

# SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



The Art of Living Goshala – An Initiative to Protect the Desi Cow

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JULY 2021

## SEVA SNIPPETS

### Sensitize People to Protect Environment



In a webinar organized by Pride Energy Environment Resource Research Institute (PEERRI) on June 5, 2021, World Environment Day, Gurudev had a very meaningful interaction with Rtn Shekhar Mehta, Rotary International President -2021, and Rtn Ramesh Shivanna, Chairman, PEERRI, among others and discussed how The Art of Living and Rotary International could join hands to extend meaningful service to society in the field of environment, health, education, and several other areas. Emphasizing the need to sensitize people towards protecting our environment, Gurudev said, "We need to focus on making people sensitive towards environment. A person who is sensitive will never destroy anything, let alone trees or environment. He will always protect nature and will not go in the destructive path. This mindset has to come up."

### India's First Osteopathy Portal Launched



On June 22, 2021, Sri Sri University launched India's first Osteopathy One-Stop Portal founded by SSU Alumni Osteopath Community. Prof. Rajita Kulkarni, President, SSU, graced the launching ceremony. She expressed her belief that the website would be an incredible site to get osteopathic treatment and also added that osteopathy had personally benefitted her from time to time. Prof. B.R. Sharma, Dean, Faculty of Health and Wellness, Sri Sri University, who also graced the launch ceremony, stated that where conventional medicines had led to rising cases of lifestyle disorders, the osteopathy center with its integrative approach was doing a commendable job.

He concluded by wishing everyone all the very best on the occasion of World Osteopathy Day.

### School Bus for Sri Sri Gyan Mandir, Sanbambua

Sri Sri Gyan Mandir in Sanbambua, Odisha, now has its own school bus thanks to CSR funding provided by SAIL-Rourkela Steel Plant. The bus will facilitate more children from nearby villages to come to school and receive free education.



## The Art of Living Celebrates 7th International Day of Yoga

**Bengaluru, Karnataka:** The Art of Living celebrated the 7th International Day of Yoga on June 21, 2021. Millions of people from 123 countries joined Gurudev Sri Sri Ravi Shankar online for the celebration of Yoga. Gurudev also addressed a host of online events to encourage different sections of society to adopt Yoga as a wellness tool. The events included – UBUNTU: International Yoga Conference on "Yoga for Universal Well-Being" organized by Indian Council for Cultural Relations and the Ministry of Ayush, attended by Hon. Union Minister of State for AYUSH and Youth Affairs & Sports, Shri Kiren Rijiju and Hon. President of ICCR, Shri Vinay Sahasrabudde; a conversation on the topic "Modern medicine and Yoga" organized by the American College of Physicians Indian Chapter; "Swaccha Indore, Happy Indore" along with Hon. Member of Parliament, Shri Shankar Lalwani; "Yoga: The Way of Life" a conversation with the

*"Yoga is such a gift to mankind that nobody should be deprived of it":*

*Gurudev Sri Sri Ravi Shankar*



Yoga session at Times Square, New York, USA

Hon. Minister of State for Tourism and Culture, Shri Prahlad Singh Patel, organized by the Ministry of Tourism and Ministry of Culture; event organized by Government of Himachal Pradesh in the presence of Hon. Chief Minister Shri Jai Ram Thakur and Hon. Health Minister, Shri Rajiv Saizal; event organized by Indian Embassy Riyadh, Saudi Arabia; and event at JNU, New Delhi.

The Art of Living also partnered with the Indian Consulate in New York and organized the International Day of Yoga event at Times Square and also with the Consulate General of India, Scotland, United Kingdom and High Commission of India,



UBUNTU: International Yoga Conference on "Yoga for Universal Well-Being"

London, for an online event. The Art of Living Yoga trainers were instrumental in conducting Yoga sessions in several schools, offices, institutions and Government departments throughout the country.

### Gurudev's message on the International Day of Yoga:

In his message to people around the world, on the occasion, Gurudev emphasized that Yoga can help us sail over these tough times when the pandemic has posed a mental health challenge and negative emotions like depression, fear and anxiety are taking over people's lives. He also said, "... without any prejudice you must practice yoga. It doesn't

in anyway interfere with one's belief system... if at all, it can only make your faith stronger." Further he added that Yoga has to be seen as a science which incorporates mental science and behavioral science in it. He mentioned, "Yoga is such a boon or gift to mankind that nobody should be deprived of it because everyone has the right to peace, everyone has the right to be in deep love, and everyone has the right to be healthy. . . yoga is the best tool for us to blossom in human values."

Gurudev congratulated Yoga teachers from all over the world for their contribution and encouraged many more people to become teachers of Yoga.

## Relief Reaches People Affected by Cyclone Yaas In West Bengal

**Kolkata, West Bengal:** The Art of Living and IAHV volunteers swung into action as Cyclone Yaas left behind a trail of destruction. To the rural population in its route, who were already battling 2nd wave of the pandemic, this served another severe blow to their livelihood and property. In West Bengal, relief operation was undertaken across 16 blocks of 2 districts – East Midnapore and South 24 Paraganas. In East Midnapore, relief was distributed to the blocks Nandigram I, Nandigram II, Chandipur, Haldia, Mahisadal, Sutahata, Ramnagar I and Ramnagar II. In South 24 Paraganas the blocks covered were, Gosaba, Kultali, Sandeshkhali, Basanti, Parthapratima, Gangasagar, Namkhana and Kakkdwp. The work was started on



May 27, 2021 and benefitted the affected people and communities in more than 100 villages.

A total of 90 tonne relief materials were distributed including basic food items like rice, pulses, potato, cooking oil, salt, chirwa, jaggery,



water, biscuits, muri, sattu, fruits, milk powder, as well as animal food for cattle, and non-food items like lime, bleaching powder, tiral, sanitary napkins, mask and sanitizer. Approximately 4-5 Kgs of ration was provided to each person for about 3-5 days.



12 stock centers were managed for storing the materials. More than 20 community kitchens too were set up in various places by the volunteers. More than 200 dedicated volunteers worked on the ground for implementation of the task.

Affected people being served cooked food in one of the community kitchens set up by volunteers.

## “Meditation Is Very, Very Very Important for Children”

By Padma Koty

Addressing the concerns of youth influencers - themselves young - at the 9th annual edition of The Art of Living ‘I Meditate Africa’ recently, Gurudev Sri Sri Ravi Shankar foregrounded the message that meditation is very important for children and youth to ensure mental health and emotional well-being. With youngsters being confined indoors and not being able to have a “normal” life, psychological problems are on the rise across the planet in these times. It is here that India’s traditional, wisdom-based sciences can heal the world with effective, tried-and-tested solutions.

Parents and teachers, mentors and coaches have today a greater and greatly-refashioned role in caring for their young wards. Many around the world are no doubt turning to Yoga and meditation as invaluable life-resources, but to make them a part of their lives on a sustained basis, youngsters have to be made to understand how these benefit them. At the ‘I Meditate Africa’ event, Gurudev did just that.

He explained that for a sane and violence-free society we have to attend to the mental health and spiritual aspects of an individual’s growth. Children from the central African countries have seen violence and experienced trauma: to bring back their smiles we can teach them meditation. He opined that psychology and counseling be made a part of teacher-training programs.

Those feeling a lot of anxiousness should “take refuge in Yoga and meditation. These will help you sail through the tough times”, he said, and in times of need when “there is anxiety, insomnia and other troubling mental traits.” Meditating can help youth maintain mental balance and avoid unconscious anger which may result in regrettable actions.

He told an eminent football coach to show youngsters how meditation helps to enhance and sustain the happiness one is already feeling, sharpens the intellect, intuition and perception, makes our vibes positive and aids in harnessing the emotions. It enables one to live in and to exuberate to others a happy state of mind.

Meditation can bring so many gifts to us in life, he averred. All the more reason we need to now bring these gifts to our future citizens in a planned, fun and sustained manner!

## Blood Donation Camps by Volunteers



The Art of Living was recognized in Sant Kabir Nagar, Uttar Pradesh, for its work towards Blood Donation

**Patna, Bihar:** The Art of Living family in Patna launched the “Ghar Ghar Blood Donation” program. Appeals for blood donation are being made through a digital platform. On June 5, 2021, a fully equipped and sanitized blood donation van arrived at the homes of 18 donors who had registered themselves online and 18 units of blood was collected. On June 21, 2021, 21 more registered donors donated blood.

**Vadodara & Surat, Gujarat:** In Vadodara, on May 23rd, a blood donation camp was organized in association with SSG Hospital where

50 units of blood was collected. On June 13th The Art of Living group of ‘Volunteers for Better Surat’ had organized a blood donation camp collecting 105 units of blood.

**Sant Kabir Nagar, Uttar Pradesh:** At a function organized on the occasion of World Blood Donor Day on June 14, 2021, the District Magistrate of Sant Kabir Nagar and Superintendent of Police, honored The Art of Living Sant Kabir Nagar team for donating blood and motivating others to donate. The team had organized several awareness campaigns for blood donation.

## DOWN THE SEVA LANE

Compiled by Indrani Sarkar

### WHERE?

Kalyan Nagar Village of Cuttack District, Odisha

### BY WHOM?

- Sri Sri Rural Development Trust ( SSRDP)
- Sri Sri University, Cuttack
- Thrive Solar Pvt Ltd

### WHY?

A solar battery charging station was installed in Kalyan Nagar in 2013. However people were using the solar lamps to light up the front yard of the house to avoid elephant attacks and kerosene lamps to light up their homes. This was causing indoor pollution, particularly affecting women and children. In addition, most of the villagers dismantled the charge controller unit from the solar lamp resulting in battery damage. So it was decided to donate solar lanterns with solar panels for lighting their homes. There was also a great need to provide safe drinking water to villagers. Lack of access to clean water was creating health problems for the villagers, hence Boond.

### WHAT?

Tribal village service project aimed at implementing two initiatives - Light a Home – access to clean energy and Boond- access to safe drinking water

### WHEN?

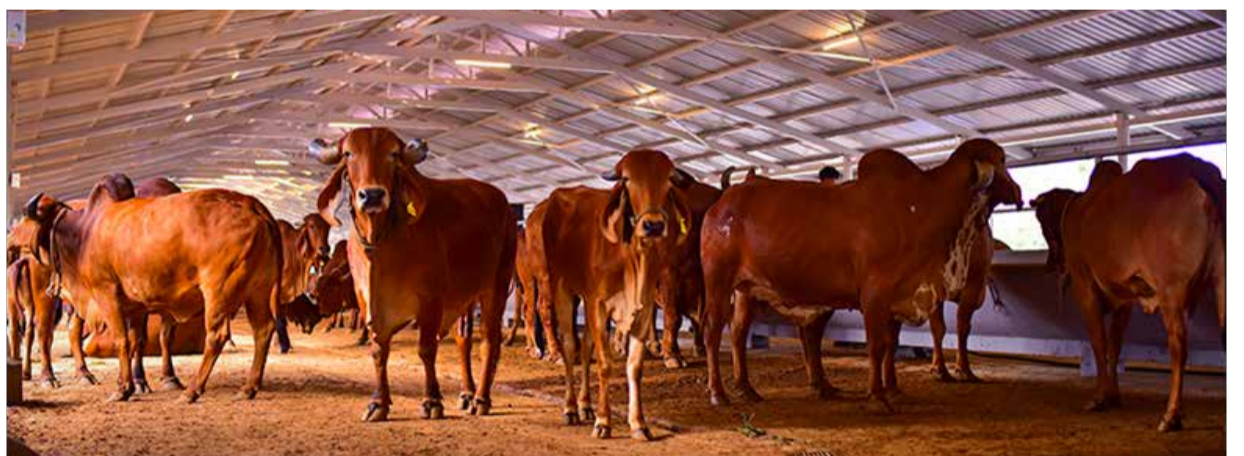
September 2013 to March 2016



### OUR IMPACT:

- Every family in the village has received a solar lantern which operates in three modes: night mode for 120 hours, bright mode 42 hours, and brightest mode is 14 hours on a single charge, along with mobile charging facility.
- Increased productivity as people can work after dark.
- Zero emissions with no smoke, fumes, soot, etc.
- Health hazards like irritation in the eyes, cough, chest pain, breathing problems etc. caused due to inhalation of toxic fumes from kerosene lamp, curbed significantly.
- Proper demonstration on solar lantern use, operation, warranty, charging, installation of the panel and proper care for the system, created awareness among the villagers.
- Every family has got the Terafil Water Filter for safe drinking water. This is an eco-friendly filter which does not require use of electricity or chemicals for removal of iron from drinking water.

## The Art of Living Goshala – An Initiative to Protect the Desi Cow



According to the Vedas, out of the countless vibrations present in the cosmos, *trayastrimsati koti* kinds of vibrations are necessary for the sustenance of different types of life on earth. All of these vibrations reside in the Indian pure breed cows or the Desi cows.

There used to be more than a hundred varieties of Desi cows in India. Unfortunately, now there are just 30 varieties that survive. The Goshala at The Art of Living International Center in Bangalore was set up with the aim of preserving these pure breeds. It houses

indigenous cows of different breeds such as the Ongol from Andhra Pradesh, Kangayan from Tamil Nadu, the Gir from Gujarat, and the Sahiwal from Punjab.

According to Gurudev Sri Sri Ravi Shankar, a healthy ratio of cows to humans is 20 cows per 100 people. Due to cattle not producing high milk yields, they are being slaughtered and soon there will be a ratio of just 5 cows per 100 people. The goshala hopes to reverse this statistic.

Conserving the Indian breeds’ germplasm is something that needs to be taken up with greater

dedication. Finding 100% pure bred cows is a difficult task due to so much trans-breeding. The Art of Living goshala also provides a model for reviving and promoting organic, zero budget farming, thereby diverting the Indian farmer from a life of hardship and debt.

There is implicit truth in what the ancient Indian texts say: ‘If the cow is kept happy, the land is prosperous and the people are happy.’ It is a chain reaction. That’s ancient wisdom and The Art of Living is making this wisdom a reality.

## Continuing to Stand with Humanity

*A Sneak Peek into The Art of Living's Covid Related Seva from the Corners of India*

### Volunteers motivate villagers for vaccination:

Starting on May 16th, The Art of Living volunteers in Bagbahra, Chattisgarh went around all the 15 wards in the area, picking one ward per day, motivating villagers with catchy slogans to get vaccinated. Wherever required they even went door to door informing people about the vaccines and their importance. On June 12, the volunteers from Sant Kabir Nagar, Uttar Pradesh, joined hands with the local authority to conduct an awareness drive among the traders regarding COVID-19 vaccination.



### Vaccination Drive:



IAHV in association with DFY India has set up a free Vaccination Centre at the Transit Camp, Dharavi, in Mumbai with the goal of vaccinating 5000+ people every month.

### Covid Care Center:

Adding to the series of Covid Care Centers by The Art of Living, a new center was started at Rajwadi, Tal Maan, Maharashtra.



### Distribution of Free Ayurvedic Medicine:



On June 13, 2021, volunteers in Papanasam, Tamil Nadu, went door to door distributing Sri Sri Tattva Kabasura Kudineer – a Siddha medicine that increases immunity. Around 1000 families were reached in this drive.

### Making oxygen available:

Under the Mission Zindagi program of The Art of Living and IAHV, oxygen concentrators were provided to hospitals across several parts of India. In pic., 4 oxygen concentrators being handed over Nalbari Civil Hospital for Nalbari Covid Care Hospital in Assam. 5 concentrators were provided to the Samudayik Swasthya Kendra in Dubhar, Uttar Pradesh also.



### Food Distribution:



Food was distributed to more than 100 people in Nariguravar slum, Thirumulaivoyal, Thiruvallur district of Tamilnadu. Similar food distribution drives were carried out in Sirohi, Jalore, Rajasthan where food was provided to families in quarantine too.

Four villages of Barmer, Rajasthan, where people of the Manganiyar Tribe live, have been hit hard by the pandemic. With regulation on wedding ceremonies and almost no tourism, this community of musicians and artists are struggling for their livelihood. The Art of Living volunteers came forward to provide them with food aid.

Even as the numbers plummet and the worst seem to be behind us, The Art of Living volunteers from across India are continuing seva for the people, particularly rural communities affected by COVID-19. All seva activities are being conducted following appropriate regulations and with necessary permits from the local authorities.



## Guru Shishya Parampara



### Significance of the Guru Disciple Tradition

It is for the Disciple to realize that desires are endless. 'Like the waves of the ocean desires keep coming one after the other. That is why I must keep my desires aside and do as per the Guru desires.' When you do this then the mind becomes hollow and empty and you start feeling a sense of lightness. Life then moves beyond joy and sorrow, and all craving and aversion automatically disappear. This is the only way to remove cravings and aversions. That is why it is said, "Na Guror Adhikam, Na Guror Adhikam, Na Guror Adhikam" (There is nothing greater than Guru, because Guru is the embodiment of all that is greatest.) So leave everything on the Guru, and surrender to the Guru. Fulfillment cannot be achieved through desires because if one desire is fulfilled another one comes, and if that is fulfilled another one comes. And then the mind keeps wandering between desires.

### Acharya vs Guru

You know an Acharya gives shiksha means knowledge, guru gives deeksha. Deeksha means the height of awareness. A Guru does not simply stuff you with knowledge but he kindles life force in you. In Guru's presence what happens? You become more alive, every cell in your body becomes alive that is called deeksha. Deeksha means the height of intelligence, not information. An Acharya

gives you information-knowledge but a Guru invokes intelligence in you not just the intellect. The pinnacle of intellect is intelligence; so Guru awakens the intelligence, not information.

Mind is connected with moon and full moon is a symbol of completion, a celebration of reaching the pinnacle. So Guru Purnima is the day when the disciple wakes up and in that wakefulness he can't be but grateful. He is full of gratitude and that gratitude is not the gratitude of you and me of dwaita. It's not a river moving from somewhere to somewhere; it's the ocean moving within itself. You know, river also moves but river moves from somewhere to somewhere. Ocean also moves; where does it move? It moves within itself. So gratefulness on Guru Purnima symbolizes that fullness of the student, of the disciple, and celebrates in gratitude.

### Logic vs Emotion

Guru Purnima is that strange combination of the rational and the emotional. Guru stands for rationality, logic and wisdom, and the moon stands for emotion. So saying Guru Purnima is actually an oxymoron – it is the fullness of the emptiness or the emptiness of the fullness and life has place for both. And the Guru caters to both. The Guru brings strength to emotions and sharpness to the intellect.

Rational thinking appears to be in opposition to emotional

ecstasy, but spiritual wisdom unites them very well. In fact, it brings us to the first point in The Art of Living, that is, *Opposite Values Are Complimentary*. It makes you realize that you can be sensitive and you can be sensible at the same time. This is the skill in life, this is the art in life. It is easy to be only sensitive, or only sensible. There are some people who are very sensible, but not sensitive, and there are people who are very sensitive and not sensible. That wisdom which brings the balance in life is what the Guru principle is.

### Everyone is a Guru by default

Everyone is a student and everyone is a teacher as well. By default, you are all teaching someone something. Whether you want or not, you are a Guru. Whether you acknowledge this or not, you are a Guru; either by showing people what one should do or by showing them what one should not do, inevitably people learn from you. You may not be deliberately trying to teach somebody something, but by the way you live life, someone learns from you.

When you say, "Look at this man, see what he is doing. I don't want to be like this", that's it, he has become your Guru, he has taught you how not to be.

## Help for Cloudburst Victims in Devprayag



**Dev Prayag, Uttarakhand:** A cloudburst on May 11, 2021, about 100 m from the river Ganga near Devprayag, destroyed several shops. The people in the region were finding it very difficult to get their daily needs. Between June 12-15, 2021, volunteers of The Art of Living led by V. V. Gulati, State Council Member of YLTP, distributed relief kits containing two weeks' supply of essential items like dal and spices to the afflicted families. Wheat and rice were not included in the kits as this was being provided by the Government. Trilok Narayan, faculty, The Art of Living, stated that they would be providing similar relief kits to about 16 families on June 26.

## Relief Aid for Victims of Cyclone Tauktae



**Somnath, Gujarat:** Cyclone Tauktae, one of the most severe cyclones in recent times, left behind a trail of destruction as the gusty winds and rain uprooted trees, brought electricity poles down, and destroyed houses and shops. The severe storm threw people's life completely out of gear, leaving them without basic necessities like food and drinking water. Bada Agariya, Chota Agaria, and Vavdi villages were some of the worst hit, having to go without electricity for several days after the storm. The Art of Living's Volunteers for Better Surat immediately sprang into action and reached the afflicted areas to provide water and relief material. Using two diesel engines in the absence of electricity, the volunteers were able to reach the people with drinking water. They also distributed over 700 packets of wheat flour and more than 1000 grocery kits. Inspired by the selfless service extended by these volunteers, the very next day the village headman and about 20 youth from nearby villages also flung into action distributing water using generators and also ration kits to those in need.

(with inputs from Ramnik Sheliya)

## Tree Plantation Drive in West Bengal

The Art of Living team in West Bengal in association with IAHV launched a Tree Plantation Drive on June 5, 2021, World Environment Day. Over 500 saplings were planted. The Art of Living Karmayoga team of Kulti region in Asansol additionally started a local movement called 'Kalpataru with Youths' under which 50 saplings were planted and also maintenance undertaken of 200+ plants that had been planted last year.



## Rashifal

by **Vaidic Dharma Sansthan**

(Based on the Moon Sign)

**Aries:** The whole month of July is good. God's grace is present. Finance is good. Think twice before talking. Unnecessary expenditure is seen. You may have to handle more responsibilities in your career. Chant Lord Kartikeya mantra. From third week onwards, don't argue with mother.

**Taurus:** Till 10th of July, be careful in everything. Chant Navagraha mantra. The last two weeks are better. Don't be in limelight. Avoid self-glorification. Pray to Goddess

Durga on every Friday. Meditation is compulsory.

**Gemini:** God's grace is there. Stress increases because of more responsibilities. Engage yourself in seva. Pray to Lord Saturn. Guard your tongue. Be careful in business. Unnecessary expenditure is seen. Listen to Vishnu Sahasranaam.

**Cancer:** Listen to Aditya Hridayam. Be careful in business. Perform Guru pooja every day. Take care of children. Finance is good. Guard your temper. 18th to 25th, take major decision only after meditation.

**Leo:** The whole month is very good. New projects can be started. Be grateful for everything. Good things are foreseen. Meditate and bless everyone.

**Virgo:** Increase in confidence is seen. Good position in career. Finance is good.

Involve in actions with courage. Serve Guru. Gains are foreseen. Meditation is compulsory before taking any major decision.

**Libra:** God's grace is there. Stress in job is more. Don't argue with father. Take care of mother's health. Otherwise, things are normal. Chant Navagraha stotra.

**Scorpio:** Improve strength of Sun by performing Surya Namaskar. Meditation makes the mind strong. Don't argue with life partner. Worship Lord Ganesha. Chant Guru mantra.

**Sagittarius:** Chant Navagraha stotra. Yoga, Surya Namaskar, and meditation are compulsory. Avoid long journeys. Pray to God and then travel. Finance is good. Take care of health.

**Capricorn:** Everything seems to be good. God's grace is present. Happiness

is seen. Financial growth is seen. Involve in service. Be humble. Take care of children. Be careful in relationship, especially with life partner.

**Aquarius:** Get involved in service activities. Observe silence. Be humble. Be careful. Responsibilities are increasing. Business is good. Education is good. Finance is good. Pray to Lord Saturn.

**Pisces:** Listen to Aditya Hridayam to get Lord Sun's blessings. Take care of health. Chant Guru mantra. Don't get stressed with children. Family life is good. Money is good.

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

Link for consultation registration [vdst. in/e/ E03859](https://www.artofliving.org/en/projects/seva-times)

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