



Gurudev Sri Sri Ravi Shankar

2023 GLOBAL INITIATIVES

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 180 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.



2023
IN REVIEW

Life is a combination of being playful and being serious. When you're serious you acquire wisdom and when you're playful you're using the wisdom. But at the same time, you need wisdom to recognize when to do what!

Gurudev continued his exhaustive efforts elevating human consciousness through wisdom and meditation while engaging in concerted efforts to foster peace globally.

New Year Celebrations

ART OF LIVING EUROPEAN CENTER, GERMANY, JAN 1

This New Year's Eve, Gurudev encouraged everyone to see life from a bigger perspective. He asked the audience if they had felt like they had wasted time this year. He continued, "If yes, then it means that you are growing. On the other hand, it also means that you are not taking life seriously. When you say you don't want to waste time, your vision is opening up and you

are becoming more committed. Now is the time to see how much time we have wasted over trivial things."



He also encouraged everyone to see life as a game. "Whenever you have failed in life, remember to not take life too seriously. Imagine you are sitting on the

bank of a river. You have your feet on the river. Time is moving. It has brought you good things and bad things both. Sometimes you have jumped in the water and water has gone above your nose. Yet somehow, you emerged out of that situation. Time has made you swim in tough and pleasant times. As long as you don't forget there is a shore you can hold onto, it is okay to play around in the world. If it's a flood, there is no point in going with it. What do you need to do? When the current is too much, get onto the shore."

Unveiling Infinity III

INTERLAKEN, SWITZERLAND, JAN 7



Gurudev unveiled the meditation sutras from Vigyan Bhairav, an ancient scripture from the Shaivite tradition. Sincere seekers from across Europe and the globe learned some of these techniques and experienced deep meditations.

The Sixth Sense

LONDON, UNITED KINGDOM, JAN 15

This was an intensive interactive event based on the ancient text of Vigyan Bhairav where Gurudev distilled the wisdom from the ancient scripture coupled with experiential techniques to enliven the Sixth Sense.



World Economic Forum

DAVOS, SWITZERLAND, JAN 17-19

"Renaissance of South Asia"



During a panel discussion on the "Renaissance of South Asia," Gurudev underscored the importance of regional unity to accelerate social and economic development and highlighted the potential for India's leadership in advancing trade, cultural exchange and cooperation across South Asia.

"Cooperation in a Fragmented World"



Gurudev addressed world leaders and heads of state at the annual World Economic Forum (WEF) gathering in Davos, Switzerland. The WEF is one of the most prestigious and much-awaited global economic events. Gurudev spoke about the betterment of mental health in the post-covid era.

"The worldwide response to the Covid-19 pandemic highlighted how when we work together, we can achieve better and more equitable health outcomes. The current approach to addressing mental health is ineffective and calls for a fundamental change. We must address the root cause from a holistic perspective and explore breath as a tool to manage the mind and emotions," said Gurudev.



He also interacted with Executive Director of the World Bank, Param Iyer and the Indian Ministry of Commerce and Industry's Secretary of the

Department for the Promotion of Industry and Internal Trade, Rajendra Ratnoo. He highlighted how peace and a sustainable lifestyle play critical roles in creating a prosperous world.

"Future of Leadership"



Gurudev also addressed the 'Future of Leadership' panel alongside women leaders of business from across Europe where he highlighted the work the Art of Living is doing in various areas including women's empowerment.

Launch of Kent RO Energy Conservation Fans

NEW DELHI, INDIA, JAN 20



Gurudev launched Kent RO Kuhl Fans alongside Kent RO CEO Mahesh Gupta as part of Art of Living and Kent RO's broader partnership to promote environmental stewardship and sustainable energy use.

Happiness Festival

JAIPUR, RAJASTHAN, INDIA, JAN 21



Thousands experienced the transformative power of the Sudarshan Kriya during the Happiness Festival in Jaipur, Rajasthan. As part of the event, several educational institutions signed memorandums of understanding to offer The Art of Living programs for the benefit of their students and faculty.



Addresses the Bharat Mata Foundation's 74th Republic Day Celebrations

HYDERABAD, TELANGANA, INDIA, JAN 23

Bharat Mata Foundation, a non-profit dedicated to social and economic upliftment, invited Gurudev to address its Republic Day Celebrations honoring the adoption of India's Constitution. Esteemed guests included Indian Union Minister of Culture, Tourism

and Development of the Northeastern Region Mr. Kishan Reddy.



Tuberculosis-Free India initiative

INDORE, MADHYA PRADESH, INDIA, JAN 26

Gurudev joined a virtual event co-hosted by the Collaboration to Eliminate Tuberculosis Among Indians (CETI), a pre-eminent non-profit pioneering an end to tuberculosis (TB), Art of Living, India's Central TB Division, the American Association of Physicians of Indian Origin and Emory University's Global Health Institute. The event was part of a broader partnership between Art of Living and CETI to foster awareness of TB prevention and response. Gurudev praised front line health workers, district TB officers, and the work of the Government of India's National Tuberculosis Elimination Programme. Urging the Indian public to be aware of risk factors, seek timely care and complete treatment, he called upon the virtual audience of more than one million people to help make the country free of TB.

Farmer Conference

BENGALURU, KARNATAKA, INDIA, JAN 26

3,200 farmers from across the South Indian state Karnataka attended the Farmer's Conference organized by the Art of Living Foundation in collaboration with the Government of Karnataka

at the Art of Living Foundation's International Ashram in Bengaluru. The event showcased tools and techniques to accelerate regenerative and organic farming. Farmers growing rare grains and millets exhibited their produce.



Compassion in Action Award

BENGALURU, KARNATAKA, INDIA, JAN 27



Gurudev received the 2023 Mahakaruna 'Compassion in Action' Award from the Mahabodhi Meditation Center, Ladakh. Gurudev tweeted, "Compassion is when you recognize yourself in the other and when you see the other in yourself."

Honors Artists From Across India

BENGALURU, KARNATAKA, INDIA, JAN 27

120 renowned performing artists from across India participated in a four day cultural event, 'Bhav - the Expressions Summit 2023' at the Art of Living International Center in Bengaluru. The summit included intimate concerts, in depth lectures, fun

and therapeutic experiential learning, and enjoyable panel discussions with renowned artists. Gurudev commended the visiting artists and inaugurated the event by lighting a ceremonial lamp, noting "an intelligent person spends his time in prose, poetry, arts, music and dance, while an unintelligent person spends his time complaining. Gurudev joined Indian Union Minister of Culture, Tourism and Development of the Northeast Region G. Krishna Reddy in delivering closing remarks.



Gurudev also awarded schools and teachers from across India alongside the Honorable Minister of State of Education Dr. Rajkumar Ranjan Singh; the Honorable Minister of Education and Literacy of Karnataka B.C. Nagesh; and American venture capital investor and educator Tim Draper.

Awards and Collaborations at Sri Sri University

SRI SRI UNIVERSITY, ODISHA, INDIA, JAN 29-30



The Art of Living signed 13 Memorandums of Understanding with institutions from across the country in presence of Gurudev Sri Sri Ravi Shankar for initiatives like joint programs, and research collaborations among others. He also launched seven centers of excellence across fields ranging from research in Indian knowledge systems to advanced business analytics.



During his visit to the university, Gurudev also conferred awards to schools and teachers from across India. The event was attended by the the Honorable Minister of State for External Affairs and Education Dr. Rajkumar Ranjan Singh; the Honorable Minister of Education and Literacy of Karnataka B.C. Nagesh; and American venture capital investor and educator Tim Draper.

Encourages Young Entrepreneurs

SRI SRI UNIVERSITY, ODISHA, INDIA, JAN 30

Gurudev participated as a guest judge on the sixth season of the American TV Show, "Meet the Drapers" where aspiring entrepreneurs pitch their startups to venture capital investor Tim Draper. The special episode was filmed at Sri Sri University in Orissa, India.

Maha Satsangs

NANDED, TULJAPUR & KOLHAPUR, MAHARASHTRA, INDIA, JAN 31-FEB 1



Satsang in Tuljapur, Maharashtra



Satsang in Kolhapur, Maharashtra

Gurudev visited Nanded for the first time and Tuljapur and Kolhapur after 12 years. Thousands meditated with Gurudev at Mahasatsangs, gatherings to bring together people in meditation, wisdom and meditative chanting.



Gurudev was invited by chief religious leaders to visited sacred Sikh and Hindu religious pilgrimage sites, respectively the Sachkand Gurudwara in Nanded and the Mahalakshmi Temple in Kohlapur.

Launch of Second Phase of Jal Tara Water Conservation initiative

WATUR, MAHARASHTRA, INDIA, FEB 2



Gurudev launched the second phase of the Art of Living's Jal Tara project alongside the Honorable Chief Minister of Maharashtra Mr. Eknath Shinde.

Jal Tara was launched in 2022 and has been working successfully towards solving the water scarcity crisis faced by farmers in India. The prokect will create 50 million recharge structures in more than 100,000 villages over the next five years. The first phase of the Jal Tara resulted in a 14 foot increase in the groundwater table of affected villages, with an impact of 606,000 liters per recharge structure, resulting in a 42 percent increase in crop yield and a 120 percent increase in farmer income.

Evening of Music and Meditation

PUNE, MAHARASHTRA, INDIA, FEB 3

Like food that nourishes the body comes from the earth, nourishment for the mind come from the space element. When you meditate, when you listen to chants, you purify the space element, and sow seeds of happiness and peace.

- Gurudev Sri Sri Ravi Shankar



Gurudev addressed more than 100,000 people at an event setting a world record for a recitation of an ancient devotional, the Ganapati Atarvashirsha. The chant is invoked to remove obstacles to peace and prosperity at the individual and global level. The event was attended by Deputy Chief Minister of Maharashtra Devendra Fadnavis.

Honors Journalists and Social Workers

PUNE, MAHARASHTRA, INDIA, FEB 5



As Chief Guest at the Maharashtra Patrakar Sangh, Gurudev Sri Sri Ravi Shankar gave awards to prominent journalists, social workers, and artists who have made contributions towards the betterment of society.

Urges Students to Live With Commitment and Compassion at EduMeet

PUNE, MAHARASHTRA, INDIA, FEB 5

Gurudev addressed a special gathering of over 150,000 students and educators, encouraging the youth to become entrepreneurial in their approach and spend some time in practices such as meditation, and Sudarshan Kriya to overcome anxiety, increase

focus and remain happy. He urged the youth to look at life from a bigger perspective. He encouraged students to not take failures too seriously. He suggested that listening to some music in between study hours will lessen the pressure of exams. Adding to this, he gave a 3C formula to students to handle their lives better - context to life, commitment, and compassion. Students felt hopeful and energetic after listening to his words.



Vigyan Bhairav

PUNE, MAHARASHTRA, INDIA, FEB 5



Gurudev led thousands through various techniques of meditation from the ancient scripture of Vigyan Bhairav.

Interacts With Entrepreneurs and General Public

BELAGAVI, KARNATAKA, INDIA, FEB 8



Gurudev addressed entrepreneurs and business leaders at an event hosted by the Federation of Associations of Belgavi, Karnataka. The evening prior, he addressed thousands at an evening of wisdom, music and meditation, or Mahasatsang.

Encourages Relief Efforts For Syria-Turkey Earthquake

INDIA, FEB 9

Teachers and volunteers of The Art of Living led relief efforts as the Syria-Turkey earthquake demolished cities and took away lives. Gurudev met virtually with volunteers working in areas devastated by the 2023 Syria-Türkiye earthquakes.



Volunteers delivered over 17.32 metric tons of supplies and conducted several post-trauma relief programs.

Leads Meditation For a Group of 2,000 Happiness Program Participants

CHENNAI, TAMIL NADU, INDIA, FEB 10

As 2,000 people learned Sudarshan Kriya for the first time in the Happiness Program, Gurudev led an exclusive meditation session. The Happiness Program is The Art of Living's exclusive program where people from all backgrounds learn life skills and the powerful Sudarshan Kriya breathing technique.



Encourages Government officials to Uphold Ethics at Work

CHENNAI, TAMIL NADU, INDIA, FEB 11



Gurudev addressed civil servants, bureaucrats, and government officials at the Income Tax Office in Chennai. In his address, he encouraged them to uphold ethics and morality at work. Every year, The Art of Living's Government Executive Programs

in India reach hundreds of bureaucrats. The programs have helped government officials gain new perspectives on governance and leadership while cultivating self mastery and stress relief, through programs implemented in India and partnership with governments around the world.

Visits Naganadi River Rejuvenation Project Site

VELLORE, TAMIL NADU, INDIA, FEB 12



Gurudev visited the Naganadi River Rejuvenation project as part of his broader efforts to address India's water scarcity challenges. Naganadi is among more than 70 rivers revived through Gurudev's unique approach and is now classified by the Government of India as a perennial river. Success behind these efforts includes planting native plants; Art of Living's river rejuvenation team in Naganadi achieved a world record after planting 250,100 seeds in one hour.



Art of Living's river rejuvenation efforts have reached 34.5 million people across five Indian Union Territories.

Meets Farmers and Entrepreneurs in Hospete

HOSPETE, KARNATAKA, INDIA, FEB 14- 15



Thousands joined Gurudev Sri Sri Ravi Shankar in an evening of music, meditation, and wisdom in Hospete, Karnataka. He encouraged the audience to see life from a bigger perspective.



In an effort to promote organic farming and regenerative agriculture, Gurudev met and addressed thousands of farmers from across Karnataka, India. These farmers are working in partnership with Art of Living to revive the cultivation of local rice varieties on close to 5,000 acres of land. Gurudev separately addressed more than 250 prominent industrialists and entrepreneurs in a separate event.

Inaugurates National Seed Bank

BENGALURU, KARNATAKA, INDIA, FEB 19



Gurudev inaugurated Rashtriya Beej Kosh (national seed bank) for indigenous seeds and endangered medicinal plants on the occasion of Mahashivratri at the Bangalore International Centre. More than 100 seed keepers from across India participated in this event with more than 5,000 varieties of seeds..

Mahashivratri Celebrations

BENGALURU, KARNATAKA, INDIA, FEB 19



Over 150,000 people from across 60 countries participated in Mahashivratri celebrations at the International Art of Living Center in Bengaluru, India in celebrations that took place throughout the auspicious occasion. Simultaneous celebrations

gathering hundreds of thousands of people were conducted in 19 states across India.



HYENR, a joint venture by SriSriTattva and Norwegian green energy company Greenstat was launched on the occasion of Mahashivratri. It aims to provide clean, green and affordable energy through Green Hydrogen, EVs and other solutions.

Wisdom, Music and Meditation

MUMBAI, MAHARASHTRA, INDIA, FEB 25



100,000 people came together for an evening of music, meditation, and wisdom. In that atmosphere of electrifying joy, Gurudev said, "When you feel life is an expression of joy, it becomes a play."



Vigyan Bhairav

MUMBAI, MAHARASHTRA, INDIA, FEB 26



Thousands attended the Vigyan Bhairav discourse held at Sardar Vallabhbai Patel Stadium in Mumbai, Maharashtra.

Mahasatsang in Akola

AKOLA, MAHARASHTRA, INDIA, FEB 27

The Maharashtra tour continued with an evening of music, meditation, and wisdom in Akola.



Gyan Ganga

NASHIK, MAHARASHTRA, INDIA, MAR 1



100,000 people chanted Ram Raksha Stotram in the presence of Gurudev Sri Sri Ravi Shankar. In a similar event, The Art of Living Nashik chapter had created a world record of 5,378 flutists performing together at Venunaad.

The chant was followed by Gurudev's words of wisdom, music, and meditation. Gurudev said, "Ramayana and Mahabharata are the heritage of India and their impact has been observed across the world in the form of ancient relics." He also explained the secret behind mantras. He shared, "The way plants sprout from the ground, peace, and joy arise from space (when mantras are chanted). Mantras work like seeds. We must meditate to tap

its potential. Meditation makes the space fertile for the mantra to work. Chants (Mantras) make the atmosphere positive."

Interacts With Students and Faculty of Indian Institute of Technology Delhi and Delhi University

NEW DELHI, INDIA, MAR 3

Indian Institute of Technology, Delhi



A calm, peaceful, happy mind creates energy & dynamism in you. Whereas a restless mind drains you & makes you tired. So the key to outer dynamism is inner peace!

- Gurudev

Gurudev began his talk titled 'Excellence through Inner Peace and Dynamism,' with simple exercises, meditation, and a powerful insight - "Peace does not mean being complacent and dynamism does not mean being restless." He added, "When you are happy and peaceful, you can do a lot more. Those with better work-life balance and who listen to their bodies accomplish more." In a lighter tone, he asked, "Can you be dynamic when you have a break-up?" Gurudev emphasized how education about the breath and mind can help individuals harness inner peace

and dynamism. He said, "Breath is linked to one's mood, energy levels, and intuitive ability. And no one at school or at home teaches us about it."

He also urged everyone to reach out a helping hand to those who are miserable. He said, "I would like everyone to pledge that whenever you pass by someone who has a long face, talk to them. Ask them what you can do for them. See life from a bigger context and create a better world around us."

For several years, The Art of Living programs have been helping students at IITs, IIMs and other leading institutions of higher education across the world.

Delhi University



The University of Delhi invited Gurudev Sri Sri Ravi Shankar to address students and faculty on the role of meditation in uplifting one's mental health. In his address, Gurudev urged the audience to look at life from a bigger perspective. He said, "Getting a degree and getting a job should not be the only goals in life. People move towards suicide when they do not have a broad outlook towards life."

Pointing out the reasons for declining mental health, he said, "When we start thinking only about ourselves

and are cut off from everyone, then the door of depression opens. Every 40 seconds one person is committing suicide. This is because we have not paid attention to mental health for many years."

On the occasion, event special guest Haryana Chief Minister Manohar Lal Khattar stressed the importance of action, noting, "we start thinking about becoming something [not doing], then our power decreases".

Vigyan Bhairav

NEW DELHI, INDIA, MAR 4



Gurudev shared special meditation techniques from the ancient text Vigyan Bhairav. In this one-day event, thousands from across the National Capital Region and Delhi experienced deep meditations and regaled in Gurudev's presence.

Happiness Festival

NEW DELHI, INDIA, MAR 5



Gurudev spoke to 7,000 people who had learned Sudarshan Kriya for the first time as part of an Art of Living Happiness Festival. On the occasion, The Art of Living signed five Memorandums of Understanding with national universities including Delhi University to teach The Art of Living programs and courses as part of their curriculum.



Vigyan Bhairav

RAJKOT & SURAT, GUJARAT, INDIA, MAR 11-12



Vigyan Bhairav in Rajkot



Vigyan Bhairav in Surat

Thousands attended the Vigyan Bhairav discourses in Rajkot and Surat in Gujarat. Gurudev decoded a few meditation techniques from the ancient text and what followed was hours of meditative bliss.

"Everything is energy; sadness, happiness, peace, and anger. Whatever you catch, that grows. The seeds of bliss are sown throughout space and the way to catch them is through meditation & knowledge."

- Gurudev.

'Drug-Free India' in Himachal Pradesh

DHARAMSHALA, HIMACHAL PRADESH, INDIA, MAR 12

On a visit to The Art of Living ashram in Dharamshala, the Chief Minister of Himachal Pradesh Sukhvinder Singh Sukhu requested Gurudev to implement the 'Drug-Free India' campaign in his state.

Drug-Free India is a nationwide movement initiated by The Art of Living in 2019 to reverse the problem of substance abuse and addiction on college campuses. The movement has reached 12,000 colleges in two years. Art of Living has helped 25,000 university students living with substance abuse disorder connect with counseling and services to become drug-free.



Over 100,000 People Meditate With Gurudev

SURAT, GUJARAT, INDIA, MAR 13

Over 100,000 people came together in Surat, Gujrat for an evening of music and meditation. In his address, Gurudev emphasized the power of prayer. He said, "Last year during the Covid-19 pandemic, businessmen from Surat had told me that their businesses were suffering. Now, those businesses are running again. There is strength in prayer. Prayer together with effort, things work out." He encouraged everyone to take responsibility for the mental well-being of those around them too. "When the mind is strong, it can face any challenge." He encouraged everyone to include knowledge, meditation, and service in their lives to make their minds strong.



Pearls of Wisdom

VARIOUS CITIES IN GUJARAT, MARCH 14, 15 AND 17

Gurudev interacted with groups of business leaders and industrialists in Gandhidham, Vapi, and Ahmedabad. He encouraged businessmen to take out time for themselves and find inner strength especially when they go through difficult times. He led these sessions with meditations.



Gandhidham



Vapi



Ahmedabad

Addresses officers of the Indian Coast Guard

DAMAN, GUJARAT, INDIA, MAR 14

Gurudev addressed officers of the Indian Coast Guard. Providing practical tips to de-stress and stay healthy, Gurudev noted the importance of mental health in high pressure environments.



'Drug-Free India' in Gujarat

AHMEDABAD, GUJARAT, INDIA, MAR 15



The Art of Living and Gujarat Technological University organized the drug-free India program in Ahmedabad. It was attended by State Home Minister Harsh Sanghvi and State Industries Minister Balwant Singh Rajput. Gurudev led the attendees in taking an oath to reject drugs and spread social awareness of the importance of staying drug-free.

Hundreds of thousands of students from several universities across Gujarat took the pledge joined by musicians and members of the Gujarati film fraternity who joined Gurudev's call for a Drug-Free India.

In his address, Gurudev said, "People consume intoxicating substances to eliminate that anxiety. This leads them to the path of drugs and they lose their lives. The drug free India campaign has been launched to arrest this happening." He encouraged students to get "intoxicated" with things that are life-supporting and creative.

Happiness Festival

AHMEDABAD, GUJARAT, INDIA, MAR 16



The Happiness Festival was a culmination of the happiness events organized by the Art of living in thousands of cities across India over the four previous months which drew more than 15,000 people who completed the Art of Living's Happiness program. The participants learned to be happy and live a stress-free life as Gurudev explained practical ways to handle one's mind and emotions and stay happy.

"Achieving one's goals in life requires both self-effort and prayer. We want people in every home to mediate, not a single person should be unhappy in any house. Not a single tear should fall from any eye. It is our responsibility. For this, we should help each other to become mentally strong. When our mind is strong then we can face any

difficulty and knowledge and meditation are needed to strengthen the mind."

- Gurudev

Thousands of Youth Say No to Drugs at Edu-Youth Meet

ANAND, GUJARAT, INDIA, MAR 17



"Are you mischievous?"

That is how Gurudev began his address at the Edu-Youth Meet in Anand where thousands of students from colleges in and around Anand had gathered.

Gurudev encouraged youth to be playful and say no to drugs. "When you are playful and take interest in art, there is some juice in life. Such youth do not chase intoxicants. People who seek some thrill in life and feel empty from within are the ones who chase intoxicants. Or those who watch their friends take drugs take it. We need to block these roads that lead to drugs."

He also encouraged youth to reach out to fellow students who are sad and are going through a tough phase. "Sit with them and ask them how you can

help," he continued. "When someone's mind changes, their life also changes," he added.

Holistic Education For Students

GUJARAT, INDIA, MAR 20



5 Educational institutes in Gujarat have signed Memorandums of Understanding with The Art of Living to train their students in mind management techniques and life skills!

Industrialists Meditate With Gurudev

JABALPUR, MADHYA PRADESH, INDIA, MAR 24



Gurudev interacted with industrialists from Jabalpur and encouraged them to take some time out from the daily grind and meditate. He led an exclusive meditation session for them.

Students, Parents, and Teachers Meditate

INDORE, MADHYA PRADESH, MAR 25



Gurudev addressed students, teachers, and parents from institutes across Indore. He encouraged students, parents, and teachers to meditate. He emphasized how meditation practices can make children sharper and more relaxed.

50,000 People Chant Hanuman Chalisa

INDORE, MADHYA PRADESH, INDIA, MAR 25



In the presence of Gurudev, and several Indian saints including Kankeshwari Devi, Mahamandaleshwar Chinmayanand Saraswati and Mahamadeleshwar Ramgopaldas Maharaj, 50,000 people chanted Hanuman Chalisa. The event was organized by Kailash Vijayvargiya, National General Secretary of BJP.

Vigyan Bhairav

INDORE, MADHYA PRADESH, MAR 26



Gurudev visited the Mahakaal and Kaal Bhairav temples (faMemorandums of Understanding Shiva temples) and gave a discourse on the ancient text Vigyan Bhairav in the city of Indore where thousands experienced deep meditations.



Memorandums of Understanding With Universities

INDORE, MADHYA PRADESH, MAR 27



The Art of Living signed an MoU with three major universities of Indore including Devi Ahilya Vishwavidyalaya to introduce The Art of Living's programs for youth in colleges. Hundreds of universities in India and across the world have signed similar Memorandums of Understanding to create healthy and stress-free campuses.

Pledge For a Healthy Nation

INDORE, MADHYA PRADESH, INDIA, MAR 27



Thousands turned up at a Rudra Puja and yoga event organized by the Mayor of Indore, Pushyamitra

Bhargav. He promised Gurudev that he would build a yoga center in every block of the city. Attendees pledged with Gurudev to work towards a clean, healthy, prosperous, and drug-free nation.

Observes Bhoti Language Day and Honors Visiting Buddhist Monks

BENGALURU, KARNATAKA, INDIA, APR 2



Observing the Bhoti Language Day, Gurudev Sri Sri Ravi Shankar along with Tashi Gyalson, Chairman of Ladakh Autonomous Hill Development Council (LAHDC), and Jamyang Tsering, Member of Parliament from Ladakh, lit a lamp. Gurudev emphasized the need to recognize and preserve languages. In an assertive Twitter dialogue, he observed, "The demand to include Bhoti in the 8th schedule of the constitution is justified."

Bangalore Ashram also hosted the Honorable Rinpoche Nawang Chamba Stanzin and forty Buddhist monks from fifteen monasteries. The Art of Living along with Solar Energy Corporation of India (SECI) and Ladakh Autonomous Hill Development Council (LAHDC) provided these monasteries with facilities like fresh drinking water, computer skills,

and modern education. Rinpoche Nawang expressed his gratitude towards Gurudev for The Art of Living's work in these monasteries.



Gurudev saluted all the monks who have dedicated their lives to Lord Buddha. He welcomed the officials from Ladakh. He said, "You have come to your home. Despite harsh temperatures, you have persevered to preserve the Buddhist tradition. You are preserving our country's heritage. You have blessed us with your presence. Please keep coming back."

Identifying the common thread between the Buddhist and Vedic traditions, he said, "Both traditions emphasize meditation. They seem different but are one. Adi Shankaracharya was called Buddha in disguise." Gurudev also recited a Buddhist mantra that translated into: Let there be auspiciousness; let all Gods protect us.

The Art of Living is also running the Himalay Unnati Mission in Ladakh where volunteers are working towards preserving the ecological, economic, and socio-cultural heritage of the Himalayas.

Receives Ahimsa International Award

NEW DELHI, INDIA, APR 4



On the occasion of Mahavir Jayanti, Gurudev received the Ahimsa International Award for the Art of Living Foundation's humanitarian work. Gurudev received the award from Ahimsa Vishwa Bharti, an organization spearheaded by Acharya Lokesh Muni of the Jain tradition.

Inaugurates G20 Conference

BENGALURU, KARNATAKA, INDIA, APR 12



Gurudev inaugurated a two-day international conference on 'Delivering Democracy' which is a part of the G20 Summit. He addressed judicial and government officials from the Government

of India and encouraged deeper study of the Rig Veda and its import for today's divisions, noting its call for equality, togetherness and even-mindedness, highlighting that "Humanism is the soul of democracy."

Gurudev also commented on India's democracy:

"A democracy needs multiple, strong, and rational voices. Opposition cannot be just because you want to oppose. The lack of a stronger opposition may appear as a lack of democracy. That is why many think we are not democratic which I don't think is correct. We need an opposition that is strong and united. If a man does not take the consensus of other family members, members become unhappy. The development of a village becomes stagnant when the opposition and ruling parties do not talk. This is not democracy. I tell them when elections get over, you need to work together for the development of the village."

Inaugurates Drone Training and Maintenance Center

BENGALURU, KARNATAKA, INDIA, APR 13



Gurudev inaugurated a drone training and maintenance center which is an initiative of Sri Sri

Rural Development Program Trust (SSRDP). The lab is part of the quest to make India a hub for drone technology. SSRDP is an Art of Living initiative promoting youth empowerment in rural areas which has been empowering rural youth with skills like solar and electrician training.

Shares Perspectives On Society's Growth at Republic Summit

BENGALURU, KARNATAKA, INDIA, APR 26



Gurudev Sri Sri Ravi Shankar addressed the Republic Summit, a panel of experts including business leaders and the media fraternity, discussing factors determining India's development. In a dialogue with Arnab Goswami, Managing Director and editor-in-chief of Republic Media, Gurudev shared some powerful insights. An excerpt from the interview -

Arnab: What should we do to transform society?

Gurudev: Change is the order of the world. Anything that does not change remains stagnant. Change towards something evolutionary is transformation. We don't want a change that leads to more suffering. So the baseline of transformation is material, physical, mental, and spiritual comfort.

Arnab: We have had a lot of challenges: the Ukraine War, Global Economic Development. What do we need to do as a country to be a guiding light spiritually?

Gurudev: We need to see what is it that can make our society happy. Post-COVID-19, we have seen suicides have gone up. This is not the civilization we want. Young people are having heart disease. America is seeing mass shootings. What is the point of having a lot of wealth without mental well-being? We want progress that is sustainable. For this we need the think tank of this country to be proactive. We don't want to think tanks only in our drawing rooms. We need them in every section of society. That is why we started Har Ghar Dhyam*.

**A joint initiative between The Art of Living and the Ministry of Culture through which one-hour sessions on meditation and mental health are organized for the masses.*

Indian Government Signs An Memorandum of Understanding For a Drug-free India

NEW DELHI, INDIA, APR 26



In the presence of Gurudev Sri Sri Ravi Shankar, Indian Social Justice Minister Virender Kumar, and

Indian Social Justice Secretary Saurabh Garg, the Indian Department of Social Justice and Empowerment signed an Memorandum of Understanding with The Art of Living as part of the government's Drug-Free India initiative.



The signing ceremony was kicked off as Gurudev lit the ceremonial lamp. He said that addiction is primarily rooted in people not being able to find the joy of living, noting the Art of Living's support in providing critical services. Through the Memorandum of Understanding, The Art of Living will leverage its centers to promote Drug-Free India initiative and run workshops to end chemical dependency and train government workers to deliver campaigns in areas where Art of Living does not have centers.

Dimasa National Liberation Army Lays Down Its Arms

Nov 10

The Art of Living has been working with Dimasa National Liberation Army (DNLA), an insurgent group based in Assam, India, to encourage militants to lay down their arms and join mainstream society. A huge milestone was achieved as DNLA signed a peace agreement with the Government of Assam as a result of these efforts.



Over the years, The Art of Living has helped rehabilitate more than 7,400 armed insurgents from extremist organizations across India and helped them socially and economically reintegrate into mainstream society.

Speaks On the Power of Meditation and Unity at the NAS Summit

DUBAI, UNITED ARAB EMIRATES, APR 29

Gurudev Sri Sri Ravi Shankar addressed an enthusiastic crowd at the NAS Summit in Dubai. He spoke on the power of meditation and the importance of unity, highlighting how these practices can have a profound impact on mental health and well-being in a world post COVID-19 world.



Gurudev noted that many young people are swimming between aggression and depression and emphasized the need for action. He said, “We all have to be active to uplift the spirit of humanity. And for that, I’m happy you all have gathered to make a positive impact on society.”

Gurudev also emphasized the importance of promoting unity and co-existence in light of ongoing wars in Syria, Sudan and Ukraine

An Evening of Meditation and Wisdom

DUBAI, UNITED ARAB EMIRATES, APR 29



Later in the day, Gurudev led an evening of meditation and wisdom for the general public in Dubai. Decoding spirituality in simple words, he said, “We are made up of matter and spirit. Matter is made up of amino acids, and cells. Our spirit is made up of joy, love, integrity, happiness, and intelligence. Anything that enhances our spirit makes us happy, makes us intelligent, that is spirituality.” He added, “For that, we need to relax and meditate.

Launches 4th World Culture Festival

WASHINGTON, D.C., MAY 19



Gurudev, Washington, D.C. Mayor Muriel Bowser and Washington, D.C city officials launched the 4th World Culture Festival.

Sixth Sense

BRUSSELS, BELGIUM, MAY 23

Wisdom, meditation, and music were the highlights of Sixth Sense - a series of events in Europe led by Gurudev Sri Sri Ravi Shankar.



Shares insights About Mental Health in European Parliament

MONTREAL, CANADA, DEC 25



Gurudev Sri Sri Ravi Shankar was invited to address the European Parliament, to find solutions to and discuss the ubiquitous mental health impact of growing global challenges of polarization, social unrest and violence, economic and political uncertainties, and climate change.

More than 200 participants attended, including Members of the European Parliament, mental health experts, academics, and policymakers. Gurudev brought to their attention the fact that conventional methods used to address mental health issues worldwide can be given an added boost by integrating ayurveda, meditation, and breathing.

Gurudev spoke further about the benefits of powerful breathing techniques on mental health. He shared, "When the mind is calm and clear, people are better equipped to make informed decisions with an understanding of the interconnectedness of life. The key to accessing this inner calm lies within our own breath. Our breath has the power to regulate emotions and thoughts, reduce anxiety, and eliminate stress and tension."

Interacts With Students at Aachen University

AACHEN, GERMANY, MAY 25



Gurudev Sri Sri Ravi Shankar encouraged students to see life from a bigger perspective in a talk at Aachen University. "Your life is very short, even if it is for a hundred years, in the vast arena of time. In this time, we should live with joy, creativity, and togetherness."

Emphasizing the role of resilience in life, he said, "Resilience is needed when you want to achieve something in life. But when you are tired, you cannot be resilient." Sharing the secret to resilience, he said, "That is when you need to raise your energy levels with your breath."

Later in the evening, Gurudev met the general public in an evening of meditation and wisdom in Aachen.



Sixth Sense

AMSTERDAM, HOLLAND, MAY 26



Meditation is where you move beyond the five senses transcending name and form.

- Gurudev

In an exclusive event of the Sixth Sense series, Gurudev delivered a wisdom talk and guided the audience into a blissful meditation.

In an open-for-all evening of singing and meditation besides the canals of Amsterdam he was joined by people from across the country.



Satsang is not just singing, it is acknowledging and sharing the truth of life.

- Gurudev

Satsang at European Centre

BLACK FOREST, GERMANY, MAY 28



People from over 60 countries joined Satsang at the European ashram in Germany. The crowd sang and meditated with Gurudev who also took a few questions from the audience.

Gurudev Praises Sengol's Return in India's New Parliament

GERMANY, MAY 28

Gurudev praised India's new Parliament building for its symbolic importance and sacredness, expressing gratitude to the government and Prime Minister Modi for reviving the tradition embodied by the sengol. He emphasized the significance of the sengol as a symbol of democracy, equality, and justice finding its rightful place in Parliament.

Gurudev urged politicians to set aside politics on special occasions, underlining the need to honor India's ancient roots while embracing modernity for the nation's greater good, symbolizing the unity of tradition and progress.

Meets Deputy Prime Minister of Poland

WARSAW, POLAND, MAY 30



Gurudev Sri Sri Ravi Shankar met the Deputy Prime Minister of Poland, His Excellency Prof. Piotr Gliniski.

Unveiling Infinity

TARASKA, POLAND, MAY 31



Gurudev Sri Sri Ravi Shankar decoded meditation sutras from the Vigyaan Bhairav text for a Polish audience in The Art of Living's center in Taraska.

Celebrates 30 Years of The Art of Living in Lithuania

VILNIUS, LITHUANIA, JUN 1

The 'Sixth Sense' event brought thousands together to meditate with Gurudev Sri Sri Ravi Shankar in Vilnius.



Nature will never present you with a problem that you cannot solve. You already have the answer, that is why the question appears before you.

- Gurudev



Devotees also celebrated 30 years of The Art of Living in Lithuania with an evening of Satsang with Gurudev.



Gurudev also met Vytautas Landsbergis, known popularly as the Mahatma Gandhi of Lithuania. Vytautas Landsbergis was the country's first post-independence Head of State. He brought freedom to the country through a bloodless revolution. He has been a part of The Art of Living family for decades.



The Sixth Sense Series

BUDAPEST, HUNGARY, JUN 2



Curiosity is the mother of science, Wonder is the mother of spirituality.

- Gurudev

Volunteers dressed in traditional German attire greeted Gurudev at the Sixth Sense event as Gurudev donned a German coat and hat. Gurudev led an evening of wisdom, meditation, and music for an auditorium packed with curious minds.

The Sixth Sense Series

ZAGREB, CROATIA, JUN 3



Thousands soaked in wisdom and blissful meditations in the Sixth Sense Series event led by Gurudev Sri Ravi Shankar.

To sow a seed we need to plough the soil. Our intentions are like seeds, they don't manifest because we keep planting them without the ploughing-it's like sowing seeds on stone. Meditation is the ploughing that make our intentions sprout.

- Gurudev

Launches Yoga Day Celebrations in Croatia

ZAGREB, CROATIA, JUN 4



Gurudev launched the 20 Day International Day of Yoga Celebrations at the Embassy of India in Zagreb and led a group of 50 esteemed leaders into a session of wisdom and meditation.

Encourages Volunteers On World Environment Day

EUROPE, JUN 5

Congratulating Art of Living the volunteers leading environmental restoration initiatives across Europe,, Gurudev shared some highlights of the Art of Living's Himalaya Unnati Mission, a platform for NGOs and universities to work together to promote environmental protection. Under the initiative, more than 60 knowledge centers working to protect the Himalayas have been established to benefit thousands of students and farmers. The platform is also working

to electrify schools and homes along the border areas of India.

Visits Slovenia

LJUBLJANA, SLOVENIA, JUN 7



Gurudev concluded his Europe tour in Slovenia where he delivered a wisdom talk to the general public.



Petty worries stress you out, while worrying about larger causes can bring more energy to you.

- Gurudev



He also met the Prime Minister of Slovenia Robert Golob with whom he discussed various issues concerning the environment and renewable energy.

Meditation and Discourse

USA, JUN 23 - SEP 16



Sixth Sense in Cleveland, Ohio

Gurudev addressed more than 55,000 people in 33 cities across the United States in an effort to raise awareness of meditation as a powerful tool to improve mental health and happiness. Cities included... Pittsburgh, Cleveland, Indianapolis, New Jersey, Ashtabula, Virginia, Roanoke, Winston-Salem, Howard County (Maryland), Alabama, St. Louis, Dallas, Austin, Houston, Salt Lake City, Boise, greater Los Angeles area, Beverly Hills, Anaheim, Redondo Beach, Chicago, Detroit, Columbus, Cincinnati, Montgomery county (Maryland), Arlington, Baltimore and Queens. These sessions were scheduled almost every other day. Important highlights of some of these sessions are as follows.

A Visit After 20 Years

PITTSBURGH, PENNSYLVANIA, JUN 23

After 20 years, Gurudev visited Pittsburgh where he led an evening of meditation, wisdom, and music

in an event of the Sixth Sense series. Engaging in a friendly dialogue, he tweeted, "The city of bridges serves as a reminder to build bridges between humanity, transcending barriers and prejudice."



Addressing the Opioid-epidemic in Ashtabula

ASHTABULA, OHIO, JUN 24



Gurudev addressed the community of Ashtabula in the Lakeside High School auditorium. The talk focused on tools to maintain happiness and resilience during chaotic and difficult times. The event highlighted the positive results of researchers at Ohio State University studying the impact of Sudarshan Kriya to support individuals living with substance

abuse disorder and opioid addiction in Ashtabula County, an area of the United States adversely impacted by the opioid epidemic.

Sixth Sense

INDIANAPOLIS, INDIANA, JUN 25



Gurupurnima Celebrations

BOONE, NORTH CAROLINA, JUL 4



Devotees enjoyed blissful Guru Purnima celebrations with Gurudev at The Art of Living Retreat Center surrounded by the majestic beauty of the Blue Ridge Mountains. Gurudev spoke about the Guru principle and the six kinds of connections a seeker can feel with a Guru. Gurudev tweeted: "For the seeker, Guru

Purnima is the beginning of the new year. It is the time to rekindle one's commitment to the highest."

Sixth Sense

WINSTON-SALEM, NORTH CAROLINA, JUL 6



Enlightenment is not a flashy experience. It's about anchoring oneself in the very core of our being. It is getting back to the truth of who we are.

- Gurudev

Keynote Address to American Physicians of Indian Origin

PHILADELPHIA, PENNSYLVANIA, JUL 10

Gurudev delivered a keynote address to doctors from the American Physicians of Indian Origin organization highlighting the critical importance of addressing physician mental health for social welfare. As part of a partnership with Children's National Hospital in Washington, D.C. to support medical frontline workers during the COVID-19 pandemic, the Art of Living Foundation taught thousands of physicians and nurses from across the United States

lifesaving skills to address workplace fatigue, burnout and stress. The event highlighted this effort and celebrated the thousands of AAPI physicians who have participated in the Art of Living's signature medical workshops over the past decade to promote physician mental health.



The Journey Within

PHILADELPHIA, PENNSYLVANIA, JUL 8

The very act of waiting can unlock the aspect of your consciousness that is ever blissful and charming. When you embrace waiting, stress level and restlessness go down. Life seamlessly becomes a meditation with eyes open.

- Gurudev



Sixth Sense

NEWARK, NEW JERSEY, JUL 9



Within us lies a realm that is beyond the reach of five senses. It is a reservoir of intelligence. Innovation springs forth from this space.

- Gurudev.

The Journey Within

NEW YORK CITY, NEW YORK, JUL 12



An undying smile, infectious enthusiasm, unwavering commitment to greater good and boundless energy are true signs of success.

- Gurudev.

The Journey Within

HOWARD COUNTY, MARYLAND, JUL 22



Embrace life with three essential Cs. A broader Context to life, Commitment to a greater cause, and Compassion.

- Gurudev.

People Meditate and Learn About the Mind

ALDIE, VIRGINIA, JUL 24



Gurudev addressed thousands gathered in Howard County. The group of State and county government officials, business leaders and the general public explored the nature of the mind and the power of the present moment. Gurudev said, "We have forgotten to live in the present moment. We have lost the gift with which we were born, the ability to be at ease with ourselves, embrace everyone, and do everything

100 percent." He urged everyone to work towards a violence-free and stress-free society noting "2.8 mass shootings per day are happening in this day and age. This is something that I cannot digest. We are moving back to the barbaric age," he exclaimed.



An intention born of compassion, nurtured by a broad mindset, and ignited by unwavering enthusiasm has power to bring transformation.

- Gurudev

Music and Meditation

BIRMINGHAM, ALABAMA, JUL 25

To be in touch with your intuition, three things are needed: contentment, a mind free of prejudice, and meditation.

- Gurudev



Music, Meditation and a Goal

NASHVILLE, TENNESSEE, JUL 26



Gurudev led an evening of music and meditation in “the music city” of Nashville, Tennessee. Sharing his goal for the future, he tweeted, "We want to create a safer world for the current and coming generations; more smiles and less tears; more joy and less heartburn. A resilient world free from mental health challenges."

Sixth Sense

ST. LOUIS, MISSOURI, JUL 27



Peace should not be confused with complacency, nor restlessness with dynamism. Meditation helps one move away from laziness and restlessness.

- Gurudev

The Journey Within

DALLAS, TEXAS, JUL 29



Trying to comprehend love is a futile exercise; you can only be it.

- Gurudev

Sixth Sense

AUSTIN, TEXAS, JUL 31



You cannot avoid your spirit. It is anyway there with you. While you can pretend you are not aware of it, it is still present.

- Gurudev

Sixth Sense

HOUSTON, TEXAS, AUG 1



A mirage is never really created. Both its appearance and its disappearance are a matter of perception.

- Gurudev

Sixth Sense

SALT LAKE CITY, UTAH, AUG 2



One way to keep away from the "Sixth Sense" is to keep yourself stressed out and extremely busy!

- Gurudev

The Journey Within

BOISE, IDAHO, AUG 3



Some questions do not have just one answer. They are like pathways, which you tread again and again. Such questions provoke ideas that you can implement to move ahead.

- Gurudev

Sixth Sense

ONTARIO, CALIFORNIA, AUG 5



Dealing with difficult individuals is an opportunity to enhance your communication skills.

- Gurudev

Sixth Sense

BEVERLY HILLS, CALIFORNIA, AUG 10



Know that life is eternal, yet embrace each day as if it is your last. Balancing these opposites brings joy and drops restlessness. It makes you calm and dynamic at the same time.

- Gurudev

"Home Away From Home"

LOS ANGELES, CALIFORNIA, AUG 12



More than 1,000 Indian students studying at the University of Southern California attended an event with Gurudev at the Art of Living Center in Los Angeles to discuss student mental health, U.S.-India relations and Gurudev's global peace efforts.

Sixth Sense

REDONDO BEACH, CALIFORNIA, AUG 12



Love and humor cannot happen by force or effort. Simply relax and repose, and you'll have a blast!

- Gurudev

Sixth Sense

ANAHEIM, CALIFORNIA, AUG 12



Life itself is like a theme park. There are all sorts of rides here. You simply have to enjoy them all!

- Gurudev

An Inspirational Message On Indian Independence Day

CHICAGO, ILLINOIS, AUG 15



Gurudev motivated attendees to take an oath for progress. "Everyone wants to be happy but without a direction in life, it is nearly impossible. A promise or an oath brings that much-needed direction." He encouraged the public to explore their roots. "We need to let go of our colonial mindset and embrace our cultural and spiritual heritage. Promise to respect our roots, see unity in diversity, and embrace everyone. When we respect our roots, there is progress."

The Journey Within

CHICAGO, ILLINOIS, AUG 15

*Tough workout you take on to build your muscles.
Tough people you should put up with to make
your mind and emotions, sharp and strong.
- Gurudev*

41st India Day Parade

NEW YORK CITY, NEW YORK, AUG 20



Gurudev Sri Sri Ravi Shankar joined NYC mayor Eric Adams, Consul General Randhir Jaiswal, and Assembly Woman Jenifer Rajkumar in the 41st India Day Parade, an extravagant annual celebration intended to pay homage to India's Independence Day. In his address, Gurudev encouraged everyone to find true independence by connecting with their inner selves and realizing the interdependence of all people. He also congratulated Mayor of New York Eric Adams for introducing a five-minute breathing technique in all New York City Public Schools. Finally, he applauded the celebrative spirit with which everyone came for the parade.

Online Exclusive Session For First-year Undergrad Students and Faculty With Gurudev

AUG 21

During his tour across the United States, Gurudev virtually addressed thousands of first year students participating in first year orientation across 50 Indian Institutes of National Importance (Indian Institutes of Technology, National Institute of Technology, the All India Institute of Medical Science, and Indian Institutes of Management)



In his address, Gurudev encouraged students to strengthen their personalities and be open in their communication with their peers, teachers, and parents. He said, "Communicate fearlessly. Sometimes we hold our anxiety and do not communicate. This is what makes us fail in life. If you are anxious about your future, you will not be able to make your dreams come true. You can stay focussed and stress-free with breathing techniques." He also encouraged the youth to stay away from drugs. He said, "Drugs have become a way to destroy a country's future. When you see drugs, just see them as poison. Nobody tests poison."

Professor Aghila from NIT Kurukshetra asked Gurudev how students should distinguish between distress and use-stress. Gurudev replied, "It should be like salt. When alertness becomes anxiety, you should relax. You should see life from a bigger perspective. When your concerns become worries, you have to wake up and see that you have strength. Focus on your own strength. Whenever you feel weak, know that you are being delusional. With rest, you can harness your strength. With effort, you can put your strength in the right direction."

Mohammad from IIT Sikkim asked Gurudev how to deal with uncertainty in life. Gurudev noted, "Uncertainty need not be negative. Uncertainty can mean infinite possibilities. Uncertainty is dynamic. The future can bring many more opportunities for you. As an entrepreneur, you always face uncertainty. To embrace uncertainty, you need to be confident. When you are free from stress, confidence just pops up."



Madhu from IIT Ropar thanked Gurudev for the positive changes that have come in his life since his learning Sudarshan Kriya. "I have been doing Sudarshan Kriya daily for the past year. I was also able to perform better academically and in extra-curricular activities. I just want to thank you for the positive changes that have come up."

The Journey Within

DETROIT, MICHIGAN, AUG 22



The more you have learnt to let go, the happier you are and as you start being joyful, more will be given to you.

- Gurudev

Talk On Navigating Conflict With Skillful Communication

COLUMBUS, OHIO, AUG 23



Gurudev Sri Sri Ravi Shankar participated in an armchair discussion on navigating conflict with Dr. Aaron Yarmel, Associate Director of the Ohio State University's Center for Ethics and Human Values.

Gurudev related his successful conflict resolution efforts in Colombia and India in a wide ranging discussion on war, peace and security. He emphasized being sensitive, sensible, and prejudice-free when working to resolve conflict and took questions from the student audience.



"The Journey Within" in Columbus, Ohio

University Address: 'Finding Calm in Chaos', The University of Cincinnati

CINCINNATI, OHIO, AUG 24



Gurudev Sri Sri Ravi Shankar addressed students and faculty discussing building emotional resilience. In this interactive session, students and faculty meditated with Gurudev and learned to find inner peace amidst their hectic and stressful lives.

Journey within is essential to get in touch with the vast source of energy that is responsible for intuitive ability and innovative spirit.

- Gurudev



The Journey Within

MONTGOMERY COUNTY, MARYLAND, AUG 26



Gurudev focused on the connection between inner peace and building a violence-free world on the 60th anniversary of revered civil rights activist Martin Luther King Jr.'s "I Have a Dream" speech. Speaking with a cross section of the general public, leaders from government, the private sector and civil society, he encouraged people to break beyond narrow boundaries of race, religion, gender, and social, economic and cultural backgrounds, stressing the value of meditation in helping to unite minds and break down divides between people.

The Journey Within

ARLINGTON, VIRGINIA, AUG 27



Fear and guilt keep one closed off and miserable. It is the journey within that frees one from these.

- Gurudev

The Journey Within

ROANOKE, VIRGINIA, AUG 31



Spiritual practices enhance your intuition and energy level leading to success in all endeavors.

- Gurudev

The Journey Within

RICHMOND, VIRGINIA, SEP 5



Subjective understanding is spirituality. Objective analysis is science. Science and religion have been at loggerheads, but not spirituality as it encourages a spirit of inquiry.

- Gurudev

The Journey Within

BALTIMORE, MARYLAND, SEP 9



Neither ignoring an issue nor getting immersed in it will you be able to find a solution. With faith, confidence, and mindfulness, you can overcome even the most trying issue.

- Gurudev

The Journey Within

QUEENS, NEW YORK, SEP 13



Neither ignoring an issue nor getting immersed in it will you be able to find a solution. With faith, confidence, and mindfulness, you can overcome even the most trying issue.

- Gurudev

Gives Discourse On Peace

UNITED NATIONS, NEW YORK, SEP 16



Gurudev participated in a discourse on peace with Ruchira Kamboj, Permanent Ambassador of India, and Miguel Moratinos, High Representative for the United Nations Alliance of Civilizations (UNAOC). In his address, he said, "We have to work at all levels, right from primary school to colleges. In the United States, we are working in 108 universities. It (breathwork) should be part of peace education. Peace education is "Are you calm? Are you able to listen to others' points of view? Are you serene? What are you going to achieve with what you envision for yourself?"

Inner peace and outer peace can happen when we are more aware of others' needs. Embracing other cultures and honoring everybody becomes a practice when we are free from stress. A stressed member doesn't even talk to their family members. The way to overcome stress is to pay attention to our breath."

Meeting to Discuss Relief Efforts in Earthquake-hit Morocco

SEP



Gurudev met with Art of Living teachers and volunteers from across Morocco to discuss relief efforts following a devastating earthquake affected the country.



Discourse on peace at the United Nations, New York

World Culture Festival (WCF)

Sep 29 - Oct 1



"Let's create more happiness in society, let's bring more smiles and wipe tears. That's humanness."

The World Culture Festival 2023 was a historic celebration of humanity's rich cultural diversity, symbolizing the spirit that unites us as a "one world family." Held on the iconic National Mall by the Art of Living Foundation, this three-day event brought together leaders from government, the arts, civil society, science, and technology to foster global unity. It encouraged connections across cultures and nations, promoting exposure to global heritage and facilitating discussions on global challenges.

As the United States Congress worked to prevent a government shutdown, around 1.1 million people from 180 countries converged in Washington, D.C., from September 29 to October 1, 2023, for this landmark unity celebration.

The fourth World Culture Festival, inspired by Gurudev Sri Sri Ravi Shankar, saw unprecedented participation: a Reception Committee with 65 dignitaries, including state heads and 30 bipartisan Congress members, alongside an Organizing Committee of 34 global luminaries.

A cultural Olympics in essence, the festival showcased over 17,000 artists in 50 performances from 60 countries. Additionally, 7,000 Yogis practiced Yoga at the Lincoln Memorial. The Global Leadership Forum engaged 1,000 business leaders in crafting a more humane future.

World Culture Festival - Day One



World Culture Festival - Day Two



World Culture Festival - Day Three



Yoga



Global Leadership Forum



Wisdom Series

WASHINGTON, D.C., OCT 1-2



Rhythmic movement of the body is dance. When the spirit dances, its bliss. That is the cosmic dance - the dance of Shiva.

- Gurudev

Stands in Solidarity With Israel

OCT 7

In the wake of the Hamas attack in Israel, Gurudev tweeted, "The attack in Israel is a horrible crime against humanity. In this hour of shock and despair, our prayers are with the people of Israel. The whole world stands with them in solidarity."

Calls For Peace and Dialogue in the Middle East

OCT 20

In the wake of the humanitarian crisis in the Middle East, Gurudev called out for peace. He tweeted, "The suffering of innocent lives caused by the humanitarian crisis in the Middle East is appalling. We have to exercise restraint and break the cycle of violence. Isolate the sick minds, douse the rage, and begin dialogue. The international community will have to play this role."

Meets Surrendered Militants of Karbi Anglong

BENGALURU, KARNATAKA, INDIA, OCT 28



Gurudev met the surrendered militants of Karbi Anglong region in Assam, India and discussed how the youth can be empowered through skill training and other initiatives.

In 2018, the United People's Liberation Army (UPLA), a militant outfit based in Karbi Anglong declared a unilateral ceasefire as a result of an intervention from The Art of Living.

Meets Indian Union Minister of Social Justice and Empowerment

BENGALURU, KARNATAKA, INDIA, OCT 28



Gurudev met the Union Minister of Social Justice and Empowerment, Pratima Bhoumik at the Bangalore Ashram. Applauding her work, Gurudev

tweeted, "The humility and dedication with which she has worked towards the empowerment of the marginalized and disadvantaged is commendable."

At the Tenth Convocation of Sri Sri University

CUTTACK, ODISHA, INDIA, NOV 9 - 11



At the tenth convocation of Sri Sri University, Gurudev congratulated the students and faculty and wished the graduating class success. He inaugurated eight new 'Centers of Excellence' including those for Cyber Defense, Robotics and Automation, Global Case Research, Safety in Sports, Disaster Risk Resilience and Sustainability, and Electric Vehicles.



He also inaugurated a startup exhibition that featured unique and novel products like an automatic pani puri machine, numerous apps to improve health and lifestyle, and leather replacement products

made of mushrooms, among others. The Innovation Foundation at Sri Sri University has incubated 132 startups that have created 3,000 jobs and supported 18,000 farmers.



As part of the 'Edu Meet 5.0', he interacted with educators and Vice Chancellors of educational institutions in Odisha. He met with actors and social media influencers from across the state.



In his presence, the university also signed 13 Memorandums of Understanding with leading companies, institutions, and the Govt. of Odisha.

Interacts With 130 Start-up Founders and Entrepreneurs

CUTTACK, ODISHA, INDIA, NOV 10



Gurudev interacted with 130 start-up founders and entrepreneurs and answered questions on leadership, entrepreneurship, and resilience building.

Signs Memorandum of Understanding With Four Educational institutions

CUTTACK, ODISHA, INDIA, NOV 11



The Art of Living signed Memorandums of Understanding with four educational institutions

in Odisha. Thousands of students and faculty in these institutions will experience The Art of Living programs.



Diwali Celebrations

VASAD, GUJARAT, INDIA, NOV 11 - 15



Thousands celebrated Diwali - a multiple day festival celebrated by Hindus, Buddhists, Jains, and Sikhs across the world - with music, meditation, silence, and wisdom with Gurudev at the Art of Living's Ashram in Vasad, Guajrat. A special Dhanvantari Homa or ceremony was also held on the occasion of Dhanteras, one part of Diwali meant to invoke gratitude for material and spiritual wealth. Volunteers from Gujarat prepared 2023 different varieties of dishes as part of the celebrations.

Gurudev wished everyone a Happy Diwali with a special message. He said, "Be a light to the world

and everyone around you. Whoever comes close to you, should find lightness. One light cannot dispel darkness. Everyone has to be lit up to remove darkness.”



Addresses Farmers

VASAD, GUJARAT, INDIA, NOV 11



Gurudev addressed farmers along with the Governor of Gujarat Acharya Devvrat.

Interacts With Business Leaders at ‘Inner Peace Outer Prosperity’

CHANDIGARH, INDIA, NOV 21

Gurudev engaged with business leaders, emphasizing the important relationship between inner peace and outer prosperity. The event, aptly titled ‘Inner Peace Outer Prosperity,’ underscored the crucial role of personal well-being in driving collective success. He also led a powerful meditation at the event.



Meets Bishops and Pastors From Tamil Nadu

BENGALURU, KARNATAKA, INDIA, NOV 24



Gurudev met the bishops and pastors from Tamil Nadu who are part of the Church of Episcopal Fellowship International Diocese and participated in The Art of Living's workshop at the Bangalore ashram.

Interacts With Farmers From Maharashtra

BENGALURU, KARNATAKA, INDIA, NOV 24



Gurudev interacted with farmers from across Maharashtra at the Bangalore Ashram as part of the Naisargik Farmers Meet. He highlighted the importance of chemical-free natural farming techniques that have helped millions of farmers become debt-free and self-reliant.

Gurudev Sri Sri Ravi Shankar Awarded Peace Award

MUMBAI, MAHARASHTRA, INDIA, NOV 26



Gurudev was felicitated with the Peace Award for his tireless contribution to bringing communities and people together in the spirit of service and harmony around the globe, evident in the inspired work of his volunteers and teachers in healing and soothing the emotional and mental scars left by the ghastly attacks on 26/11 in Mumbai.

The event celebrating Mumbai's spirit of resilience saw the presence of popular celebrities from the sports, films, and music fraternity including Shah Rukh Khan, Sukhwinder Singh, Manisha Koirala, Sharad Kelkar, and Tiger Shroff.

Signs Memorandum of Understanding With Govt. of Maharashtra

MUMBAI, MAHARASHTRA, INDIA, NOV 27



To solve the water crisis in Maharashtra and help farmers become debt-free and self-reliant, The Art of Living signed Memorandums of Understanding with the Government of Maharashtra to implement natural farming practices on 1.3 million hectares of farmland and to launch the 'Jal Yukta Shivar 2.0' in 24 districts of the state. The Jal Yukta Shivar will address water scarcity by reviving dead rivers, addressing the agricultural crisis in the state.

Over the years, The Art of Living has trained more than 2.2 million farmers in natural farming techniques.

Interacts With Doctors at NAPCON 2023

HYDERABAD, TELANGANA, INDIA, DEC 1



Gurudev interacted with doctors and members from the healthcare industry from across Hyderabad as part of NAPCON 2023. He highlighted the significance of combining the best of traditional and modern medicine to enhance health and well-being.

Happython

KOLKATA, WEST BENGAL, INDIA, DEC 2



Gurudev addressed thousands from across West Bengal who experienced Sudarshan Kriya for the first time as part of an Art of Living Happython event.

Addresses Infocom

KOLKATA, WEST BENGAL, INDIA, DEC 2



Gurudev addressed business leaders and media members at Infocom, an ABPI News Event.

Music and Meditation

KOLKATA, WEST BENGAL, INDIA, DEC 4



Thousands joined Gurudev for an evening of music, wisdom, and meditation in Kolkata.

Interacts With Entrepreneurs

KOLKATA, WEST BENGAL, INDIA, DEC 5



Gurudev interacted with business leaders and entrepreneurs.

Music and Meditation

DURGAPUR, WEST BENGAL, INDIA, DEC 6



Thousands joined Gurudev for an evening of music, meditation and wisdom.

Inaugurates Sri Sri Academy

ASANSOL, WEST BENGAL, INDIA, DEC 6



Gurudev inaugurated Sri Sri Academy, a school launched by Sri Sri Ravi Shankar Vidya Mandir (SSRVM) Trust which is committed to providing a world-class, holistic education to students across various age groups and fields of study. SSRVM Trust has established 119 educational institutes.

Meets H.H. Sheikh Hamad Bin Mohamad Al Sharqi

FUJAIRAH, UNITED ARAB EMIRATES, DEC 6



Gurudev met with H.H. Sheikh Hamad Bin Mohamad Al Sharqi, Ruler of Fujairah, and the Crown Prince of Fujairah. He discussed the importance of human values and peaceful coexistence, especially in today's times.

Speaks at the Colombia Pavilion at the United Nations Climate Change Conference (COP 28)

DUBAI, UNITED ARAB EMIRATES, DEC 7



Gurudev spoke at the Colombia Pavilion at the 28th United Nations Climate Change Conference (COP 28) in Dubai. He highlighted the important role of spirituality and human values in protecting the environment.

Gives a Talk at the Faith Pavilion at COP28

DUBAI, UNITED ARAB EMIRATES, DEC 8



Gurudev spoke about the role of faith-based organizations in facilitating change. He said, "Policies can be made but to implement the policies,

grassroots action is needed. This is where faith-based organizations can help. In India, we have been reviving 70 rivers that were previously dry and an active site for sand mafias."

He also spoke about the role of good mental health in saving the planet. He said, "If one in three people is depressed, how can we expect the world to be a better place? When someone is depressed, they can't take care of themselves. Forget about taking care of the planet and others. To implement policies for the environment, we must take action for the mental health of our people. When a person is free from stress, they are caring and sensitive. Faith-based organizations can help attend to people's mental health and inspire them to take up projects for the environment."

He also encouraged the audience to take inspiration from the aboriginal communities across the world in preserving the environment. He said, "If you look at the aboriginal communities, they have a sense of sacredness for the environment. They keep the environment clean and don't use much plastic. This sense of sacredness is missing in our cities. We must learn from them."

Answering a question on the potential of different faiths working together, he said, "We must have a little understanding of every faith in the world. That makes you feel at home with everybody. If you feel some faith is foreign to you, you put a block. You don't have a sense of belongingness with everybody. Honor everybody and strengthen your roots. Shake hands with everybody as the planet is one family."

Thousands Meditate at Al Maktoum Stadium

DUBAI, UNITED ARAB EMIRATES, DEC 11



Gurudev addressed the masses and led the gathering into meditation at the Al Maktoum Stadium.

Speaks at the International Conference For Chartered Accountants

DUBAI, UNITED ARAB EMIRATES, DEC 11



Gurudev spoke at the International Conference for Chartered Accountants along with the United Arab Emirates Minister of Tolerance, H.E Sheikh Nahyan Mabarak Al Nahyan.

Meets Commonwealth Secretary General

DUBAI, UNITED ARAB EMIRATES, DEC 11



Gurudev met with the Commonwealth Secretary-General, Patricia Scotland KC at the climate action initiative, COP28 UAE. They discussed a wide range of topics from environmental conservation to mental health.

Addresses CII Excon 2023

BENGALURU, KARNATAKA, INDIA, DEC 14



Gurudev addressed industrialists from manufacturing and construction as part of the CII Excon 2023 event.

Addresses Entrepreneurs

MADURAI, TAMIL NADU, INDIA, DEC 17



Gurudev addressed business leaders and entrepreneurs as part of the 'Business Leaders International' (BMI Group) event.

Music and Meditation

MADURAI, TAMIL NADU, INDIA, DEC 17



Thousands gathered for an evening of wisdom, music, and meditation in Madurai.

Christmas Celebrations

CÔTE D'AZUR, FRANCE, DEC 26



At a special Christmas satsang in France, Gurudev said, "You are a Christmas tree! You have so many gifts to offer the world. A Christmas tree does not want anything from anyone. It is there to bring celebration to everyone's life. So, wherever you go, bring with you that fragrance of celebration, the sweetness of life."

Visits Monaco After 27 Years

MONACO, DEC 29



Gurudev visited Monaco after 27 years and interacted with community leaders, influencers and celebrities.

AWARDS AND HONORS IN 2023

15 Honors By Governments

1. Certificate of Recognition, Nashville and Davidson County, Tennessee, USA, July 24, 2023
2. Proclamation, Brentwood, Tennessee, USA, July 24, 2023
3. Proclamation, Birmingham, Alabama, USA, July 25, 2023
4. Resolution by the Senate and the House of Representatives, St. Louis, MO, USA, July 25, 2023
5. Governor's Proclamation, St. Louis, MO, USA, July 25, 2023
6. Humanitarian Award, Austin, Texas, USA, August 1, 2023
7. Proclamation, Fort Bend County, Texas, USA, August 1, 2023
8. Certificate of Special Congressional Recognition, 22nd Congressional District of Texas, USA, August 1, 2023
9. Proclamation on the Occasion of the India Day Parade, The Assembly, State of New York, USA, August 20, 2023
10. Certificate of Recognition, Ohio, USA, August 23, 2023
11. Certificate of Recognition, The Ohio Senate, USA, August 23, 2023
12. Letter of Commendation, Dublin City Council and the City of Dublin, USA, August 23, 2023
13. Certificate of Recognition, Baltimore, Maryland, USA, September 9, 2023
14. Presidential Citation, City Council of Baltimore, Maryland, USA, September 9, 2023
15. Certificate of Recognition, Comptroller of Maryland, USA, September 9, 2023

6 Honors By Other Institutions

1. Compassion In Action' Award, Mahabodhi Meditation Center, Ladakh, India, January 27, 2023
2. SPET Ratna Award, Sardar Patel Educational Trust, Anand, Gujarat, India, March 17, 2023
3. Ahimsa International Award, Ahimsa Vishwa Bharti, New Delhi, India, April 4, 2023
4. The highest rank of Grand Collar in the Equestrian Order of Michael Archangel, The Royal House of Ghassan, August 6, 2023
5. Citation, Asian American and Pacific Islander Caucus (AAPI), Maryland, USA, September 9, 2023
6. Peace Award, Divyaj Foundation, Mumbai, India, November 27, 2023

7 Sri Sri Ravi Shankar Days

1. June 22nd, 2023, Pittsburgh, Pennsylvania, USA
2. July 22nd, 2023, Howard County, Maryland, USA
3. July 27th, 2023, St. Louis County, Missouri, USA
4. July 29th, 2023, Texas State, Plano (TX), Allen (TX), USA
5. August 23rd, 2023, Columbus, Ohio, USA
6. August 24th, 2023, Cincinnati, Ohio & Hamilton County, Ohio, USA
7. September 5th, 2023, Henrico County, Virginia, USA

42 YEARS OF SERVICE



ART OF LIVING FOUNDATION AND IAHV

42 years of Service and Celebration | Presence in **182 countries** | Touched the lives of over **500 million** people

Run humanitarian projects in **every sphere of life** | Uniting people **across religion, race and background**

Run **10,000 centers** across the world | Two of the largest volunteer-based networks in the world

Over **100 million 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 wage workers during the Covid-19 pandemic

Setup **four** Covid-19 care centers with relief activities in **450 locations** across **225 districts** in India

Over **1,300 militants** encouraged to join mainstream society since 2003

32,617 meals in nine countries and **22,342 people** provided with mental health counseling across Europe

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

Reviving **70 rivers and their tributaries across five states** in India

Run **1,262 free schools** impacting more than **100,000 children** in rural areas across India

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