

## Gurudev Sri Sri Ravi Shankar

### GLOBAL INITIATIVES

2021

Gurudev 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.

Gurudev 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, Gurudev 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, Gurudev 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.



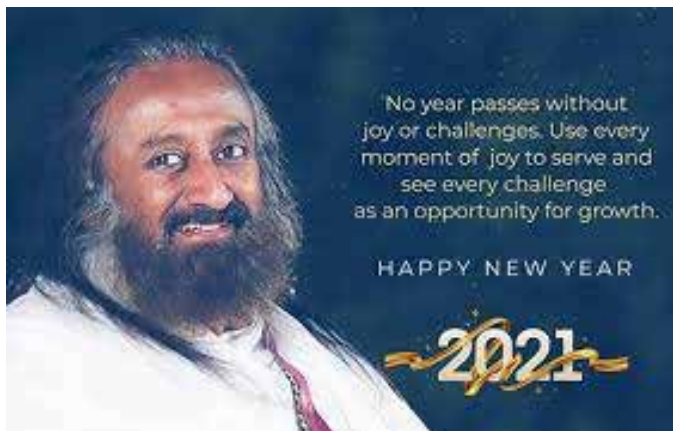
2021  
IN REVIEW



*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.*

## New Year Celebrations

JAN 1



Millions attended New Year celebrations with Gurudev which included a special guided meditation by Gurudev, international cultural performances from nine countries.

Gurudev also gave a special New Year message, reflecting on the past and the coming year. He said, "It has been a challenging year. But, one thing - the zeal and enthusiasm of mankind has not stopped. We have kept that flame alive. Despite all challenges, our experience in caring and sharing for the people

of the planet has only grown. Has grown manifold I would say. You know, our human mind has an enormous capacity to adjust, accommodate, acclimatize for any situation, for any eventuality."

He added, "The coming year is going to give us a much-needed spirit of enthusiasm and willingness to care and share for each other and move towards greater progress in personal life and social life."

## Appeals farmers to take up natural farming at the National Horticulture Fair

FEB 8



Gurudev inaugurated the National Horticulture Fair that was organized by the Indian Institute of Horticulture Research (IIHR) in association with Art of Living's SSIASST (Sri Sri Institute of Agricultural Sciences and Technology).



In his address, he emphasized that India is a land of agriculture and appealed to farmers to take up natural farming. He said, "The floral diversity of India is indeed a model to the entire world. All our medicinal plants, especially the ones grown as horticultural products have achieved fame overseas as health-inducing products."

He added, "The farming system has to change and farmers must take up natural farming."

## Delivers valedictory speech at the Central Zone Vice-Chancellors' conference

FEB 9



Gurudev delivered the valedictory speech at the online Central Zone Vice-Chancellors' conference organized by the Association of Indian Universities and Sri Sri University on promoting quality, research, and internationalization in higher education.

## Inaugurates BGS Cricket Stadium and BGS International Academia School

FEB 9



Catering to the demands of sportspersons in Bengaluru, Gurudev and Chief Minister BS Yediyurappa inaugurated the BGS Cricket Stadium and BGS International Academia School with Pujya Nirmalanandanatha Mahaswamiji, Karnataka Chief Minister B.S Yediyurappa, Karnataka Deputy Chief Minister Dr. Ashwathnarayan C.N, Kiccha Sudeepa, Rahul Dravid, and other dignitaries.

Gurudev at the inauguration said, "Youngsters are spending precious time on mobiles and computers. Instead, they should come to stadiums. It would make them physically and mentally fit."

## Interacts with women scientists

FEB 11

Gurudev interacted with the eminent women scientists Dr. Bhavani R.V, Dr. Ritu Aneja, Dr. Shashi



Bala Singh, and Dr. Sudha Rao, and discussed the role of global ancient knowledge systems in the modern world.



## Addresses members of KASSIA

FEB 12



Gurudev addressed the members of the Karnataka Small Scale Industries Association (KASSIA) on the occasion of their Founder's Day.

## Leads a Meditation Masterclass

FEB 13



Gurudev conducted a Meditation Masterclass for more than 2,200 people from across the Middle

Eastern & Gulf countries also attended by eminent dignitaries.

## Discusses ancient solutions for modern health challenges

FEB 18



Gurudev interacted with Dr. Vijay Chauthaiwale, Dr. Naresh Trehan & Dr. Selvamurthy W at the International Conference on Global Ancient Knowledge Systems and discussed the ancient solutions for modern health challenges.

## Discusses ways to renovate education

FEB 18



Gurudev interacted with AICTE (All India Council for Technical Education) Chairman Anil Sahsrabudhe, Vice-Chairman Dr. MP Poonia, member secretary Prof. Rajive Kumar, Director Ravindra Kumar Soni, and other office-bearers discussed 'Rethinking Education - A journey through inner transformation.'

## Addresses K L University

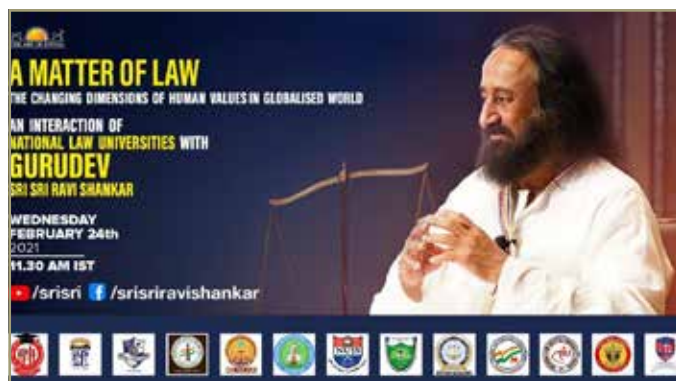
FEB 22



Gurudev addressed the management, staff, and students of K L University on 'Building Competencies and Reducing Stress for Better Living.'

## An interaction with lawyers,

FEB 24



Management and students from 14 National Law Universities joined Gurudev for an interactive session on 'A Matter of Law - The changing dimensions of Human Values in Globalised World.'

In his address, Gurudev inspired lawyers to spare some time for a right-brained activity like music and fine arts. He said, "If you don't give any activity to the right brain, it will create a problem for you, health-wise and attention-wise. So, I would suggest all lawyers, law faculty, and students of law spare some time for music as well. Music or

any type of fine art for half an hour every day can balance the activity in the brain. It energizes you and makes your attention more focused. Nothing else can center you like meditation. So, a few minutes of meditation, a few minutes of music can make our young people great lawyers."

## Inaugurates four new Research & Innovation centers at Sri Sri University

FEB 24



Gurudev virtually inaugurated the four new Research & Innovation centers along with the Faculty of Emerging Technologies and Sri Sri School of Cyber peace at Sri Sri University. These centers will become pioneers in finding disruptive solutions to challenges faced by humanity.



## Interacts with RJs of Fever FM

FEB 27



In a special interaction with RJs of Fever FM, Gurudev shared tips on happiness, ambition, success, and life.

*“Complacency is not contentment. Nor speeding is contentment. Ambition is good but over-ambition can kill your values,”*

~ Gurudev Sri Sri Ravi Shankar

## Interacts with young scientists

FEB 28

On the occasion of the National Science Day, young emerging scientists from fields as diverse as nuclear medicine, physics, earth sciences, innovation and management came together for a conversation brimming with insights and exchange of ideas, with Gurudev.

Jyothsana Komaragiri, who is working with CERN Collider, asked about how the visible universe as we know it is just 5% and the rest is dark matter or dark energy and what ancient scriptures say about it, Gurudev pointed out that, on very similar lines, the world of names and forms (Nama and Roopa) everything visible or measurable was called ‘Maya’, or that which doesn’t have an existence of its own.



Some of the other esteemed guest scientists present on the occasion included Dr. Vikram Vishal, Associate Professor, Earth Sciences, IIT Bombay; Dr. Suruchi Jain, Assistant Professor, Nuclear Medicine, AIIMS Bhopal; Dr. Jyothsana Komaragiri, Assistant Professor, CHEP, IISc; Dr. Ajinkya Navare, Assistant Professor, OB and HRM, IIM Jammu; Ramesh Soni, Co-founder and CEO, Vayu-Jal Technologies; and Divya Kanchibotla, Executive Director, SSIAR.

## Inaugurates new building of Sri Sri Ravi Shankar Vidya Mandir East School

BENGALURU, KARNATAKA, MAR 1



Gurudev inaugurated the new building of Sri Sri Ravi Shankar Vidya Mandir East School at Bengaluru along with Minister for Forest, Mr. Aravind Limbavali.

Inspired by Gurudev Sri Sri Ravi Shankar, Sri Sri Ravi Shankar Vidya Mandir (SSRVM) Trust has been providing a world-class, value-based, holistic education to students across various age groups and various fields of study since 1999.



## Addresses participants of International Yoga Festival 2021

MAR 2

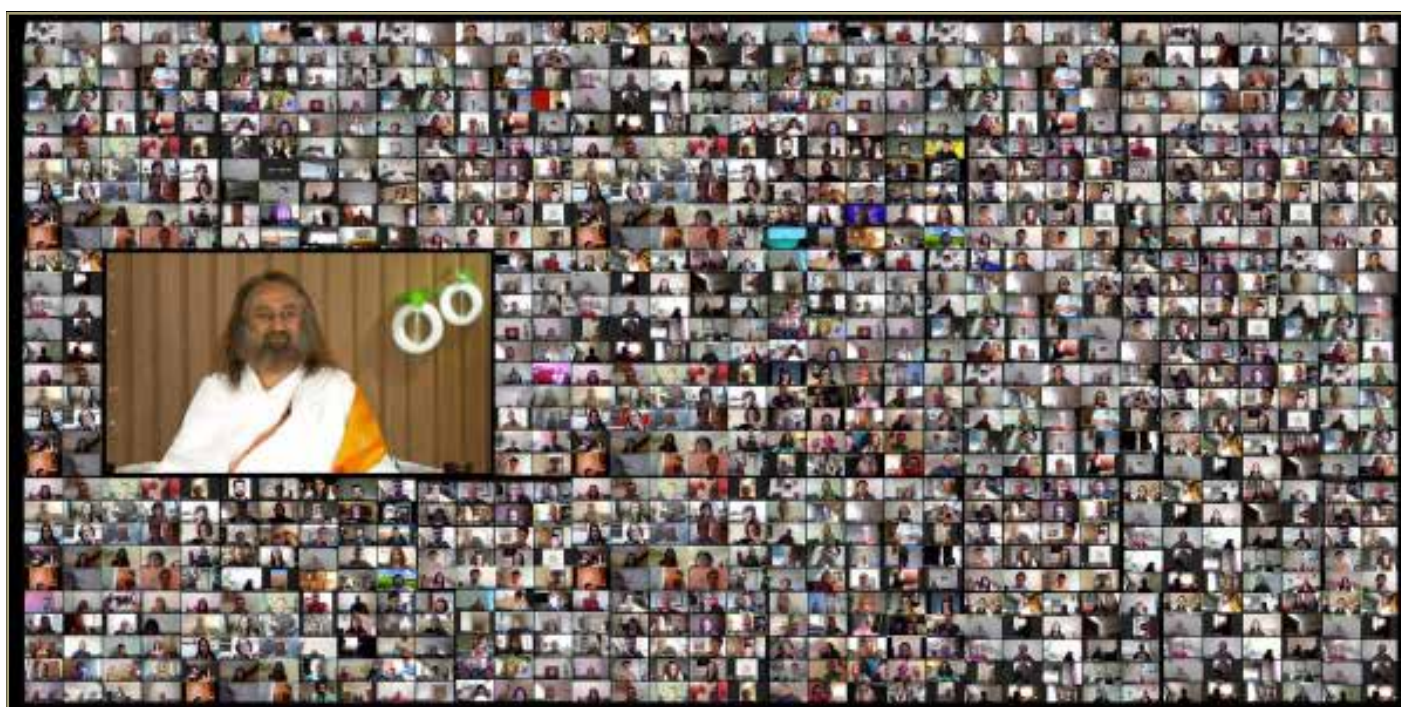


Gurudev addressed the participants of International Yoga Festival 2021, organized by the Uttarakhand government.

## Addresses participants of Online Breath & Meditation Workshop

MAR 3

Gurudev addressed more than 5,000 people from 43 European countries who participated in the Online Breath & Meditation Workshop. The workshop helped the participants find relief from the anxiety of the current crisis.





## In conversation with Divya Khosla

MAR 20



In the second season of the Heart to Heart series, Gurudev converses with actor and producer Divya Khosla about life, purpose and spirituality.

An excerpt from the conversation:

**Divya Khosla:** *How do we discover our purpose?*

**Gurudev:** *You are an actor & producer. It is a role assigned to you. Everyone has their own role. In spite of that professional role, your aim should be to be happy and spread happiness. When you do that, then life is meaningful. Otherwise, no matter what you do, you will not be happy.*

## In conversation with Wardha Nadiawala

MAR 21



In the second season of 'Heart to Heart' series, film personality Wardha Nadiawala converses with Gurudev about life, parenting and dealing with the current corona crisis.

An excerpt from the conversation:

**Wardha:** *Relationships are breaking during the lockdown period. Why are they fighting when they are together for a longer time?*

**Gurudev:** *Stress is the reason. When stress happens they show it to the nearest one. Yoga and meditation help. There is gender, age, caste, religion, class prejudice. Meditation removes all these prejudices*

## In conversation with Arjun Kapoor

MAR 27



In the second season of the 'Heart to Heart' series, actor Arjun Kapoor converses with Gurudev about the present corona crisis, happiness, and the mind. Gurudev assured that humanity will overcome this crisis.

An excerpt from the conversation:

**Gurudev:** *We have experienced many disasters and challenges in the past. I am sure we will be able to overcome this. It has shocked the world*



*but it has also created an opportunity to think afresh and create a new world order. Today, people are thinking for the whole world.*

**Arjun:** *How to live in the present moment?*

**Gurudev:** *Whenever you feel happy, you are already in the present moment. Everything happens in the present. Do not miss the thrill of the moment. Our life should be lived as an expression of joy. That way living in the present becomes easier.*

## Gurudev inaugurates Anandam: The Center for Happiness

MAR 30



Gurudev along with Union Education Minister Ramesh Pokhriyal Nishank, and Lieutenant Governor, J&K, Mr. Manoj Sinha inaugurated the new center of happiness named "Anandam" at the Indian Institute of Management, Jammu. The center will host activities promoting mental well-being, including yoga, meditation, and pranayama.

Gurudev congratulated the Education Minister, Lieutenant Governor, and the authorities of IIM Jammu on the idea of Anandam. In his address, he said, "Life is a search for happiness, but we look for it in places where we don't find it. Understanding the reasons for unhappiness is the basis of Indian scriptures. Since time immemorial, we have said that life is blissful. Yet, we see conflicts and problems. Happiness can be found through knowledge. Just

the way a person who has money can give it, only one who has happiness can give it to others."

## Addresses World Forum for Ethics and Business

APR 7



On World Health Day, the World Forum for Ethics & Business organized a virtual conference on Changing Paradigms in a Pandemic World. The global platform addressed issues like mental health, wellness, and economy post and during the pandemic.

Gurudev sent out the following message on the occasion: This World Health Day has more significance than ever before as the world's health is challenged like never before by the pandemic. At this time, the global community has come together to fight the cause and the cure while humanity is grappling with Covid-19, there is so much confusion about its origin and cure.

People are asking this question about how a virus has rattled the world from nowhere and across all climatic conditions. Health has no origin but the disease does. A disease occurs when laws of nature are violated. 2.8 million lives have been lost, keeping aside narrow ambitions and self-centered goals, one must come together for the sake of mankind and impartially probe the origin of the disease and the laws that were violated if any. Also, the global community has to collectively work to tame this pandemic.

Researchers need to come forward with a very open mindset to find a solution through the traditional medicine system as well. Vaccination is of course for prevention but we also need to find a cure through Ayurveda, herbal and other forms of medicine. We need to envision a new world that is physically, mentally, emotionally, and spiritually healthy. Breathing techniques and meditation will help us in this. Let us join together and come up with an action plan for realizing the above. Despite the dark clouds of gloom, silver linings will emerge bright enough to bring hope. Mankind has fought against and prevailed over such threats before and it will do this time as well.

## Meditation for Health & Hope

APR 22



Gurudev led a special meditation especially dedicated to people and families affected by the coronavirus. More than ninety-six thousand people from across the world joined the meditation session. Gurudev has been conducting regular online meditation for the masses since the pandemic began.

## Shares lessons from the Indian Gurukul System at Naya Bharat e-series

APR 25



The Naya Bharat e-series is an initiative of the Union Education Ministry's Unnat Bharat Abhiyan which held discussions on the theme of 'Transforming Education via Indian Knowledge Systems for Schools.'

In his address, Gurudev shared an enlightening perspective on the ancient system of Gurukuls. He said, "Often when people think about gurukuls, they only think of Sanskrit and Vedas, and that it is only for Brahmins. Contrary to this, gurukul is a school where people from all religions, castes, and communities attend. It offers various branches of knowledge including various disciplines like dance, music, etc.



Science in this country has come from gurukuls. Students get to find role models, find their dharma and nature. Also, it is a place where they discover their taste in topics that they would like to develop. The place allows full blossoming. It is like the open sky where you can fly, giving space for intellect and intuition to develop. Once upon a time, gurukuls were present in every village. In 1833, there were 1 lakh gurukuls in West Bengal and Bihar.

The teachers of the Gurukul system gave personal attention to students. What is missing in the present education system is the teacher-student sacred relationship. If that happens, India will shine forth. We should make the NEP work. That depends on the attitude of teachers. That is why I recommend yoga and meditation to teachers. If they remain stress-free, it will reflect in their work.”

## 10-day breath & meditation challenge

MAY 1



The Art of Living started a 10-day breath and meditation challenge for the masses. Gurudev led a unique meditation every day during this challenge. Millions participated in this challenge and experienced the much-needed rejuvenation post the pandemic.

## Millions join for a special online meditation

MAY 13



Gurudev’s 65th birthday was marked by a special online mass meditation. Called ‘Heal the World’, the online meditation attracted millions across the world to find moments of peace amidst the current pandemic crisis. As Gurudev led everyone into meditation, he described meditation as a way to go deep within. He said, “Meditation is going beyond time. So from behind the time, we will jump now to go deep into ourselves, deep meditation.”

After the meditation, he assured everyone that this tough time for the world is only temporary and that everything will resume back to the kind of life before the pandemic. He motivated everyone to have the intention, vision, and strength to walk ahead and spread positivity and enthusiasm in people. He also applauded the efforts of The Art of Living teachers and volunteers who have reached out to people with resources and solace during this time. He encouraged the volunteers to stay cautious and take care of themselves as well during this time. And he encouraged everyone to practice some form of guided meditation every day.

On this occasion, 40 new programs were also introduced in Sri Sri University. Gurudev also announced the launch of Mission Zindagi, a nationwide Covid relief effort. He said, “To be available, this is the real human quality. The amount of response we are getting, encouragement that is happening among the youth especially to come out and serve is heartwarming. People are ready to help others.”

## Launches Mission Zindagi, a nationwide service initiative of Covid relief activities

MAY 13



Gurudev launched the nationwide service initiative of Covid relief activities, Mission Zindagi. The initiative aimed to provide hospital beds, ventilators, oxygen

banks, ambulances, doctors on call, assistance for mental and emotional health, food, and immunity-kit.

Through Mission Zindagi and iStandWithHumanity launched in 2020, The Art of Living has helped:

- Provide 6,705 oxygen concentrators
- Distribute 2 million masks
- Provide 711 oxygen masks
- Provide 100 ventilators
- Facilitate 56,000 doctor consultations
- Provide food to 48,080 people
- Distribute 80 million meals
- Bring meditation and anxiety relief to 250,000 people
- Provide safety gear and medical equipment worth 20.275 crore

## Addresses webinar on Guru Tegh Bahadur Singh anniversary

MAY 16



In a special webinar commemorating the four hundredth Prakash Parva, Gurudev suggested a new way of celebrating. He said, “I am very sure that there is a new way of celebrating this four hundredth



Prakash Parva by joining hands to serve society and praying to the almighty to give us all the strength to overcome this situation.”

The webinar was organized by KS Raju Legal Trust, a non-profit dedicated to promoting justice in all forms. Gurudev was among a list of speakers including Shri Arif Mohammad Khan, honorable governor of Kerala, Captain Amarinder Singh, honorable Chief Minister of Punjab, Dr. Jagmohan Singh Raju, Additional Chief Secretary, Govt. of Tamil Nadu, and Mr. Harindar Sikka, filmmaker and philanthropist.

In the webinar, Gurudev also congratulated the Chief Minister of Punjab for taking effective steps to combat the problems and issues there. He also paid greetings to the Governor of Kerala, calling him an inspiration for embracing diversity and finding justice.

## Speaks at ‘Yog se Nirog’ webinar

MAY 21



The ‘Yog se Nirog’ webinar was organized by the Madhya Pradesh Government and attended by Shiv Raj Singh Chauhan and Swami Ramdev. Gurudev encouraged people in quarantine and those in Covid

Care centers to tap the benefits of pranayama and yoga to aid recovery.

## Leads a meditation for 54 African countries

MAY 22



iMeditate Africa is an annual global peace initiative by The Art of Living. It is designed to foster dialogue for development and peace in the continent.

iMeditate Africa 2021 included an online meditation led by Gurudev and an interaction with the thought leaders of the continent. The interaction highlighted meditation as a tool to build the future of Africa post-Covid-19.

Gurudev reassured the youth that the present crisis and lack of employment are just temporary phases. With vaccines and more medicines being tested, the situation would get better. He encouraged the youth to not lose hope, stay strong, learn more, and come with innovative solutions during this time.

He said, “If there is a lot of anxiousness due to whatever reason, take refuge in meditation. Yoga and meditation will help you to sail through the tough time.”

## Urges GoI to use a clause that allows the production of more medicines

MAY 23

To combat the prevailing crisis of the Covid pandemic, Gurudev urged the Government of India to use the clause of the public health safeguards in the Patents Act and permit more companies to produce medicines, since it is the need of the hour.

## Addresses Russian and European volunteers and yoga enthusiasts

MAY 23

Gurudev addressed 7,800 volunteers and yoga enthusiasts from 45 European countries. In his address, Gurudev spoke about the importance of handling our minds and emotions to be able to face the ongoing Covid pandemic.

## Gives tribute on Buddha Purnima

MAY 26

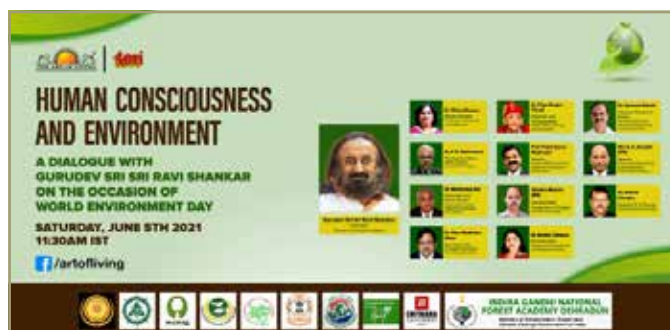
On the occasion of Buddha Purnima, Gurudev remembered Buddha as an embodiment of silence and compassion. He stressed the importance of meditation as a tool to enhance these qualities. The regular practice of mediation in the wake of the pandemic will help us uphold our peace of mind, maintain inner silence and be compassionate to those around us.

## Gives a message on World Environment Day

JUN 5

On World Environment Day, Gurudev interacted with environmentalists, ecological experts, and other dignitaries. He emphasized the need to

sensitize people towards the environment. He said, “Our value system must include respecting and protecting the environment. A strong reverence for nature is an important part of all ancient cultures all around the world. We should revive the attitude of treating nature as sacred, that which should be conserved, nourished, and worshipped, in contrast with the current scenario, where we try to extract the maximum out of nature. So let us respect nature and be the custodians who safeguard it.”



Gurudev also spoke about the environment-related service initiatives launched by The Art of Living. He spoke about The Himalaya Unnati Mission, an Art of



Living initiative to bring together the best minds to protect and resurrect the biological, economic, cultural, and spiritual heritage of the Himalayas.

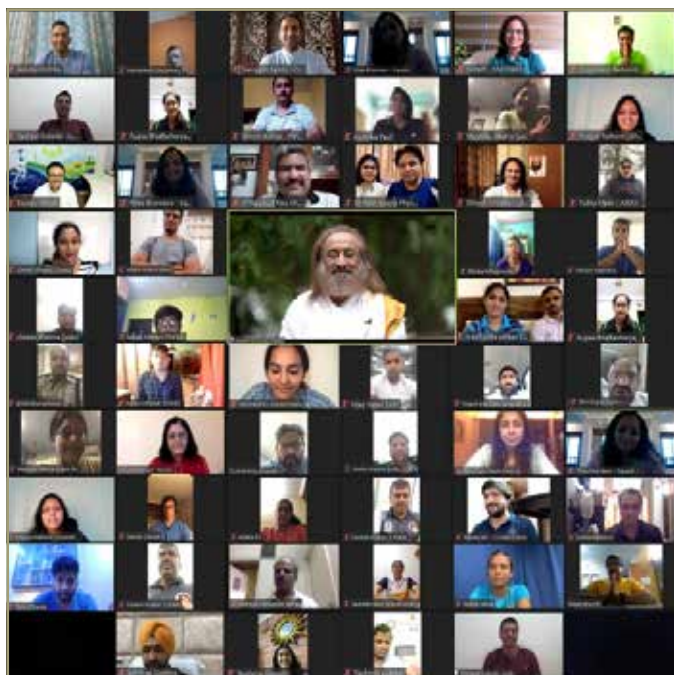
He also said, “Many volunteers of the Art of Living have been working to preserve nature through its multi-dimensional approach that includes reviving rivers, desilting ponds and lakes, natural farming, seed banks, tree plantation, waste management plants, and solar electrification.”

*Respecting and protecting the environment must become a part of our value system. All the ancient cultures around the world had a strong sense of reverence for Nature. This attitude of treating Nature as sacred needs to be revived.*

~ Gurudev Sri Sri Ravi Shankar

## Gives a special message to Olympics Players

JUN 12



Gurudev gave a special message to sports personalities preparing for the Tokyo Olympics, encouraging them to enjoy their sport as much as aim for victory.

He said, “Sports can play a major role in uniting the hearts and minds of people. It is elevated to a very high level in Indian culture. In our culture, play is often referred to as an expression of happiness. A sportsperson must exuberate joy and peace. Stay happy, either in victory or in loss. There is victory in having a powerful vibe too.”

He also encouraged sportspersons to inspire young people to take sports as a profession. He said, “There are many young people who want to take sports as a profession but are met with resistance at home. They need encouragement from accomplished sportspersons like you.”

## Europe Meditates

JUN 13



Over 1 million people from 44 European countries joined Europe Meditates and meditated together. Gurudev also connected with 4900 volunteers and teachers from Middle-East and Gulf countries a week later.

## International Yoga Day celebrations

JUN 21

On International Yoga Day, Gurudev addressed important conferences and events including

- International Yoga Day event organized by the Ministry of Culture & Tourism



- Conference organized by the Indian Council for Cultural Relations (ICCR) on the relevance of traditional medicines, the healing techniques from Africa, Yoga and Ayurveda. The conference was co-addressed by Dr. Vinay Sahasrabuddhe and Union Minister Kiren Rijiju. It was joined by various ministers from across the African continent.



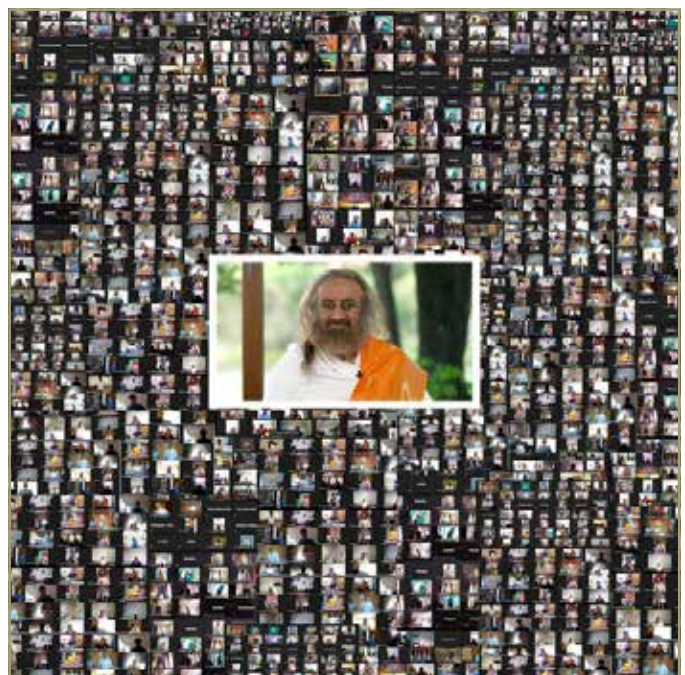
- He interacted with the members of the American College of Physicians during an event: Yoga & Modern Medicine: Compatibility & Cooperation.



- Addressed an event organized by the Government of Himachal Pradesh in the presence of Hon. Chief Minister Shri Jai Ram Thakur and Hon. Health Minister Shri Rajiv Saizal.



- In an online public event, millions joined him in meditation from 123 countries.





In his public message on International Yoga Day, Gurudev emphasized on the need to use yoga as a tool for improving mental health.

He said, “Mental health has been a big issue around the world, especially after the coronavirus pandemic. There is a feeling of anxiety, depression, aggression everywhere. The World Health Organization (WHO) has declared that the biggest challenge the world will be facing is the mental health issue. Yoga can be of a big help here. While it can help you to get out of depression, it also helps you to stay away from aggressive behavior. To keep us mentally healthy we must do breathing exercises, pranayama, meditation, Sudarshan Kriya.

*Every day, if you spare 10-15 minutes, you will see a huge transformation in yourself, your energy levels, and ability to communicate is enhanced manifold. There is clarity in mind, you feel emotionally uplifted and physically fit; these are few benefits of yoga. It can help us to create a happy society, a happy environment.*

Though yoga was born in India, it belongs to the human race. We are part of one global family, whatever may be our language, religion, culture, or lifestyle. Yoga carries this message that despite all our diversity, we are all connected with peace, love, and care.

It does not in any way interfere with your religious beliefs. It, in fact, transforms you into a beautiful human being who is free from stress and fills your life with compassion, happiness, and love.”

## Interacts with Covid heroes on Doctor's Day

JUL 2



On the occasion of Doctors Day, Gurudev met with a group of doctors from Doctors For You, a humanitarian organization working on healthcare, disaster management, and Covid-19 mitigation. Appreciating the organization, Gurudev said, “It is a pleasure to see this organization grow in the past 14 years. They were always available for relief work during calamities.”

## Addressed the Vice-Chancellors, professors & principals of 68 universities

JUL 10



In an address to university vice-chancellors, professors and principals, Gurudev encouraged the art of managing stress and conducting oneself in a challenging time to be a part of education. The session was presided over by the Honorable Governor Shri Bhagat Singh Koshiyari.

## Inaugurates 6th Hello Diabetes Academia Digital International Conclave

JUL 23



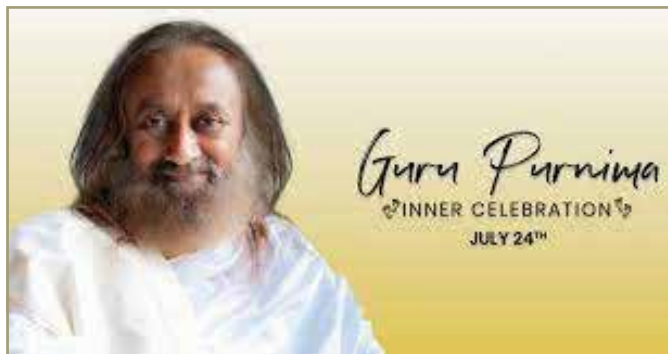
Gurudev virtually inaugurated the 6th Hello Diabetes Academia Digital International Conclave 2021 in the presence of Hon. Union Minister of State, Dr. Jitendra Singh, and other dignitaries. An excerpt from his talk:

*“Stress could be a major factor in causing Type 2 diabetes. Stress contributes to the rise in blood sugar by increasing the secretion of stress hormones like cortisol. Meditation*

*and breathing techniques like the Sudarshan Kriya can help in reducing stress considerably and bring in a state of deep relaxation.”*

## Guru Purnima celebrations

JUL 24



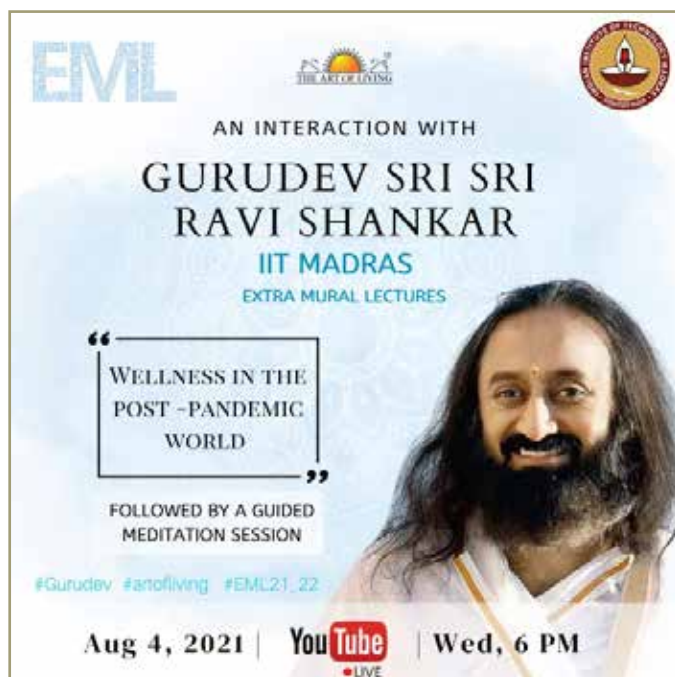
On the occasion of Guru Purnima, 18000 participants experienced the Sudarshan Kriya in the Online Meditation & Breath Workshop, and more than 10000 participants from 93 countries did the Online Advanced Meditation Program.

## Wellness in a post-pandemic world: Gurudev interacts with IIT Madras

AUG 4

In an exclusive online session, students and faculty from IIT Madras asked questions revolving around the pandemic to Gurudev. Questions ranged from dealing with uncertainty after the pandemic to how to take care of one's mental health.

Encouraging students to face life's uncertainty head-on, he said, “When you do not have confidence, you brood over life. When you go on a merry-go-round, you enjoy it rather than getting anxious about it.



Similarly in life, when you are certain that the ups and downs are just like a merry-go-round, you don't get scared of the situation. Believe that you are going to be successful and be successful and use uncertainty for your growth."

## Inaugurates a skill center for rural youth

AUG 6



Sri Sri Rural Development Trust (SSRDP) and Supertron Foundation, the CSR wing of supergiant Supertron Electronics Pvt. Ltd. set up a computer

training centre, mobile repair training center along with a knowledge centre for rural youth in Bengaluru.

Sri Sri Rural Development Trust is the rural development wing of The Art of Living. Over the years, the trust has set up 95 skill development centers across the country.

## Addresses webinar on 'Linking Science with Spirituality'

AUG 7



The international webinar, 'Linking Science with Spirituality for a Better Life' was jointly organized by the Institute of Bioresources and Sustainable Development, Society for Ethnopharmacology. An excerpt from the webinar:

*"Life becomes very dry in the absence of spirituality. Spirituality is a practical science that can help us stay calm and peaceful. Spirituality can take you away from depression by giving you a broader perspective of your own life and it takes you out of aggression by creating a sense of belongingness with everybody. Spirituality instills patience to move through the challenges. Spirituality can take you away from depression by giving*



*you a broader perspective of your own life and it takes you out of aggression by creating a sense of belongingness with everybody. Spirituality instills patience to move through the challenges."*

## Launches "Vruksha Bandhan" Project

AUG 10



Gurudev launched Vruksha Bandhan Project where 1100 tribal women are creating Rakhis for Raksha Bandhan with seeds of indigenous trees at Sri Sri Institute of Agriculture Sciences and Technology (SSIAST) in partnership with the Ministry of Tribal Affairs. The initiative is a unique contribution to increasing forest cover and combating climate change.

## Addresses convocation of Sri Sri College of Ayurvedic Science & Research

AUG 12

Established in 2004 under the guidance of Gurudev, Sri Sri College of Ayurvedic Science and Research has been providing a platform for higher learning and development in the field of Ayurveda.



Addressing the graduating class of 2021, Gurudev said, "A doctor's job is not just to prescribe medicine but a proper lifestyle including diet, exercise, pranayama & meditation. Take this holistic science of Ayurveda to every home. Serve the people of this country & serve the world."

## Shares a solution to terrorism in the context of Afghanistan

AUG 7

As the Afghanistan crisis unfolded, Gurudev shared a solution to the problem of terrorism. Excerpt from his video message:

"We need to learn to appreciate diversity rather than make it a point of contention. What is happening in Afghanistan today is a very sad story. And these are the people who are against any kind of diversity and do not give any freedom. And there is no equality, gender equality. By force, you cannot change. You have to change this mindset, by perseverance, education.

For 20 years, America has tried to stop the Taliban. They could not do it. I have offered our service to people. I even offered to have a dialogue with the Taliban. I continue to offer and talk to them. We have changed many people of that mindset. And they saw the light that there is something more than what they think. In the global scenario, we need human values. Not guns, not weapons. We need to unite people's minds and hearts. A violence-free society, disease-free body, trauma-free memory, and sorrow-free soul are the birthright of every human being. And only meditation and spirituality can bring this."

## Unveils precious techniques in Vigyan Bhairav

AUG 20 - 22



Vigyan Bhairav is an ancient text in the Shaivism tradition. The text includes meditation techniques that help one to delve deeper into their consciousness. As a continuation of Gurudev's earlier discourses on the text, part three was elucidated by Gurudev in the Bangalore ashram.

## Gurudev recognized with Covid Commitment Award

AUG 29

Gurudev was recognized with the 'COVID Commitment Award' at the 14th Asia Africa Business and Social Forum 2021, organized by Asia One Magazine.

## Inaugurates Advanced Skill Development Center

SEP 9



Gurudev inaugurated the Advanced Skill Development Center in Energy Management at the Bangalore Ashram. The center was set up by Sri Sri Rural Development Trust in collaboration with Schneider Electric India.

SSRDP has trained more than 12,000 youths in electrical and renewable energy at 40 skill centers across the country.



## Launches Murugan Mandala Vatika, Bengaluru

SEP 11

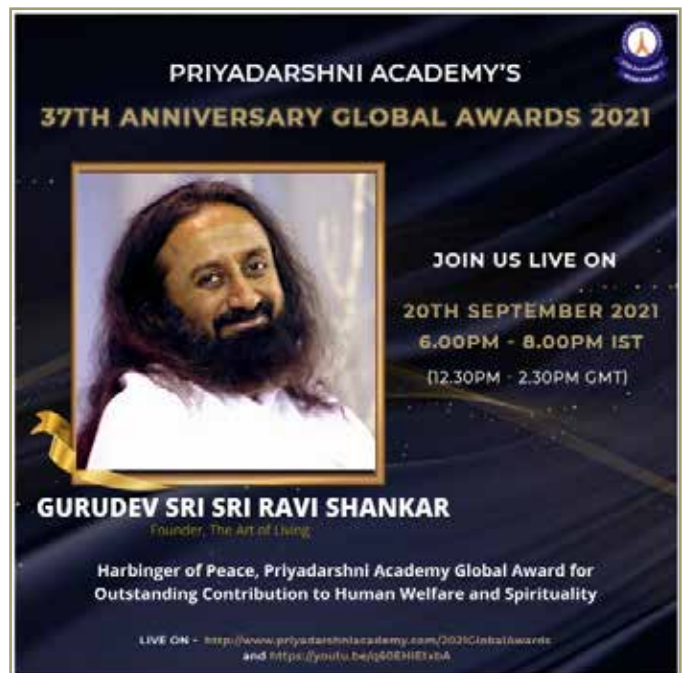


Gurudev unveiled the first-ever Murugan Mandala Vatika, an ancient garden tradition at the Art of Living International Center in Bengaluru. The last exploration of this garden system was done by a saint named Bhogar Siddar from Tamil Nadu, nearly 2,000 years ago.

The Mandala Vatika as the name suggests is a unique garden with specific plants for different geometric patterns or Mandalas such as the Siddhi Vinayaka Mandala Vatika which has 21 plants including Dhruva grass, Dhatura, Beal, Mango leaf etc. Vara Maha Lakshmi Mandala Vatika has eight flowers like Jasmine and Chrysanthemum. Murugan Mandala Vatika has 6 and so on. These plants, when planted in a set sequence within the Vatika, create an environment of harmony and enhance one's experience of peace and well-being.

## Receives Global Award at the 37th Global Award Function by Priyadarshni Academy

SEP 20



Gurudev was recognized with the 'Global Award for Outstanding Contribution to Human Welfare and Spirituality' at the 37th Global Award Function by Priyadarshni Academy, for his continued efforts as a Harbinger of Peace.



## Shares his message on World Peace Day

SEP 21

Gurudev shares his thoughts on peace on 21st of September, World Peace Day on his Twitter account.

According to him, “Peace is not a commodity that can be bought from the marketplace or achieved solely by high-level policies. It has to be nurtured within. Inner peace is the basis for building peace in families, communities, and the planet.”

He also said, “We all have the responsibility to bring peace to the world.”

## Answers questions of monks on an episode of AGA: Maya Moksha and Monkhood

SEP 23



Gurudev touched upon a variety of topics ranging from enlightenment, celibacy, yogic powers, and more.

## Attends 16th Foundation Day of Ahimsa Vishwa Bharti

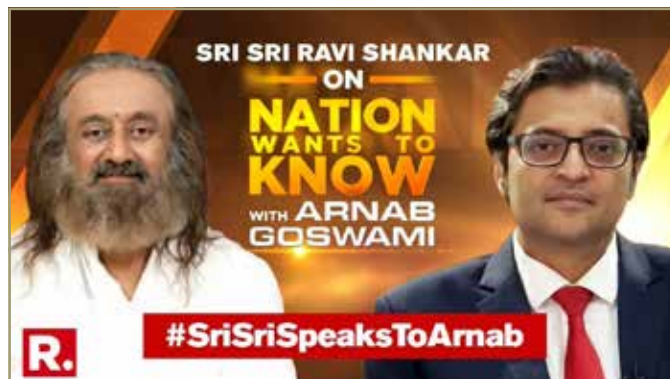
SEP 24, BENGALURU

In the presence of Gurudev Sri Sri Ravi Shankar, Hon. Governor Shri Thaawarchand Gehlot inaugurated the National Seminar on “Global Challenges and Our Responsibility” organized by Ahimsa Vishwa Bharati Sanstha at The Art of Living Center on the occasion of Pujya Acharya Munilokesh’s Shashti-purti, 60th birthday.

On the occasion, Gurudev talked about the common thread between all the religions, which is meditation and it leads individuals to peace and non-violence.

## Interacts with Republic Media Network’s editor-in-chief Arnab Goswami

SEP 25



Gurudev interacts with Arnab Goswami in Republic TV’s latest edition of “Nation Wants to Know” where he detailed his principles on the occasion of World Peace Day. Gurudev touched upon a wide range of issues and weighed in on the Afghanistan crisis, Ayodhya mediation, and his ideas on conflict and peace.

## Interacts with the students and faculty of IIT Kharagpur

SEPT 25



In a session titled 'Inner Peace and Outer Dynamism', Gurudev interacted with the students and faculty of the esteemed university. The IIT community asked questions ranging from ways to dealing with the fear of failure to decoding the secrets of success.

## Launches Defeat Diabetes Campaign by RSSDI (Research Society for the study of Diabetes in India)

SEP 27



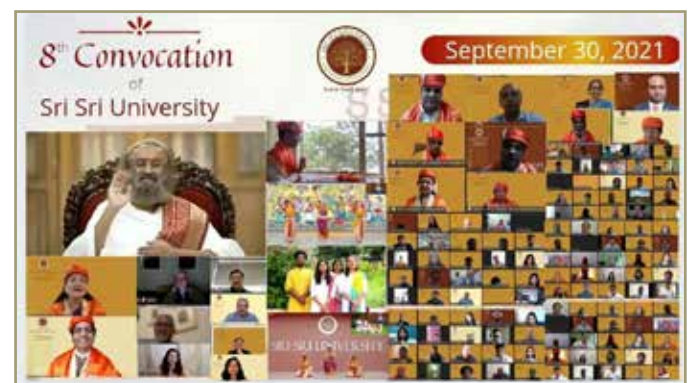
Gurudev Sri Sri Ravi Shankar and other dignitaries launched #onenationonedayonemillion tests initiative as a part of the Defeat Diabetes campaign.

In this campaign, Gurudev recognized diabetes as a global problem and a holistic approach is very important to address the burden of the condition. He urged everybody to keep an open mind to Ayurveda, yoga, pranayama, and meditation which are natural ways of correcting and reversing Type-2 Diabetes.

Gurudev added: Happiness is sustained when we give, and a happy mind matters for good health. A little change in the diet, broader awareness and a healthy mindset through meditation, and understanding community welfare activities all would immensely benefit to push the health index of our country to newer heights.

## Addresses the 8th Convocation of Sri Sri University 2021 batch

SEP 30



Gurudev addresses the 8th convocation of Sri Sri University with other distinguished dignitaries. He extended hearty congratulations to the graduates of the 2021 batch and their parents.

In the event, Gurudev said, "Education is the backbone of a cultured and civilized society. Sri Sri University has become a model in providing ideal education for the world community to emulate.

Graduation means moving from one level to the other." He advised everyone to have a combination of passion and enthusiasm so that one will never get fatigued. He praised the faculty and the team of Sri Sri University for its endeavor in providing quality education along with life skills techniques to make the motto 'Learn-Lead-Serve' a reality.

## **Delivers the opening keynote speech at the 6th Annual Ideal Village Conference organized by Stanford Medicine**

SEP 30



Gurudev delivered a keynote speech at the 6th Annual Ideal Village Conference organized by Stanford University School of Medicine & Science for Society where he discussed the crisis of loneliness and a sense of despair among the global population.

Gurudev appealed to everyone to develop gestures that are uplifting towards each other and let nobody walk around feeling lonely with a drooping grimace. He said post-pandemic mental health issues have increased more so than ever. To reduce the post-pandemic health issues, he said we need to use the lockdown period for something creative.

## **Inspiring conversation on the Art of Leadership and Success**

SEP 30



In a thought provoking conversation with a group of professionals, entrepreneurs and corporate trainers, Gurudev Sri Sri Ravi Shankar said, "The success of an entrepreneur is not just measured by the wealth that one amasses or through their reachability amongst the masses. The true sign of success is an undying smile and a confidence that doesn't wither away under any circumstance."

One needs to strive to be self-motivated, inspired at all times, and improve upon performance with a competitive spirit, not to outrun somebody else, but to perform better than their own past selves.

An undeterred focus and an intuitive mind will help achieve this and meditation is the way to a stress-free, energy-filled life, with a clear vision of what one wants to do.

Resilience, effective communication, the willingness to reach out to people, to earn for oneself, and also to share with a sense of belongingness for the betterment of those around is the mark of leadership effectiveness, steeped in wisdom, humility, composure, and stability.



*"Kriyaa-siddhib satve*

*bhavati mahataamnopakarane"*

*Success comes through Sattva, not through any other means. When in this state of sattvic ego, you envelope everybody. Such is the state of a sattvicconsciousness that leads to; a movement from the Apra to the Para, a journey to the inner Self – the Universal consciousness which says 'Ahm Brahmasmi, I am the Infinite!*

## Navratri celebrations

OCT 7TH - 15TH



A year after the pandemic, visitors across India participated in Navratri celebrations at the ashram. Millions online and offline attended the pujas and homas conducted during this time period.

## Visits the Dharamnath Shwetambar Jain Temple

OCT 17



## Inaugurates GIOTAR Institute of Regenerative Medicine

OCT 17



At the inauguration of the Institute of Regenerative Medicine at Bengaluru along with the Honorable Minister of Excise Government of Karnataka, Sri

Gopalaiah, Dr. Anand Srivastava, Deven Patel and other dignitaries, Gurudev spoke about the importance of cell regeneration as a holistic medicine.

He said, "Divinity is present in every cell of our body. The God particle defines the whole of this creation. This is what makes the world beautiful."

*'Vaidyo Narayano Harihi'* – a doctor is equivalent to Narayana.

This progressive approach of Science will bring a paradigm shift in the field of Medicine. One should look beyond what they have studied. Progress on the path of learning and knowledge is a continuous process. It happens when the mind is free of all inhibitions - a zone where Science and spirituality merges. A very good doctor or scientist has an inborn spiritualist within and a saint is innately scientific!

## An Integral approach to Cancer Care



The doctors of Sri Sri Cancer Care shared insights on how online consultation support is being given to patients across the world. They also discussed with

Gurudev the way forward for an integrated approach to a Cancer Care protocol.

## Keynote at the National Inter-Religious Conference

OCT 24



Gurudev addressed the National Inter-Religious Conference – an event organized by Lokmat Media on the 24th of October, 2021 to bring to light the 'Global Challenges to Communal Harmony and the Role of India'

The guests at the event included Mr. Nitin Gadkari, Union Minister for Road Transport & Highways, Government of India, as the Chief Guest; Mr. Dayashankar Tiwari, Mayor of Nagpur, Gurudev Sri Sri Ravi Shankar, founder of the Art of Living Foundation, Swami Ramdev of Patanjali Yogpeeth, Brahmaviharidas Swami of Swaminarayan Sanstha, Acharya Dr. Lokesh Muni of Ahimsa Vishwa Bharati and others as guests of honour.

Lighting the lamp of wisdom, peace and harmony with all the other leaders at the event,



Gurudev Sri Sri Ravi Shankar highlighted the uniqueness in the Diversity of India. He said, Religions are not an impediment, rather an integral part in promoting peace and harmony.



Love springs naturally in those who are religious and spiritual. Love is our very existence that unites all of mankind and brings happiness even in diversity – A true mantra for a blissful life.

## Addresses the UP Climate Change Conclave

OCT 29



Gurudev Sri Sri Ravi Shankar virtually addressed the conference organized by the Department of Forest, Environment and Climate Change, UP government.

Experts at the conclave provided in-depth insights on the Circular Economy, Resource Efficiency, and Cleaner Production for Climate Mitigation.

In his address, Gurudev emphasized the importance of environment care as a part of our value systems. He said, all the ancient cultures around the world have honored & revered nature. A clean environment is said to be a residing place of Goddess Lakshmi. Reduction in usage of plastic, discarding of plastic waste, increasing the number of tree plantations etc. will help create a cleaner environment and will have a long-term impact on Climate change. Likewise, inclination towards Vegetarianism will help bring a balance in the ecosystem. All these will not only improve the climate externally but also internally and will result in better health and a cleaner environment.

## Addresses the Second National Conference of EFICON

OCT 30

Gurudev Sri Sri Ravi Shankar addressed the second annual National Conference of Epidemiology Foundation of India organized by AIIMS Jodhpur and other partner organizations.

In his address, Gurudev emphasized that the physical and mental health of physicians and health care workers is of utmost importance. Reinforcing the need for meditative practices, Gurudev said, "A few minutes of meditation every day would bring relaxation and tremendous



energy. That would help revive their mental health and enable overall well-being."



Gurudev Sri Sri Ravi Shankar also said that there has to be an open mind towards traditional systems of medicine. Transforming Global health by integrating different medical systems is the need of the hour.

## Addresses young entrepreneurs at the IQ2IQ

Nov 1

During his visit to Ahmedabad, Gurudev Sri Sri Ravi Shankar addressed young entrepreneurs at the event organized by the Entrepreneur's organization on 'the journey from Intelligent to Intuitive Entrepreneurship'.



## Diwali Celebration

Nov 1 - 7



The Diwali Celebrations in Gujarat this year were splendid in the presence of Gurudev Sri Sri Ravi Shankar. His series of meetings with spiritual leaders, the Chief Minister of the state, Bhupendra Patel, MLAs/ MPs, the chairman of the Adani Group, devotees and teachers of the region brought a glow of happiness all around.

*Know that you are the light. Dispel ignorance wherever you go, create harmony where there is conflict and let your presence bring abundance to those who live in lack.*

*Abundance starts from within and then manifests on the outside. The more blessed you feel, the more abundance you attract and things naturally will get better!*

*- Gurudev Sri Sri Ravi Shankar*



Gurudev Sri Sri Ravi Shankar at Swaminarayan Temple, Sokhada, Gujarat.

When you realize that you have received more than what you really deserve, and it has all come to you as a blessing and as a gift, then the gratefulness that you express becomes a prayer.

And if you extend this a little further, another occasion when prayer rises from within you is when you are in deep love with the maker of the universe or the divinity, in whatever form or formless way you perceive it to be.

Prayer is the way to connect to the something that is not so tangible but is existing.



Annakoot in Vasad Ashram, Gujarat



Mahalakshmi & Ganapathi Homa

## Launch of Elyments App

Nov 6



Launched by The Art of Living, Elyments is a social media app conceived and developed primarily to



provide a completely home-grown alternative to the 500 million-strong base of Indian users. The app was launched for the first time in a regional language by the Chief Minister of Gujrat in the presence of Gurudev Sri Sri Ravi Shankar.

## Addresses the fraternity of IIM Shillong

Nov 10



In his address to the students and staff of IIM Shillong on 'Self-Management: The Key to Leadership Effectiveness', Gurudev said,

*The foremost aspect of Management and Leadership is to be able to manage oneself – one's emotions, behavior, tendencies, aspirations and goals. When you free your mind of all impressions and remain mindful of the present moment through regular yoga and meditative practices, it uplifts your energy levels, brings forth intuitive abilities and stimulates the spirit of innovation.*

## 40th Anniversary Celebrations of the Art of Living

Nov 13



Gurudev's address on the memorable, momentous day was a great source of inspiration and joy to millions of volunteers, teachers and devotees across the globe. A part of his address:

The movement that took root as a framework for spreading knowledge and wisdom has today grown into one of the most dynamic, multi-faceted organizations in the world, with a presence in 156 countries.

The Art of Living is acclaimed as one of the most unique and inclusive voluntary movements in the world. Thousands of our teachers and millions of volunteers across the globe have been working with exemplary passion to spread happiness all around. We have endeavored to enliven wisdom, kindle compassion, unite people of diverse backgrounds, restore peace, and work as a channel for social & human development to create a stress-free, violence-free world.

From innumerable service initiatives to innovation projects; from meditation, yoga, and spirituality



to various cultural initiatives; from education to conflict resolution, the Art of Living continues to touch upon every aspect of life today. The ultimate goal of human life is Self-realization. This is the core of the Art of Living, to lead people to a deeper level of understanding about one's Self. The means for this is Meditation & spiritual knowledge. And the application of this is service to society.

## Announcement of the National Tribal Pride Day

Nov 15



Applauding the announcement of November 15th as the national Tribal Pride Day, Gurudev Sri Sri Ravi Shankar highlighted the need to preserve these indigenous cultures. He urged that there is a lot to learn from their traditional and environment-friendly lifestyle. An excerpt from his address:

*"I am glad that Prime Minister Narendra Modi ji has declared 15th Nov as the Tribal Pride Day. Modern generations have much to learn from tribal societies & their harmonious and sustainable ways of living. It is our duty to honor & preserve the diverse and rich tribal heritage of the nation."*

*"While we go on a fast pace of modernization, as we bring technology to villages, it is very important to preserve the tribal culture, the way of life, the music, dance, language, arts, faith and belief systems."*



Gurudev's interaction with Tribal people representative, Mr. Horen Sing Bey, Member of Parliament and Mr. Tuliram Ronghang, Chief Executive Member, Karbi Anglong Autonomous Council along with their colleagues and volunteers from tribal regions

## Expansion of Art of Living Free Schools

Nov 15

A new batch of 65 children from Assam joined the 118 children residing currently at the Bangalore Ashram and will receive free education through Art of Living Free Schools.





Gurudev's Meeting with the coordinators of the group

## Address at the National Webinar on Value-based Education for Personality Development

Nov 16

**NEP 2020 Implementation**

**INDIAN INSTITUTE OF INFORMATION TECHNOLOGY**  
Sri City, Chittoor, Gurudev Sri Sri Ravi Shankar

**National Webinar**

**Value-based Education for Personality Development**

**Tuesday, 16 November 2021 10:00 AM To 12:00 Noon**

**Distinguished speakers**

**Gurudev Sri Sri Ravi Shankar**  
Founder, The Art of Living

**Shri Atul Kothari**  
Secretary  
Shiksha Sankriti Uthan Nyas

**Shri A. Balakrishnan**  
President  
Vivekananda Kendra Kanyakumari

**Prof. V. K. Malhotra**  
Member Secretary  
Indian Council of Social Science Research

In his address at the National Webinar on Value-based Education for Personality Development organized by the Indian Institute of Information Technology, Sri City, Chittoor, Gurudev Sri Sri Ravi Shankar provided significant insights on the importance of Information Technology and aspects that could help bring tremendous innovation and growth in this area.

He reinforced the importance of Information Technology in today's times. It is so heartening to see so many youngsters getting into this field of study, where we see changes all the time. Similar to how traditions undergo change with time, technology also should evolve. An open mind to explore such opportunities is what is essential.

Meditation is that technology that helps to clear out all skepticism and creates an open mindset, bringing growth through creative work. The history of mankind boasts of a number of such significant inventions and discoveries, like that of Newton's law, Archimedes principle and many more. Each of these came from a meditative state of mind.

The mind, our consciousness has immense growth potential, to grow into an innovative spirit. To get there, a healthy body and mind are absolutely essential. A clear, calm, well-rested state of mind is a podium for creative thoughts and innovative ideas.

## Inaugurates a camp to provide free aid to the differently-abled

Nov 20

Gurudev and the Honorable Governor of Karnataka, Thawar Chand Gehlot inaugurated a camp to provide free aid and assistive devices to the differently-abled at



the Sri Sri Ravi Shankar Ayurveda Hospital. The camp was jointly organized by the Art of Living Foundation and Shree Bhagwan Mahaveer Viklang Sahayta Samiti.



Wheelchairs distributed to more than 300 differently-abled persons.

## Discusses education reforms with Hon. Minister for Education, Govt. of Karnataka

Nov 18



Hon. Minister for Primary & Secondary Education Government of Karnataka, Shri. B. C Nagesh ji interacted with Gurudev Sri Sri Ravi Shankar at the Bangalore Ashram.

## Conversation with Educationists on “Future of Education”

Nov 19

A group of educationalists and teachers had an insightful conversation with Gurudev Sri Sri Ravi Shankar on the Future of Education.

An excerpt from the conversation follows below.

Nature has already provided all types of skills in every human, which just needs a little nurturing.

Nurturing happens at two levels – at home and in school. While it may seem easy to groom those who already are brilliant and excel in whatever they do, the skill of an educator lies in their willingness to be ready to take the responsibility of grooming each and every child, irrespective of their potential.

Despite the advent of technology, we still live in a world where philosophies are many, Knowledge prevalent. But it is people who move people. When they get inspired by role models, progress naturally happens.

We also need to educate our people to respect every culture like our own – “Udhara charitanam thu Vasudheiva kutumbakam” – a mindset of belongingness that needs to be nurtured. Such collective well-being enhances the broadmindedness in children, in our society and mankind as a whole.



## Speaks at the book release of 'Story of the Clan – A Legacy Untold'

Nov 20

Gurudev Sri Sri Ravi Shankar spoke at the book release of 'Story of the Clan – A Legacy Untold', authored by Senior Advocate, Sri SS Naganand. Justice Shri M N Venkatachaliah, the former Chief Justice of India and other dignitaries were also present.



Gurudev said, Lord Ramachandra was called 'Raghu Kula Tilaka' - the Sresht, supreme amongst that clan. There is a sense of pride when one speaks of Raghu Kulam.

To be proud of one's clan, one's own legacy is important to establish self-esteem.

## 'KotiDeepotsavam'

Nov 22, HYDERABAD

Gurudev's divine address at the event that witnessed thousands of people lighting lakhs of lamps on the evening of Karthik Poornima, highlighted the essence of Bhakti to enliven the spirit, for every human to rejoice in bliss and prosperity:

*The essence of life is Bhakti. When there is Bhakti, life is fulfilling. There are 4 stages that one must live through in life, to invoke and enhance the spirit of bhakti and bliss from within - Kriye, Charye, Yogam and Gyanam.*

*When steeped in the knowledge of the Self, all troubles vanish, knowledge gets well established and joy flourishes in life.*



## Green India Challenge

Nov 22, MANAS GANGA ASHRAM, HYDERABAD

Tree Plantation as part of the Green India Challenge.



## Inauguration of the Green Vehicle Expo, Bengaluru

NOV 27, BENGALURU

Gurudev inaugurated the Green Vehicle Expo at Bengaluru International Exhibition Centre organized by the Auto Dealers Association.



## Inaugurates the Genomics Lab at SSIAR

NOV 29, BENGALURU



Gurudev Sri Sri Ravi Shankar inaugurated Genomics lab at Sri Sri Institute of Advanced Research (SSIAR). Equipped with state of art systems, the lab will facilitate discovery of novel applications of AYUSH.

## Addresses a conference organized by the GIWA

DEC 9



Gurudev Sri Sri Ravi Shankar addressed the conference for faith leaders jointly organized by the Global Interfaith WASH Alliance (GIWA), UN Genocide Prevention Office and Religions for Peace.

Speaking at the conference, Gurudev emphasized on the importance of taking care of the environment and the society. He said,

*“The principles of Ahimsa, nonviolence, cooperation and caring for the environment – all these go hand in hand. It is so timely that there is such a congregation of religious leaders to jointly address these, giving a call to our planet to come together, to see that we can all help each other, celebrate our differences, and co-exist peacefully to make life a celebration. With a prayerful mind towards divinity and a compassionate heart, we can achieve what we want to.”*



## Inaugurates ENT OPD, Sri Sri Ayurveda Hospital

BENGALURU, KARNATAKA, DEC 10



## Thousands attend Gurudev's commentary on Bhagavad Gita, Ch-8

DEC 11-12

Gurudev gave a discourse on the Bhagavad Gita, Ch-8 over two days at the Bengaluru Ashram. Thousands discovered the depth of the scripture. The sessions were watched by thousands through a LIVE webcast and concluded with a blissful meditation conducted by Gurudev.



## Inauguration of the Kashi Vishwanath Corridor

VARANASI, UTTAR PRADESH, DEC 13

Hailing the Kashi Vishwanath Corridor, Gurudev said, ' Our respected Prime Minister has given a gift to the country forever by making such a wonderful construction which is beyond everyone's imagination. Lakhs of people will visit for ages.



Gurudev also highlighted culture to be the root of any society. He said, "Where roots are strong, the tree grows and flourishes. Likewise, the roots of culture and the branches of science together brings forth growth and development - carrying both Gyan and Vigyan, making life joyous."



Congratulating the efforts of our Prime Minister, Gurudev said that the inauguration of the Kashi



Vishwanath corridor has created an amazing environment and a renewed enthusiasm in the region. And everybody in the nation should extend their hands to our Prime Minister's efforts (Maha Yagya) to take our country towards betterment.

## Addresses premier educational institutes of the country at The National Induction 2.0

DEC 13



Addressing first year students and staff of about 27 NITs, 5 IITs and 8 IIITs, who were part of the National Induction 2.0, Gurudev said that a stress free and clear mind is important for students to contribute their best.



He reinforced on the importance of meditation as an essential aspect to ward off stress, to sharpen one's perception, observation and expression.

He appealed to the students, "Let's make our minds strong, emotions supple and energy vibrant!"

## 5158th anniversary of the Bhagavad Gita

LUCKNOW, UTTAR PRADESH, DEC 14



In an impromptu session of wisdom, music and meditation for 1000 people, Gurudev filled the hearts and minds of inquisitive seekers with wonderful nuggets of wisdom.

*The knowledge of light is known through darkness. And only from darkness, the value of light is known. When Dharma rules, happiness, prosperity and joy shines through. That has been the significance of every avatar, divine incarnation in every yug - to destroy Adharma and to establish Dharma, righteousness.*

*Every question of a seeker leads to some answers and when all questions fall off, the seeker reaches a different dimension – a time, when all that remains is contentment - a relationship with the infinite consciousness.*

## Visits Ayodhya

DEC 14, AYODHYA, UTTAR PRADESH



Meeting with Shri Champat Rai, General Secretary of Shri Ram Janmabhoomi Teerth Kshetra



Gurudev at Digambar Akhada with Mahant Suresh Dasji

## Visit to Chitrakoot

DEC 14, CHITRAKOOT, UTTAR PRADESH



Meeting with revered saints - Swami Rambhadracharya ji, Pujya Swami Chidanand Saraswati ji, Pujya Rameshbhai Oza ji and others

## Conference of Hindu Religious leaders and Saints

DEC 15, CHITRAKOOT, UTTAR PRADESH



Patriotism and devotion are two sides of the same coin. One who loves God will definitely love the Nation. We pray through different names and forms, but we all believe in one divinity.

The points highlighted at this forum shows the importance of environment conservation, river rejuvenation, tree plantations, establishing righteousness, inclusion of Shastras in our education system and so on. Collectively working towards each of these aspects would bring an upsurge and the Nation would shine as a global leader.





## Addresses the Global Conference on Health Promotion

DEC 14

Gurudev addressed the Global Conference on Health promotion for well-being equity and sustainable development organized by the World Health Organization (WHO) on the 14th of December.



Gurudev in conversation with Hon. Dr. Ahmed bin Mohamed Obaid Al-Saidi, Minister of Health Oman, Hon Helen Clark, Former PM of New Zealand, Dr. Juan Pablo Uribe Global Director WBG\_Health and Dr.Katherine Trebeck

## Inauguration of the National Webinar: Traditional Wisdom with Scientific Evidence

DEC 21

Marking the birth star of Sage Agasthya, who is known as the father of Siddha Medicine and Tamil literature, there was a National webinar

that was conducted by the Sri Sri Institute of Advance Research, wherein doctors from the CCRS (Central Council for Research in Siddha) gave profound insights on the ancient system of medicine, relating it to deep Spiritual sciences, yogic principles, computational biology, genomics and medical practices.



In his inaugural address, Gurudev said,

*Siddha system is very ancient and profound, yet very little known but for in parts of Tamil Nadu and Kerala. It not only helps treat diseases, but also makes one strong and*



*brings clarity in mind. We know its efficacy since it has been there for ages, but the entire world should know of it through science and scientific evidences.*

*So, it is our responsibility to standardize, research and make the Siddha system known to the world.*

## **Christmas Celebrations: A Message of Sharing**

DEC 25, BOONE, NORTH CAROLINA, USA



This December at the Art of Living's center in Boone, NC, an audience of people from across the U.S and other countries joined Gurudev to celebrate the season with a direct experience of peace and joy. The

holiday program included time in silence and a public event of wisdom, music and meditation on Christmas Day.

On Christmas Day, Gurudev gave a universal message of sharing for the holiday season: "Each one of you is a special gift on the planet. You are like the Christmas tree. A Christmas tree bears its gifts and lights for everyone. Similarly, the gifts you're carrying in your life are for others! You offer the gift of service to anyone in need, and you will wonder how your needs are being taken care of!"

## 40 YEARS OF SERVICE



### ART OF LIVING FOUNDATION AND IAHV

**40 years** of Service & Celebration | Presence in **156 countries** | Touched the lives of **450 million** people

Run humanitarian projects in **every sphere of life** | United people **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 **81 million** cooked meals to daily wagers during Covid 19 pandemic

Setup **4** covid care centers in India | Covid 19 relief activities in **450 locations** across **225 districts** in India

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 **48 rivers and their tributaries** across **4 states** in India

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





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