

SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



Sri Sri Ayurveda Hospital
A Modern Abode for An Ancient Treasure

pg. 2

Blood Donation Camp in Satara, Maharashtra

pg. 3



AUGUST 2021

SEVA SNIPPETS

Taare Zamin Pe



The Art of Living has joined hands with Zerodha to take care of children who have lost both parents in the pandemic. The Bangalore Ashram would be housing some of them, providing them free hostel care and education.

The Art of Living Completes 20 years in Turkey



On June 27, 2021, The Art of Living celebrated the 20th anniversary of its presence in Turkey. On the occasion, Gurudev Sri Sri Ravi Shankar addressed participants from all over the country in the presence of Indian Ambassador to Turkey, H.E. Sanjay Panda, and the acting Consulate General of India, Ms. Sudhi Choudhary.

590 Inmates in J&K Prison Complete Skill Development Training



In association with National Skill Development Corporation India, Central Jail Srinagar, Central Jail Kotbhalwal Jammu, Sri Sri Rural Development Program has provided skill training to 590 inmates. The inmates have been trained and certified in skills like plumbing and electric work. These inmates will have an alternative to earn a decent living once they have completed their terms in prison.

School Constructed in Kanskuli, West Bengal



The Art of Living Free School with the support of The Meenu Agarwal Foundation (TMAF) has completed construction of its school building in the village of Kanskuli, West Bengal.

Giving with Gratitude on Guru Purnima

Bengaluru: July 24th was marked with Guru Purnima celebrations by The Art of Living volunteers and disciples of Gurudev Sri Sri Ravi Shankar from across the globe. As Gurudev wrote on Twitter, "A moment of gratefulness can bring a huge transformation in one's life. Guru Purnima is the day to remember all that you have been bestowed with, to rekindle that gratitude, soar to greater heights and reach your goal." He further guided disciples to introspect on how much wisdom they have imbibed in their life, how much have they contributed to the lives of others.

Inspired by Gurudev's words, volunteers and disciples undertook several seva activities, keeping Covid appropriate behavior in mind.

Online Programs – 18,000 participants got the gift of Sudarshan Kriya through the Online Meditation and Breath Workshop. More than 10,000 participants from 93 countries did the Online Advanced Meditation Program. Over 1700 youth from rural India joined in for the Online Youth Leadership Training Program.

Tree Plantation—Massive tree plantation drives were undertaken in several places across India. In Jharkhand, 1000 fruit bearing tree



Free distribution of immunity boosting medicine in Rajasthan



Tree Plantation drive in Ormanjhi, Jharkhand



Erecting tree guards around newly planted saplings in Bagbahara, Chhattisgarh



Daridra Narayan Seva in Gujarat

saplings were planted in Gunja, Kukui village of Ormanjhi Block. With this the team has completed planting and taking care of 3600 plants in this year itself. Children of the villages were particularly encouraged to join in with the volunteers to instill in them a love and sense of responsibility towards the environment. In Gujarat, the Volunteer for a Better Surat team provided 235 families of Piprol

saplings were planted in Kudi area. In Bhagal School compound of Molela, Rajasthan, 61 saplings were planted. In Bagbahara, Chhattisgarh, 10 new pits were dug and saplings planted along Platform No. 2 of the Railway Station. Iron tree guards were also erected around the pits to protect the plants.

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Continued on page 4

Free Medicine Distribution and Vaccination Awareness Drive Among Tribal Community and Prison Inmates in Jharkhand



Dhanbad, Jharkhand: On July 11, 2021, The Art of Living volunteers distributed free Kabasura Kudineer, an immunity boosting medicine, among the community members of Birhor tribe in Chalkari Village of



Topchanchi block in Dhanbad district of Jharkhand. On the occasion, the community members were made aware about the precautions and guidelines against Covid-19 and encouraged to get vaccinated at the earliest possible.

This program was undertaken under Mission Zindagi that was launched by The Art of Living to fight against Covid-19. Taking the program ahead, the team also reached out to people in the nearby Udaipur village, Kalyanpur panchayat, Govindpur Block and provided the medicine to about 150 families and distributed biscuits to 140 children in the area.

Hazaribagh, Jharkhand: On

July 16, 2021, free Ayurveda medicines and Kabasura Kudineer was distributed by the volunteers in Kanaudi village, Daru C.D. block of Hazaribagh district in Jharkhand where a free medical camp had been organized by The Art of Living volunteers. The team has been organizing free medical camps for the last two weeks. The volunteers painted slogans on the walls to make people aware about necessary precautions against Covid-19 and the need to take vaccine at the earliest possible. The team also provided Ayurveda medicines for the inmates of Loknaya Jayprakash Narayan Central Jail.

Yoga is Skilling in Action – The Art of Living Way

By Padma Koty

“Yogah karmasu kaushalam” (Yoga is skill in action) is one of the Bhagavad Gita’s most quoted lines. However, the Recognition of Prior Learning (RPL) in Yoga as undertaken by Sri Sri Rural Development Program under PMKVY is going a step further by taking enthusiastic action in skilling rural youth to become Yoga teachers and instructors!

Gurudev says, “Yoga is a Science of well-being” that can help us “sail over these tough times.” Also, the explosion in public awareness has created a demand for Yoga teachers and opened up, interestingly, even rural career opportunities.

The RPL model posits that informal learning and learning-through-work, which together form an individual’s “prior learning,” should be given the same acceptance and assessment we give to formal education. The RPL-Yoga initiative has achieved impressive results.

Figures speak: the SSRDP Trust, hand in hand with the Karmayog Department, has trained 8000 rural youth and women in 407 districts across India as Yoga teachers. During Covid, the certified candidates even conducted offline stress-relieving Yoga sessions. In most States now, Yoga is a mandatory subject in schools, so these certified teachers of Yoga can be employed in schools too as Yoga instructors. They can also become entrepreneurs and set up their own Yoga studio/center in urban areas as the certificate will enable them to apply for loans under the Mudra scheme.

Moreover, as these rural youth train to become confident Yoga teachers and community-influencers and leaders, they imbibe into their own lives and personality the many skills and transformational benefits that the RPL-Yoga training confers. Women can form clusters and earn additional income, besides improving their family and social dynamics.

Gurudev has said, “People even in the remote corners of the country are learning Yoga through Kaushal Vikas Kendras. Skill development is going on in full swing in the country, and Yoga has become a great choice for the youth.”

Gurudev’s creative vision is powering this rural mission and motivating each one of us to “bring the message of Yoga to every doorstep.”

Punjab Haryali Utsav to Plant 50,000 Saplings



Chandigarh, Punjab: To curb environmental pollution, Sri Sri Institute of Agricultural Science and Technology Trust has convened a team of volunteers in Chandigarh, Punjab, to spearhead Punjab Haryali Utsav across the state. Under this initiative, tree plantation drives would be undertaken to plant a total of 50,000 saplings. The initiative was inaugurated on July 15, 2021. The district level team has actively begun identifying and selecting local

plants and planting them in available public places. The selected plants include oxygen giving and medicinal plants. Project Coordinator, Devansh Bhaskar, informs the plants including Neem, Banyan, Indian Beech tree, Gulmohar, Amaltas etc, are being selected according to the soil of the various different regions of the state. The initiative would be implemented with cooperation of the local forest department. 9000 saplings had been planted by July 21, 2021.

Eco-Friendly Piped Natural Gas for SSU



Reaffirming its efforts towards sustainability and reducing carbon footprint, Sri Sri University in Cuttack became the first university in Odisha to sign an MoU with GAIL (India) Limited for piped natural gas supply to the university kitchen as an eco-friendly alternative to LPG cylinders.

DOWN THE SEVA LANE

Compiled by Indrani Sarkar

WHERE?

Thane and Mumbai, Maharashtra

BY WHOM?

- International Association for Human Values (IAHV)
- Bank of New York (BNY Mellon)

WHY?

Lockdown owing to the Covid-19 pandemic had badly affected the daily wage earners who had lost their livelihood. It was necessary to facilitate a steady income for them and restore their earning capacity in the best possible way.

Rehab & Restore Project to help daily wage earners revive their livelihood

WHAT?

WHEN?

September 2020 to November 2020



OUR IMPACT:

- 72 beneficiaries were rehabilitated and their earning capacity was restored. These included vegetable vendors, physically challenged tea-stall owners, cobblers, auto rickshaw drivers and others.
- Tea stall and snack vendors received utensils, cooking gas, raw material, and other essentials to set up their stalls.
- Electricians received electrical equipment.
- Autorickshaw drivers received spare parts to repair their vehicles.

Sri Sri Ayurveda Hospital

A Modern Abode for An Ancient Treasure



Sri Sri Ayurveda Hospital, an initiative of Sri Sri Ravi Shankar Vidya Mandir Trust, is an ISO:9001 certified and NABH accredited hospital attached to the Sri Sri College of Ayurvedic Science and Research, situated in the outskirts of Bangalore. According to Gurudev, “Ayurveda is the most ancient system of medicine that mankind has. And it is also surprisingly the medicine of the future generation because it is holistic in its approach. It is not treating the symptoms as most of the allopathic medicines do. It goes to the root cause of the illness. Again, Ayurveda is not just a cure for a disease. It talks about healthy lifestyle. It teaches one how to be healthy physically, mentally, emotionally, and also with behavior. In this sense, it is the most holistic system of medicine.”

This highly specialized hospital ensures a perfect blend of modern diagnostic facilities with traditional Ayurveda treatments. It has seven major outpatient departments:

the eye and disorders of ear, nose, and throat.

Kaumarabhritya or the pediatric department offers care to children under the age of 16.

Streeroga & Prasuthi Tantra provide a complete protocol for women right from menarche to menopause.

Swasthavritta & Yoga offers consultation for prevention of diseases.

The hospital has a well-equipped ayurvedic pharmacy with its own GMP certified production unit. With modern, state-of-the-art diagnostic facilities, experienced specialists, and trained support staff, the hospital is truly a world-class center in the ancient and time-tested science of Ayurveda.

The departments of Kayachikitsa and Panchakarma treat acute and chronic disorders through shodhana or cleansing and internal medication.

Shalya Tantra, the field of general surgery in Ayurveda, is an effective method to treat various disorders through surgical and parasurgical procedures.

Shalaky Tantra treats problems of

Sai Dakshini, 17 years, Chennai



Diagnosed with Chron’s Disease, Sai Dakshini sought treatment at Sri Sri Ayurvedic Hospital after the allopathic doctors told her that there was nothing she could do about it and she just had to learn to live with her severe stomach pain and diarrhea. Coming to the hospital, she consulted a naturopathic dietitian and an ayurvedic doctor, both of whom gave her the assurance that her condition was curable

without surgery. Initially skeptic about Ayurveda, Sai Dakshini says, “Honestly, it is remarkable. I’m completely fine now. I have no pain, no diarrhea... everything is normal. I’m very inspired by this place. I wanted to become a doctor but now I have decided that Ayurveda is the way to go.”

Blood Donation Camp in Satara, Maharashtra



Satara, Maharashtra: Yuvacharyas from Satara district had organized a blood donation camp between June 27-29, 2021, at Maharaja Mangal Karyalaya, Phaltan, where a total of 671 people donated blood. It was the biggest of such camps held in the area in recent times. The team has worked tirelessly in helping the locals to procure oxygen, blood and plasma during the Covid crisis.

Free Eye and Ear Checkup Camp Organized in Molela, Rajasthan

Khamnor, Rajasthan: The Art of Living collaborated with GBH American Hospital to organize a free eye checkup camp on June 19, 2021. 21 people benefitted from the camp, among whom three were diagnosed with Cataract. All three of them were facilitated in availing Cataract treatment in Udaipur. Continuing with this seva the team collaborated with Josh Foundation, Mumbai, to organize a free ear checkup camp on June 28th. A team of doctors led by Dr. Devangi Dalal gave consultation to more than 200 people, among whom 10 people were diagnosed with hearing ailments.



They were identified to be provided with free hearing aids. They will soon be receiving their hearing aids. On July 6th, this volunteers' team in Molela also gifted Stethoscope and Blood Pressure checking instrument to the doctors and staff of Community Health Centre at Khamnor.

Free Medical Camp in West Bengal



In collaboration with the Gurap Gram Panchayat of West Bengal and Jatiya Krida O Shakti Sangha, The Art of Living celebrated the 128th birth anniversary of the great mathematician Keshab Chandra Nag on July 9th and 10th.

On the occasion a free medical camp was organized with help from doctors based out of Kolkata. 120 underprivileged people from the surrounding areas availed free medical consultation at this camp. The Art of Living additionally facilitated in providing free medicines to the beneficiaries. On the second day of the celebrations, a blood donation camp was organized where 60 people donated blood.

Team from 'Doctors for You' Meet Gurudev

On the occasion of Doctors Day on July 2, 2021, Gurudev met with a dedicated group of doctors from 'Doctors for You,' a humanitarian organization who have been working tirelessly during the pandemic. Gurudev said, "It is a pleasure to see this organization grow in the past 14 years. They were always available for relief work during the calamities."



Raksha Bandhan—The Bond of Love



Rakshabandhan is celebrated on the full moon day of the month of Shravan (August). It is a day when brothers and sisters affirm their bond. Sisters tie the sacred thread on their brothers' wrists. This thread, which pulsates with sisterly love and sublime sentiments, is rightly called the 'Rakhi'. The brothers in turn give their sisters gifts and promise to protect them.

The tradition of tying Rakhi can be traced to various stories in Indian Mythology. According to one legend the Demon King Bali was a great devotee of Lord Vishnu. Lord Vishnu had taken up the task to guard King Bali's kingdom leaving his own abode in Vaikunta. Goddess Laxmi wished to be with her lord back in her abode.

She went to Bali disguised as a Brahmin woman to seek refuge till her husband came back. During the Shravan Purnima celebrations, the Goddess Laxmi tied the sacred thread to the King. Upon being asked why, she revealed who she was and why she was there. The king was touched by her goodwill and her purpose and requested Lord Vishnu to accompany her. He sacrificed all he had for the Lord and his devoted wife.

Thus the festival is also called Baleva that is Raja Bali's devotion to the Lord. It is said that since then it has been a tradition to invite sisters in Shravan Purnima for the thread tying ceremony or Raksha Bandhan.

There are three types of Bandhan or ties:

1. **Satvic Bandhan** ties you with knowledge, happiness and joy.
2. **Rajasic Bandhan** ties you with all kinds of desires and cravings.
3. In **Tamasic Bandhan**, there is no joy but still you feel some kind of connection.

Raksha Bandhan is said to be a Satvic Bandhan whereby you tie yourself in with everybody, with knowledge and love.

Although, now it is considered as a festival for brothers and sisters it was not always so. There have been examples in history wherein rakhi signified raksha or protection. It could be tied by a wife, daughter or mother. The Rishis tied rakhi to the people who came seeking their blessings. The sages tied the sacred thread to themselves to safeguard them from evil. It is the 'Papa Todak,

Punya Pradayak Parva' or the day that bestows boons and ends all sins as it is mentioned in the scriptures.

Raksha Bandhan is the day to shut out the insecurities that are in your mind.

The one thing that stops you from blossoming is insecurity. When you feel insecure, your intellect becomes dull and your perception becomes colored. Your body undergoes lots of hormonal changes. Your body produces a lot of adrenaline and you feel weak. Your immune system gets affected. Look at the disadvantages of insecurity. See what insecurity can do to you – what damage it can bring. On an emotional, mental plane, insecurity obscures your vision and so your perception is flawed. Your ability to see things as they are gets seriously affected, and your social behavior is severely affected.

A person who is insecure doesn't know how to be friendly, how to be trusting, how to trust anyone in society. And the antidote for insecurity is trust. And insecurity doesn't allow you to trust anybody. So, you get into a Catch 22 situation. A vicious cycle of insecurity, depression, anger, and bad behavior. You do not even realize that your behavior is not palatable. And this happens from within, you lose a lot of good opportunities in life, you lose the enthusiasm, the drive to take any new initiatives. It becomes the end of creativity, the end of entrepreneurship; that is, the end of any type of progress, and that is end of happy, joyful living. That's why sisters tie *rakhis* to their brothers saying, 'I am there to protect you'.

However strong a man is, somewhere he might need some protection and this comes from a lady's strong will and mindset. How psychologically significant this is!

When you look back at the ancient times, it is amazing to see how they upheld these bonding and communication lines between families. Usually, when a girl marries into another family and goes away to another place, Raksha Bandhan opens the lines of communication. So, the message of this *Raksha Bandhan* is – shut your insecurity, there are so many *Rakhis* waiting for you. The world is giving you protection. The goodness of the world is with you. No need to be insecure. Wake up – you are safe and secure.

Child Healthcare and Development Project Launched in Cuttack



Cuttack, Odisha: On the occasion of Rath Yatra on July 12, 2021, Sri Sri Ayurveda Hospital in Cuttack launched 'Bal Vikash Pushti and Suraksha Yojana.' The project is aimed at improving the health of undernourished children of tribal communities in remote areas around Cuttack, Odisha. Free health check-ups, distribution of free medicines, food, and clothes, will be undertaken in this project.

Yoga for a Better Tomorrow at Parappana Agrahara Central Prison



600 staffers at Parappana Agrahara Central Prison in Bengaluru are learning to lead a stress-free life, The Art of Living way. The prison authorities have

simultaneously identified 450 inmates who will be benefitting from the development training sessions that will commence later this month. The focus

is on improving the overall physical and mental health of the participants as well as providing the inmates a better opportunity to build their lives once they are released from the prison.

Principals of Sri Sri Ravi Shankar Vidya Mandir Awarded for their Outstanding Contribution

Smt. B Gayathri, Principal - SSRVM Bangalore South and Dr. Reshma Ganesh, Principal - SSRVM Bangalore East were awarded for their Outstanding Contribution in the field of K-12 Education & Exemplary Leadership by DK Education and NSRCEL, the startup hub at IIM Bangalore.



Giving with Gratitude on Guru Purnima

Continued from page 1

Daridra Narayan Seva - In Gujarat's Manav Ashram, The Art of Living volunteers hosted a satsang and feast for more than 300 needy people.

Kabasura Kudineer, the highly recommended immunity boosting medicine, was distributed for free to more than 1500 people in Barmer, Jaisalmer, Nagor, Sirohi, Udaipur, Rajsamand, Jaipur, and Jhunjunu of Rajasthan.

Ayurveda Medicine Distribution -



Rashifal

by Vaidic Dharma Sansthan
(Based on the Moon Sign)

Aries: The 1st week of August is good. If you are planning to undertake any important work, then do it in the 1st week. God's grace is there throughout this month. Therefore, both material and spiritual prosperity is seen. But still guard your tongue. Be careful in money matters.

Taurus: Don't take any major decisions of your life during this month. Third week seems to be good. But still meditation is important before taking any decision. Prayers to nine planets throughout this month will help you. Don't desire to be in the limelight. Carefully manage relationship with your spouse.

Gemini: God's grace is seen

throughout the month. Mental strength is very good. In the last week of the month, you will experience grace of all the planets. You can focus on anything related to material life with prayer. But be kind to the poor and needy people. Be ethical, pray to Lord Saturn.

Cancer: This whole month, focus on your sadhana and surrender to Guru. Engage yourself in Guru seva as much as possible. Mentally you are strong. Spiritual practices will help you. Offer prayers to Lord Sun in the morning. Do not use harsh words with anyone.

Leo: As God's grace is abundant, you can be confident in all your actions. Sun salutation is good. Mentally you will become strong in the 3rd and 4th week. All actions undertaken in 3rd and 4th week will make you more confident. Try to control your anger. Worship Lord Kartikeya.

Virgo: The first two weeks are good. From 3rd week onwards, chant Navagraha mantra. Meditation is very important. You may travel more. Courage

is well assured. Service to Guru will help you. Do not take major decisions.

Libra: This whole month is good. All your struggles will see an end. Happy moments are ahead. God's grace is seen. Focus on important material achievements. Mentally you grow strong. Just pray to your ishta devata and proceed.

Scorpio: 4th and last week of August are good. In the second week, pray to Navagraha devatas. Perform Guru seva. Meditation is very important. Do not take hasty decision. Don't get frustrated. Pray to your ishta devata. Don't argue with your life partner.

Sagittarius: Take care in all that you do. You are still under the influence of Saturn. Be humble and simple. Do your duty 100 percent. Pray to Guru and engage yourself in Guru seva. Meditation is compulsory. Be kind to old people. Obey your elders. Don't argue with anyone. Hard work gives results.

Capricorn: Except for the last week, the rest of the month is generally good. Be careful while driving. Guard your tongue.

Saturn transit is still going on. Anyhow God's grace is present. Get involved in seva activities.

Aquarius: Chant Navagraha stotra every day. Sadhana every day is important. Observe silence as much as possible. Get involved in seva. Do Guru pooja every day. Take care in the 4th week. If possible, donate Navagraha dhanya to a temple. Don't take any major decisions. Be humble and simple. Pray to your ishta devata.

Pisces: 4th week of this month is good. The other weeks, take care. Travel to places of religious worship is seen. Take challenges, you will meet with success. Spirituality is good. Courage is seen. Saturn's grace is also seen. Meditation is compulsory. Don't argue with spouse.

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