

SEVA TIMES

THE ART OF LIVING INTERNATIONAL CENTER, BENGALURU



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MAY 2021

Gurudev's Advice for These Tough Times



We are living in a very strange time. For the past two generations we have not seen any pandemic; though we have seen wars, we have not seen large scale death and destruction. But one thing you know, whenever such events happen, the spiritual awareness in the world has always gone up. When there was a war in Kalinga, that is when Ashoka woke up and embraced the meditation that Buddha had taught. Whether it is a happy occasion or a sad occasion, one thing that brings solace is meditation. So, we must continue to do meditation come what may.

When a new soul arrives on the planet, when a new birth happens, that creates so much excitement. That soul has been there but it has come now with a body, it has come to the world, a baby is crying – that gives you a glimpse of the other world that exists beyond the world of what we perceive through our five senses. Similarly, when someone passes – someone dies, someone who we know, it creates a vacuum. It compels you to look beyond the material world that you are in.

So, let us encourage everyone to meditate, to find strength and solace within. Meditation gives you the inner strength to move on. I got so many messages from so many people how they lost their near and dear ones and how they are suffering... all that I say is that they should have the inner strength to move through the tough time. Let's all pray and let's make sure everyone practices meditation. And do some breathing exercise – this is important. Keep doing Ujjayi breathing, Bhastrika, and many other breathing techniques that are there. We should encourage people to do this.

We have to tell people not to be fanatic about any system. Some say, I take only herbal medicine, or only Ayurveda or Unani or Siddha... others say I take only Allopathy. I would say, you should have an open mind. Today, a new system of medicine is emerging which is a combination of all the best from every field. People need to take vaccination. If you have any other problems like sugar or if you are in old age – definitely go for it. What we are seeing is, in people who have taken vaccination the virus doesn't affect them so badly. That's what I have heard. So, go for vaccination.

Also, all those of you who are taking other medication, take precautions – like wearing mask and maintaining social distancing. Also make sure you strengthen your own immune system. Some people say all this Ayurveda and Siddha is no good but don't listen to them. Kabasura, Amruth, and some of these herbal formulas have proved to be very good. Kabasura may create a little heat but you can compensate by having milk and plenty of water and other things. Taking Kabasura over a long time can create heat in your body. Other than that, it has been found to help people in a big way. So, have a combination of these. Take Vitamin C and zinc and all those things.

India is in a very tough situation. The Art of Living has opened our University and opened 100-bed hospitals there. We are also supplying oxygen concentrators to Maharashtra, Delhi, Bhopal, and other places. The Art of Living is very active and I really appreciate the volunteers. I also tell them, under the same breath, they should take care of themselves. When you are so enthusiastically doing seva, do not neglect your own health. Strengthen your immune system. Do meditation. As I said, meditation brings inner strength and solace.

(Excerpts from Gurudev's talk on April 27, 2021)

Global Leaders Share Learnings on the 'Changing Paradigms in a Pandemic World'

By Dr. Hampi Chakrabarti

In this unprecedented, once in a generation, pandemic challenge that we face today, the onus lies upon every individual and especially the world leaders to find solutions to sustain humans and humanity through it. Leading the way with inspiration from Gurudev Sri Sri Ravi Shankar, The World Forum for Ethics in Business hosted a virtual conference on the occasion of World Health Day on April 7, 2021, titled, 'Changing Paradigms in a Pandemic World'. One year into the pandemic, the world has faced global crisis, primarily in terms of economy, livelihood, health care and emotional wellbeing of its citizens. The pandemic has affected every person in a very personal way. Keeping this in mind, the conference focused upon what have been the learnings from the past year, what will the new world order look like – what is the new normal, how do we maintain our balance and most importantly when will this crisis end.

The conference hosted an esteemed panel of speakers

including, Gurudev Sri Sri Ravi Shankar; Hon. Dr. Tedros Adhanom Ghebretesus, Director-General, World Health Organization; H.E. Mr. Janez Janša, Prime Minister Slovenia; H.E. Mr. Chandrikapersad Santokhi, President of the Republic of Suriname; H.E. Prof. Petra de Sutter, Deputy Prime Minister and Minister of Civil Service, Belgium; Hon. Mr. Kjell Magne Bondevik, Former Prime Minister of Norway; Hon. Ms. Jo Churchill, Minister for Public Health, Primary Care & Prevention Member of Parliament, UK; Dr Christian Garbe, Managing Director, FIZ Biotech and many more global leaders.

Gurudev in his keynote message stated, "Health has no origin but disease does, health has no cause or reason but disease does. Diseases occur when the laws of nature are violated . . . keeping aside narrow ambitions and self-centered goals one must come together for the sake of mankind and impartially probe into the origin of the disease . . ." He called



upon researchers to look into Ayurveda and herbal medicines without prejudice to find cure for the disease. He inspired the gathering to envision a new world that is, "physically, mentally and emotionally healthy and spiritually blossomed". In this, he said that yoga, meditation and breathing techniques can help us.

Two parallel breakaway sessions followed during the

day that looked into topics like – 'Promoting Student Resilience in Universities: Solutions to the Mental Health Crisis', 'Future of Healthcare Post Covid: Moving Towards an Integrative Approach', 'Crisis! Opportunity? Keeping up the Happiness Quotient in India' and several more sessions focusing upon the pandemic's effect on women's lives, the world of arts, sports, education etc.

Annadanam to Those Hit by the Pandemic

Surat, Gujarat: The team of 'Volunteer for Better Surat' is providing free food to families in isolation due to COVID-19 and other people in need. Surat too, like the rest of the country, is grappling with the second wave of the pandemic. Many families are unable to cook their food due to either the entire family being quarantined and unable to procure grocery or family members taking care of those hospitalized or sick at home. Only volunteers who have tested negative for COVID-19 are cooking the meals, strictly adhering to COVID-19 protocols. The team is catering to the needs of about 300 such families every day, to ease their burden and to help them towards quick recovery. Nutritious meals that include, roti, rice, vegetables, dal, khichri, kadhi and salad are being cooked for both lunch and dinner.



Kanpur, Uttar Pradesh: For the last 3 years, The Art of Living Teachers and volunteers in Kanpur have continued Annadana Seva every Monday. This month, this seva specially catered to the daily wage earners and cycle rickshaw pullers whose livelihood has taken a severe setback due to the rising second wave of the pandemic. This seva was organized around the city's Sai Temple, and several slum areas.

With inputs from Ramnik Sheliya

A Leader Who Creates Leaders in 156 Nations

By Padma Koty

“A certain degree of leadership is dormant in every individual. The challenge comes when one has to nurture it,” says Gurudev Sri Sri Ravi Shankar. His statement however seems eminently inapplicable to himself, for he has committedly and consistently nurtured hundreds of leaders, in 156 nations, who take his vision for the whole world and translate it into missions.

Two inspiring books by The Art of Living faculty, Patti Montella and Rajita Kulkarni Bagga, highlight this leader-nurturing role of Gurudev in their lives.

In “Becoming Unshakeable,” Montella describes her spiritual and other journeys, with their challenges and upsets, under Gurudev’s guidance and mentorship. He helped her understand what the organization required of her: “We’re a heterogeneous organization. The skill is to learn how to work with all types of personalities and challenges to get the job done with a peaceful mind.”

Gurudev invests time in broadening his leaders’ perspective. Getting catapulted out of comfort zones, handling emotional storms and exigencies as well as sexism, learning from mistakes, getting buttons pushed, including “big, hot ones,” all brought Montella to a level where she became “button-proof.”

Bagga’s “The Unknown Edge” traces her trajectory from a high-flying banking career to a gravitas-laden Art of Living journey, learning from Gurudev’s unificatory leadership qualities. She drew value from Gurudev’s perspective in building The Art of Living into a global organization, “handling rapid growth, inspiring a big vision, building teams, resolving conflict, taking risks, driving scale, managing resources, and many more such leadership initiatives.”

Bagga mentions Gurudev’s ability to “build consensus and come up with multi-dimensional win-win solutions ... in diverse contexts, in different countries and cultures around the world.” He knows the minute details of every project, rural or international, while permitting unprecedented levels of freedom and independence to the project leaders. When the YLTP team informed him about the drying rivers of Maharashtra, he urged them to start a project that is today rejuvenating 47 rivers.

Gurudev, who calls himself the Chief Encouragement Officer (CEO) of The Art of Living, is a leader who takes responsibility for the whole world.

Winds of Change in Moraya Chinchore, Nevasa



Ahmednagar, Maharashtra: Moraya Chinchore in Nevasa District is a small village with about 100 families. The Art of Living in association with Yashwant Samajik Pratishtan is working towards making it a model village. As part of this project, solar electrification was carried out recently to provide cheap electricity to all the houses of the village. The children of the village will now be able to study at night and the elders will no longer need torches to walk around the village at night.

Transformation of Moraya Chinchore: The village has come a long way since The Art of Living started working in the area a few years ago. The change in this village started with the participation of the villagers in the events organized by the Sri Sri Rural Development Program (SSRDP) team of The Art of Living. After participating in the programs, the villagers themselves took on the responsibility of their

village and the entire village started working as a single unit in planning its development. Needs and problems of the village were listed and they started working on these one by one.

Petty things like stealing electricity is unheard of in this village. The village is now drug free. Any dispute in the village is settled peacefully among themselves without the need for any outside intervention. Moraya Chinchore has been honored with the Mahatma Gandhi Tantomukta Samman.

Along with people in the village, trees and plants and animals are also being cared for. Birdbaths can be seen hanging on most trees in the village. The villagers make sure the birdbaths never run out of water or grain. The children of this village have planted more than 5000 trees. A project to plant 5000 Lakshmi Taru plants is in progress.

DOWN THE SEVA LANE

WHERE?

Goa --: Vidya Vihar High School, Cortalim ; Govt. High School, Keri, Sattari ; Navdeep Vidyalaya, Shiroda; School of Symbiosis, Shiroda; Govt. High School Pissurlem; Govt. High School Ambedem Nagargao

Mumbai : Seth Ishwardas Bhatia High School & Junior College (Marathi), Kurla; Shivner High School & Junior College (English & Marathi Medium), Sakinaka

BY WHOM?

- Pfizer Ltd., Mumbai
- International Association for Human Values (IAHV)

WHY?

Schools in the slum areas required a facelift not only in terms of physical aspects but also with regard to good amenities and learning facilities. Creating a healthy learning environment would ensure better student retention and more enrolments in these schools.



Compiled by Indrani Sarkar

OUR IMPACT:

1071 children from Goa benefitted by the setting up of Stem labs, mini science centre and e-learning facilities, provision of LED lights and fans for better ventilation, digital boards, computers and sports equipment

Infrastructural development comprising civil and electrical work, fabrication and painting has transformed the appearance and learning ambience of the Mumbai schools.

Gurukul - Rekindling Ancient Knowledge



Veda Agama Samskrutha Maha Patashala, the Heritage school, founded by Gurudev Sri Sri Ravi Shankar, is a dedicated institute for Agamic studies located at The Art of Living International Headquarters in Bengaluru. The Patashala aims to preserve the age-old rituals of temple worship as they were laid down in the ancient scriptures - the Agama.

The school offers a five-year, fulltime, residential training program that is open to children from all over India, irrespective of their social background. Here, students learn the Dravidian Style of Vedic chanting and receive practical knowledge in performing temple rituals such as pujas, abhishekas, yagnas, and homas. The course syllabus includes the study of the Vedas, Vedangas, Agamas, Sanskrit language, astrology, yoga, music, sculpture, epics, and Shaivic scriptures from the Dravidian tradition. Along with these, the children are given training in practical modern subjects, such as a basic knowledge of how to work

with computers.

The daily routine of the school includes yogasanas, morning prayers and pujas, followed by lessons on Stotras, Vedas and Agamas, which are concluded with Satsang and evening prayers. The children are served healthy, nutritious food in a specially designed ‘Bhojanashala.’ In addition to a balanced diet, the students are encouraged to participate in indoor and outdoor games such as carrom, chess, cricket, volleyball, athletics, and karate to ensure that they blossom into healthy individuals. Students participate in every activity of the Patashala with sincerity,

commitment, and dedication.

Every student at the Patashala is given personal attention. Individual student skill requirement is analyzed and special improvisation is made in the syllabus to ensure all round, complete development so that these students, after completion of their five-year training, are not only ready to conduct services and rituals in temples and homes all across the country but are also capable of transforming temples into lighthouses of knowledge in the modern world.

“Scientific appraisal of Vedas, doing research on it, is on one side. Maintaining the traditional chanting which has been there from thousands of years is equally important. At the same time, educating our pundits to have a scientific temper in looking into the Vedantic aspect plus the spiritual aspect in the ritualistic domain of the Vedas is also very important. So, these three different aspects have to be promoted for this world heritage to continue its existence.”

- Gurudev Sri Sri Ravi Shankar

Cytotron – Alternative to Chemotherapy Launched at Sri Sri Ayurveda Hospital



Bengaluru, India: “Cytotron”, a break through device in the treatment of cancer, was inaugurated on March 31, 2021, by Commodore H G Harsha, Chairman & Managing Trustee, Sri Sri Ravishankar Vidya Mandir Trust, at the Sri Sri Ayurveda Hospital in Bengaluru. Cytotron is a new, revolutionary technology in cancer care which can be used instead of chemotherapy to prevent multiplication of cancer cells and promote growth of healthy cells.

How does Cytotron work?

Moving away from ‘destroying, killing or obliterating cancer tissues’ to a method of communicating with the cellular command and control, Cytotron stops cancer cells from growing and spreading to other parts of the body. It helps in driving the cancer cells into old age, pushes them into accelerated ageing, and finally, apoptosis (programmed cell death). Once this stage is achieved, body’s immune system takes over and the cancer cells are recycled.

Key Features

- Stops cancer tissue from multiplying and spreading to other organs
- Can be used in both adult and pediatric cancer care
- Utilizes a combination of magnetic waves and radio frequency waves

Drug-free Anandwadi – An Inspiration for Other Villages



Beed, Maharashtra: Anandwadi village, with a population of 1000, has been declared a Model Village. It is now a completely drug-free village. Not a single person in the village smokes cigarettes/beedis or consumes alcohol.

The Art of Living has been working since 2018 to develop this village. Agriculture and daily labor are the main occupations of the people in the village. Programs conducted by The Art of Living brought the villagers together and made them realize the damage caused by consuming alcohol and smoking cigarettes or beedis. The first step taken by the villagers was to shut down the liquor shops in the village. De-addiction workshops were organized by The Art of Living for those who were struggling with the problem of addictions until finally the entire village became drug free. Anandwadi’s success is now inspiring other villages to become drug free.

Apart from becoming a drug-free village, Anandwadi must be lauded for its efforts in water conservation. For 40 days every season, the villagers work collectively, offering ‘shramdaan’, to conserve the ponds in the village. This has ensured that water is available for irrigation and agriculture throughout the year. Anandwadi has been awarded by the Water Foundation for this water management work of theirs.

Oxygen Concentrators Arrive From Singapore



The first batch of 250 oxygen concentrators (10 Lt) was airlifted from Singapore on April 27, 2021, and donated to Maharashtra Govt by IAHV and The Art of Living. 1500 more have been procured and will be airlifted this week.

Birthday - A Time for the Wave to Remember Its Magnanimity

The Sanskrit word for birthdays is Jayanti. Jayanti means the pinnacle of victory. Victory is always associated with duality, war, conflict, but birth is beyond conflict because it is celebration. This is when the ocean became the wave and will become ocean again after some years. A birthday is a time to remember that the Atman (Soul/Self) was free at one time, then took name and form and became an individual being. After so many years once again the wave will go back to the ocean.

Therefore a birthday is a time for the wave to remember its magnanimity; its true nature - that it is part of the Universal Spirit, Divinity. Then the Atman gets the strength of the ocean.

On birthdays here we don’t blow out candles but light lamps. We move from light to light. We rejoice in the memory of our true nature and pray for more and more victory in all aspects of our life so that we can do more service. Knowledge is when we remain happy in our true nature, which is love.

Any occasion or any excuse is good enough to celebrate life. The whole essence is to celebrate life. There is an ancient saying, ‘Anandad dhy eva khalu imani bhutani jayante’, which means ‘The entire creation is filled with bliss; everything is born out of bliss, sustained by bliss and the final goal of life is also bliss.’ So any excuse to celebrate is good enough, as it brings joy and bliss to our life.

What you need to remember at all times is *Main Tera* (I am yours). And tell everyone the same thing, ‘I am yours; I belong to you’. Whoever you meet, say this to them, ‘I belong to you’. Then you will see that everyone in the world will feel like your own.

Today, you are celebrating my birthday. So, as the birthday boy, I have the right to ask for a gift from you. So, will you all give me a gift?

If you hate anybody, drop that today. Do not hate anybody. Even if you have the slightest hatred against anybody in your mind, or any type of prejudice, you should leave it today. Don’t think bad about anyone or for anyone.

All this (events and situations) is the play of one consciousness. We will be able to have a broad vision only when there is no feeling of bitterness for anyone. Just throw away all the bitterness. This is the gift you need to give me.

You don’t have to bring me sweets. I just want you to have sweetness in your mind for everyone. If you have any bitterness in your heart or mind for anybody, you have to give it to me as a gift. And once you give it you cannot take it back!

This doesn’t mean you have to be goody-goody to



people. When you have to be firm, you be firm. When you have to say something, say it; but don’t use abusive language, bad words, or be bitter.

It is important to say the truth. Sweetness doesn’t imply falsehood and bitterness doesn’t imply being truthful. That’s why our ancestors have said, ‘*Satyam bruyat priyam bruyat*’, you should say the truth, but in a proper manner.

Just be happy! There is no dearth of anything. You experience this fullness when you go deep in meditation. Just like there is space inside and outside a vessel, similarly our body is like a balloon where the space inside and outside is the same. When this truth comes into one’s experience then you don’t feel separation with anyone, nor will you have any problems.

In life difficulties come to everyone, but there is something inside you that remains untouched. This is the truth and this is what consciousness is. When you realize this then you feel complete. This is the biggest strength in life and is also what is called wisdom. The highest realization is ‘I am this!’ and this truth becomes a reality when our hearts are free from bitterness. Keep this thought in your heart that you are complete and you are full!

When you’re working in society there are chances of you getting sour and bitter, but when you remember this knowledge that – I am pure, you’ll see that in no time the stress vanishes and those clouds of ignorance wither away leaving you complete. I understand how situations can cause emotional turbulence in you, and for that there is meditation. So, meditate every day and not just once in a while. All the best and blessings!

Volunteers Construct Kitchen and Dining Hall in Janiv Ashram

Thane, Maharashtra:

The Art of Living family in Ambarnath has constructed a kitchen and dining hall at the Janiv Ashram old age home on Haji Malang Road, Ambegaon. The 1600 sq.ft. construction, named ‘*Annapoorna Prasadalya*’ was handed over to the ashram authorities on March 21, 2021. With an increase in the number of inmates at the ashram, the existing buildings urgently needed expansion.



Volunteers Step Up to Beat the Healthcare Crisis

Volunteers of The Art of Living initiated 'Doctors on Call' services where by using basic platforms like WhatsApp and telephone call they are connecting Coronavirus patients and their hapless families to get timely free consultation from doctors. With the nation facing severe shortage of hospital beds, oxygen supply and critical medicines, there has also been a surge in panic, misinformation and anxiety. The main objective of this initiative is to provide authentic information, within the shortest time. The volunteers have so far mobilized a pool of around 125 doctors and counting, who will each be volunteering for 1 hour a day to provide free consultation to patients. The doctors have been categorized in separate WhatsApp groups based on their specializations like Ayurveda, Homeopathy, Allopathy and others. Within 72 hours of opening the services pan-India, the volunteers group received more than 8000 consultation requests. Their focus now is to reach out to every corner of the country by diversifying the service in multiple regional languages.



(with inputs from Vivekanand, West Bengal)

Tribal Youth Are Going Online as Leaders

The Art of Living is collaborating with Ministry of Tribal Affairs, Govt. of India and Facebook India Pvt. Ltd. for the initiative – GOAL (Going Online As Leaders), to digitally skill and empower youth from tribal communities across India to become leaders of tomorrow by leveraging the power of digital technology. GOAL Project is aimed at identifying and mobilizing renowned people from industry - policy makers and influencers, teachers, artists, entrepreneurs, social workers and others who are known for the achievements in their domain areas, in an endeavor to connect them to tribal youth and provide a platform for one-on-one mentorship. Herein, The Art of Living is engaged in the capacity building of tribal youth, to enable them to gain confidence and ignite higher aspirations among them. Mentors have also been identified from the pool of The Art of Living faculty who have extensive experience in community leadership, entrepreneurship and other skills. Each of them would be taking up the onus to hand hold two tribal youth as Mentees.



As an initiation to this initiative, a three-day induction workshop was conducted online by The Art of Living between April 16-18, 2021 for both the Mentors and the Mentees. It was conducted in 8 Indian languages, including English. Mahika Phartiyal, a PhD Scholar from Uttarakhand who is engaged as a Mentor in the project felt the sessions were, "very engaging with balance of physical and mental exercises"; Yogaji Rathod, a junior academic from Telangana said that he opened up to a new perspective on leadership quality and anger management in this workshop. Pankaj Singh, A student from Madhya Pradesh, who is a Mentee in this program said that he happy to learn how breath can be used to get rid of anxiety and keep the body full of energy.

(with inputs from Priti Bhujbal)



Rashifal

by Vaidic Dharma Sansthan
(Based on the Moon Sign)

Aries: This whole month is very good. Most of the planets are very favourable. God's grace, especially, is abundant. Take any action with courage, success is assured. Finance is good. The first two weeks, take decisions after meditation. You can try new ventures.

Taurus: This whole month be careful in every aspect of life. Without pranayama, meditation, and prayer don't take any decisions. Don't invest in any new ventures. Don't argue with anyone. If possible, listen to Vishnu Sahasranam and Navagraha stotra.

Gemini: Very good month but still be careful as Saturn is not favourable. Feed poor people

on Saturday. Control your temper with proper sadhana and knowledge. Do not take any hasty decision. Energy is high. Don't drive hastily. Don't take any major decision in the last week. God's grace is abundant.

Cancer: The month of May is good. Allround prosperity is seen. With pure intention, engage in any work. Success is assured with effort. In the middle of the month, guard your mind. Guru mantra chanting or Guru Pooja is good. Be careful in your profession. At the same time, your work will be power-packed. Take care of children.

Leo: Start any work with courage, God's grace is there with you. You can get through all challenges easily. Don't argue with your father. Good friendship is seen with your siblings. You can take any action with sankalpa- it will definitely be a success.

Virgo: Performing Surya Namaskar; doing meditation and Guru Pooja; and chanting Vishnu Sahasranamam on a daily basis for the whole month is very good. Take care of your health. Don't travel much.

Libra: It is an average month. The last two weeks, pranayama and meditation are very important. Feed poor people. Don't argue with your father and life partner. Have control over your speech. People can make you divulge your secrets. So, think twice before talking. To manage your emotions, meditation is very important. Live in knowledge. God's grace is abundant.

Scorpio: Be careful while driving. Don't argue with your life partner. Pray to God. Saturn's blessing is there upon you. Be careful with your family members as well. Sadhana and knowledge will help you in a great way to manage your physical and mental status. Listening to Vishnu Sahasranam and Navagraha stotra is good for you.

Sagittarius: Generally, it is a good month except for the second week. Nevertheless, your hard work will give you results. No easy way to life. Sincere prayer to God, pure intention after meditation, and taking action with courage is good for you. Respecting old people, taking care of orphans, and offering service to Guru will help you in an immense way.

Capricorn: Though Saturn in transit is not favourable, transits of other planets are good. But still, this is the period where you will be realising the bitter truths of life. Accept it and move into spiritual life which gives you solace.

Aquarius: The first week is very good. Second week is average. Third and fourth weeks of May are not favourable. Little struggle is seen in the last two weeks. Hence, pray to Navagraha and do Guru Pooja. Be humble. Be kind. Be truthful. Guard your mind. Meditation is compulsory. Take care of both your physical and mental health.

Pisces: This whole month is very good. Guard your tongue. Don't argue with your mother. Respect elders and Gurus. Donate to pilgrimage places. Take care of your health. Guru seva is very good. Prosperity in children is seen. This is generally a good month.

*by **Usha Kumari.R, M.A.** in Jyotish. Former Faculty in Indian Council of Astrology Science and Sri Sri Gurukul.
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All of the knowledge series by Gurudev, guided meditations, books, music by your favorite artists available on

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