

# SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



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MARCH 2021

## SEVA SNIPPETS

**Gurudev Recognized as Global  
Citizenship Ambassador by  
Prominent US University**



Gurudev has been recognized as a Global Citizenship Ambassador by the Northeastern University Center for Spirituality, Dialogue and Service, Boston, in recognition of his pioneering work as peacemaker, humanitarian, spiritual teacher and global interfaith leader.

“We are grateful to Sri Sri. We can think of no better way to launch our Global Citizenship Ambassador recognition than to dialogue and learn from a joyful humanitarian who embodies the best of our shared human values,” said Alexander Levering Kern, executive director and Lead Spiritual Advisor (chaplain) at the university. The university is a global leader in experiential education and research with campuses around the world and is home to students from over 100 countries. It is ranked among the top 50 in the US and has one of the three largest international student populations.

“On behalf of the interfaith community at Northeastern, in Boston and beyond, we look forward to working together to nurture global citizens and to build more just, peaceful, and healthy world for all people,” Kern said.

### SSU Hosts Central Zone Vice Chancellor’s Meet

Sri Sri University, Odisha, hosted the two-day Association of Indian Universities (AIU) Central Zone Vice Chancellor’s Meet on February 8-9, 2021. Attended by over 100 Vice Chancellors, the event was an inspiring cross pollination of ideas on collaborative research, holistic education, human values as the foundation of learning, NEP, internationalization, quality and innovation, and making India a global leader in Education. The technical sessions were brilliant with the presence of UGC, AICTE & NAA.



**Gurudev takes pride in displaying this 4.1 kg cabbage that was grown organically at The Art of Living Ashram, Pune.**

## Unhindered Power Supply for Schools in Lohit, Arunachal Pradesh

By Seva Times Team

### Lohit, Arunachal Pradesh:

The Art of Living’s Sri Sri Rural Development Program (SSRDP) in association with the Lohit district administration and APEDA has successfully completed solar electrification of 9 Government Primary schools from the circles of Sonpura, Tezu and Wakro in Lohit District, Arunachal Pradesh. Most of these schools did not have any power supply or even internal wiring. Local youth who underwent training in solar electrification at Sri Sri Kaushal Vikas Kendra, a skill development center in Tezu, executed the project.

The schools that needed solar electrification were diligently identified via surveys by giving special consideration to remote areas without basic amenities. Transportation of materials in the mountainous terrain of Arunachal was a serious challenge. Further, scarcity of funds, scant resource availability in this region with regards to cement, transport vehicles, masons and so on only reinforced preexisting challenges.

Despite the unprecedented challenges posed by COVID-19,



GPS DIC Colony, Tezu, Arunachal Pradesh

the SSRDP team worked round the clock, successfully executing the project within a short span of 3 months. Now these schools are equipped with a hybrid solar power system and a power backup in the absence of solar energy.

About 2000 children, mostly belonging to tribal communities,

are getting benefited from the project. Electrification of their schools has opened up an array of possibilities for students to utilize new teaching aids, computers, and remote schooling using Smart Class.

Keeping in mind the hilly terrain of Arunachal Pradesh and the pandemic situation, this has been

a unique project and yet another success story of SSRDP. Bharat Petroleum supported the project through their CSR during the severe pandemic situation and cash crunch.

So far, 900 such projects have been completed, benefiting more 1,66,650 beneficiaries.

## Gurudev Inaugurates National Horticulture Fair 2021

**Bengaluru, Karnataka:** On February 8, 2021, Gurudev Sri Sri Ravi Shankar inaugurated the National Horticulture Fair (NHF) 2021 organized by the ICAR-Indian Institute of Horticultural Research (IIHR) in association with SSIASST from February 8-12 at IIHR campus in Hesaraghatta.

In his inaugural address, Gurudev said that by adopting natural farming practices, we could put nutrition back into our soil which has become depleted of natural nutrients and turned toxic due to the widespread use of chemicals in agriculture. Drawing attention to the tremendous wealth nature has blessed our country with, Gurudev urged farmers to adopt the ancient practice of growing multi-crops and plant a few fruit-

bearing trees in fields where wheat and ragi are grown.

Recent studies have shown that Jackfruit and Drumstick are super foods which are high in nutritional value and growing more of these trees would banish malnutrition which is a common malady in our population in the present time. Consuming large amounts of cereal and vegetables like tomato, potato, and eggplant which are low in nutritive value has led to malnutrition. Gurudev advised people to eat a wider variety of fruits and vegetables and pay more attention to the nutritive value of the foods they consumed.

Gurudev also stressed on the need to grow medicinal herbs.



He said farmers should be encouraged to grow medicinal plants like Ashwagandha and Shankhapushpi alongside their regular crops. This would be a profitable venture for them and these products would be more widely available for the common people.

Gurudev closed his address by expressing his desire that at least 50,00,000 farmers would adopt natural farming and multi-crop practices. Dr. M.V. Dhanajaya, Organizing Secretary, NHF, gave the assurance that this target would be reached very soon.

## Queens Curate Heirlooms From The Looms

By Padma Koty

India's rich and diverse handloom heritage is known all over the world. But ninety per cent of weavers' looms went quiet for six long months during COVID-19, making it impossible for many of them to even buy vegetables for their children. Weavers had unsold stock. Even though the economy was slowly opening up by October 2020, purchasing handlooms was, understandably, not a top-of-the list item for the public.

Fortunately, the festive season was nearing, and Madhurya, The Art of Living boutique showcasing traditional Indian handicrafts and handlooms at the International Center in Bengaluru, felt something could be immediately done to help the weavers tide over the crisis. And so was born the 'House of Heritage' online project to assist discerning buyers with their festival shopping during Dussehra and Deepavali, while helping weavers present their stocks online.

Now the question facing Madhurya was how to convert the prospective buyers, themselves just emerging out of the COVID situation, into buyers. That is when Bharathy Harish, Coordinator, Madhurya, thought of inviting the support of queens from twenty-five Indian royal families royal families to curate the collections in stock with the weavers. This was the unique selling proposition of the 'House of Heritage' initiative: the elegant handloom sari you were buying was a particular weave-and-pattern creation that could be treasured as an heirloom because it had been personally selected by a member of Indian royalty with expertise in handlooms! Expectably, the public response was enthusiastic. The online view-and-purchase option, in the times of an epidemic, also reassured buyers.

Weaver-clusters from Tamil Nadu, Rajasthan, Madhya Pradesh, Maharashtra, West Bengal and Andhra Pradesh took part in this innovative and timely project. A novel multi-party platform, the 'House of Heritage' seamlessly brought together distressed weavers from across the nation, India's royalty who have for ages patronized India's weaving heritage, the buying public, and Madhurya's experience and expertise that is the culmination of having worked with 1080 weavers across India since a decade.

The boutique's committed teams, who had worked day and night to transform this idea into a replicable and scalable success story, can be satisfied about the result – they have helped 64 families get back from doing odd jobs to their time-honored livelihoods as well as to the pride of their lives – their looms. This story also illustrates the use of the power of curating – without fanfare and with a low-key sense of purpose – to achieve a social objective. Take a bow, Madhurya!

(With inputs from Ravi Indoria, Sevak, Mahdhurya)

## Yuvacharyas Create Sakhi - An Eco-Friendly Sanitary Pad



**Dumdum, Kolkata:** Nibedita Mondal was working as a menstrual hygiene trainer. Day in and day out she first hand witnessed the harm that women were incurring upon themselves with the use of synthetic sanitary pads laced with Dioxine. Dioxine is not just an environment pollutant, it also leads to cancer, PCOD, abnormal childbirth and a lot more. She was restless to do something about it, but what? And how? Arpita das, a home baker not far from where Nibedita lived, too one day learnt about the hazards of synthetic sanitary pads. She wanted to do something about it. But again what, and how?

It was just a chance of fate that both these young women found themselves in the same workshop of The Art of Living's Youth Leadership Training Program. This program is curated to empower each participant to rise as a community leader. Here both of them found the right motivation, the right tools, skillsets and what more – they found each other!

With a shared vision, they set out on their mission and Sakhi, an eco-friendly sanitary pad was born. Both the women put in their personal savings and Sakhi started taking shape. The pads, made of cotton and silicon are sewn on home sewing machines. Each pad can be washed and used for 5 years. They go door to door to educate women on the hazards of synthetic pads and market Sakhi. Nibedita and Arpita now look forward to begin selling through online platforms to reach more women.

## DOWN THE SEVA LANE

Implementation of Solar Home Light System Installation Project for providing basic electricity to forest villages in the remote interiors of Uttarakhand

### WHAT?

### WHERE?

**Haridwar:** Forest Villages of Aurangabad, Roshnabad, Bahadrad, Padartha urf Dhanpura, Shyampur Kangri, Peeli Padav, Hazāra Tongia, Haripur Tongia

**Kashipur,** Udham Singh Nagar: Forest Villages of Banna Khera Colony, Majra, Khambari, Gali Khatta, Judka-2, Gandhinagar

**Rumnagar,** Udham Singh Nagar: Forest Village of Basi Khatta

**Jaspur,** US Nagar : Udham Singh Nagar: Forest Villages of Karanpur, Patrampur, Kalu Saiyyad Majhar

### BY WHOM?

- Sri Sri Rural Development Trust ( SSRDP)
- The Hans Foundation

### WHY?

For decades, the natives of these villages were living in the dark and leading miserable lives. Owing to lack of basic electricity, children had no access to proper education, men were mostly unemployed and women cooked over fire in a hearth built of rock and mud. There was a growing need to electrify these villages to ensure safety in the forest areas, help villagers earn their livelihood, enhance their entrepreneurial skills and give them an opportunity to build a dignified life for themselves.

Compiled by Indrani Sarkar



### OUR IMPACT:

500

households were electrified.  
DC Solar Home Light Systems  
(Decentralized 70kw) were installed

2100

people benefitted from  
Navchetna Shibirs ( Breath-  
Water-Sound Workshops)

## Overcome Addictions Naturally



begins post the detoxification.

### Why does one become an addict?

The causes for addiction could be myriad. Those in the limelight, at times, can't handle it. Peer pressure or the need to be 'accepted' by the 'gang' is another cause. Some traumatic events in the past numb or deaden the person to warmth and bonding in a relationship. Drugs give all these users exactly what they lack - confidence, acceptance and love. It fills the vacuum the user experiences. So it is these feelings that the user gets addicted to and not the substance.

### Why rehab centers are not the answer:

Rehab centers offer the addict a way to kick the habit through medication, counseling, and not giving the addict an opportunity to indulge in his/her

addiction. Once out in the real world where endless opportunities come their way, addicts will fall prey to them again and again. And then it's the rehab centre all over again.

### How are things done differently at P.R.A.N.?

Through The Art of Living's time tested practice of Sudarshan Kriya, yoga and other meditations, addicts are helped to unearth an everlasting reservoir of inner strength. This not only puts them on the path to recovery but also helps them rediscover a purpose in life. These powerful practices help them put down an anchor in their otherwise aimless, unwanted existence. They are once again able to find their social moorings with family and friends. They begin to reconnect with the world that they had totally severed ties with. Only then is their recovery complete.

### PRAN: Transformation Stories



Vivek Sawant from Navi Mumbai is a recovered addict. As he prospered in life, he got into addictions. Substance abuse had him totally under its control. Things reached such a stage that he was on the verge of losing his job. He even contemplated suicide. It was then that he was introduced to P.R.A.N. In this video he shares how P.R.A.N. helped him reclaim his life.

<https://youtu.be/7AWhAW9ys9k>

### Wellness Program for Tobacco Cessation:

This is a short, non-residential program for 5 days, with a 3.5 hours per day module. This program aims at helping people to come out of all forms of tobacco addictions, tobacco chewing, gutka, khaini and kharra.

### Wellness Program for Substance Users:

This program targeted at the urban population with alcohol and drug abuse, starts with a mandatory detox process. Once the body has got rid of the toxic substances, the person is able to come out of the physical dependence on the substance of abuse. The 8-day residential program

## 775 Runners Participate in Durg Marathon



The Art of Living in association with the Durg Gramin Assembly had organized a Marathon in Machandur village, Durg District, Chhattisgarh, on January 25, 2021. Around 775 participants from 17 districts took part in the event.

The marathon was held in two batches – one for male participants and one for female

participants. The Men's Marathon of 10 km was flagged off at 9:00 AM. This was followed by the Women's Marathon of 5 km. Tamradhwaj Sahu, Home Minister of Chhattisgarh, was the chief guest at the event. Shiv, District Panchayat President and Janpad President, also graced the event. The races were followed by Guru Puja and Satsang after which the chief guest gave away the prizes.

Ved Lal Sahu, Faculty, The Art of Living, and his team of volunteers spared no effort to make the event a grand success. They ensured that the participants from 15 districts who had arrived a day prior to the event were fed and accommodated comfortably in the village school premises.

## Free Medical Camps in Stone Quarry Areas of Bijolia Block of Rajasthan

**Bijolia:** Two medical camps were organized by The Art of Living project team on 6 and 7 February, in the villages Kherkhera and Kasya in Bhilwada district, Rajasthan under The Art of Living Interventions for Stone Quarry Workers project. In Kherkhera two gynecologists attended to 110 female patients from the nearby areas and in Kasya, a general physician and a physiotherapist attended to 103 patients.



## Blankets for the Needy



**Gaya, Bihar:** On February 1, 2021, The Art of Living team in Gaya distributed 300 blankets among the needy in Narayanpur Gram Panchayat. The blanket distribution campaign was held in the premises of Simri School.

**Gorakhpur, Uttar Pradesh:** The Art of Living team in Raptinagar distributed blankets to around 40 needy people in the last week of January.



**Narsinghpur, Madhya Pradesh:** On January 20, 2021, volunteers of The Art of Living in Narsinghpur braved the biting cold in the middle of the night to go to the banks of the river Narmada and distribute blankets to around 105 beggars and underprivileged people of the area.

## Sevaks win Panchayat Election in Himachal Pradesh

**Shimla:** Volunteers and teachers of The Art of Living have emerged victorious in the recently held Zila Parishad election of Himachal Pradesh. Rajesh Kumar, who will now be serving as the Vice Chairman in Block Development Committee in Sujanpur Tira said that he barely spent peanuts for his entire election campaign. The work that he had been doing for the people and the place as a teacher of The Art of Living had made his place in people's heart. They acknowledged his years of hardwork towards the development of the people in the area. Sunil Kashyap who won from Gram Panchayat Barog, has worked extensively in constructions of new roads in certain villages which had none and creating robust sanitation system in the Barog area. Meena Varma contested against 7 opponents and emerged victorious as the Pradhan of Basantpur. Madhu Thakur won in Bamsan Block Ward No 1. Bajrol, Bherda & Khanouli Panchyats. Sudesh Kumar was elected as Vice Pradhan in Gram Panchayat Barmu, Kelti. Anil Kumar also emerged victorious in the Chamba district. All of them have vowed to continue the good work with the spiritual virtues as instilled in them by the teachings of Gurudev Sri Sri Ravi Shankar.



## Mahashivaratri Wake the Divinity within You



**Q. Gurudev, who is Shiva? What is Shiva Tattwa?**

**Gurudev:** I would ask the question, "What is NOT Shiva?" Just now you had the invocation (Shiva-Ashtakam.) What it says is, "Is Shiva somebody? Is he a form? Is he someone sitting in some place?" No. Shiva is the entire Universe. Shiva is from where everything has come. *Eto Jayate, Palyate...* that in which everything is sustained and into which everything dissolves is the Shiva Tattwa. There is no way that you can even step out of Shiva Tattwa at any time because Shiva is the summum bonum of the whole creation.

**Shiva is Viswaroopa** – means the entire Universe is of his form – the form of Shiva is the whole universe. And yet, he is formless, he is Nirakara – *nireham nirakara omkara vedyam*. But how do you know? Through Omkara you can know it. Omkara vedyam – you go with Omkara – that is go deep into the primordial sound of the universe. Om is not something that you repeat, something that you hear. *Shruti gyaana gamya*. How can you understand Shiva? It is said – through the knowledge of the Shruti, what you hear in deep meditation; only through that you can realize Shiva – only through meditation, only in the depth of wisdom of the Shrutis, through the Vedic knowledge you can understand what Shiva is.

*Tapo yoga gamya* – through penance and yoga you can know Him. He can be experienced. It is not right to say you can know him. You can't know him.

**Q. Gurudev, what is the importance of meditating on Shivaratri? Are there any specific meditations or chants to be done?**

**Gurudev:** Shivaratri meditation is considered to be very powerful. You know, there is one Shivaratri every month - the 13th day just before the New Moon. They are called Maasa Shivaratri – monthly Shivaratri. Before Full Moon or close to the New Moon – these are the days very congenial for meditation. Mind is connected to the moon - so those days your meditation becomes deeper. But this Shivaratri in Maagha Maasa is considered as Maha Shivaratri – it is a Grand Shivaratri.

**Gurudev's Guide to Mahashivaratri Fasting**

Fasting is good. It gives a holiday to those internal

organs – we overwork them. The wear and tear in the body gets repaired by fasting. At some time in the course of a year you have to stretch your comfort zone a little bit, move beyond your comfort zone. That is necessary. That shows you have the ability that you are not aware of. Your body is elastic, it can adapt. This adaptability and elasticity of the body has been ignored by us. And these sorts of rhythms, the fasting and all, just remind you that the mind is more powerful than the body.

Fasting may not suit everyone. You have to listen to your body. You cannot say someone is fasting so I will also fast. This is not the way to do it.

**Fast according to your body type** - Vata, Pitta, or Kapha: You ask your ayurvedic doctors. If yours is a Pitta type, better you don't fast. Or take something – some fruit, fruit juice. You don't need to take cereals and solid food. But if you are a Kapha type or Vata type, then it is ok. Kapha type you can definitely fast just on water.

**Stay hydrated:** Drink some lemon water or coconut water. Water you must take. Don't fast without water. Juice you can have. You can have fruits – that is ok.

Keep calm and fast easy: When you are fasting and thinking about food and looking at the food – it is no good because it is causing more hunger. Your fasting can become very natural when your mind is engaged in spiritual activities or anything that uplifts your spirit. When you are busy doing something, you forget to eat. Hasn't it happened to you? There is an important celebration or you are working for something very important, you are putting your 100% - then you don't care about the food at that time. Many times you skip your lunch, dinner, because you are focused on what you are doing. Like that, when your focus is on the Divine, love for the Divine, you simply forget the food and that is fasting. It should be very natural and not a torture to the body.

If you have some physical conditions – you have sugar, you have this, you have that... no need to strain your body I tell you. Have food. Even Shivaratri days, there will be food in the ashram. The kitchen will be open. The cafes will all be open. But don't overeat, that's all. A little bit you can eat.

## Amarnath Temple Replicated in Bengaluru Ashram

The Shiva temple at The Art of Living International Center, Bengaluru is one of those venerable places that has its own rustic charm and has been recently, very artistically designed resembling the famous Amarnath Cave.

Built on the principles of Agama, the most noteworthy aspect of the temple is the Samba Parameshwara, the prime Shivalinga that has 1008 oval-shaped lingas carved on it and is said to bestow great merits to those who seek its blessings.



## Day in the Life of a Sevak

Today we meet Pinki Hazarika. A doting homemaker and mother, she leads the operations for Volunteer Training Program, Teacher Training program and Government Executive Programs (GEP) of The Art of Living in Assam.

**6:30am** – Day begins. Now with her daughter grown up, the hyper-rush mornings are behind her.

**8:45 am** – Sadhana done, Pinki heads to the kitchen to supervise the day's lunch and dinner.

**9:40 am** – Breakfast done. Waits for the car that will pick her up.

**10:50 am** – After an hour's drive, Pinki with two other team members reaches the girl's school. 58 students have been assembled in the courtyard for menstrual health and hygiene training under The Art of Living's Project Pavitra, which Pinki's team will be conducting.

**11:10 am** – Pinki begins the session. Girls look on with rapt attention.

**1:30 pm** – After the 2-hour session, not just the girls but the Principal too is overwhelmed. He invites them to conduct this again.

**1:33 pm** – Just as they were about to board their vehicle, a few participants walk up to Pinki. One teary eyed girl shares that her mother had passed away when she was just 7. This was the first time someone had addressed her period issues. A few other girls begin sharing how they had never



spoken to anyone about their menstrual problems for shame or fear.

**2:05 pm** – Pinki tries to lend an ear to everyone, but the clock keeps ticking. They are already late in reaching the next school where another session was scheduled.

**2:50 pm** – They reach the 2nd school. But it is already late. School-time being over, most students have left.

**3:00 pm** – Disappointed, yet not disheartened. Pinki quickly makes calls to her point-of-contact in the Department of Industries hoping if her meeting there can be scheduled for this evening.

**5:25 pm** – Meeting scheduled. Pinki waits at the office building in Guwahati. The GEP course needs to be finalized today.

**6:40 pm** – Meeting commences after a delay.

**8:15 pm** – Husband picks her up and they drive back home together.

**8:50 pm** – Looks forward to the phone call with her daughter who is working in another city.

**10:40 pm** – Hits the pillow.



## Rashifal

by Vaidic Dharma Sansthan

(Based on the Moon Sign)

**Aries:** The first 3 weeks your confidence level is very good but the last two weeks you have to take care to improve your confidence. For this reason listening to Lord Sun's mantra is good. In the first three weeks, pranayama and meditation will improve your mental strength. Blessings of the Goddess of Wealth are experienced throughout the month. If decisions are taken intellectually, success is assured. Guard your tongue. Don't make any hasty decisions. Heavy pressure is seen on the work front in spite of your sincere efforts.

**Taurus:** In the beginning of the month, stress is seen. Guard your temper. Gradual improvement is seen in material life. Guard yourself against negative energies; Sadhana will help you in this. God's grace is abundant but still meditation is mandatory. The last two weeks are good to focus on material prosperity. Performing Panchamruth Abhishekam to Lord Kartikeya on Tuesday will be of great help in managing imbalanced energies

in you.

**Gemini:** Before taking any major decision of your life, think twice. Every day chant Gurugraha beej mantra. Donate sesame oil to Hanuman temple. You are capable of facing challenges but be sensible. You remain mentally strong throughout the month. In the last week of March, donate Navagraha dhanya to any pandit. Generally take care of your health. Be chanting Navagraha Stotra. Get involved in seva. Live in knowledge. Daily sadhana is very important. Observe silence as much as possible. Performing Guru Pooja daily is also good. Put your 100% in all your endeavors.

**Cancer:** You will see gradual progress in this month. Whatever you do attempt with a strong sankalpa, you will see great success. Guru grace is seen throughout the month. Do Surya Namaskar daily. Do not argue with children. Material prosperity is seen. Meditation helps you to keep your mind calm. Unnecessary fear is seen often. Don't argue with your life partner as well.

**Leo:** This whole month is not very great but manageable. If you do anything with sincerity, success is assured. Truthfulness, simplicity, and honesty will be rewarded. Being good to elders in the family fetches you luck. Guru Pooja is recommended before taking major decision of your life. Performing Surya Namaskar helps in reducing many health issues. Meditation and keeping silence are great tools to maintain inner peace. Do not take any major decision in the third week of March. Chant Navagraha

Stotra during this week.

**Virgo:** This month is very good. You will be happy. Your desires will be fulfilled with sincere efforts. You have God's grace. You see success in your endeavors. Don't argue with your father. Travel is seen. Maintain cordial relationship with younger co-borns. You may hear something good in the third week of March. Generally this month is good. Be grateful for everything. Meditation brings more pleasantness in you.

**Libra:** With efforts you see success. Don't expect easy way of living. Visit Navagraha temple and chant Navagraha Stotra. Be careful while driving. Be careful while talking to people. Misunderstanding is seen. Listen to Vishnu Sahasranam. Get involved in seva activities to the best of your capacity. Observing silence, meditating regularly, and living a simple life will fetch you rewards. Pray to lord Kartikeya before driving or travelling.

**Scorpio:** Surya Namaskar improves confidence and meditation improves mental strength. These two things are very important throughout this month. Efforts will give positive results. Seva to Guru nullifies many problems. Observing silence with life partner maintains peace at home. The last week is good. Take care of your expenditure.

**Sagittarius:** Very good period. You have become intelligent. Your sense organs are under your control. You are getting recognition. Mind is calm. Your efforts will give positive results. You feel happy. Success is assured with little effort. Be thankful to the Divine.

You know what life is? Still the last period of Sade Sathi is going on. Be humble. Good things are foreseen.

**Capricorn:** Though strong Sade Sathi is running, though Grace has reduced, with confidence, intellect, and a strong mindset you are able to see success. Worries regarding children continue. Your truthfulness is under examination. Therefore, being sincere and being sensible is important. Seva and listening to knowledge will definitely help you. This is the time to walk in the path of spirituality. Lots of challenges will be there for sure but they will not affect you if you are on the righteous path.

**Aquarius:** Be careful in every action. Awareness is important. Chant Navagraha stotra daily. Being secluded will give you peace of mind. Become involved in seva. Meditate a lot. Take care of your health. Wish good for everyone. Be prayerful. Be away from the limelight. Donating food to orphans or donating to temples will nullify many negative effects.

**Pisces:** Very good period. You enjoy good health. You feel happy. Everyone feels happy with you. You will be in the limelight without much effort. Happiness in the family is seen. Children prosper. Be grateful to God. Your wish is going to be fulfilled. You see success.

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

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## SEVA TIMES

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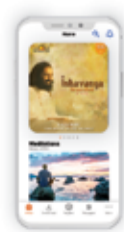
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