film Director
- Rajkumar Hirani, Film Director
- Sonakshi Sinha, Actor
- Kapil Sharma, Stand-up Comedian, TV Anchor
- Ekta Kapoor, Director & Producer
- Sanjay Dutt, Actor
- Anand L Rai, Film Director
- Badshah, Indian Rapper & Artist
- Sonu Sood, Actor
- Varun Sharma, Actor
- Madhur Bandharkar, Film Director
- Ashwiny Iyer Tiwari, Filmmaker & Writer
- Dinesh Vijan, Film Producer
- Bhumi Pednekar, Actor
- Monali Thakur, Actor & Singer
- Shaan Mukherjee, Singer
- Hema Malini, Actor, Politician & Artist
- Isha Deol, Actor
- Dr. Shiva Rajkumar, Actor & Producer
- Nitish Bharadwaj, TV, Film Director & Actor, Marathi film fraternity
- Anupam Kher, Actor
- Krishna Bharadwaj & Pankaj Berry, Tenali Rama & Tathacharya

**Karan Johar:** What is the difference between spirituality and organized religion?



**Gurudev:** Spirituality unites people; it is about the spirit. We are made up of both matter and spirit. Our body is made up of amino acids, protein, carbohydrates but our spirit is made up of joy and enthusiasm, compassion, love, character, confidence - all these. Anything that enhances the spirit is spirituality. Anything that gives you more love, joy, a sense of compassion. Usually, I say religion is the banana skin and spirituality is the banana within. So when people throw away the banana and hold on to the skin – that is when we get conflicts.



**Lara Dutta:** How to stimulate creativity?

**Gurudev:** First of all, don't get too much hung on creativity.

So the feverishness

of 'I want to be' will be the main block. When you meditate and just sit in a quiet corner of your room, you will get many creative ideas.

**Sonakshi Sinha:** How to deal with depression?

**Gurudev:** Think of how you can contribute to the happiness of others. When we keep thinking about ourselves, there is a high chance that we break down. Also, when we go out and reach out to others, the kindness and connection with people can take you out of depression.

**Kapil Sharma:** How to overcome negative thoughts?



**Gurudev:** Hug all your good and bad thoughts and the mind will become more peaceful. Every incident has two sides - positive and negative. The pandemic has forced us to pause and introspect. We are now asking the important question - what do we want from our lives?

**Sanjay Dutt:** Gurudev, what would you like to say to the youth about the drug menace?

**Gurudev:** To overcome addiction, we need a bigger addiction. I would encourage youth to walk with a bigger vision and pledge to work for nation-building. The joy of an altered mind from drug use can be derived from meditation. I understand that quitting drugs is difficult. However, if you show willingness, we can help you get off drugs with ease.



**Shaan Mukherjee:** Does karma move to re-birth or in this life itself does it get finished?

**Gurudev:** Both. Some karma stays and some karma gets finished. For example, we don't remember what we had for breakfast last week. Yet, we remember a derogatory remark told to us ten years ago.

**Monali Thakur:** What is The Art of Living?

**Gurudev:** The Art of Living is to keep an undying smile and to blossom to your fullest potential.

## Thought leaders

Sharing insights on a range of areas including wellness during Covid times, happiness, society, and meditation. Gurudev also held special panel discussions, discussing ways to bring down instances of domestic violence during lockdown, to prevent suicides, and battle the current and post covid-19 scenario.

- Luke Coutinho, Wellness Coach
- Bela Gill, Chef & Nutritionist
- Mohandas Pai, Padma Shree Awardee; Chairman, Manipal University
- Ismael Cala, Journalist from Cuba
- Shekhar Mehta, President, Rotary International
- Luis Novaresio, Journalist, Argentina
- Dr. Subramaniam Swamy, Member of Parliament, India
- Claudia Lopez Hernandez, Mayor, Bogota, Colombia
- Anant Goenka, Executive Director, Indian Express Group
- Indira Jaising, Legal Human Rights Activist
- Suhel Seth, TV Pundit & Columnist
- Juliana Paes, Film & TV artist, Brazil
- Prof. Pat Utomi, Management Expert & Professor of Political Economy
- Apeksha Haldia, Founder, Zayka ka Tadka
- Luis Javier, Founding Partner & President, Mesoamerica Investments, a Latin American PE firm
- Fabricio, CEO, Coca Cola, Mexico

- Alexandra Kissling, Co-founder, Vital Voices, Costa Rica
- Jagan Chapagain, Secretary-General, International Federation of Red Cross & Red Crescent



**Bela Gill, Chef & Nutritionist:** What kind of food should we eat and avoid during the pandemic?

**Gurudev:** Avoid white sugar as it reduces immunity, take turmeric and black pepper, eat easily digestible food as all of us have reduced our physical movement during the pandemic.”



**Juliana Paes, TV & Film Actor:** How to overcome insecurities?

**Gurudev:** Wake up to the reality that the world is temporary. Seeing the world from a broad perspective helps one overcome insecurities.



**Luis Novaresio, Journalist, Argentina:** How can people who are not used to meditation, meditate? How can meditation help battle fear during these COVID times?"

**Gurudev:** People watch television, read books or play games when at home. We should do all that but when you are tired, sit on a chair, close your eyes, and follow a guided meditation. You can meditate just before your meal. Millions are meditating around the world.

Fear is an imbalance in the adrenal gland. Breathing techniques control your endocrine system. Also these techniques activate the vagus nerve which makes you feel calmer and clearer. That is why meditation is important.

**Luis Javier, President, Mesoamerica Investments:** Why is the understanding that you do not control anything so powerful? What is the role of service?

**Gurudev:** When we try to control, we realize that, in reality, we cannot control many things. This makes us uncomfortable. But when you accept it,

you become calmer, more creative and spontaneous. The role of service is to be useful to others. Service is where our existence means something to those around us. Service is sharing joy. Contributing to others' lives gives immense satisfaction.



**Jagan Chapagain, Secretary-General, International Federation of Red Cross & Red Crescent:** There cannot be an individual response, individual country response. There have to be strong global and multilateral efforts, bringing everybody's resources and energy together. If we do that, we will be successful. If we don't do that, we might be losing many more lives before learning lessons.

**Gurudev:** Mental health is very vital for those affected as well as volunteers. It is inner strength that can help us cope with situations

## Fighting domestic violence during lockdown

- Smriti Irani, Minister, Union Cabinet of India
- Katherine Clark, United States representative
- Fabiana Tunez, ex-executive Director, National Institute of Women Defender of Human Rights of Women and Children from Argentina



- Angela Ofori Atta, Head of the Department of Psychiatry at the University of Ghana
- Romila Sen, Board Member, IAHV



“The root cause of aggression is stress. People in stress are not even able to communicate properly. What we can do is to encourage non-violent communication, and ensure that people have a balanced mind. Meditation helps find inner peace and a person with inner peace is able to communicate better, see other’s point of view.” - Gurudev

## Decoding secrets of happiness with panelists of the World Happiness Festival



- Luis Gallardo, Founder & President, World Happiness Festival
- Teresa Viejo, Spanish Journalist & Writer
- Rajagopal Raghunathan, Professor of Business at McCombs School of Business

“If every living being has a purpose in life, then how do they find it?” - Luis Gallardo, Founder & President, World Happiness Festival

“If you see, the purpose of decorating our house is to appreciate it and feel happy. There is beauty in creation to make you feel happy. The purpose of life is to live it fully. It does not matter what you do. What matters is if you feel full and happy doing whatever is that you are doing. Our actions are in the pursuit of happiness, yet happiness is in our very being.” - Gurudev

## Fighting suicides and depression: World Suicide Prevention Day



- Dr. Sudhir Khandelwal, Senior Consultant Psychiatrist
- Prof. Ronnie Newman, Director of Research & Health Promotion, The Art of Living
- Dr. Sangeeta Mahajan, Anaesthesiologist, St. Thomas Hospital, London
- Dr. Rakesh Chadda, Chief, National Drug Dependence Treatment Center, AIIMS
- Dr. Laurie Hassel, Director, Crisis and Short term Intervention at the Canadian Mental Health Association in Ontario, Canada



- Dr. Akshya Vasudev, Associate Professor of Psychiatry & Neurosciences, Western University, Ontario, Canada
- Dr. Ramanan Laxminarayan, Founder & Director of the Centre for Disease Dynamics, Economics and Policies, New Delhi & Washington

“How can we create a society that has empathy for people living with mental difficulties and with their families and not stigmatise them?” - Dr. Sangeeta Mahajan

“We need to assure our young generation to them –they are not alone. There is enough humaneness in society. Everybody is there for them. This assurance is not just for young people but in fact even for housewives. During this pandemic, we need to share this message across to everybody. As you rightly said, there is stigma. People don’t disclose any issue with their mental health - such sharing would help others. On the other hand, nobody is hesitant to say: ‘Oh look, I have diabetes’.

It’s often said: when you walk around and see a sad face, don’t pass by. Just stop and talk to them. Socially connecting with people, talking to them is very essential. When we do this, we will be able to open up many hearts and minds. Social Security is not only what the government gives but also the security that society gives each one.” - Gurudev

## Discussions with world leaders

- Bishop Dr. Marcelo Sánchez Sorondo, Chancellor of the Pontifical Academy of Sciences & the Pontifical Academy of Social Sciences
- Dr. Katarina Barley, Vice President, European Parliament

- Tim Ryan, Congress Member, USA
- Dr. Geetha Krishnan Gopalakrishna Pillai, Technical Officer, Traditional Complementary and Integrative Medicine Unit, World Health Organization
- Dr. Sanjay Pradhan, former Vice President, World Bank
- HE Mohamed Moncef Marzouki, Former President of Tunisia
- Lojze Peterle, Former Prime Minister of Slovenia
- Jo Leinen, Former Member of the European Parliament
- Heinz Günthardt, Coach of the Swiss Fed Cup Team
- Erik Solheim, Former Head, UNEP
- James Killian, Professor of Economics, Massachusetts Institute of Technology

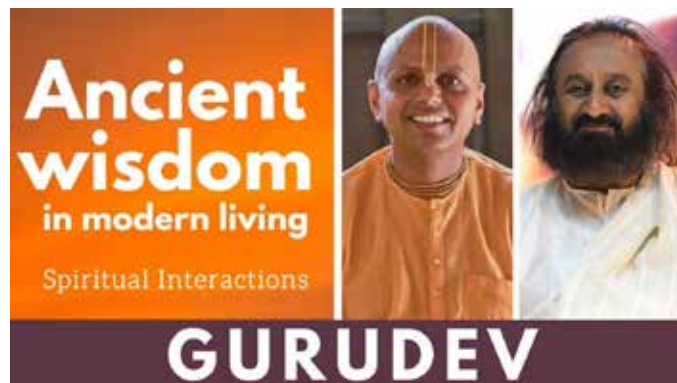


## Uncovering gems of wisdom with spiritual leaders

Inspiring masses to lead lives with happiness, peace, and the philosophy of a one world family.



- Swami Ramdev, Yoga guru
- Maulana Sajjad Nomani, renowned Islamic scholar
- Gaur Gopal Das, International Society for Krishna Consciousness



“What is your inspiration?” - Gaur Gopal Das

“If you have seen a nice movie, you share it with others. The nature of joy is to share. When you get connected to that one thing, you automatically share it with others. I tell people to have clarity in mind, purity in heart, and sincerity in actions.” - Gurudev

“Doubts on ourselves and others lead to depression. Physical exercise, pranayam, meditation can

help overcome depression.” - Swami Ramdev

“The principle underlying India is Vasudhaiva Kutumbakam, the world is a family. It is the mantra of love - that no one is the other. Everything here is full of God. We all are a part of that one light. In our consciousness, there is love and the skill to embrace everyone. Spreading fear in the name of religion is not right. These days people speaking about peace are fewer in number while others who want to create fear are rising in number. The ones who want to bring peace and harmony, and do good work must raise their voice.” - Gurudev

“The good things said in our country have not been said anywhere mainly because of our spiritual heritage. But something has prevented us from taking their essence and transforming our hearts. The distorted version of religion is giving rise to inequality and injustice. Until the heart does not transform, changing laws won't help.

There is no religion which is only of India and no religion which is a foreign one. Can the sun be called to be of one country alone? As Gurudev said, we must raise our voice for peace, but we must also raise our voice against wrong and injustices.” - Maulana Sajjad Nomani, renowned Islamic scholar

## Global environmentalists

- Erik Solheim, Former Executive Director of the UN Environment Program
- Rebecca Le Moine, MP and Environmentalist, Sweden
- Nicolas Hulot, Former Ministry of Ecology,

Journalist, Writer, Environmentalist, France

- Johan Rockstrom, Professor & Environmentalist, Sweden
- Dr. Vandana Shiva, Environmentalist
- Jan Eliasson, Former Deputy Secretary-General, United Nations, Sweden

Gurudev addressed environmental thought leaders at the World Forum for Ethics in Business.



**Erik Solheim:** The worst that COVID-19 has brought is the quarrelling between nations, and the best is the outburst of humanity. Businesses are changing, many are promising to go carbon negative. We need to be much greener after the pandemic.

**Gurudev:** Mankind has been living in harmony with nature for millennia. It is possible to live with nature. What breaks the harmony is greed. Human greed is destroying the planet.



**Nicolas Hulot:** Freedom means different things to different people but very often it is misunderstood. The source of freedom is not the absence of rules but the rules you fix for yourself.



**Vandana Shiva:**

What is your opinion on the sentence of nature and plants?

**Gurudev:** We are made to think that everything is inert and gross. Life is

not given importance. But when you see from a child's point of view, even the sun is a living being. Cultures around the world have assigned genders to stars and planets. Water can store memory. The fact is that everything in the universe has life.



## HIGHLIGHTS OF EVENTS BETWEEN JANUARY-MARCH

**Addressed thought leaders at diverse events including**



- International Conclave on Globalising Indian Thought at Kozhikode, Kerala



- Business conclave 2020 at Sri Ram College of Commerce



- 2nd Corporate Wellness Conference organized by the Confederation of Indian Industry (CII) in Mysuru



- International Yoga Festival, Rishikesh



- International Women's Conference, Bengaluru



## Meditations & dialogue for peace



**\*Conducted an online meditation for peace in the Middle-East, attended by millions & held an interaction to find peace in the Middle-East.**



“We have to give supplies in a distressed area: materials, food, clothing, and other amenities, but that alone will not suffice. We need to give them inner strength and confidence that human values are still alive and people are with them. The assurance in their inner power has to be given and that is what exactly IAHV and Art of Living are bringing to people around the globe.” - Gurudev, at Meditation for peace in the Middle-East



**\*Appealed for peace in the wake of Delhi riots, visited riot-hit localities**



## Rural Karnataka tour



Evening of music and meditation at Shahpur, Karnataka



Evening of music and meditation at Kalaburagi, Karnataka

Gurudev's tour spanned from Kateel, Kalaburagi, Basavakalyan, Maniknagar, Raichur, and Shahpur where he inspired businessmen, students, farmers, and the general masses.



Temple of knowledge inauguration at Kalaburagi, Karnataka



Inauguration of a open air meditation center at Maniknagar, near Humnabad, Karnataka



Chief Guest at the Brahma Kalashotsav at Sri Durga Parameshwari Temple which happens once in 12 years in Kateelu, near Mangalore, Karnataka



Chief guest for an event at Muchalamba near Basavakalyan at Kalaburagi, Karnataka

--	--

## 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)



IAHV.ORG