

# REFLECTIONS



*Harmony*  
*Evolution towards Perfection*



INTERNATIONAL WOMEN'S CONFERENCE

*Dedicated to the Mother of  
H.H. Sri Sri Ravi Shankar*



## INTRODUCTION

The Sixth International Women's Conference, organized by The International Association for Human Values (IAHV), Ved Vignan Maha Vidyapeeth and the Art of Living was held at the Art of Living International Center in Bangalore, India from February 7<sup>th</sup> - 9<sup>th</sup>, 2014. Delegates from 60 countries participated while thousands more viewed it via webcast.

This year's theme, "Harmony: Evolution towards Perfection", sought to highlight individual approaches and qualities that respond to the challenges of the 21st century and find innovative solutions for restoring harmony at all levels, from the individual to the society. Only when we are calm and relaxed we can connect with our inner self, our intuition, and come up with spiritual strength to restore harmony in difficult and challenging situations.



Apart from supporting the cause of education, the conference was an incredible platform for women from diverse mindsets to come together in dialogue to resolve to create a more harmonious society. Women from India, Pakistan, Iraq, Asia Pacific, Africa, the Arab world, Israel, Western and Eastern Europe, North and South America came together in a true spirit of celebration and meaningful discussion to discover the role of inner peace in establishing harmony in Society.

The conference was inaugurated by H.H. Sri Sri Ravi Shankar along with other dignitaries. Ms. Bhanumathi Narsimhan, Chairperson of IWC delivered the Welcome Address.

Extraordinary women from around the globe, whether famous achievers in their respective fields or women working anonymously in formidable circumstances, truly inspired the conference participants. Educationists, celebrities opinion makers,



politicians, including First Ladies, ex-presidents and parliamentarians, social activists, fashion designers, media representatives, business women, academicians, scientists and spiritual leaders contributed to the success of the conference.

The Inaugural Session: “Making a Global Connection” highlighted the words of H.H. Sri Sri Ravi Shankar, “Corruption begins outside the perceived boundary of connectedness. When we recognize and acknowledge our global connection, our sensitivity increases, our circle of belongingness expands and boundaries born of narrow and limited perceptions and identities dissolve”.

In the sessions that followed, Speakers shared that nurturing human values and spirituality are the secret to an unshakeable smile and their experienced that life is beautiful inspite of any challenges. Other speakers talked of the importance of caring and sharing, and that the ability to perceive, observe and express with clarity enhances the quality of our relationship with our Self, our families and society. Attention was drawn to the importance of humour to lighten up any situation and help one sail through difficult circumstances. They also focused on key issues like safety for women, violence against women awareness about female foeticide, education for the girl child, protecting the environment, ethical practices in business, and how to root out corruption from society.



Participants got an opportunity to experience Art of Living's Signature workshops such as - The Happiness Program with the life transforming Sudarshan Kriya, Sri Sri Yoga, Sahaj Samadhi Meditation and an introduction to the dynamic Tlex Program (Transformational Leadership for Excellence) during the morning sessions.

There was lively interest and participation in the Session on 'Making Happiness Fashionable', as a means to enhance "Gross Domestic Happiness (GDH)". In the Session on 'Restoring Balance to the Cycle of Nature', courses of actions were discussed to create greater awareness and sensitivity towards the environment.

Lastly, in the Session "Expressing the Inexpressible: Creating Harmony between the Inner and Outer World", participants were taken on a journey of self-discovery through music, meditation and dance.

There was great interest in and concurrence with the theme of the next International Women's Conference that will be held in 2016 "Life: a Mystical Journey".



# INAUGURAL ADDRESS

H.H. Sri Sri RaviShankar  
Founder- Art of Living

Many men think, woman is the source of disharmony. But I want to remind them as someone here said, “We need to have an orientation for men” and actually this is needed.

In this part of the world, women have already taken the reigns in the Judiciary, the past President of this country was a woman, the Speaker of the House is a woman, the Leader of Opposition is a woman, and the Ruling Party Coalition Leader is also a woman, so we have women ruling this country; and also in Sri Lanka, Bangladesh and Pakistan all these neighboring countries have been empowered by women quite a bit.

As I said, harmony dawns from within, so it needs to be promoted from childhood, that when anger comes, greed comes and all negative emotions come up in the mind, how do we handle these. We need to teach this to our kids.

So, women play a very important role. The woman is the source of harmony in a family, and she can create such a harmonious environment and society through her actions, through her music. That is something every household knows here and everyone hums her (referring to Ms. Asha Bhosle in the audience) songs all the time, whether in the shower or whether eating or going for a walk. You know, her songs are the most popular.

Music is something that brings harmony, wisdom and a context to life -a bigger context to life. Who we are? What we are? See life from a bigger context. The three Cs - Context, Commitment to a cause and Compassion can elevate our life and really bring harmony.

I am so happy all of you are here. There are so many beautiful sessions. More accomplished women are arriving today and tomorrow. I am sure you are going to have rocking sessions flowering sessions.



# ONLINE DIALOGUE WITH SRI SRI

The 3 day harmonious journey of the 6<sup>th</sup> International Women's Conference concluded with an Online Dialogue with H.H. Sri Sri Ravi Shankar entitled "Unlimited Potential, Limited Opportunities - How can we Create a Harmonious Society?"

Questions poured in from across the globe by women from all walks of life and 93 countries participated in the event.



Some of the world-renowned personalities who participated were:

Mary Kom - Olympic Boxer, Ritu Kumar - Fashion Designer,  
Fatou Bensouda - Chief Prosecutor, International Criminal Court, The Hague,  
Arpine Galfayaan - Human Rights Activist & IWC Speakers,  
Naida Glavish - Maori Party President, Vandana Shiva - Author & Environmentalist,  
Annika Dopping - TV Producer, Tanika Gray Valbrun - News Editor, CNN,  
Shaikha Hend Faisal Khaled Al Qassimi- Designer & Editor,  
Asha Bhosale - Legendary Indian Playback Singer and Alojz Peterle - Member of the  
European Parliament and former Prime Minister of Slovenia.



# WELCOME ADDRESS BY Ms. BHANUMATHI NARASIMHAN, CHAIRPERSON - IWC

Dear Friends, with the Blessings of H.H. Sri Sri Ravi Shankar it gives me great pleasure to welcome you all to the Sixth International Women's Conference Harmony Evolution towards Perfection.

Harmony to me is when I am peaceful within; when I am able to connect to people; there is a sense of belongingness. In this very hall where we have gathered thousands of people have meditated and the air is vibrant with positivity. This space of friendliness and positivity is the right place to sow the seeds of positive transformation. Today I am very happy to see women from over 60 countries. We are very happy to welcome all of us and we have 350 rural women also here and we will be interacting with them.

Everything in this universe has a purpose and we have a higher purpose. Recognizing this and valuing life over everything else is harmonious living. Sharing and caring, this is what Art of Living has done and is still doing for the past 33 years. We are proud once again to share this vision of sharing and caring with you as we begin this conference.

Together we will discuss various aspects influencing harmony, like making a true global connection, the ability to move through opposites without losing our smile, the skill in finding a perfect solution in spite of multiplicity and restoring balance to the cycle of nature. We have a beautiful session on making happiness fashionable and about humour also. Humour is not just words. It is the lightness of your being and finally a session on expressing the inexpressible. What is even better is we will be experiencing the inexpressible; the finer aspects of our self through morning programs of meditation and I hope many of you have already started this program.

Please feel free to reach us and to reach out to the angels and volunteers here. This is your home anyway for the coming three days.

When we were children, my brother Sri Sri would celebrate the birthdays of every saint from all faiths. It was like a game for us at that time, but today I realize how the seeds of honouring wisdom from every source, a broad vision and deep roots were inculcated in us so simply and naturally. This world is diverse, celebrating this diversity and moving through life smoothly with joy and enthusiasm is a special skill. Maintaining this balance happens effortlessly when you are in touch with you self. Accommodating the multiplicity yet standing up for your vision and passion, this is harmony.



Leaders today are dealing with solutions for gun control, bans on assault weapons, women safety and so forth on one hand and to create opportunities for education and employment and health care on the other. The choices are not easy. The priorities are all high, the budgets are all divided. Violence and crime in society is consuming the time, attention and efforts of key resources and leaders in our country. The statistics are shocking, yet the solution is not clear. This is because we have to attend to the root cause of this, which is erosion of human values.

As women, we are balancing the needs and responsibilities and nourishing these values in our homes. It is very encouraging to see so many women from around the world coming forward to take responsibility, to extend their ability for the greater cause of humanity and society. Some of us are focused on the preventive and some curative, some treating the root and some nourishing the positive. Each one of us is special, recognizing that we are unique, the best, and beautiful, this is spirituality.

A jasmine flower can be near a lotus or a rose, they don't compete, they simply are beautiful and add glory to the garden. With our uniqueness, when we come together like this, like a beautiful bouquet of flowers, this is harmony. During these three days of deliberations let us find solutions; let us find ways, which are both practical and mystical. As a person you are practical but the mind can be mystical. Uniting these aspects we can find harmony within and extend it to the world outside.

We have many great thinkers; we are eagerly waiting for your views and inspirations that will be shared through various sessions that are tailored to bring out all the values necessary for the evolution towards perfection that is harmony.

Thank you and once again I extend a warm welcome to all of you in your own home.







PRE CONFERENCE  
PRELUDES

## SCOTLAND, NOVEMBER 2013





# WASHINGTON DC, SEPTEMBER 2013





## LONDON, DECEMBER 2013





# SERBIA, DECEMBER 2013









SPEAKERS

# IWC DAY 1



**Her Excellency Ms. Shiranthi Wickremesinghe Rajapaksa - First Lady, Sri Lanka**

We women can move from being a mother, sister, wife, friend, professional, and healer of the hearts all in one day. This is touched through harmony with oneself connecting with various elements of society and creating interdependency. A woman is a full circle. Within her is the power to create and transform.



**Her Excellency Dr. Husn Banu Ghazanfar - Minister of Women's Affairs, Afghanistan**

I am proud to express the courageous efforts that the women of my country have made. Today the Afghan women with support from international partners, despite challenges, for example tradition, poverty and illiteracy, play their role in creating and coordinating global, regional and local relations.



**Her Excellency Ms. Chandrika Bandaranaike Kumaratunga - Former President, Sri Lanka**

True leaders possess the gift to inspire others to subdue and control the animal within others and lift out the good and humane in them. Such leaders have the ability to give a nation the strength to reach unconquered heights.

# IWC DAY 1



**The Honorable Ms. Aliza Lavie - Member of Parliament, Israel**

Women have flexibility and strength to achieve real change in our society and to pursue new paths through life changing events.



**The Honorable Ms. Hijran Huseynova - Chairwoman of the State Committee for Family, Women and Children Affairs of Azerbaijan Republic, Azerbaijan**

We should remember that we cannot make any change by using violence. Violence leads to more violence. Society itself should be open to the change and necessity of their implementation.



**The Honorable Rita Bahuguna Joshi President Uttar Pradesh Congress Committee, India**

We are in our own ways empowered; we represent different sections of the society and have in our own ways crossed hurdles to reach where we are today, with family support, our own inspiration, and our tenacity.

# IWC DAY 1



**The Honorable Ms. Meenakshi Lekhi - National Spokesperson Bhartiya Janata Party, Lawyer, Supreme Court & Socio-Political Activist, India**

Dharma is the protector and it is our duty to protect the dharma, it is what should be our motto and that is the only way we can all resolve the conflict and make a harmonious society.



**The Honorable Ms. Smriti Zubin Irani - Politician, Bharatiya Janata Party, India**

It is extremely essential for women to be educated, to be employed, to be treated as human beings; where every woman is given a right to live her life with dignity, the right to live her life in peace and the right to live her life in such a fashion that she can encourage others to treat everyone as equals and to provide such opportunities to men and women alike.



**The Honorable Ms. Naida Glavish - Maori Party President, New Zealand**

To be natural is to be one with nature. To be natural is to be one with the people in the physical environment in which you reside. For me this is the unwavering natural universe of truth whatever it may be. It is we here today in gatherings like this that will be agents of change for the unborn child, for the legacy that we will leave for tomorrow.

# IWC DAY 1



**The Honorable Ms. Madam Lizin - Honorary Speaker of Belgian Senate, Belgium**

I say that the leaders must have personal goals and goals for the world. When they are in harmony it begins to be possible to solve social challenges. We as women need to be connected. This is the real objective that we should have in the world if we want to fight for women rights.



**Ms. Monika Griefahn - Board Member, Right Livelihood Award and Politician, Germany**

To have human rights is one important thing, but to have a natural environment is another important thing. You need on one hand, the dignity and the human rights, and you need on the other hand, a clean environment.



**Professor Maithree Wickramasinghe - Academic & Senior Lecturer - Dept of English, University of Kelaniya, Sri Lanka**

Opposites can be seen as construing dualism and as interdependent. In other words, there can be no female without male, there can be no light without darkness, no good without evil, and actually no opposites without similarities.

# IWC DAY 1



**Ms. Parveen Gill - Professor, Humber Institute of Technology and Advanced Learning, Toronto, Canada.**

What a blessing it is to be a woman and contribute so much to the entire world by spreading smiles, peace and the joy.



**Ms. Cristina Schwander - Founder of Universidad Empresarial Siglo 21, Founder of Casa Macuca/ Conin, Córdoba Center for Prevention and Control of Child Malnutrition, Argentina**

I believe that a huge change in this world can be made by people who take responsibility and action. To be a leader is to bring change, to open paths with courage and to do what no one else did.



**The Honorable Ms. Berit Reiss-Andersen - Chairperson of the Bar Association, Norway**

The position of women is that we have the same abilities, we can solve problems, good or bad as anybody else, but coming together here I encourage you that you do have the right to connect with the disconnected and that we as women also see this as our duty and as our challenge.

# IWC DAY 1



**Ms. Vimla Mehra - Director General,  
Tihar Jail, India**

We have to be natural and make others also natural, calm and collected so that it is a win win situation for them and for all of us.



**Ms. Rani Dhaliwal - Vice President, Finance &  
Administrative Services, Humber Institute of  
Technology and Advanced Learning, Toronto,  
Canada**

My focus today is on what I do outside of being a woman and a family raiser and nurturer, mother, sister and daughter. I have always had this feeling inside of what more can I do.



**Mr. Alojz Peterle - Former Prime Minister of  
Slovenia & Member of European Parliament**

Inner peace is requisite for outer peace. Inner peace is our responsibility and our chance. The more we discover our true human nature the stronger will be our inner peace which is the essential dimension for happiness.

## IWC DAY 2



**Ms. Cathie Burton - Spokesperson, Council of Europe, Strasbourg, France**

Each one of you can also bring harmony in your choice of words, in the choice of how you respect people, and if we do that, each one of us gradually will change and we can change the world.



**The Honorable Ms. Tatyana Poronava - Deputy Governor, Murmansk Region, Russia**

It is our responsibility on what kind of news we give and I think you will have success only if you have spiritual practice in our life and if there are more of these people, there will be good news.



**Ms. Shiren Ibrahim Fatah - Political Leader, Iraq**

It (Harmony) is about finding the perfect solution, working, achieving things but with a beautiful inner space.

## IWC DAY 2



**Ms. Irina Rukina - Co-chair, Counsel of Consolidation for Women's Movement, Russia**  
Our being here today is a very important symbol for all of us. We are here together and will move into the future together. "Women have the ability to benefit future generations. Our being here today is a very important symbol for all of us."



**Dr. Srividya Ramasubramanian - Associate Professor of Communication - Texas A&M University, USA, Visiting Professor - National University of Singapore, Founder & Executive Director of Media Rise**  
We have media as storyteller today and we should connect spirituality to media. Meditation helps us to come out of negativity.



**Ms. Sheila Sri Prakash - Architect & Urban Designer, Founder- Shilpa Architects, India**  
Our inner strength has to come out and then we can identify exactly what has to be done and what is our calling and work doggedly to achieve it.

## IWC DAY 2



**Ms. Narayani Ganesh - Editor-in-Chief, Speaking Tree, India**

When it was male dominated, the media was concentrating more on negative aspects and with more women coming in, reporting and analyzing stories, you find a fresh breeze, a whole lot of positive twists to even a tragic story.



**Ms. Kathrine Aspaas - Journalist & Writer, Norway**

Connection is what we long for. Connection is what we want and what we love. There are so many things that move us towards generosity.



**Ms. Pinky Lilani - Founder and Chief Executive of Spice Magic, England**

We can use the media very effectively but the only way we can do so is with honesty, integrity and those ingredients are really important. What you really need to see is that you are making a difference and that you care.

## IWC DAY 2



**Mr. D.K. Hari - Conceptualizer & Founder of Bharath Gyan, India**

Humor teaches tolerance and lightens stress; it uplifts our heart and mind and shows us a joyful way to go forward in life.



**Ms. Paula Schargorodsky - Film Maker, Argentina**

I realize that everything that I was looking for was much closer than I thought, whether with someone or alone, in those glimpses when you love and accept yourself totally the world around you changes. In the end happiness is the choice isn't it?



**Ms. Marina Spadafora - Fashion Designer, Italy**

The fashion that I design now, truly belongs to me and it truly reflects what I believe can be done through fashion. Fashion creates beauty and I think beauty is an essential part of happiness.

## IWC DAY 2



**Ms. Monica Shah - JADE, Fashion Designer, India**

We cannot be happy in isolation, if we try sustainable fashion use eco friendly products then environment will be happy and we will be happy with that.



**Ms. Rina Dhaka - Fashion Designer, India**

Fashion is pure joy for everyone, whether it's the wearer or the manufacturer. Happiness is what one has to learn to become happy, and that is why religion, spirituality is very important because we are all seeking it at some point.



**Mr. Vineet Bahl - Fashion Designer, India**

Happiness is now. And that's how I think happiness and fashion are very related, related by a very thin thread. It is something that we need to think about. Happiness and fashion, go hand in hand. There is a common thread.

## IWC DAY 2



**Her Excellency Shaikha Hend Faisal**  
**Khaled Al Qassimi - Designer & Editor, Qatar**  
Happiness and fashion go hand in hand. One thing that never goes out of fashion is happiness.



**Ms. Malini Ramani - Fashion Designer, India**  
Keeping the craft alive, bringing a part of my soul and the magic of India and its beauty, combined with contemporary modern style, which is appreciated loved by people today and inventing a whole new form of fashion; this is a gift of creativity that we all have. This comes from happiness and it makes you happy.



**Mr. David Abraham - Fashion Designer, India**  
As happiness has responsibilities so does fashion. We can choose to use, buy and support sustainable craft, sustainable activity and practice that within our pattern of consumption. That is the solid basis of harmony with the world we live in and that leads to happiness too.

## IWC DAY 2



**Ms. Anamika Khanna - Fashion Designer, India**

Fashion is not about expensive clothes, designer labels and brands. Fashion is a state of being. Happiness and fashion is directly connected which shows on you. As long as we are happy, our fashion is happy.



**Ms. Namrata Joshipura - Fashion Designer, India**

There is no way to happiness. Happiness is the way. Live simply, laugh often and love deeply, that's truly what will get you happiness.



## IWC DAY 3



**Professor Maya Chakravarti V - Director,  
Symbiosis Institute of Media & Communication,  
Vice Chairperson, AIMS Karnataka & Kerala  
Chapter, India**

Sustainability can be best tackled when there is public and private partnership. The earth does not belong to man but let us remember man belongs to the earth. Let us restore this balance.



**Dr. Vandana Shiva - Author & Environmentalist,  
India.**

Nature works through cycles that never wear out. They are constantly recharged, perennial, and every one of the five great ecological crisis of our times is related to the disruption of nature's cycles because of both the ignorance and greed of man and the two usually go together. You can only be greedy if you are ignorant. I say GMOs, the Genetically Modified Organisms are in fact an arrogant declaration of "God Move Over."



**Ms. Shazia Ilmi - Spokesperson & Member  
Aam Aadmi Party, India.**

Do we realize that we don't inherit the earth from our ancestors, but we are borrowing it from our children's futures? If we realize this then the way we treat nature would be different.

## IWC DAY 3



**Ms. Rama Nair - Lecturer, Centre for General Studies, Royal University for Women, Kingdom of Bahrain**

What are you doing for world? You need to take an active role in your own small way on a daily basis. If we could keep our minds and eyes open to it, we could get started.



**Dr. Richa Chopra - International Faculty Member, The Art of Living, India**

Everything in our ecosystem is harmoniously and delicately interlinked. Pollution, global warming affects our ecosystem.



**Ms. Marcia De Luca - Specialist in Yoga, Meditation & Ayurveda, Brazil**

The time has come to understand that we have within us the power to create a new reality; a reality of peace, harmony, laughter and joy.

## IWC DAY 3



**Ms. Rita Jahan Foruz - Singer & Actor , Israel**

In Arabic there is a saying that “Throw your heart forward and go and fetch it”. I want to say that as loud as the regime will shout war I am going to sing my heart with love..



**Ms. Tanika Gray Valbrun - News Editor, CNN, Atlanta, USA**

We may not speak the same language, we may not dress alike but we are much more alike than we are different. Turn to the people next you and say you are beautiful, you are strong, you are resilient.



**Ms. Al Wajid - Film Maker, Jordan**

Images are very strong but music helps to carry those images to the people. Music is the portal to carry messages and then to carry emotions.

## IWC DAY 3



**Ms. Veronica Gonzales - Instructor and Program Coordinator APEX Program, The Art of Living, Argentina**

When you want to lead others, first you have to lead yourself. The power we have is infinite and with such power we can make the world around us softer, better and kinder.



**Ms. Annika Dopping - TV Producer, Sweden**

As women we have the inborn ability to carry life and give birth and that automatically gives us the big responsibility for life itself.



**Dr. Hema Hari - Conceptualizer & Founder of Bharath Gyan, India**

Harmony is not necessarily trying to fight for equality, which can give rise to conflicts. It is all about learning the strengths of one another and blending with each other to create this beautiful nest for the world. Harmony is the art of balancing, balancing amongst genders, yourself, society, Nature, even with the Divine.





AWARDS &  
HONOURS

# VISHALAKSHI AWARD

The Vishalakshi Awards is a special award instituted in the memory of the mother of H.H. Sri Sri Ravi Shankar. It is a tribute to the exemplary contribution of women across different spheres.

The Award is an honor given not only to a person but also the principles that the awardee embodies. The principle of human values - love, compassion, selfless service, a sense of duty and belongingness - that extends beyond the layers of caste, creed and religion.



# VISHALAKSHI AWARD 2005 - 2012





# VISHALAKSHI GLOBAL AWARD

## **Asha Bhosale, Playback Singer, India**

Renowned for her voice range and often credited for her versatility, legendary Bollywood singer Asha Bhosale also known as the Queen of Bollywood playback singing was honoured with the prestigious Vishalakshi Global Award. This was presented to her by H.H. Sri Sri Ravi Shankar, founder of The Art of Living. In her brief speech she expressed her heartfelt thanks to Sri Sri and Ms Bhanumathi Narasimhan for the honour. She was deeply touched and also shared a few moments from her childhood. She presented a great combination of humility, grace and goodness, which touched the hearts of all present.

## **Excerpts from her talk:**

“What is harmony? My father who was also my Guru taught me to sing and live. We worked hard and sang all my life since childhood. For me that was harmonious living. Doing seva for my mother at home was the harmony in my life. From my childhood it has been that kind of harmony. Then singing was harmony. It is this harmony that God has given me. And I am very happy in my life. It was a very painful life, but I always think that when you come you have nothing; when you go you have nothing. Today, this is your day. This time is ours. You don't know tomorrow. So, I am very happy to be with you, and very honoured.”



**Kiran Bedi, Social Activist, India**

For her courage and commitment towards restoring ethics and public life leading to a much more harmonious society.



**Dr. Vandana Shiva, Author & Environmentalist, India**  
For her dedication & outstanding contribution towards the protection of the environment.



**Dr. Shalini Rajneesh, Indian Administrative Service**

For her commitment towards creating a corrupt free society through accountability and timely government services.



**Kiran Mazumdar -Shaw, Chairman & Managing Director - Biocon**  
For her incredible service to humanity in the area of biotechnology, health & education.



**Vandana Daftary**  
**Art of Living Faculty**  
For bringing solace and  
rehabilitation to the victims of the  
Uttarakhand floods in 2013.



**Mohana Sundari**  
**Entrepreneur**  
For her service & contribution  
towards education and  
entrepreneurship.



**Neelam Patel**

**Art of Living Faculty**

For her commitment to service,  
bringing smile on everyone's face &  
extended a sense of belongingness to  
thousands of people.



**Ambika Menon**

**Art of Living Faculty**

For spreading the wisdom of yoga &  
meditation in Malaysia.



**Usha Gangaramani**

**Art of Living Faculty**

For spreading the wisdom of yoga,  
peace & the light of meditation in  
Middle East.



**Marcy Jackson**

**Art of Living Faculty**

For spreading the wisdom of yoga &  
meditation in Canada & all over the  
world for the last 25 years.



**Sanjana Goel**  
**Founder of Indian Association of Muscular Dystrophy**

For her courage to face immense challenges and for founding the Indian Association of Muscular Dystrophy



**Kuntala & Kalindi Mazumdar**  
**Social Workers**

For their contribution towards girl child education. Romola Prabhu, their niece receiving the award on their behalf



**Alice Holiday**  
**Art of Living Faculty**

For spreading the wisdom of yoga & meditation in the USA.

# ACHARYA RATNANANDA AWARD

The 5<sup>th</sup> International Women's Conference saw the inception of the Acharaya Ratnananda Award. Acharaya Ratnananda's whole life was dedicated to the service of humanity especially to uplift and empower rural women through VISTA INDIA. An erudite Scholar, Acharaya Ratnananda was humble, compassionate and very creative.

The Award for the 6<sup>th</sup> International Women's Conference recognizes creativity in the form of Poetry. In December, 2013 we ran an online poetry competition based on the theme of our Conference-Harmony and had an overwhelming response of entries from over 86 countries. 50 best poems were subsequently published in a book titled 'The Creative Impulse'.

Creative Expression goes beyond gender. The awards for 2014 were presented to extremely talented men and women who have touched our hearts through their verses.



Prakash Athrayil - India



Nakul Dhawan - India



Bhamini Chauhan - Zimbabwe



Viktoria Domotor - Hungary



Laura Vidal- Dominican Republic



Shahnaz Minallah- Pakistan





INTERNATIONAL  
WOMEN'S CONFERENCE  
7 - 9 February, 2014





# INTERACTIVE SESSIONS









# MORNING PROGRAMS









PERFORMANCES

## ADVITIYA - DANCE DRAMA

When the individual Self dissolves in the Cosmic Self there is no two. They are but ONE and this entire creation exists, is sustained and dissolves in that one undivided, indivisible, supreme, pure, infinite consciousness that is Shiva Shakti. The divine love story of Shiva & Shakti was very beautifully depicted in a scintillating dance drama “Advitiya - Know Two, No Two”.

Choreographed and performed by Srividya Varchaswi, the 90 dancers of the Art of Living Centre dance troupe, showcased different Indian traditional and contemporary dance forms like Kuchipudi, Manipuri, Kathak, Mohiniattam, Bharata Natyam and various Indian Folk styles. The dance drama incorporated several teachings from the Natya Shastra written by the sage Bharata that enumerated all aspects of stage performance in great detail.









THE GRANDEUR  
OF ROYAL ATTIRE





# FASHION WITH A VISION

An event of exquisite sequences which were showcased as:

- The Maharanis - Expressing the Confluence of the Ancient and the Modern  
Depicting the grandeur of the royal traditional attire and jewellery of the states of Maharashtra, Karnataka including Coorg, Bengal, Assam, Punjab, Tamil Nadu, Rajasthan & Gujarat.
- Indian Menswear - Men in Traditional Indian attire to accompany the Maharanis.
- Chakras - A sequence depicting the flow of energy through the Chakras (Energy Centers) and the journey towards creating harmony in mind, body and soul.
- A spectacular range of ensembles by leading Fashion Designers were presented including Rina Dhaka, David Abraham, Anamika Khanna, Ritu Kumar, Monica Shah of Jade, Vineet Bahl, Malini Ramani, Abha Dalmiya, Namrata Joshipura and Rahul Mishra from India as well as Marina Spadafora from Italy.



The Fashion Presentation also celebrated the outstanding talent of budding designers from the Art of Living Family and their beautifully crafted ensembles were also presented alongside the creations of the stalwarts of the fashion industry.

All the collections were created with Organic fabrics and eco - friendly resources to maintain the harmony with Nature.

In total 35 designer ensembles were presented in the show which were later auctioned and the proceeds were forwarded to the “Gift a Smile Program” supporting over 40,000 children in 405 schools across 19 states of India.







## MUSIC

The last day of the conference saw a musical evening by two international singing sensations; Hema Sardesai, Indian playback singer also known as Goa's nightingale and Rita Jahan Foruz, Israeli pop singer and actress. The two beautiful women carved the magic of their voices in the hearts of the audience and left them spellbound.



Hema performed non-stop mixing both Indian Classical and Western pop. In her magnetic and versatile voice, she sung in different languages including English, Hindi and Goan. The old hit Dama Dam Mast Kalandar encouraged the audience to dance with her. The evening concluded with Rita's melodic and meditative performance. As she came on the stage, Rita was an instant hit. She enthralled the audience with her mellifluous and mesmerising voice when she sang few lines of an old Hindi Song, "Dost Dost Na Raha".







MEDIA  
HIGHLIGHTS

# MEDIA HIGHLIGHTS

The harmonious theme of the Sixth International Women's Conference titled 'Harmony: Evolution towards Perfection' resonated well with both the National and International media with us receiving more than 150 news reports covering the various aspects of the conference and its Chairperson. Whether it was the unique theme, the excellent and panel of eminent speakers or thought provoking sessions, the conference garnered a huge media response and interest from print, online, electronic and radio.

## **Some key highlights of the conference**

- The event garnered a huge pre-event response with major publications like the Times of India, Indiatoday.in, Amar Ujala, Hindustan Times, Prabhat Khabar among others carrying regular columns of Ms. Bhanumathi Narasimhan.

The Chairperson's insights into the world of women was captured by various international publications like the Huffington Post, Gulf Daily, IndoIndians and various other such platforms.

“The abuse of women is a disease that afflicts societies the world over. While the media has an important role in creating awareness of the incidents, it can also help steer the conversation around solutions. Often, focusing on the negative issues alone creates a vicious cycle of fear and anxiety. Instead, if we can focus more on human values and the role of spirituality in our lives, we could help create an atmosphere of friendliness and compassion. When we feel connected to those around us, we are more likely to take action to prevent injustice. Additionally, stricter laws to punish the guilty have to be reinforced.”

- Excerpt from the article 'Restoring Human Values' carried by The Huffington Post.
- Education of the girl child –a cause that the conference supports was highlighted and captured well in various interviews carried by print and online publications.

Art of Living has been working to uplift and empower women for over 30 years now. We have been giving them the right to education, and the freedom and confidence to be economically independent, while inspiring leadership among several rural youth. In fact, many of our women yuvacharyas (youth leaders) are now leaders in panchayat (local governments), MPs for women welfare and so on. We are also working for the right to live for women by educating our citizens against female foeticide.

“It is unfortunate that in a land where women are honoured as Gods holding the portfolios of education, wealth and strength (Saraswati, Lakshmi and Durga), we have to work to secure even basic rights like education and equal opportunity. The Art of Living is working to change this through our diverse women empowerment initiatives and through our programs that inculcate the value of sacredness and honour for life beyond gender.”

- Excerpt from Ms. Bhanumathi Narasimhan’s interview on Sify.com

- The Times of India – the leading newspaper of the country featured the IWC eight articles about IWC in their esteemed publications.
- On the international front, the conference was very well received and journalists from Dubai and Bahrain flew down to cover the conference.



## Education is key to harmony: Lankan ex-prez Kumaratunga

**dna correspondent @awachi**

Bangalore: Education of all kinds — imparted in schools, by parents and also by religious leaders — is a major solution to bringing about harmony and ending corruption in the society, former Sri Lankan president Chandrika K Kumaratunga said here on Friday.

“Since children spend more time in school, teachers play an important role in shaping their thought and moulding them into good leaders, she said addressing the sixth International Women’s conference being held at the Art of Living.

Speaking about ways to curb corruption in the society, she said the world must begin where individuals think only about themselves — greed for

“I was abused by them (Tamil militants) and was called a liar by leading newspapers. But I held to the values passed on to me by my parents, my school and the philosophy of Lord Buddha

—**Chandrika K Kumaratunga,**  
former Sri Lankan president

dangerous temptation, which should be done away with to bring about harmony.

Uttar Pradesh Congress Committee president Bita Bahuguna Joshi, expressing concern over violence against women, said, “One country has specific laws and provisions for women but they are not being implemented properly. A lot more needs to be done there can be no more 40% of the citizens are neglected. Above all, changing the mindset of men needs to be brought

On the first day of the conference, eminent women personalities who have excelled in various fields were presented awards by Art of Living founder Ravi Shankar.

Playback singer Alka Yashni was honoured with the Vishalakshi lifetime achievement award for her exceptional and selfless dedication to the field of music. After accepting the award, she said, “I have received several awards, but this one from Sri Shri is the most precious of all.”



Singer Alka Yashni being congratulated by the delegates, including first lady of Sri Lanka Sirantha Wickremesinghe Rajapaksa and UP Congress committee president Bita Bahuguna Joshi at the International Women’s

Rejecting the recent opinion polls ahead of the Lok Sabha elections, Bhagat said the BJP might not emerge as the single largest party and it would need allies to form government.

Karnataka, he said, would play a major role in boosting the BJP’s tally in the Lok Sabha elections. “Karnataka is a major deciding factor for the BJP for now. There’s still three months to go for the elections and anything could happen by then,” said the author, who was in the city for the launch of a matrimonial portal.

He also claimed that people are unhappy with the Congress-led UPA government and would allow that momentum through the polls. “People have started to have more voice based politics to develop the country,” he said.



FEBRUARY 2014

BANGALORE



NIGHTINGALE HONORED

Singer Alka Yashni receiving the Vishalakshi Global Award from Sri Sri Ravi Shankar, founder of The Art of Living Foundation at its sixth biennial International Women’s Conference held on Friday

## 6th International Women’s Conference

Art of Living International Centre, Bangalore, will host the 6th International Women’s Conference from 7<sup>th</sup> to 9<sup>th</sup> February, 2014. The Conference, which has been a calendar event since its inception in the year 2005, will draw a participation of over 5000 delegates from all over the world. The Conference endeavours to take collaborative steps towards creating a harmonious and peaceful world for our children and future generations. This year’s Conference entitled “Harmony: Evolution towards Perfection”, seeks to explore and share insights on the inner strength that marks extraordinary people who face formidable challenges with equanimity, foster creative ways of measuring the Gross Domestic Happiness (GDH), formalize approaches to recognize and appreciate the fine and subtle elements of our life that reinforce harmony, reflect on factors that influence our relationships at all levels and our response to circumstances, contemplate approaches to increase awareness of restoring harmony with Nature, deliberate on ways to reinforce spirituality and human values in society as a means to establish harmony, Analyze the impact on society of leaders whose personal goals are goals for the whole world.

The three-day Conference will be chaired by Sen. Bhanuamath Narayanan, Director of the Art of Living’s Women and Child Welfare Programs, and Senior



International Faculty of the Art of Living. This year’s speakers include The Honorable Madam Lina, Honorary Speaker of Belgian Senate, The Hon’ble Ranganamte Nasda Glyosh, ONZM Maori Party President, New Zealand, Her Excellency Shranthi Wickremesinghe Rajapaksa, First Lady, Sri Lanka, The Honorable Ms. Aliza Laxvi, Yesh Atid, Knesset Member, Israel, The Honorable Sen. Anandiben Patel, Minister, Revenue and Disaster management, Roads and Buildings Capital Project, Women and Child Welfare, India, The Honorable Dr. Shakela, Foreign Minister, Maldives, Her Excellency Sheikh Henda Al Qassem, Designer and Editor, Qatar, Ms. Kiran Bish, Social Activist, India, Ms. Rina Dhaka, Fashion Designer, India.

# OUTCOMES OF IWC 2014

## **Provided ongoing support for Education:**

Education, the primary need of an individual has always been the prime concern of The International Women's Conference. With every passing year, the Conference widens its support for education of under privileged children through 405 free schools in 19 states of India under the aegis of the Ved Vignan Maha Vidya Peeth. The 19 states have witnessed tremendous transformation in their educational statistics.

**Provided insights** through great speeches and powerful deliberations on socially relevant issues like safety for women, female foeticide, education for the girl child, ethical practices in business and corruption.

**Pledged to uphold value systems that honour women.**

**Provided networking opportunities** with global leaders that were educative, enriching and empowering.

## **Pledge to protect the environment:**

Genetically modified foods are impacting the minds of people negatively. We took a pledge to free nature from pesticides.

'Hara Desh Hari Prithvi - Be Evergreen Go Green Project', a Vishalakshi Women Empowerment Project Initiative for a Plastic Free Planet, launched on International Women's Day March 8<sup>th</sup> 2014 received overwhelming response from the participants, authorities and common masses to protect the planet.

## **Initiated projects:**

Delegates who participate in The International Women's Conference initiated various projects in their individual countries on their return. There are inspiring stories and interesting projects to share.

**Colombia:**

The Colombian former minister Sandra Suarez has contacted the Art of Living Prison Smart Coordinators in Latin America and has initiated to introduce the Prison Smart Program in more prisons in Colombia.

**Paraguay:**

The Paraguayan politician Mrs Mirian Rivarola Torres who represented the municipality of Asunción at the Conference would like to host a conference there and assemble all the women of Paraguay to play a pivotal role in the society.



## MEDIA BREAKAWAY SESSION

Media has a very crucial role to play in a society. In an interesting break away session media representatives from countries came together at the recent International Women's Conference in an endeavor to encourage positive, value based journalism. As media has the power to influence large numbers of people, the issues discussed were, 'How media could celebrate good deeds and peace work rather than reporting solely on war and crimes?' 'How could media generate hope, happiness and foster human values?'

On the esteemed Media Panel Session were Ms. Kathrine Aspaas, Journalist & Writer, Norway, Ms. Tanika Gray Valbrun, News Editor, CNN, Atlanta, USA, Sheikha Hend Faisal of UAE and Annika Dopping, TV Producer, Sweden.





## MIDDLE EAST BREAKAWAY SESSION

Delegates from the Middle East region, Iraq, Israel, Turkey, Jordan, Oman, Saudi Arabia, UAE, Dubai, Qatar, Iran, Kuwait, Bahrain and Egypt as well as from the US and Canada met at a break away session to discuss the progress made since the International Women's Conference 2012.

The speakers, Mawahib Shaibani and Filiz Odabas Geldiay, shared their steps taken towards establishing a Middle East Peace Institute. A beautiful share of land overlooking the Red Sea in Jordan was donated for the construction of this Institute and an architectural firm in the U.S. donated their time and talents to draw schematic designs of the building. They also presented a short video during the session. Their joy knew no bounds when they shared of how every need came by their way and the initiative in building up with great progress.



Participants also had a chance to hear about the highly successful women empowerment programs in Iraq to prevent violence against women, and advancing women's careers. H.H. Sri Sri Ravi Shankar presented teachers working in Iraq with IAHV Appreciation Awards.

One of the most important outcomes of the International Women's Conference was the agreement to work together to organize a Middle East Women's Conference in 2015 in Jordan.







DELEGATE  
EXPERIENCES



*“Thank you so much and congratulations for the unique IWC organization and performance. The IWC network is an implementation of self-confidence and awareness in support of personal development. I had the great chance to be a speaker in 2012 and being involved in such a challenge with fantastic women from all over the world, really changed my life. I do confirm my presence in 2016 and in the meantime I’ll do my best to be a committed and reliable testimonial in Italy for IWC”*

**Emanuela Palazzani, Past Speaker IWC  
T Immobili - Italy**



*“Thank you for your warm welcome and the hospitality extended during my recent visit to the Ashram. Congratulations to all of conference planners, conveners and facilitators it was a significant and memorable event. The experience was life changing for me. I look forward to returning for a longer visit, possibly for the next IWC!”*

**Carla Dancy Smith, MSOD  
Dancy | Smith, LLC**

*"I feel that God has chosen me to be an Ambassador of peace and harmony in this grave conflict of 'Kashmir'" and to raise my voice in front of the whole world through IWC platform that at least all women of the world are against the genocide, battle and terror of the naive people.*

*I congratulate H.H Sri Sri Ravi Shankar and his wonderful team on behalf of Team Pakistan for conducting such a good show and wish 'Art of Living' the very best in its endeavors for spreading peace, harmony and light of hope in the world"*

**Asma Butt - Pakistan**



*"It was truly a wonderful event. We found the ambiance, food, organizing, performances and coordination to be spectacular. The way you integrated people from around the world to actually be a part of events like the fashion show was also brilliant, Thank you for integrating me and others."*

**Aman Gohal - USA**



*“It was an unique experience. I was really impressed with the high level of the speakers and the experiences shared by them were extremely enriching. When they changed the format of the talks and there were more debates, the experience was even better. I just have to thank for having this opportunity to participate in such a great event.”*

**Valéria Gasparim, Brazil**



*“Coming from Israel, the conference was an opportunity to meet women from other middle east countries and join a creative initiative to pursue peace in the region. The conference organizers and H.H. Sri Sri Ravi Shankar encouraged such meeting by facilitating a special session for that purpose and inviting all middle east women to meet with Guruji. I am now more confident women can join forces to bring peace!”*

**Shiri Milo Locker**  
**Senior Manager in the Office of the State Comptroller,**  
**Israel**



*“We learned from dynamic speakers on a wide range of issues that included environmental sustainability, effective media communications, innovative rehabilitation techniques, and new leadership paradigms. I cannot wait until 2016 when we may marshal a full delegation of our own to go to India together.”*

**Lynita Mitchell-Blackwell**  
**Co-founder, ELI (Emerging Leaders Institute) - USA**

*“What really impressed me was the importance of promoting natural and local products without chemical interference and the importance of a vegetarian diet. The efforts of the Art of Living to ensure harmony between body and the environment. Yoga, Breathing, Meditation and Ayurveda are some examples. As a doctor, having studied Phytotherapy (research into the clinical application of herbs and natural products in medicine), the effort to provide natural medicines from plants with a good balance charmed me a lot. I hope to explore these issues and benefit the Senegalese population through collaboration and partnership between the Art of Living Dakar and Bangalore.”*

**Ndeye Niang - Senegal**



*“The three days I spent at the International Women’s Conference was nothing short of incredible. Listening to social activists, musicians like Asha Bhosleji, Fashion Designers, TV personalities and one of my highlights, Vanada Shiva; I gained immense knowledge. It empowered me as a woman, and I felt motivated and driven to work harder towards my goals. I’m grateful to the Art of Living for organizing such an amazing platform for women around the world to come together in the spirit of dialogue and discussion, on relevant topics. I look forward to many more years of IWC!”*

**Priya Prakash**  
Business Analyst, Educomp Solutions Ltd.



*“When you give, give the best, don’t just give because your are giving.”*

**Ms. Beka Ntsanwisi**  
Radio presenter, South Africa.

## 60 COUNTRIES THAT PARTICIPATED:

Afghanistan	Finland	Mauritius	Senegal
Argentina	France	Malaysia	Singapore
Australia	Germany	Mexico	South Africa
Azerbaijan	India	Morocco	Sri Lanka
Bangladesh	Iraq	Myanmar	Sweden
Bahrain	Iran	Nepal	Switzerland
Belgium	Israel	Netherland	Taiwan
Bhutan	Italy	New Zealand	Tajikistan
Brazil	Japan	Norway	Tunisia
Canada	Jordan	Oman	Turkey
Chile	Kazakhstan	Pakistan	Turkmenistan
Colombia	Korea	Paraguay	UAE
Denmark	Kuwait	Qatar	UK
Egypt	Kyrgyzstan	Russia	USA
Fiji	Maldives	Saudi Arabia	Zimbabwe





VALEDICTORY  
ADDRESS

# Ms. BHANUMATHI NARASIMHAN

- CONFERENCE CHAIRPERSON

It has been a truly harmonious journey in the past three days. We have gathered here from 60 countries. I am sure you all will agree with me that we have spent quality time and have had a very enriching experience. We have had some very good deliberations. In the next two years we will work more to bring in more people from around the world and learn from each other. This year we have learned how to be harmonious with our own self, our inner nature and how to project it in the outside world as well, and be harmonious with the outside environment.

With great pleasure we are announcing our next conference which will be entitled 'Life a Mystical Journey'. That will be our Seventh International Conference and will be held from February 2016. They are so colorful and they only go to the sweetness in life. Like these butterflies, we have to learn to reach out to positivity in life. Only in a positive atmosphere we can make positive changes. Any social transformation can happen only with a sense of calmness and contentment. We have to be calm and collected and at the same time have a passion to work. This will allow us to conserve our energies and spend it for a good cause. Life is full of dualities. Positive and negative coexist. But we have to reach out to the positive. As Guruji always says, be a gunagrahi. That is the spiritual value, the spiritual depth that we have to nourish. Each one of us has this quality but knowing how to nourish this is very important. This can be achieved through such companionship, belongingness and of course through spiritual practices, meditation, attending to ones inner self.

It is always difficult to say goodbye and I am not going to say that. We will meet here in 2016, your own home.



CONFERENCE  
4

*Harmony  
Evolution towards Perfection*



INTERNATIONAL  
WOMEN'S CONFERENCE  
7 - 9 February, 2014





CONFERENCE  
ANGELS

Ajay Tejasvi	Gauri Sriram	Meghana Kalta
Anamika Khosla	Gayatri Aneja	Mohini V Lalwani
Astha Katpitia	Geetu Maheshwari	Monica Maric
Atika Dhandia	Janak Patel	Monica Shah
Ami Patel	Jaina Desai	Montoo Bassi
Amit Periwal	Jaspreet Bassi	Mrunal Khimji
Anju Narain	Kalyani Toke	Nendda Surve
Bhamini Chouhan	Kamlesh Barwal	Nikita Sarkar
BharathyHarish	Kirti	Nirali Desai
Chinky Sen	Kunal	Nitesh Amesar
Dalu Malani	Madhushree Tejasvi	Niyati Kala
Darshana Mathur	Mallika Krishna	Noemie Dafe
Dinesh Kashikar	Mallika Thakkar	Pallavi Jain
Divya Kanchibotla	Mamta K	Pallavi Joshi
Dr Nupur Rau	Manjri Kashyap Sharma	Prama Bhandari
Dreema Pathakji	Mansi Dharmraj	Priya Narayan Fischman
Drishti Trivedi	Mary Ellen Sikabonyi	Priya Rao
Durvesh Shinde	Meera Prashant	Priya Shivakumar
Gargi Garg	Meghna Prasad	Promilla Grover

Puja Mathur

Ruweida Soni

Suman Litta

Puravi Hegde

Sakshi Kandya

Surya Tej Borra

Rajita Kulkarni

Sangita Gujrati

Vibha Kejriwal

Ramma Venkatesh

Sarika Chaudhary

Viktorija Unglinikaite

Ramana Prasad T

Savita Sharma

Zalak Patel

Rahul Reddy

Sharmila Murarka

Rashi Paliwal

Shika Sharma

Rashmi Paliwal

Shilpa Rau

Rekha Prasad

Shilpa Sood

Resha Desai

Shirin Khorasi

Reshma Ganesh

Shraddha Milind

Reshma Rao

Shuruti Vengatesh

Richa Chopra

Smita Mathur

Rita Khatlawala

Sonia Dawar

Ritika Periwal

Sneha Lunkar

Ritu Maheshwari

Sneha Thakkar

Rohit Dharma

Snehal Dighe

Roshan Ingole

Sriram Chandrasekaran

Rupali Dhawan

Srividya Varchasvi









# MASTER OF CEREMONY QUOTES



## **Kavita Khanna**

While we can define evolution it's very difficult to put a finger on harmony and on perfection because they are intangibles.



## **Bharathy Harish**

Opposite values are part of our life, like night & day, happiness & sadness, pleasure & pain. We have all lived through this but life is not about being free from opposites or escaping from them. Its about moving through them and facing them.



## **Rajita Bagga**

The Three Hs, Home, Happiness & Harmony together build a perfect recipe for a perfect relationship.



**Chinky Sen**

Harmony is a much needed ingredient for the world that is sometimes disturbed because of violence. Here we will see how we can make a harmonious world in all spheres.



**Kamlesh Barwal**

Yoga & the purpose of yoga is to bring harmony in body & mind. Our body can listen to the mind & mind can be in harmony with the body.



**Puja Mathur**

Your smile is the best fashion statement that you can make and colour can definitely express emotions and feelings.



**Resha Desai**

Women are really dynamic as they are and serve the nature.



**Jaina Desai**

We have beauty, love, joy, happiness, gratitude and compassion. These all move us and the pursuit of human life is to express these inexpressible qualities.



**Mawahib Shaibani**

If a woman has peace of mind and love and if we are all together we can change the world and bring peace.



**Ajay Tejasvi**

Humour is not about just words its going beyond words, not about telling a joke but about who we are and how we are able to lighten up the atmosphere around us. The wise turn humiliation into strength or humour.



**Christoph Glaser**

Perfection is a solution. It may be a result which we can measure. It is a lot to do with our inner wealth and harmony. Beauty resides in the eye of beholder.



**Priya Fischman**

Life is joyous & a celebration.



**Montoo Bassi**

When there is harmony in the heart life becomes a song; life becomes a dance.



**Dinesh Ghodke**

Flowing water sucks away all our stress. A heart always wants that which is old and our mind wants new things. But there is something in us which is ancient and ever new, which is our consciousness. The best service is uplifting someone's consciousness.



**Leena Gupta**

In every culture women are connected by dancing together.



### **Srividya Varchaswi**

The 5th International Women's Conference saw the inception of the Acharya Ratnananda Award. Creative Expression goes beyond gender and in 2014 the awards recognized creativity in the form of Poetry and were presented to extremely talented men and women who have touched our hearts through their verses.



### **Madhushree Tejasvi**

I am very happy to announce the Vishalakshi awards in the memory of the mother of H.H. Sri Sri Ravi Shankar's mother. It is a tribute to the exemplary contribution of women across different spheres and an honor not only to the person but also the principles that the awardee embodies.



### **Aman Gohal**

The topics today will focus on harmony within the environment as well as inner and outer harmony. This is something the Art of Living has taken an initiative in, including the planting of 100 million trees as a part of the UN Millennium Development goals.



**Atika Dhandia**

Co-hosted the Online Dialogue with Sri Sri - Day 3.



**Mona Joshi**

Presented the Opening Remarks & Introduced the Agenda - Day 2.



**Ami Patel**

Introduced the Designers & their Ensembles for the Auction - Day 3.



**Priya Rao**

Women from more than 60 countries have congregated here to deliberate on the thought that when there is individual harmony it is possible to bring harmony in society.



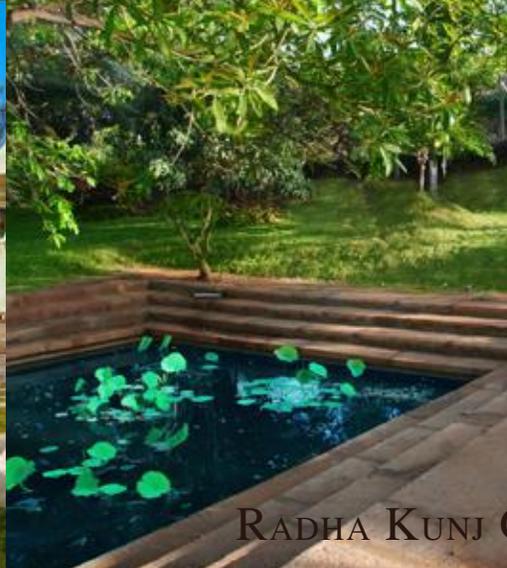
PANCHAKARMA CENTRE



SRI SRI AUYURVEDA HOSPITAL



AMPHITHEATRE



RADHA KUNJ

ANNAPURNA DINING HALL





VISHALAKSHI MANTAP



GARDEN



COW SHELTER



MADHURYA



TWIN SHARING  
ACCOMODATION

## PREVIOUS CONFERENCES



2005



2007



2009



2010



2012



2014

# IWC 2016 - LIFE A MYSTICAL JOURNEY





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