

SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



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JANUARY 2021

SEVA SNIPPETS

International Day of Persons with Disabilities 2020



Alipurduar, West Bengal: The Art of Living team in Alipurduar, in association with the Indian Red Cross Society, celebrated the International Day of Persons with Disabilities 2020 on December 3, 2020, by serving Payesh (sweet dish) and donating blankets and food grains to physically challenged people from the tea garden area of Kalchini Block, Alipurduar. Present at the event were Swapan Bhaduri, District Secretary, Indian Red Cross Society, Alipurduar District; Ramkumar Lama, State Council Member, YLTP, The Art of Living; and Benjamin Xaxa, social worker, among others.

Mushroom Cultivation Brings Economic Freedom to Women



Gumla, Jharkhand: In November 2020, The Art of Living, Palkot, organized training in mushroom cultivation for tribal women. Five women from four different women's groups hailing from Gangda village, Basia Block, Gumla District, participated in the training. They have now heaped a rich harvest of mushrooms and are well on their way to economic freedom. Apart from cultivating mushrooms, the women were also trained in marketing strategies to ensure that they get the best price for their crop. The success of these women has inspired other women to take up this profitable agri-business as an alternative source of income.

ICFAI Honors Gurudev with Doctorate Degree



ICFAI University, Sikkim, conferred Gurudev Sri Sri Ravi Shankar with Doctor of Literature (Honoris Causa) Degree at its 13th e-Convocation on November 26, 2020. The award was given in the presence of Shri M. Venkaiah Naidu, Hon'ble Vice President of India, who was also the Chief Guest. Shri Ganga Prasad, Governor of Sikkim; Shri Prem Singh Tamang, Hon'ble Chief Minister of Sikkim; Shri Kunga Nima Lepcha, Hon'ble Minister of Education; and other dignitaries also participated in this online event.

Research Studies Find Kabasura Kudineer Helps Check Covid-19

Gurudev Calls for Large Scale Studies on Efficacy of Ayurvedic Formulations in Combating Coronavirus

Bengaluru: Speaking at a virtual conference, on November 30, 2020, Gurudev said that the initial results of a research study conducted by Frankfurt Biotechnology Innovation Center (FIZ) have confirmed the efficacy of Kabasura Kudineer in preventing and tackling Covid-19. Kabasura Kudineer tablets had shown 84% efficacy in inhibiting spike glycoprotein in the coronavirus strains, in restricting entry of the virus into cells in in-vitro studies. He called for large scale studies on the effectiveness of AYUSH medicines in tackling Covid-19 through immunity building.

Dr. Christian Garbe, Managing Director, FIZ, stated that they were very pleased to take the initiative in this extraordinary research project and thus also make their contribution in the fight against the coronavirus. He said, "We started the Ayurgenomics project in mid-2020 to examine anti-inflammatory and immune-boosting Ayurvedic agents for their effectiveness against SARS-CoV-2. Ayurgenomics means

using genomic tools for Ayurveda and investigating the correlation of Prakriti (individual psycho-physiological constitution) and Genomics. We are very pleased to be part of this extraordinary research project and thus also to be able to make our contribution in the fight against the coronavirus."

Efficacy of herbal immunomodulatory formulations by Sri Sri Tattva in inhibiting viral entry was also confirmed by a trial in Bangalore Medical College and Research Institute. Dr C. R. Jayanthi, Dean and Director, BMCRI said, "Results showed significant improvement of clinical and laboratory parameters like immunity markers and antioxidant markers after 14 days of treatment with Sri Sri Tattva immunity products along with standard care. Studies can be planned to establish it" she added.

"We distributed Kabasura Kudineer, as a prophylactic in Tamil Nadu and found it effective in improving immunity," said Dr Kanakavalli, Central Council for Research in Siddha, Chennai.

Representing AYUSH



Arvind Varchaswi, Managing Director of Sri Sri Tattva, addressing the press at the virtual conference held on November 30, 2020

Department, Delhi Dr Raj

Manchanda said, "I am happy to receive the Kabasura Kudineer tablets medicines for 10,000 people from Sri Sri Tattva for free distribution, we will be documenting the outcomes and

sharing in due course."

Many studies are now being conducted on the immunomodulatory effects of traditional Indian medicines, nationally and internationally.

- Research study by FIZ establishes efficacy of Kabasura Kudineer in preventing and tackling Covid-19
- Kabasura Kudineer shows 84% efficacy in inhibiting spike glycoprotein in the coronavirus strains
- Results from BMCRI show significant improvement in immunity/antioxidant markers after 14 days of treatment with Sri Sri Tattva immunity products
- Kabasura Kudineer distributed as a prophylactic in Tamil Nadu, found effective in improving immunity
- Sri Sri Tattva sponsors 10,000 doses of Kabasura Kudineer medicine in Delhi through Ministry of AYUSH for further study

Sex Workers of Kamathipura Reap Benefits of Sudarshan Kriya

Mumbai: The Art of Living conducted its program for 200 sex workers at Kamathipura in Mumbai between 9-11th December 2020. Livelihood of this community has been hit severely in the pandemic. In their struggle for survival many workers have been required to attend to additional clients at far less pay to just even their income, affecting both their mental and physical health. Social worker Parvati Khanduri took the initiative and collaborated with the local Art of Living faculty to organize the program. On the last day, each participant was also

handed a food packet consisting of 5 kg wheat flour, 5 kg rice, 2 kg dal, 1 kg sugar, salt and oil. At the end of the program, participants reported feeling lighter and less stressed. "After doing Sudarshan Kriya, my head became very light and I could feel all my pains and sorrows are going out of my body", said R Ansari, one of the participants. They also committed to continue the practice of yoga, meditation and Sudarshan Kriya taught at the program, to reap long term benefits. The program was conducted keeping social distancing regulations in mind.



Is 2021 the Newest New Year in Universal Memory?

By Padma Koty

“The old order changeth,” we have been told since forever. However no one gave us even an inkling that in 2020 the old order would not just change, but crumble, in ways traumatic beyond belief. As a shell-shocked humanity steps into 2021, the future appears to be rather uncharted territory with hundreds of “new normals” giving life on this planet a deep, unprecedented makeover.

The question is whether the resolutions made during the lockdown will convert to transformative action? How many will take the responsibility to lead the change – whether it is massive or incremental – in their own field of enterprise?

Topmost on the list of concerns for the New Year would be the resuscitation of the economy, recurring infections, mental health and food safety. Covid-19 however, has not been without some game-changer benefits. The environment and wildlife are getting good respite, though this could be temporary. Transportation-related pollution has reduced. Families are getting to spend time with each other. These past months of lockdown have seen the work-from-home (WFH) concept maturing fast with both employers and employees conceding that there are more pros than cons to it, offering massive reduction in costs for the former, and expenses for the latter, and time-saving for both sides.

Youth are a big part of this ultra-new post-covid scenario. Will they be able or willing to measure up in terms of flexibility to meet the increased requirements of innovation, creativity and risk-appetite, that is essential?

Ask Gurudev, who, this past year, has been a sanctuary of hope, sanguinity and strength to hundreds of stricken decision-makers and influencers, and he will tell us that youth have all the qualities that society and the nation need. At a recent webinar, he noted that the youth of today are not as materialistic as previous generations, and are evincing greater concern about issues like corruption and the environment.

Every crisis presents an opportunity. The New Year 2021 is just that - the greatest opportunity for the human race, especially the youth, to reinvent itself and transform every challenge into an opportunity. That would be the most apt tribute to all the front liners the world over who risked their all to serve in Covid-19.

From Skill Development to Job Placement: SSRDP's New Resolve



Bengaluru : Bosch Limited in collaboration with Sri Sri Rural Development Programs (SSRDP) Trust of The Art of Living is working towards providing job-oriented skill trainings to lesser privileged and rural youth of the country through an intensive eight-week training program called BRIDGE, conducted at Kaishala, the newly constructed building of The Art of Living International Centre, Bengaluru. The aim is to make these youths employable and provide a pool of high-quality skilled manpower to the industry. Shri RN Merani, Chairman, SSRDP, says, “After undergoing training in various domains such as life skills, communication skills, customer service relationships, personal development, spoken English, presentation skills etc, most of our trainees have been absorbed in retail jobs provided by Bosch and some are waiting with offer letters to join, post pandemic. They earn between Rs. 13000 - 15000 per month and more if they are acquainted with computers.” The youth are also taught the Happiness Program, YLTP and most importantly they are engaged in community service (seva) and daily satsang before placement. Debashish Das, a beneficiary from Assam reveals, “This program has given me immense confidence. I have learnt the true meaning of team building and professionalism. The techniques taught by The Art of Living have given me a sense of direction in life.” Gurudev’s vision is to establish 3000 skill centers across India in the coming years that would impact millions of lives and bring transformation in the country. Currently VVKI is exploring the potential of TOKs and ashrams to build more skill training centers. It’s only a matter of time to translate the efforts into a tangible reality.

DOWN THE SEVA LANE

Development of nine open defecation free (ODF) villages in Maharashtra through sanitation and hygiene related interventions

WHERE?

1. Dhanora village, Morshi Taluka, District Amravathi
2. Hiwara Rohila Village, Washim Taluka, District Washim
3. Jaigaon Village, Koregaon Taluka, District Satara
4. Pimpalgaon Turk Village, Parner Taluka, District Ahmednagar
5. Shirisgaon Village, Shrigonda Taluka, District Ahmednagar
6. Khandaviwadi Village, Partur Taluka, District Jalna
7. Khadaki Village, Partur Taluka, District Jalna
8. Edlapur Village, Partur Taluka, District Jalna
9. Nandra Village, Partur Taluka, District Jalna

BY WHOM?

- Goodyear India Limited (GIL)
- Goodyear South Asia Tyres Private Limited (GSATPL)
- International Association for Human Values

WHY?

According to UN estimate of 2014, a little over 1 billion people practiced open defecation. India was contributing hugely to that number with 597 million, nearly 47% of the population practicing open defecation. Maharashtra alone had around 57 lakh families whose homes did not have toilets. This directly impacted a range of health and environmental problems, and severely limited the impact of other development interventions in education, health, rural and urban development.



WHAT?

WHEN?

Nov 2015 – March 2016

OUR IMPACT:

660 toilets constructed	3730 people have access to toilets now	72 sanitation awareness camps directed at good maintenance and usage of the toilets	6365 people reached with awareness campaigns
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*Information from submitted Final Project Report

Osteopathy – the Flagship Program of Sri Sri University



BSc Osteopathy

Osteopathy, offered both at the undergraduate and postgraduate level of study at Sri Sri University (SSU), is a patient-centered, rather than disease-centered, form of healthcare. It is a drug-free, non-invasive manual therapy that aims to improve health across all body systems by manipulating and strengthening the musculo-skeletal framework. It is a distinctive form of medical care founded on the philosophy that all body systems are interrelated and dependent upon one another for good health. To be an osteopathic practitioner, one must study and know the exact construction of the human body, the

exact location of every bone, nerve, fiber, muscle, and organ; the origin, the course and flow of all the fluids of the body; and most importantly the relation of each part to the others.

The 4 year undergraduate program at SSU has a strong clinical focus and provides the student with comprehensive grounding in biomedical science and health. During the program, students gain the knowledge and skills required to continue postgraduate studies in osteopathy. Curriculum follows the benchmarks given by the World Health Organization, ensuring the highest standards in osteopathy

education. This course is facilitated by international experts from Europe, India, North and South America. Graduates are eligible to register as practitioners of Osteopathy, and can work in hospitals, clinics or open their private practice.

“When a treatment is strongly based on anatomy, is completely hands-on with no medication and no interventions and really helps the body to open up and orient to health – I think a lot of miracles can happen. I have seen in my practice over the past two years, the kind of amazing results that my patients have had. I think it is one of biggest gifts to mankind today.”



- Dr. Spandan Katti,
Osteopath, Dentist, & ASIA
Head PACT

Trinetra – A Project to Facilitate Online Studies for the Underprivileged



Raipur, Chhattisgarh: The Art of Living's Sri Sri Rural Development Program Trust has launched project Trinetra to help children who have no access to internet devices to attend online classes free of cost. At various locations in 30 panchayats in Bastar, Bijapur, Mahasamund, Kawardha, Rajnandgaon, Durg, and Raipur, districts of Chhattisgarh, what may be termed as online study centers have been set up. Each center is equipped with a computer, monitor, and internet camera. Battery backup is also available to deal with the erratic power supply in these areas.

The project, which is the brainwave of Harjit Singh, YLTP trainer, The Art of Living, has been named Trinetra as it will be addressing three issues – education, health, and self-reliance. It brings a sigh of relief to students, especially those studying in classes 9 to 12 who are required to appear for Board Exams, who were missing out on online classes as they did not have access to internet devices like smart phones or laptops. A devout follower of Gurudev came forward to provide the funds for the initial set up in 30 panchayats. Plans are now underway to make such facilities available in 900 panchayats. Dr. Shailaja Chandrakar will be coordinating the project.

Blankets for the Needy



Ranchi: Like every year, this year too, The Art of Living family in Ranchi distributed blankets to over 500 people in Banlotwa, Hindebili, Sarna Toli, Basua Toli, and Gunja of Ormanjhi block. Distribution was done on December 20 and 22, 2020. Prawin Kumar, The Art of Living faculty, who came to distribute the blankets, said more people should come forward to donate to the needy, in small amounts or big. Ordinary citizens should step forth to improve the life of their fellow human beings and not passively wait for the governing authorities to act. "We understand our authority but forget our duty. Our aim is to motivate people to come forward and do seva", he added.

SSU Rated #6 Among Top 25 Private Universities



Sri Sri University, Odisha, has been rated #6 among the top 25 private universities in India as per Higher Education Review 2020. Last year it stood at #13. In less than a decade since its inception, SSU has seen phenomenal growth. From what used

to be barren land, the university has grown into a beautiful campus that offers the best in academic, sports, medical, residential and recreational facilities.

Also, Prof. (Dr.) Bhagirathi Nayak, Professor, FMS, at SSU has being awarded the 'Best Professor of IT and #DataScience 2020' in Achiever Icon Awards 2020 by Brand Opus India.

Happy New Year 2021

2020 has been a challenging year. It has made our experiences richer and it has made us wiser. Many who could never sit in their home were forced to sit at home. Those who were into service were put into harder service – the frontline workers especially; they put their heart and soul, put their life at risk. Temples, churches, mosques, and other places of worship were closed; ashrams were closed; hotels were closed; tourism completely disappeared in this whole year; but one thing – the zeal and enthusiasm of mankind - did not stop. We kept that flame alive. In spite of all challenges, our experience in caring and sharing for the people of the planet has grown many fold.

Peace amidst the chaos

Our human mind has enormous capacity to adjust, accommodate, and acclimatize to any situation, any eventuality. Many have discovered that there is another dimension to their life which they had never been able to attend to or even look into – the spiritual dimension. You don't have to go to places of worship to be spiritual. You can sit wherever you are, go deep in meditation. You will find peace amidst all the chaos around you.

A year of opportunities

An innovative spirit has been seen in various parts of the world. Innovation always happens when we are calm, with a serene mind. This gives so much opportunity to relax and do all those things which we were postponing or we were complaining that we don't have time to do. We had all the time to ourselves to do all those activities, right?

You are much bigger than the body or events

You know, there are those who are stuck in time, there are those who fly with the time, there are those who change the time, and there are yet others who go beyond the time. As meditators, as people of conscious living on this planet, you all have the ability to go beyond time and that exactly is spiritual wisdom. Right? It is a timeless wisdom that makes you realize you are not just the body or the events around you, you are much bigger. A glimpse of our true nature will make the fountain of love and compassion and joy unstoppable, it just keeps flowing. Irrespective of the situations around us, we keep moving ahead with a smile and with a sense of celebration in life.

Your meditation takes peace to unfathomable realms

There are those who could not see this year, some of them exited from this planet earlier. Their families could not even say goodbye to their close ones because of COVID 19. I tell them all, there is a strength within you – the power of your inner silence – don't underestimate that. With this



power of inner silence you can bring peace not just to the people around you, not just to you, but to realms which are unfathomable, which are beyond our apparent reach. Continue your meditation and your meditation, your deep connectivity with the silence within you, will bring peace and solace to all those who have crossed over to the other side as well. Let this New Year eliminate any traces of fear and uncertainty that we would have harbored and carried on forward. Let's use our wisdom to uplift our spirits through these times.

40 Years of The Art of Living

The Art of Living is a global family. We are entering the 40th year of The Art of Living. This year we will definitely spend in reflection of the path this movement of mankind has walked through. All those of you who have been in The Art of Living for decades, you have many incidences, stories, challenges, and all those things you have experienced. You can recollect them, write them, or record them and send it to us. We will compile this for posterity.

Pleasant surprises are in store

For all those who are serious and intense seekers, this will be the year that you will go deeper into wisdom and be a lighthouse for the whole world for time to come. We will think of some celebration towards the end of the year. By that time I think we would have overcome this pandemic and the uncertainty that is looming over the planet. In this, Ayurveda, yagyas, and ancient ceremonies of prayers will help. This year will have many surprises for us all, pleasant surprises.

10 TIPS FOR Radiant Skin

Compiled by Padma Koti

- 1 **Sweating:** Running, jogging, a few fast rounds of Surya Namaskar can boost blood circulation. Follow this with a cleansing cool-water shower.
- 2 **Yoga:** During the asanas, the exhalations detoxify the body, while the conscious attention to breathing accelerates cleansing of the body. This aids in refreshing and energizing the skin, imparting a glow.
- 3 **Sudarshan Kriya:** It reduces physical, mental and emotional stress which could manifest as pimples and rashes.
- 4 **Meditation:** "The more you meditate, the more you radiate."
- 5 **Silence:** Combine meditation with healing periods of silence. Give The Art of Living Silence Program a try.
- 6 **Know your body constitution:** We are a combination of Vata, Pitta and Kapha, and so knowing the body type helps in understanding what types of food to eat and what to avoid.
- 7 **Massage:** A weekly regimen, using oils that suit your skin type, could work wonders.
- 8 **Ayurvedic scrubs or ubtan:** It nourishes, cleanses and gently exfoliates the skin, helping it to breathe better. And most of the ingredients can be found in your kitchen! Ensure you match your ubtan to your skin-type.
- 9 **Remain 18 at heart:** Embrace your body with its inevitable imperfections.
- 10 **Smile:** it flexes your facial muscles and adds more beauty to you and the world around you!



Day in the Life of a Sevak

By Dr Hampi Chakrabarti

Today we meet Vamdev Patel, who is leading The Art of Living Intervention for Stone Quarry Workers project across 7 villages in Bhilwada District of Rajasthan. He along with few other members of the project team have set up a temporary home in the vicinity of the project village.



Vamdev Patel, extreme left. PRA completed at Kherkhera Village, Rajasthan

5 am – Vamdev is up. Clean up. Bathe. Sadhana till 7:30am.

8:30am – After a filling breakfast of poha, he sits down to plan his day. Today, the team has to conduct Participatory Rural Appraisal in Kherkhera village. Though community members, especially elders have been informed two days prior to be present for it. However, gathering everyone would be today's biggest challenge.

9:30 am – He sets out for the village with the team and packed lunch boxes.

9:50 am – As expected, most men have left for work. Slowly, elders, women and youngsters begin showing up at the venue, under the neem tree in the village center.

10:30 am – They are losing more time than expected.

10:35am – Team members spread out into the village to mobilize the community quicker. Vamdev himself visits few elders to invite them again for the task.

11:10am – PRA is finally underway!

12:30pm – The team thanks the community members for participating as they begin to leave for lunch hour.

1:30pm – The team wraps up lunch sitting under the same neem tree.

1:40pm – Vamdev leaves for meetings in the next village.

3:45pm – He has finished meeting the village Pradhan, a school teacher, the tea shop owner whose shop is the fulcrum of the village activities and also a few elders who were seated there. He invited them all for the PRA they would be conducting day after tomorrow.

4:00pm – With some spare time in hand, Vamdev walks around the village noting the geography. Tomorrow they have to conduct survey in this village.

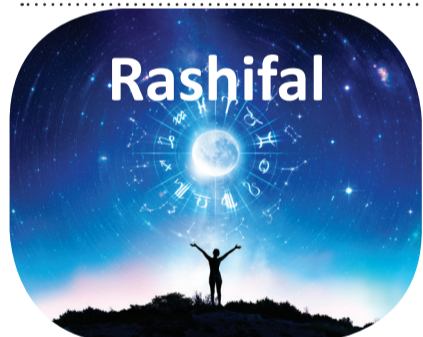
5:30pm – Back home and a short meditation

6:00pm – Since all team members are back early today, satsang too starts early.

7:00pm – Prepares dinner

9:10pm – After clearing dinner plates, the homies gather to plan the survey for tomorrow.

10:30pm – Lights out!



by Vaidic Dharma Sansthan

Mesha Rashi: There may be some mental disturbance until January 17th. Therefore, meditation is important. Donating rice to a temple would be good. There may be some increased responsibilities in your job. Flow of funds is good but unexpected expenditure is seen. Observe silence as much as possible. The first three weeks, take care of your health. Engage in some seva throughout the month to avail God's grace.

Vrishabha Rashi: Generally mental strength is good. Chanting any Kartikeya mantra will help balance your energies. God's grace is abundant. Feed dogs with wheat rotis. Listen to Vishnu Sahasranam to channel your intellectual energy in a positive direction. Avoid being in the limelight. There are high chances of getting attracted to negative energies. Listen to Durga Kavacham. Do not argue with life partner.

Mithuna Rashi: Chant Guru pooja mantra every day after Sadhana. Feed food to poor people on Saturdays. Every action should have seva bhav. Attend Rudra Pooja or listen to Rudram every day. To avoid disturbances in sleep, pray before going to bed. Continue Sadhana. This is the time to engage in nishkama seva. Use your intellect before taking any major decision.

Karka Rashi: God's grace is present but there may be some challenges on the home front, especially with spouse. The whole month seems to be good as most of the transiting planets are in favorable positions. Take care of children; avoid getting into arguments with them. Visiting Ganapathi temple would be good. Unexpected gain is seen. At times, some mental disturbances are seen. Meditation is a must. Things will improve gradually.

Simha Rashi: Lots of grace of Lord Shani is seen throughout the month. From the middle of the month, Sun is also favorable. The first two weeks listen to Vishnu Sahasranam. By the end of the month many things can be achieved with just a little effort. Chant Guru Mantra.

Kanya Rashi: The whole month is good but in the last week, some caution is needed. You can achieve things with little effort. Donate wheat to a temple every Sunday. Be

careful while riding or driving, pray to Lord Kartikeya before you set out. Be careful while talking. Do not get into arguments. Meditation is good for mental peace. There may be conflicts on the home front.

Tula Rashi: Doing Sadhana is very important. Donate Navagraha Dhaanya to a temple. Listen to Vishnu Sahasranam. Sun is favorable in the first half of the month. Attending an Advance Meditation Program after mid January would bring lots of peace. Financial growth and enhancement of spiritual knowledge is seen.

Vrischika Rashi: This whole month is good. Visit a Shiva temple and do Guru seva. Chanting Ganapathi mantra and listening Vishnu Sahasranam is good before taking any major decision. Avoid arguments with your life partner.

Dhanur Rashi: Compared to 2020, 2021 is really good. This month is going to bring some good news. Be humble, do not argue with father. Accept challenges and work, success is assured. Spiritual knowledge is also going to increase. Overall bright future is seen.

Makara Rashi: Sade Sathi is going on. Jupiter is also not favorable in transit. But for spiritual gains all the planets are favorable. Be humble, be honest in every action, have seva

bhav. Lots of responsibilities are there ahead. You are answerable for many queries. Sincerity and truthfulness will help you. Focus on Sadhana. Participating in Advance Meditation Program, Blessing Program, and doing seva will give you satisfaction. Disturbance through children is seen.

Kumba Rashi: This is an average month, neither very good, nor very bad. Sade Sathi has begun and Jupiter is also not favorable. Perform Shanti Homa for Navagraha. Not advisable to take the lead in any activities. Be a sincere sevak in every aspect. Truthfulness, honesty, hard work, and goodness will bring peace of mind. Spiritual progress is foreseen.

Meena Rashi: Most of the planets are very favorable. Luck is seen. Prosperity is achieved with little effort. As the proverb says, "Make hay while sun shines." This is the right time to invest in material prosperity. Family front is good. Total wellbeing is seen. Be grateful for everything. You may go out of your way to help others. Good time to enjoy and to earn punya.

*by Usha Kumari.R, M.A. in Jyotish. Former Faculty in Indian Council of Astrology Science and Sri Sri Gurukul.

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