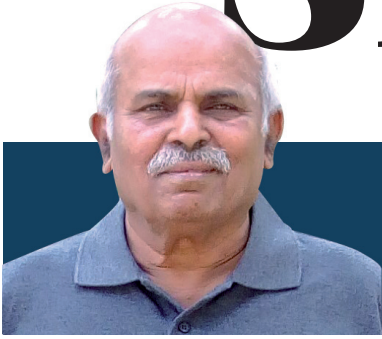


SEVA TIMES



P2 A UNIQUE APPROACH TO RIVER REJUVENATION

P3 MENSTRUAL EDUCATION AND HYGIENE INITIATIVE IN MANGALORE



Art of Living to Certify Retailers

On January 22, 2019, The Art of Living entered into a Memorandum of Understanding with the Retailers Association's Skill Council of India to assess and certify 5 lakh retailers.

Career Counseling for 9.5+ Lakh Youth

The Art of Living will be providing career counseling to over 9.5 lakh youth across 23 states in association with the National Skill Development Corporation of India. The Art of Living has already provided skill development training to over 1.5 lakh youth in 498 districts of India including inmates of 16 central jails.

SEVA Snippets

Sri Sri Holistic Hospitals Inaugurated in Telangana

On January 21, 2019, Gurudev inaugurated Sri Sri Holistic Hospitals which combine allopathic medicine with Ayurveda and Yoga. There will be 5 branches - 3 in Hyderabad, 1 in Kadapa, and 1 in Sangareddy. Gurudev says this is the result of hard work done by Dr Ramachandra and his wife Dr. Tushara, Art of Living faculty.

Cleaner Delhi with Environmental Marshals Trained by Art of Living

2460 Home Guards trained as Environment Marshals by The Art of Living in the last 7 months have begun working with the Delhi Government to keep Delhi clean.

Project Bharat: Ringing in a Revolution

 | **Thoheja Gurukar**

Benaluru, Karnataka: The Art of Living celebrated December 20, 2018, to January 20, 2019, as the "Pratinidhi Month," a part of The Art of Living's social development initiative, Project Bharat. As part of the celebrations, nationwide Pratinidhi Mahotsav Nav Chetana Shivirs were organized from January 24th to 27th with Gurudev himself addressing the Pratinidhis on the final day.

In mid June last year, Gurudev launched Project Bharat with the intention of taking peace, harmony, and prosperity, to each and every one of the over 7 lakh villages and wards across India. Under this project, 5-10 individuals would be picked from each village to become Pratinidhis who would then work hand in hand with all the verticals of The Art of Living to transform their villages or wards into Model Villages. As Gurudev says, if five individuals who have a commitment to see their village prosper take a stand and resolve to achieve this goal, to make their areas spiritually strong and peaceful, to build a joyful community, it would bring a very big revolution in the country.

Foreign consumer products are being sold even in our villages today, with rural markets growing twice as fast as the urban markets. The youth in the village need to play an active role in educating those around them regarding the econom-



ENTHUSIASM ABOUNDS: (Top) Gurudev at the Project Bharat Pratinidhi Meet organized by Jigish Barot at Surat, Gujarat, on December 2, 2018, which was attended by 2300+ Pratinidhis from 900 villages. (Above L-R) Nav Chetna Shivirs organized across different villages.

- ▶ A Resolve to Make 35,00,000 Pratinidhis Across India
- ▶ Pratinidhis will work hand in hand with all the verticals of The Art of Living to transform their villages/wards into Model Villages

ic drain this is causing. Farmers need to be encouraged to adopt natural farming techniques to save the fertility of the soil and protect the health of the people. Steps need to be taken to conserve our environment, our land, our water resources, and our wild life. With the support of The Art of Living, the Pratinidhis can be trained to shoulder these responsibilities.

Commodore H.G. Harsha, Chair-

man, VVKI, says, "Reaching out to 700+ districts, 5410+ Talukas and 6,49,000+ villages and create over 30 lakh Pratinidhis is a humongous task. The Art of Living teachers and volunteers are working tirelessly to make this a reality and by the end of this year, we are sure to achieve this goal."

So far, Seva Yodhas (taluka level representatives who will be leading a cluster

of 100 villages) have been appointed in 70% of the talukas and nearly 1 lakh Pratinidhis have been identified under Project Bharat from across thousands of villages across India.

As Debjyoti Mohanty, National Director, YLTP, says, "Project Bharat" intends to take Gurudev's social development initiatives to the last man standing in all 600,000+ villages of India."

Mobile App to Save Lives During the 'Golden Hour'

 | **Padma Koty**

Bhubaneswar, Odisha: The "Golden Hour" is just that - the hour following an accident that is a golden window to do the right things, in a trained and safe way; to rush an accident victim to the hospital. To spread this important concept, The Art of Living has been conducting an awareness-cum-signature campaign in Bhubaneswar from 11th January, 2019. The campaign is on the crucial issue of road safety and the role of each and every member of the public in making roads and pathways safe.

The volunteers also familiarised the public about a very useful app called 'G1 (Jeevan)', an Art Of Living project conceptualised in collaboration with a private company. The G1 app brings together on a single platform three responders: the trained responder who is nearest to the accident site, the ambulance service, and the nearest standard hospital, be it a private or a Government one. Once the app is installed and opened when needed at an emergency site, the volunteer, while giving first aid as per emergency responder training, activates the app, alerting the nearest 108 or a private ambulance service. Simultaneously, the responder will also alert the hospital that an

accident casualty is coming from the specified location. GPS is used for the alerts to the various service providers. Moreover, if the call is made from the casualty's mobile, the hospital automatically gets pre-fed medical data, like



the casualty's blood group, health status such as diabetes, blood pressure, and so on. This reduces time taken for diagnosis on arrival.

In the next step of the campaign, 1500 volunteers including college students, community volunteers and activity based clubs, in the age group of 18-45, are also being trained in Emergency First Responder measures. A week-long campaign reached out to the public to inform them about the G1 app, and to educate about road-safety

measures, using of helmets and seat belts.

A 3-day Training of Trainers (TOT) was conducted from 18-20 December for 23 participants. The graduates of the program, who are qualified as trainers, have received certificates at a function where Shri Priyadarshi Mishra, MLA, Bhubaneswar was the Chief Guest. Other dignitaries also graced the occasion.

The entire campaign and its various programs were co-ordinated by Vimal Kumar Singh, State Coordinator, and Jyoti Ranjan Mahapatra, State Master Trainer. They and their dedicated team aim to take this important mission across the state of Orissa, training one lakh volunteers in Bhubaneswar alone. With their commitment and dynamism they hope to bring people together and organise similar multi-pronged campaigns in other states of the country too. India has been witness to a high rate of road accidents. With initiatives as this, the volunteers hope to save every life possible, because a life saved is a family saved.

Note: To organise a similar campaign in your State and for further details, please contact Vimal Kumar Singh, State Coordinator, Ph: 97767 26470. Jyoti Ranjan Mahapatra, State Master Trainer, Ph: 90404 79562

“Ek Saal Tumhara, Sundar Desh Hamara” — Gurudev Sri Sri Ravi Shankar



From the Director's Desk
Debjyoti Mohanty

Thirty-seven years ago, Gurudev Sri Sri Ravi Shankar had embarked on a visionary journey to make every individual stress-free, every home and community violence-free and bring a smile on every face. To make this possible, he understood the necessity of ushering in development to the grassroots of India, that lay in its villages. Thus, he had initiated the 5H program. It worked on multifarious human development activities to improve health, sensitize about hygiene, build habitat with the principle of ‘We Care We Share’, spread human values and establish harmony in diversity. With his untiring and diligent efforts, which has inspired thousands of dynamic volunteers, he reached

out to about one lakh villages across India; all this with an underlined spiritual ethos. To scale it up further, Gurudev proposed the Project Bharat initiative in June 2018. Herein, The Art of Living volunteers are required to reach out to all the 6.5 lakh villages in India and make at least five gram pratinidhis who will identify the development needs of their villages and spearhead development work, broadly based on the parameters of the 5H program. Just as Gurudev says, “sankalp ek shakti hai”, in last few months of taking this sankalp, volunteers have reached out about a one lakh more villages with their outreach efforts. As the volunteers go on identifying new pratinidhis and making them take on their roles, simultaneously the other pratinidhis have started development activities in the domains of Integrated Village Development, Yoga, Agriculture, Ayurveda and spreading Vedic wisdom. Project Bharat has been received well as a democratic tool of progress by the masses. The Pratinidhi Month in January saw hearty participation from the newly elected pratinidhis all across India. On 27th January, in his address to a pan-India online gathering of 60,000 pratinidhis, Gurudev emphasised on a value-based, spiritual and skill driven education. He gave the clarion call to bring together thirty-five lakh pratinidhis before 2021 to build a “sushikshit, surakshit, swaccha Bharat” through joint efforts in Yog and Udyog.

Come, let us join hands to make this happen with dexterity and dedication.

The Third Gender Learn the Art of Acceptance

 | Rahul Sejwani



Benaluru, Karnataka: Shunned by their own families, lonely, vulnerable, and facing harsh discrimination from society, transgenders are more often than not burdened with problems such as fear, shame, gender dysphoria, social pressure, depression, suicidal tendencies, and social stigma.

Certain that The Art of Living's Sudarshan Kriya could help transgenders

overcome their problems, Art of Living faculty, Shweta Vyas, approached “PeriFerry,” a social inclusion startup working for the upliftment of the transgender community, with a proposal to conduct The Art of Living Happiness Program for the community. Neelam Jain and Payal Agarwal from PeriFerry coordinated with Shweta and made the necessary arrangements and 18 individuals from Tamil Nadu from transgender community came to The Art of Living's International Center in Bangalore to participate in the program.

Shweta Vyas says, “The Community really needs this program as they have a lot of emotional baggage. Being rejected and going through the judgment every day is tough. We will work with PeriFerry now on a regular basis. We also plan to teach the community locally.”

Handful of Joy for the Needy

 | Thoheja Gurukar

Kurukshetra, Haryana: The Art of Living family in Kurukshetra has launched a unique seva project named “Ek Mutthi Muskaan” or a Handful of Smiles. Sudarshan Aggarwal, ex-member of Art of Living's Apex Body, says that all the volunteers have decided that prior to cooking food each day, each one of them will



put away a handful of grains and pulses to feed the needy. Once or twice a month meals will be prepared with the collected

grains and pulses and served to the needy.

What better day to launch the project than on Makara Sankranti, a day that is considered to be very auspicious to feed people

Khichadi? The volunteers visited slums in Palwal, Haryana, on January 15, 2019, and served hot, freshly made Khichadi and boiled peanuts to both children and adults residing in the slums.

The sight of the hungry faces lighting up with joy was reward enough for the volunteers.

Learning from the EXPERTS



MEET THE MAN BEHIND THE FLOWING RIVERS

Dr. Lingaraju Yale, is one of the most highly respected and experienced Geohydrologists of India. Having served as the Director - Karnataka State Remote Sensing Applications Centre and thereafter as Director of Geomatics Centre, Water Resource Development Organization, Government of Karnataka, in an illustrious career spanning over 5 decades, Dr. Yale knew that he could not repose with retirement while the world headed towards a pressing climatic crisis. A shared vision to make a better world made him join hands with Gurudev Sri Sri Ravi Shankar and The Art of Living. And thus, began the new chapter.

Dr. Hampi Chakrabarti in conversation with Dr. Lingaraju Yale, the National Director, River Rejuvenation Projects of The Art of Living.

■ What is unique about The Art of Living's approach in working for River rejuvenation?

River Rejuvenation is a multidisciplinary subject because all the natural resources are integrated in nature. At The Art of Living, we work with an integrated approach to reach sustainable solutions. We think on all aspects, whether it is vegetation cover or soil erosion, enrichment of groundwater or surface water bodies. The bottlenecks created by multiple departments working with divided priorities, do not plague us. Our approach is innovative because we copy the natural biological engineering that we have had since ages. Above all, we have a workforce that works in the spirit of service, instilled by Gurudev Sri Sri Ravi Shankar's teachings on human values.

■ How do you choose a project for implementation?

The problem of water scarcity and pollution is widespread. Wherever you go, there is a need for such projects. But we need prioritising parameters for proper implementation. First I look into how interested the local community and the local grassroots government bodies are in our project, as they have to be made stakeholders for the sustainability of the project. Second is the magnitude of the problem. Third is the availability of basic data, either from the government or other institutions. Fourth is the availability of people who are interested in generating funds and the response of funding agencies, as any project requires huge investments. Once these basics are in place, we can work further.

■ Who are the essential participants of a team working for river rejuvenation?

The team must include - multidisciplinary experts who prepare and provide the plan of action. Then, people who can understand this and can implement it in the field and community mobilizers.

■ How to keep the team inspired?

It is happening (laughs). In my experience people who are driven to make a difference in this aspect, only they come and search for work opportunities with us. A spiritual quest to make a positive difference in people's life, keeps them going. Moreover, they undergo a continuous training with me, which keeps them inspired.

■ What are the challenges that you have faced while working and how did you overcome them?

I take up anything with the belief that it can be done. But when I think of multiplying the effort and taking it to more areas all over the country, that is where I have faced the most challenges. Our plan of action has to be modified to be relevant to different geographies, geologies, climates. I need more people who can take up research and evolve the different methodologies. Many things can be done with remote sensing, but a lot still remains to be done by ground based investigations, we need special tools for that. Since, these are long term projects, we need accurate impact assessment to monitor our progress. For all these we need sufficient funds, government interest and support from the corporates.

■ How to bring the community to participate in the process?

When we go to the field and talk to the people, we explain to them the reasons why their rivers, ponds and borewells are drying up. This awakens their interest. Then when we tell them that we can help solve the problems in their village, people are happy. The Art of Living tools of community sensitisation and mobilisation like Nav Chetna Shibir, Bal Chetna Shibir and Youth Leadership Training Program work phenomenally in this regard.

■ How much does the cultural context play a role in convincing stakeholders that rejuvenation of a river is as much a spiritual exercise as it is technical one?

Spirituality is a binding force. Whatever the scientific or technical plans we make, the community or people's participation comes because of the spiritual engagements.

■ What has been your biggest learning?

Nothing is impossible. I had not come here with the confidence that I could handle such big projects. If you see my earlier proposals they were very humble in scope. Now I think I should have made it much bigger. Because that is possible.

■ What is your vision of the work for the next 5 years?

There is a lot to do. We need to simplify methodologies for different geographical areas. We also need to assess the status of different river basins. Most importantly, we have to replicate, whatever has been done so far, to similar areas at a faster rate.

The entire geo-hydrological scenario is getting changed, Creating extreme climatic conditions, making us suffer both drought and floods at the same time.

Earlier too I should have made my proposals bigger, because nothing is impossible.

10,000 Bicycles for Underprivileged Students in Telangana

On January 21, 2019, Gurudev inaugurated Project Parivartan, an Art of Living initiative in association with the government of Telangana, to distribute 10,000 bicycles to government school students in underprivileged areas.

SEVA Snippets

Organic Farming Yields 8-10 Kgs of Tomato Per Plant

Refining organic farming techniques, the agriculture team at the Bangalore Ashram has increased the produce per tomato plant to 8-10 kgs per plant, with each plant bearing up to 60 pieces of tomato. Usually, an organically grown tomato plant gives a produce of about 2 kgs.

Chhilipa Adjudged Best Gram Panchayat in Dharamgarh Block

On January 26, 2019, the district administration awarded Chhilipa Gram Panchayat, a model village developed by The Art of Living, a cash prize of Rs. 500,000 on behalf of the Government of Odisha for being the best gram panchayat in Dharamgarh Block or organize Peoples Empowerment Enabling Transparency and Accountability (PEETHA), to create awareness about the various schemes of the government and improve transparency in distribution of individual and social benefits.

Spreading Warmth on New Year

Hooghly, West Bengal: As strong winds blew and the mercury dipped in Gourhati, Art of Living volunteer, Tarun Sardar and his team went around distributing warm blankets on January 1, 2019, bringing warmth and cheer to those shivering in the biting cold. The team went door to door in the village, distributing over 100 blankets. Tarun says, "There is no greater religion, no greater service, than

serving humanity. It is the duty of all citizens to understand the problems of suffering humanity, especially during the winter season, and reach out to the poor and helpless."

Birbhum, West Bengal: Art of Living volunteers in Rampurhat distributed 200 blankets among the poor and needy people in the area adjoining Rampurhat Super Speciality Hospital and Rampurhat Railway Station on January 3, 2019.

Ranchi, Jharkhand: The Birhor tribe in Jharkhand has

Creating Pure Minds, Clean Villages in Mangalore



A Project Pavitra session on Menstrual Health and Hygiene in progress at a school in Mangalore.

The project which will benefit 9 villages around MRPL in Mangalore will be working for:

- ▶ Menstrual Health and Hygiene training for girls
- ▶ Promoting Solid Waste Management in temples
- ▶ Creating infrastructure through construction of community toilet blocks

 Pankaj Yadav

Mangalore: The Vyakti Vikas Kendra India under the aegis of The Art of Living has been engaged in Shubhra Grama, Shuddha Manasu Programme - Community driven Sustainable Sanitation in Mangalore in collaboration with the Mangalore Refinery Petrochemicals Limited (MRPL).

At the very onset of the project, in November 2017, a Rapid Rural Appraisal (RRA) survey was conducted to understand the needs of the region with a focus on sanitation. The survey was conducted by a multilingual team from VVKI and covered nine gram panchayats of Mangalore namely Madya, Surinje, Delanthabettu, Permude, Kalavar, Chelliru, Kuthethur, Bala and Jokatte. Through in-depth interviews with the villagers and group discus-

sions, the RRA team conducted quantitative and qualitative research and collected the relevant data.

Plans are afoot to install Organic Waste Compost Units in four temples in the area, namely - Kateel temple, Kukke Subramanya temple, Mangladevi temple and Kadri temple.

The construction of a Toilet block at Ganeshpura temple, Katipalla, in Mangalore has also been sanctioned.

Around 60 schools have been short-listed where The Art of Living's

Project Pavitra will be addressing adolescent girls with problems related to menstrual health and hygiene. Six groups each including 2-3 women have been trained as community health trainers to conduct these trainings in Mangalore. So far, training has been concluded in eight schools reaching out to more than two hundred girls.

PROJECT PAVITRA

Growing Popularity of Natural Farming in Punjab

 Devansh Bhasker

Chandigarh, Punjab: The Sri Sri Institute of Agricultural Sciences & Technology Trust (SSIAST) has been motivating farmers in Punjab to adopt natural farming techniques and protect not only the fertility of the soil but also the health of their family members and society at large from the hazardous effects of chemical fertilizers and pesticides. Their efforts have borne good fruit and 29 farmers trained by SSIAST across Punjab have adopted natural farming this sowing season.

Talking to Seva Times, Mohinder Singh Bains and Devansh Bhasker, State Co-Ordinators for Natural Farming, said, "We started with 5 farmers last year and this year, with successful completion of the Teacher Training Program, it has picked up the momentum and the number has soared up to 29. At a time when farmers go on strike on petty issues, changing the mindset of the people was a herculean task. The best part of natural farming is that it is a self sustained method of agriculture and once farmers adopt it, it is a win-win situation all the way as chemical free farming not only ensures better health of the consumers but also replenishes the soil and restores its fertility which in time will yield more crops at lower costs. Time has proved that the age old method of agriculture adopted by Indian farmers is the best. We are committed to bring more people on this track in future and we will be organizing more natural farming workshops around the state."

A Mega Kisan Mela is scheduled to be held in Jalalabad In February where more than 1000 farmers will be congregating.

Medical Camp in Rewari District Jail

 Thoheja Gurukar

Rewari, Haryana: On December 25, 2018, volunteers of The Art of Living had organized a free medical checkup for the inmates of Rewari District Jail. More than 50 inmates underwent full medical checkup and received free medications. Dr. Kapil Kaytal and Dr. Shubha Katyal rendered their free service at the camp.



True Meaning of Seva

Lord Krishna says in the Bhagavad Gita,
*Na hi kascit ksanam api jatu tisthaty akarma-akrt |
Karyate hy-avasah karma sarvah prakrti-jair gunaih || (3.5)*

It means that nobody in the world can remain without doing anything. We have to do at least something. And whatever we do, we should do using our Viveka (discretion) or discrimination, and we should not be guided by the impulses of the mind. When you have come to this world, do something good that benefits everybody. Do not stay entangled in thinking only what you will get. There is nothing for you to take away from this world. You

have come to give. You have come here to do something beneficial for everybody. And you should all get together in doing service.

Do not complain that 'I do not get any fun or pleasure in doing Seva'. Doing Seva for the sake of deriving pleasure or some sort of satisfaction too is a very poor approach in life. If you are doing Seva because you get some sort of pleasure or enjoyment from it, then you will not sustain it for long. You serve because you have to. If you serve only to enjoy, then you are being selfish.

You might have heard this short story before. Once a lady asked a Christian priest, 'Father, what does service mean?' The priest replied, 'My dear, say you see

an old lady trying to cross a busy road all by herself. Then helping her to cross the road safely is service'.



Words of Wisdom

Sri Sri Ravi Shankar

So when someone heard this, they went out on the streets to look for such people who were trying to cross the road. But they did something quite opposite. They

would approach elderly people and ask them, 'Do you wish to cross the street?' Though they said, 'No', these people force-

fully held their hands and took them to the other end of the road (Laughter). When the elderly person moved a little ahead, another person approached her and asked the same thing, 'Do you wish to cross the street?' When she again said 'No', he said, 'No, no! You have to cross the street. I wish to do some service'.

So the poor old lady was taken from one end of the road to the other and then again back to the same end. This happened some four or five times. She got frightened because of this. So, this is not seva.

Seva means to do something for someone else without expecting anything in return. It means to do without the desire of any reward in return.

News Highlights



been identified as being precariously close to extinction. Their condition had been made worse by the extreme low temperatures witnessed by the state this winter.

The Art of Living Beacon Gram Panchayat field team of

Jharkhand reached out to them with warm blankets at the Rajendra Institute of Medical Science in Ranchi, where they had been receiving treatment.

In the wake of extreme winter in Jharkhand, the team has generated funds to organize a blanket distribution drive across Ranchi city, Khunti, Bokaro, East Singhbhum, Saraikela and several other regions. In the drive, 575 blankets


have been distributed so far. The team comprised of D K Sinha, the Chairperson of Jharkhand Apex Body of The Art of Living, Prawin Kumar, Anukriti, Ravi Shankar, Kishore, and other volunteers.

To Share is to Care



Surat, Gujarat: On January 18, 2019, The Art of Living Women's Club of Surat arrived at the Halpati Seva Sangh's Ashram Shala in Bardoli loaded with essential items that would make life so much more comfortable for the 245 tribal children studying in that school. The gifted items included almirahs, chairs, bedding, bed sheets and pillow covers, kitchen burners and utensils, ceiling fans, tube lights, clothes for the children, buckets, etc. All the items were donated by members of the club.

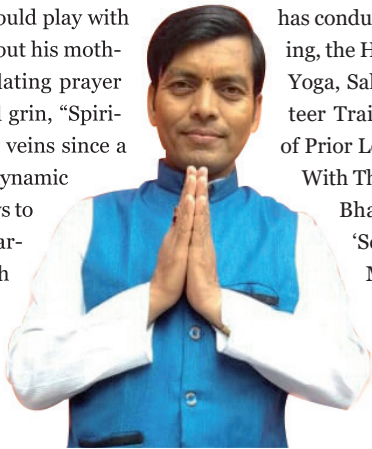
“I promised myself, until my last breath I will work to bring the light of wisdom and development to people.”

 | Dr. Hampi Chakrabarti

When all the kids in his village would play with toys, Pobitra Ghosh would sneak out his mother's prayer bell and play at emulating prayer rituals. Pobitra says with a proud grin, "Spirituality and social work ran in my veins since a very young age". Years later, as a dynamic college student looking for windows to serve the society, he diligently participated in service activities with the Red Cross Society of India, the NSS, NCC and the National Literacy Mission of the Govt. of India.

It was this quest for bringing holistic transformation and sustainable development to rural West Bengal (WB) that brought him to The Art of Living. After experiencing the benefits of the Sudarshan Kriya, he went on to receive training at the Youth Leadership Training Program. And with that his dream got a new mission. He pledged to bring the light of peace, wisdom and development to every home in the villages of Bengal.

Since then there has been no stopping him. For more than a decade now, Pobitra has been untiringly



Pobitra Ghosh

travelling and reaching out to people in Murshidabad, East Medinipur, Malda, Nadia, Birbhum, 24 Pargana and Jhargram districts of WB. He has conducted over 300 workshops including, the Happiness Program, YLTP, Sri Sri Yoga, Sahaj Samadhi Meditation, Volunteer Training Program and Recognition of Prior Learning (RPL) training for Yoga.

With The Art of Living's ongoing Project Bharat, Pobitra has made several 'Seva Yoddhas' in all 26 blocks of Murshidabad and has also been actively involved in the establishment of the Sri Sri Gyan Mandir in the area.

Pobitra has remained undeterred in the face of challenges. He has steadfastly continued his work to beat alcoholism and drug addiction amongst the rural youth. He has created

many more youth leaders like himself, who are adding feathers to the outreach of their work. With his workshops and social outreach he has even created job opportunities for several youth.

His dream of an empowered and developed nation is well on its way to being fulfilled.

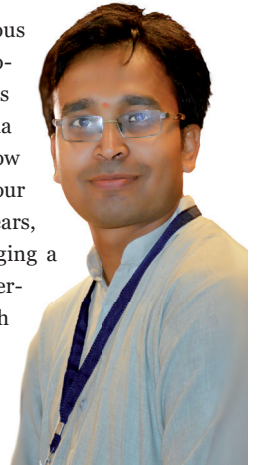
 | Jayashree Patnaik

One encounter with Gurudev Sri Sri Ravi Shankar was all it took to totally transform Amit Chatterjee. His journey of transformation began from being another youngster with the usual life goals to being a youngster on a mission to empower rural West Bengal. He undertook the Youth Leadership Training Program and then in 2010 trained to become an Art of Living teacher which further groomed him into becoming an instrument of change.

Amit played a major role in the establishment of Sri Sri Gyan Mandir at Budbud village in Bardhaman district, where he resides. The school that had started with 15 students, now educates 200+ students. Amit has also been instrumental in establishing many Ved Vignana Maha Vidya Peeth (VVMVP) schools in different parts of rural West Bengal that provides free education to the needy children. In 2011, Amit worked in the red zone areas of West Bengal with Ujjwal Mahato. In March 2013, he also worked tirelessly with the YLTP team of Purulia to organize its first ever visit by Gurudev Sri Sri Ravi Shankar. This event was attended by lakhs of people.

Over the years he has grown to serve as a YLTP Master Trainer. Along with Ramdas Bhat-tacharjee and Kunal Roy, he has trained hundreds of youth. He travels extensively within West

Bengal to conduct various other Art of Living programs like the Happiness Program, YES+, Utkarsha Yoga, Medha Yoga 1, Know Your Child, and Know Your Teen. In the past two years, the entire team is bringing a revolution of youth leadership in the state. Through his workshops youth experience great transformation and resolve to serve



Amit Chatterjee

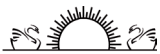
society. Many are inspired to serve and spread The Art of Living spirit and message by organizing Nav Chetna Shibirs, Bal Chetna Shibirs, and Yog Chetna Shibirs. Additionally, he conducts several awareness camps for many communities including farmers, people with addictions, and armed personnel as well. He is also engaged actively in creating model villages in the state. He believes in teamwork as the mantra of success.

Today, Amit is a true inspiration to thousands of youth as he continues the passion of his life – which is to spread the spirit of patriotism and spirituality amongst the youth of the nation.

“Our work is aimed at creating a healthy society and a strong nation with happy people.”

HERO STORIES



 | Dr. Hampi Chakrabarti

November 2018, significant portions of Tamil Nadu was devastated by the Gaza cyclone. Senthil Subramanian, an Art of Living teacher, was not unaffected

by it. On one hand the strings of responsibility to start immediate relief efforts for the victims pulled him, and on the other hand his own home was

submerged in knee-deep flood waters. Just then a text message arrived from a hapless acquaintance seeking



Senthil Subramanian

help in a distant village. That settled it for Senthil. He gathered a few volunteers and headed towards the Pettai village in

Cuddalore district of Tamil Nadu. On reaching the team learnt that 400 families had been stranded there for the last two days; food and drinking water reserves were almost exhausted. Being experienced in disaster relief work, Senthil knew the course of action and immediately set his team to work. In the next few days they reached out with relief to 150 villages in 4 affected districts of the state.

This was not the first time that Senthil had

been face to face with such a situation. During the Tsunami that hit Southern India in 2004, he had been the Project Coordi-

nator of The Art of Living's relief work. Under his guidance, the team had conducted trauma relief counselling and Nav Chetna Shibirs for 60,000+ victims, as means of immediate relief. For their long term rehabilitation, 96 homes were built in Nagapattinam, a child care centre were established along with a primary school and secondary school and a vocational training centre.

Back in 2007, Senthil also served at the fore-

front in war torn Sri Lanka. There he conducted 200+ workshops for more than 20,000 people, to bring the light of peace in their lives. He says, "We can give to others what we have within us. We are meditators; we have peace within us. In places where people are suffering the consequences of war and trauma, that is what is most needed."

Today, an experienced trauma relief counsellor, yoga and meditation teacher, Senthil has travelled extensively through Tamil Nadu, Kerala, Sri Lanka and also some areas of Kashmir, to spread the message of peace and make people stronger to deal with the needs and crisis in their own lives. He has trained and enabled hundreds of youth through the Youth Leadership Training Program (YLTP) to become leaders and guide their communities towards development and a better life.

Having come a long way, Senthil feels that there is no alternative to giving your hundred percent to the work. He is a man who thrives on challenges; bringing a wave of transformation to rural Tamil Nadu is next on his agenda.









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*To Create wave of Sattva
and Re-establish
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