

SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



Gurudev's
65th Birthday
Celebrations

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The Art of Living
Volunteers Come
Forth to Help in
the Corona Crisis

pg. 4

JUNE 2021

I Meditate Africa 2021



On May 22, 2021, Gurudev led millions of people in the annual online global meditation 'I Meditate Africa.' People from 54 African countries, along with prominent leaders from society, meditated together to gain more peace and strength during these difficult times.

Biopic on Gurudev

On Gurudev's 65th Birthday on May 13, Mahaveer Jain and the Lyca Group announced the first ever film to be made on the life of Gurudev. Titled 'Free - The Untold Story of Gurudev Sri Sri Ravi Shankar' the film aims at spreading positivity. The film is to be written and directed by Montoo Bassi and will be adapted in 21 languages and released globally in more than 100 countries. Sundial Entertainment's Neetu M Jain, the film's producer, in a statement revealed that it was an honor and privilege to produce Gurudev's inspiring story.



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Volunteers Gift Open Well to Villagers of Modgaon, Maharashtra



Thanks to the efforts of the volunteers of The Art of Living, over 500 villagers of Pasodipada in Modgaon now have access to sweet drinking water from a well, thus putting an end to their woes of water scarcity during the summer months. Modgaon is a small village in Palghar district of Maharashtra. Although there is sufficient rain during the monsoon season, due to lack of rainwater storage facilities, the villagers faced acute shortage of water with no groundwater or open well. Volunteers have not only dug an open well but also desilted a stream and built a gabion dam across it to help retain water and recharge groundwater levels. The well was handed over to the villagers in a simple 'Lokarpan' ceremony on March 5, 2021.

Mission Zindagi – Ab Nahi to Kab



A Mobile Oxygen Bus service with 5 buses has been launched in Karnataka in association with BJS India and Zerodha Online. These buses will be parked outside COVID hospitals in Hoskote, Devanahalli, Doddaballapur, Nelamangala-I, and Nelamangala-II

The Art of Living launched Mission Zindagi on May 17, 2021, to bring all of its COVID relief projects on one holistic platform. It will be a one stop platform which will connect people looking for COVID related relief, to the available information on relief and service providers. Volunteers from across India, inspired by Gurudev Sri Sri Ravi Shankar, had risen to action to support people affected by COVID and their families. As the second wave of COVID-19 overwhelmed the medical system; people faced not just the scarcity of hospital beds, oxygen supply, and crucial medicines but also

the significant gap in the support towards daily needs like healthy food for families in quarantine, assistance with mental health for a staggering number of people who had been struggling with sustenance and loneliness during the prolonged pandemic, and the humongous amount of misinformation leading to panic among common people. Significant efforts by The Art of Living volunteers in key cities is now being scaled up and taken to the other cities across India through Mission Zindagi.

Under Mission Zindagi, The Art of Living is working to help people in a total of six crucial domains:

- Hospital – updates about hospital beds
- Oxygen – updates on availability of oxygen cylinders and concentrators
- Ambulance – information on emergency ambulance services nearby
- Doctor on Call – free tele-consultation with doctors for mild COVID and home isolation cases

- Immunity Kit – awareness about immunity boosting ayurvedic medicines

- Mental health through Yoga and Meditation – free meditation and yoga workshops along with counselling for all age groups

In line with this, three new free of cost online COVID-care programs were launched, catering to immunity boosting and prevention, home isolation care, and post-COVID rehabilitation. With these 3-day workshops one can learn meditation, yoga and breathing techniques that will help one to boost immunity, stay fit during self-isolation, and recover faster.

International Association for



Human Values would be supporting Mission Zindagi. Several artists and celebrities from the Indian Film & TV Fraternity too have joined hands with this mission, including Karan Johar, Kapil Sharma, Rajkumar Hirani, Badshah, Warda S Nadiadwala, Varun Sharma, Bhumi Pednekar, and many others.

To register for Free COVID-Care programs <http://aoliv.in/fightcorona>

To join Mission Zindagi - <http://artofliving.org/mission-zindagi> or WhatsApp us at +91 93430 90734 to get or give help!

IAHV - Standing with Humanity

The International Association for Human Values (IAHV) had worked tirelessly to support daily wage workers and migrant labors, as the COVID-19 crisis hit in 2020. In 2021, as the second wave swept over India, IAHV dived into action trying to mitigate the shortage of hospital beds, oxygen, and other crucial items that were in short supply. The Overseas Volunteer for Better India (OBVI), a volunteers' group inspired by Gurudev Sri Sri Ravi Shankar, has been working hand-in-hand with IAHV throughout. Here is a gist of the work done through IAHV and its collaborators:

Distribution of ration kits to:

- 1000 families in Dharavi slum, Mumbai
- 1000 tribal families in Aarey (Mumbai)
- 2600 dry ration Kits in Thane and Navi Mumbai
- Children's home with 75 children in Kolar, Karnataka

Oxygen made available:

- 250 oxygen generators

donated to Maharashtra

- 50 oxygen cylinders, 30 oxygen concentrators and 3 ventilators donated to Thane Municipal Corporation
- Free refill of oxygen daily of around 500 cylinders at Pitampura, Delhi
- Oxygen concentrators distributed to Government Institute of Medical Sciences and Indian Medical Association in Greater Noida, Bharat Vikas Parishad-Faridabad, Bodeli Dhokaia Public Hospital, and Shrimad Rajchendra Love & Care Foundation-Dharampur, Gujarat
- 11 ventilators handed over to Pimpri Chinchwad Municipal Corporation
- 7 oxygen concentrators delivered to National Institute of Mental Health & Neurosciences (NIMHANS) and Victoria Hospital, Bengaluru
- 110 oxygen concentrators delivered to hospitals in Chennai, Pavagada,



Food supplies for 75 children of a special children's home in Kolar, Karnataka



Over 6319 oxygen concentrators and 400+ oxygen cylinders have been distributed across the length and breadth of the country

Chitrdurga, Warud, Gorakhpur, Muzaffarnagar, Jaunpur, Gurgaon, Bengaluru, Jaipur and Hyderabad

60 oxygen concentrators delivered to SawanKirpalRuhani Mission - Covid Facility

44 oxygen concentrators delivered in Patna, Bihar and Ranchi, Jharkhand

Masks and other medical equipment:

- 2 Million N95 masks given to the government of Maharashtra to be distributed in District Government Hospitals across the state
- 2500 masks and 50 glucometers delivered to

Maharashtra Association of Resident Doctors

- 10K masks, 70 BP monitors, 300 steam inhalers, 45 glucometers and 15K strips sent to 9 government hospitals in Chennai

Covid Care Facilities:

- 200 bed COVID isolation centre was started at National Academy of Construction at Hyderabad
- 100-bed Covid Care facility with all the necessary requirements to treat COVID positive patients was set up at Sri Sri University in Odisha

For more information on IAHV's work please visit <https://www.iahv.org/in-en/>

(Data as collected on May 20, 2021)

Four Things Needed to Respond to the Current Crisis

Today our country is passing through the biggest crisis of this century. It is only natural that at this time our morale may go down, we may feel low. Today, we see many of our friends and relations in pain - many people have lost their relatives - under the circumstances, it is not uncommon for a person to break down. The pandemic is on the increase and we are witnessing death's dance of destruction. Cries of sorrow and pain fill the air. So, what should we do? At this time, we have to pay attention to four things.

1. Muster up your inner courage: The first thing is that lying dormant within everyman is courage - this is bestowed upon him by Nature. It is a God given gift. This is the time to stir up that courage. In order to treat a patient, the doctor must himself be fit; otherwise, how will he treat the patient? Now presume that right now each and every one of you is a doctor, shouldering a great responsibility that is both social and psychological. In order to fulfill that responsibility, what do you need to do first? Stir up that courage, that valor, that passion which is within you. This is the time to awaken that which lies dormant

within you.

2. Be compassionate: There is compassion within all of us. When parties are happening, when all is well and everyone is having fun, where is the need for compassion? When is compassion needed? When a person is depressed, unhappy, and is suffering pain, that is the time to express compassion, to become engaged in seva. Let us do whatever we can to be of service to others. You must have heard about the nurse who continued her duty at the hospital even when somebody died in her own family. She continued her duty at the hospital because she felt it was her responsibility to take care of the patients there. These feelings of compassion and a desire to help others is present naturally within everybody - it is not as though we have to fetch it from somewhere - it is hidden within each and every one of us. This is the time to express those feelings, to become engaged in seva.

3. Take hold of your senses: Your pain, no doubt, is great but turn around and see - there are others in even greater pain. When you shift your focus from your own pain to the

pain of others, the desire to serve will awaken naturally within you. When we are unhappy, our mind becomes unstable, we tend to lose our balance. Whatever we do in such a state of mind, we will regret later on. So, we need to take hold of our senses. How do we do this? By doing pranayama and meditation and by chanting mantras. By doing this we will develop a unique and wonderful inner strength. Our ancestors have been doing this for ages. When children set out to give their exams, they remember God. The whole year, they may not have thought about God at all; but when exams approach children suddenly remember God. Today we are facing the biggest test of human life. At least at this time, we all have to awaken the spirit of devotion in our heart. We keep saying that God is the strength of the meek. Now is the time to put this to test. Believing in God and having faith will keep us from getting stressed. Yoga, pranayama, meditation - we should make these a part of our life. And at the same time, we should pay attention to our food - eat the



right food, use Ayurvedic products like turmeric, Amrut, Giloy, and Yashtimadhu. Even after recovering from Covid, there is a lot of weakness in the body. To come out of this weakness, we have to take the help of Yoga and Ayurveda.

4. Stay away from negativity: Finally, don't listen to negative things throughout the day, don't watch negative things. On television, on social media, and interaction between people, what are they talking about? Only one thing - pandemic, pandemic, pandemic. No, let's talk about something positive. Whatever the problem may be, when we keep talking about it, it will only increase;

it's not going to decrease. That is why we have to guard ourselves from negative talk and negative mindset. We should talk about it as less as possible. The atmosphere seems so heavy - everyone must try to lighten it. One thing is for sure, we will come out of this situation and we will come out victorious. Whenever some power has tried to suppress us, we have come out of it much stronger than before. Let's remember this.

Excerpts from Gurudev's talk on Positivity Unlimited telecast on Doordarshan May 12, 2021

Combining the Best of the Ancient and the Modern

By Padma Koty

"Oh, East is East, and West is West, and never the twain shall meet." These lines from Rudyard Kipling's famous poem make us wonder, in these times of the Covid-19 crises repeatedly travelling around the world in ever-new avatars, whether they are applicable to Western and Eastern systems of medicines as well, and to concerted efforts to bring them onto some common platform.

If in 2020 the Corona virus created worldwide panic and destruction, the explosive 2021 surge in cases foregrounded the need to be prepared for anything, any time. Additionally, the critical situation highlighted the need to keep an open mind and accept that the so-called "alternate" streams of medicine have been proved efficacious in treating the virus.

Encouragingly, India's ancient, traditional systems have been deeply holistic and integral in their approach to medical treatment, judicious advocacy of lifestyle and diet, and protection of well-being, notwithstanding the supercilious tag of "alternate." In particular, in the Covid pandemic, the ancient Indian Siddha School of medicine had in its medicine-chest the Kabasura Kudineer formulation,

whose efficacy has been proved in recent clinical trials.

Gurudev, speaking on how meditation can help people to find "inner strength and solace within," urged that everyone should keep an open mind about the best line of treatment, be it Ayurveda, Siddha, Unani or Allopathy, and not be "fanatic" about any one system. He also said that, along with medication, people should also get themselves vaccinated, follow Covid protocols, and take steps to strengthen their immune system.

Already, people have swiftly begun adopting sensible choices in lifestyle and diet, and have also realized that Pranayama, Yoga and meditation have become vital to save oneself from a virulent epidemic of a type and dimension not been seen by recent generations.

Alongside this, it is in mankind's interest to develop, as Gurudev says, "a new system of medicine... which is a combination of all the best from every field." The "Twain" should indeed meet in the interest of the whole world which is in need of holistic healing.

DOWN THE SEVA LANE

WHERE?

Ghatshila in East Singhbhum District of Jharkhand. The schools were located at Hinduljuri, Kalchiti, Chakdoha, Dhadika and other tribal villages

BY WHOM?

- VVKI Trust
- International Association of Human Values (IAHV)
- CISCO India

WHY?

Students of schools in these tribal areas, often affected by naxalism, tend to dropout for various reasons. The project was aimed at bringing holistic and proper education to remote part of India, providing career guidance and empowering the future generation.



Compiled by Indrani Sarkar

WHAT?

20 schools for tribal children in Ghatshila, East Singhbhum District, Jharkhand. The project started with two students and now has grown to over 3500 students.

WHEN?

1999 - present

OUR IMPACT:

- Benefitted over 3500 students across 60 villages
- Yearly visits of around 25 students and staff to Pune for educational purpose.
- Passed out students have gained employment in government, private, defense and other sectors.
- Interest in students to join different streams of jobs including defense, private sectors, and government jobs.
- Some students returned to the schools as teachers and started contributing to grassroots education.

Gurudev's 65th Birthday Celebrations

Blood Donation Camps on Gurudev's Birthday



Volunteers donating blood in a mobile van in Jaipur

Like they do every year, this year too volunteers of The Art of Living had organized Blood Donation Camps on Gurudev's Birthday. With specialists predicting shortage of blood in blood banks following the speeded-up vaccination drive against COVID-19, these camps will help to alleviate that problem at least to some extent. All the COVID-19 guidelines issued by the government were strictly followed in these camps. Many volunteers enthusiastically came forward to donate blood.

Jaipur: Blood Donation Camps were organized in mobile vans which

were parked in convenient spaces in Nirman Nagar, Vidyadhar Nagar, Khatipura, Jagatpura, Durgapura Jawahar Nagar, and Badi Chapad. 151 units of blood was collected.

Madhya Pradesh: 21 volunteers of the Balaghat Chapter of The Art of Living donated blood at the mobile van parked near Sindhu Bhavan. They encouraged youth to come forward and donate blood before taking the COVID vaccine.

Jharkhand: In Ranchi, blood donation camps were organized between May 11-13 under the "Aap ke Dwaar" project.



Punjab: A blood donation camp was organized by The Art of Living volunteers from May 11-13 in Nawanshahr. 67 volunteers donated blood. All donors received masks and pocket-size hand sanitizers as gifts.

Maharashtra: In Solapur, 80 volunteers donated blood at the camp organized on May 13 making good the shortage of blood at the Civil Hospital. 50 units of blood

was collected at Manwath Taluka of Parbhani District. The Manwath Chapter of The Art of Living has been organizing blood donation camps on Gurudev's birthday every year for the last six years. 62 people donated Plasma in Nashik.

West Bengal: Like in the previous years, this year too a blood donation camp was organized in Murshidabad where 20 volunteers donated blood.



In Surat, volunteers distributed laddoos made of pure cow ghee as "prasad" on Gurudev's Birthday

Annadanam



Patna: A team of volunteers distributed 48 bags of groceries and 48 bags of essential relief materials among daily workers and slum dwellers on May 13.

Madhya Pradesh: In Balaghat, a team of volunteers launched "Annapoorna Seva" on Gurudev's birthday. They are providing groceries to the needy to tide over

these tough times. Each grocery package also contains a cloth facemask. This project will continue indefinitely.

In Ratlam, a scheme was launched on Gurudev's Birthday to provide meals twice a day to the caretakers of patients admitted in Ratlam Medical College.



Food being served to caretakers of patients in Ratlam Medical College

Chhattisgarh: In Bhilai, over 1000 food packets were distributed in the slum settlements adjoining the railway station and Gayatri Mandir on May 13.

Rajasthan: In Molela village, Nathdwara, 21 ration kits were distributed among the needy on May 13.



Footwear for children in Olpad, Surat

Gujarat: On May 13, the team in Olpad, Surat, in consultation with doctors, distributed Methylene Blue which is emerging as an effective

COVID-19 preventive and cure. They also distributed groceries and chappals among needy slum dwellers.

SEVA SNIPPETS

Rejuvenation of Water Body in Wazur



The Art of Living's International Association for Human Values (IAHV) along with Amit Chandra Foundation began work on rejuvenation and desilting of a water body near Wazur village of Manwath taluka in Maharashtra. A team of community leaders trained by Karmayog Department of The Art of Living will be executing the project.

Surplus Water for Once Water-Deficit Village in Mauda



Cleaning the nullah in Ashti Dahegaon of Mauda a year ago when it was dry



The same nullah, full of water, in May 2021

Mauda, which was one of the most water-deficient tehsils of Nagpur district, has now become water-surplus. The Art of Living in association with the Government of Maharashtra adopted a new technique called, 'Trap the rain where it falls' to increase the groundwater level in the Tehsil. The project covered more than 200 kms and 150 villages.

Yoga Sessions for Patients in NMMC



One-hour yoga sessions for patients in CIDCO Exhibition Centre Dedicated Covid Care Facility is being conducted by NMMC under guidance of The Art of Living's Yoga trainer.

The Art of Living Volunteers Come Forth to Help in the Corona Crisis



As the second wave of COVID-19 swept over the entire country, thousands were rushed to hospitals and isolation wards. Normal life was thrown completely out of gear and in many homes there was no one to cook meals for the family. To help people during these trying times, many volunteers, came forth to provide meals to afflicted families. They have been working round the clock to provide nutritious meals and groceries to the families of those hit by the pandemic.

Himachal Pradesh: The Art of Living Women's Club in Sundernagar has been supplying Ayurvedic Kadha

to over 100 patients every day. They have also been providing meals to the homes of those who cannot cook due to the pandemic. They have also installed speakers and Aquaguard water purifiers in hospitals and are distributing camphor "potlis" to ease the breathing of covid patients.

Madhya Pradesh: The team in Jabalpur is providing hygienic, nutritious food to patients and families in home quarantine and also to frontline workers under their 'Holy Offering of Food and Nutrition' project. Any persons or families who are unable to cook food because of COVID can contact them

on 9589995550.

Maharashtra: The team in Nashik has been working since April 23rd to bring relief to victims of the pandemic. So far 62 patients have been provided with plasma, 1972 people have been vaccinated, and 6351 people have been provided with food. Hospital beds, oxygen cylinders, and ICU care has been arranged for 156 people. 4312 have participated in free online COVID care courses.

Patna: The Patna team is providing 100 thalis of satvik food, medicines, oxygen cylinders, and other relief materials among the



needy every day starting from April 18th. Apart from supplying meals to those in home isolation, they are also supplying meals in hospitals which do not have community kitchens. These activities are being coordinated by over 2200 volunteers via WhatsApp and Instagram.

Rajasthan: As summer approaches its peak, volunteers in Sirohi are serving refreshing lemonade to police posted across various parts of the city. The team in Bhilwara too is distributing food and groceries.

Tamil Nadu: Starting from May 18, 2021, for a period of 15 days, The Art of Living in

partnership with Neyveli Lignite Corporation distributed 500 food packets per day in NLC Township and nearby areas.

Uttarakhand: The Art of Living ashram in Rishikesh distributed groceries to over 200 families in and around Rishikesh to help them tide over this difficult period.



Rural Teachers of The Art of Living facilitating the procurement of oxygen cylinders in villages

30-bed COVID Care Facility in Sangli

The Art of Living rural teachers in Maharashtra have started a 30-bed Covid Care Center at Sri Sri Gyan Mandir in village Janraowadi, Sangli district. This isolation care facility which opened on May 15, 2021, was set up with the help of the gram panchayat and villagers. Dr. Bharat Kondle, The Art of Living faculty, is managing this center. Janraowadi is located in a remote area of Sangli and people from at least 10 villages in the neighboring areas will benefit from this center.



Collaboration with Government of Madhya Pradesh in the Fight Against the Pandemic



Hon. Chief Minister of Madhya Pradesh, Shivraj Singh Chouhan, in a video-call with Guru Dev

Bhopal, Madhya Pradesh: The Government of Madhya Pradesh is collaborating with The Art of Living to bring the benefits of yoga and meditation in the fight against Covid-19. More than 400 teachers of The Art of Living are reaching out to people and conducting 3-day free online sessions across every district of Madhya Pradesh to help them improve mental and physical wellness and boost immunity. Sessions are being conducted to help people with the prevention, home

isolation and post recovery from Covid rehabilitation.

Gurudev in his address to the people, mentioned that this is nothing less than a war and hence, it is important for people to awaken the valor inside them. The Hon. Chief Minister of Madhya Pradesh, Sh. Shivraj Chauhan had interacted with Gurudev on a video call at the beginning of the initiative to discuss important steps in this direction.

Following this, on May 21, 2021, Ayush Ministry and Madhya Pradesh Government organized 'Yoga for Health', an online special conversation with home isolated covid patients and yoga trainers. In this conversation the Hon. CM was joined by both Gurudev Sri Sri Ravi Shankar and Swami Ramdev.

Working Hand in Hand with Himachal Pradesh Government



Hon. Health Minister of Himachal Pradesh attending the Yoga class

Shimla, Himachal Pradesh: Himachal Pradesh Government is collaborating with The Art of Living for its state level 'Ayush Ghar Dwar' wellness program that was launched on 14th May in Solan by the Hon. Health Minister of the state, Sh. Rajiv Saizal. Under this program, The Art of Living will be conducting Yoga and Pranayama classes for Covid patients in home isolation. In every district a dedicated team of volunteers is connecting twice daily with the patients to help them get better. As part of the health kit being distributed, Sri Sri Tattva's Kabasur Kudineer is also being given out. Two helplines numbers were also launched on the occasion – one for food arrangements (9805537372) and another for consultation on Yoga and acknowledgements (9418225725). More than 30,000 patients in the state are set to benefit from this program.

The Art of Living's faculty, Meenakshi Chauhan, informed that all district level teams are working promptly. They have received good results in these few days. Virtual groups have been created on platforms like Zoom, WhatsApp and Google Meet. Each group consists of 20-30 patients, one AMO/Ayurvedic paramedical staff/Nodal Officer and one teacher from The Art of Living. The Health Minister himself visited sessions of the different groups to encourage the participants.

Sri Sri Sanskar Kendras



Gurudev says, "Just as a sapling needs watering to blossom fully, young children need sanskaras for nurturing human values." In days gone by, our family structure was such that children picked up sanskaras naturally from their parents and grandparents. In today's world of nuclear families, often with both parents working, the major influence shaping the children's tender minds is the television which, without supervision, does little to contribute towards inculcating good values and character building.

The Art of Living, under the aegis of Ved Vignan Maha Vidya Peeth, started Sri Sri Sanskar Kendras for the blossoming of

children, inculcating values and traditions for their all-round development. In today's fast changing environment, these kendras nurture children to get back in touch with the traditional value system of their ancestors and develop into better human beings.

The sanskar kendras are run by volunteers or coordinators after undergoing training. Children between the ages of 7 and 11 attend a Sri Sri Sanskara Kendra which is nearest to their home, or online these days due to the pandemic, once a week, for about 2 hours. Every week they learn a shloka or a doha and gain insight into deep stories or meaning hidden behind

the simple verses. Inspirational stories of freedom fighters, saints, great men and women, help them to imbibe their lofty values. Yoga postures and asanas help to improve their mind-body coordination and strengthen their growing body. "Dadi Ma ke Nushke" are shared by children and teachers; they bring the wealth of simple, home-made remedies. All knowledge is imparted through fun-filled games and activities in a loving atmosphere where the children feel completely at home.

Parents of children attending Sri Sri Sanskar Kendras report that they have seen a very positive change in their children. It has helped them to channelize their energy in a positive direction and they are no longer addicted to television. Here are some testimonies:

"Happy with the progress of 'Sanskar Enhancement', love the 'Daadima ka Nushka'... Our children are so lucky as they are learning all that we never got a chance to learn."

- Neelu Gupta, Parent

Our children have become very cooperative. They also respect the elderly since they started attending SSSK.

- Sasmita, Parent

Self Help is the Best Help



Himachal Pradesh: 63-year-old Surendra Sharma, an Art of Living instructor, while battling COVID at a makeshift COVID Health Care Center in Palakwah, Una, took it upon himself to keep the hospital's wards and toilets clean. Instead of complaining about lack of cleanliness like most people do, he picked up the broom and had his ward and toilet spotless in no time. Using chart paper and color pens, he made posters motivating patients to keep the wards and toilets clean and maintain a healthy and positive atmosphere. Very soon, the other patients too joined him in shouldering the responsibility for maintaining hygiene and cleanliness at the facility. This trend started by Surendra Kumar continued even after he was discharged. It has made headlines in the local news media and received wide publicity via the social media. Today, at a time when health care workers are overburdened, this Covid Care Center has become a role model for all.



by Vaidic Dharma Sansthan

(Based on the Moon Sign)

Aries: You will be mentally strong this whole month. Pray to Lord Sun to improve your confidence level. Be careful while talking. Unnecessary misunderstanding may create problems. Think twice before you speak and speak softly. Be careful in your choice of words. God's grace is abundant. You will be able to manage your finances well. Put your 100% in your work but don't expect great returns for what you do. Perform Ganapathi pooja regularly to get rid of unnecessary hindrances in your life.

Taurus: Finance is good. Goddess Lakshmi's grace is present. Energy and courage are also good. Don't start any new ventures without offering sincere prayer first. Meditation and prayer every day, both in the morning and evening, is very important. Get involved in seva. Listen to Aditya Hridayam in

the morning.

Gemini: Sadhana, seva, meditation thrice daily, and prayer is very important this whole month. Nevertheless, God's grace is there upon you. Goddess of wealth is blessing you. Be careful while communicating. Guard your speech. Praying to lord Hanuman daily before going to bed will help you in getting sound sleep. Chant Shani Graha Beeja mantra everyday and become involved in more seva activities.

Cancer: The first three weeks, good confidence level is seen. For the last two weeks, pray to Lord Sun to keep up your confidence. Be careful with matters related to the government in the last two weeks. Pray to God twice during the twilight hours. Finance is good. Don't get stressed out. Manage your anger. Be careful about your children's health.

Leo: This whole month of June is fantastic. All the planets are supporting you. If you want to take up any new ventures, you can. You will see success. Lots of travelling may be involved in the job. Take care of your mother's health.

Virgo: With courage you will see success but sincere prayer before taking any major decision of your life is very important. Be careful while interacting with

parents. Exercise caution in your job. Travelling is seen. Chant Navagraha stotra every day. Listen to Vishnu Sahasranam every day.

Libra: Improve your Atma Bala by chanting Aditya Hridayam. Improve your Mano Bala with pranayam and meditation. God's grace is present; this is the only plus point. Be careful with family members, don't argue. Take care of your money. Exercise caution in your job. Work with awareness. Guard your tongue.

Scorpio: Don't argue with your life partner. Ego clashes are seen. Engage yourself in Guru seva and Gurupooja as much as possible. Lord Saturn is favourable in transit. Take care of your health. Pray to Lord Ganapathi to help you make the right decisions.

Sagittarius: Still under the influence of Saturn's sade sati effect. Be careful. Be humble. Live in knowledge. Chant Guru mantra. Engage yourself in seva. You can win over enemies if you choose the ethical path. Good time for spiritual growth. Atma Bala is good. Meditation is very important.

Capricorn: The whole month is generally good except for the second week. Therefore, donate grains which represent all the nine planets. As you are still in the

midst of Saturn's influence, engage yourself in seva. Anyway, God's grace is there. Differences with the life partner is seen from third week. Keep your temper in check. Take care of children's health.

Aquarius: In the beginning of the month, that is in the first week, chant Navagraha stotra daily after meditation. If possible, perform Navagraha pooja. Live in knowledge. Observe silence and engage yourself in service. If possible, do seva in a Goshala. Take care of your health and your family's health. Second week is good. Devote your time to prayer both in the evening and morning.

Pisces: This whole month is good. General wellbeing is seen. Take care of mother's health from second week onwards. Engage yourself in Guru seva. Lord Saturn and Lord Rahu are favourable to you. Therefore, with courage and efforts, success is assured in your endeavours. Travel is not recommended. Don't get stressed with children. Pray to Lord Kartikeya.

*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

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All of the knowledge series by Gurudev, guided meditations, books, music by your favorite artists available on

