



THE ART OF LIVING INTERNATIONAL CENTRE, BENGALURU

SEVA TIMES

Gaining the CSR Advantage

“Charity is no longer doling out cheques but a structured way of ensuring the right kind of help reaches the needy at the proper time.”

PAGE 2



End to the Water Woes



Water conservation project by The Art of Living will benefit more than 22,000 farmers in the region

PAGE 3

SEVA Snippets

Waste to Wealth



Gurudev Sri Sri Ravi Shankar inaugurated a one ton Swachh Composting Plant set up at the NDMC nursery in Gole Market, New Delhi, on November 27, 2019. Lieutenant Governor Anil Bajjal and NDMC chairperson Dharmendra were also present on the occasion. The waste management system is a perfect example of waste to wealth. It will convert 1,000 kg of organic waste every day into 300 kg of organic compost without any chemical treatment. This is the 18th Waste Composting Plant installed by The Art of Living in India; 14 in temples, 1 in a dargah and 3 with municipalities.

Harit Wari - Planting Trees along the Highway



The Art of Living in association with Vitthal Rukmini Mandir Samiti has launched a tree plantation project, Harit Wari, along the Mangalwedha-Pandharpur highway. Around 6000 saplings have been planted so far. The project team is led by geologist Dr. Anil Narayanpetkar.

Students to be Trained in Road Safety

The Art of Living has been authorized by the Regional Transport Office of Bhubaneswar to impart Road Safety Awareness & Training in high schools of Bhubaneswar

PrisonSMART Transforming Inmates in Bihar Jails

Under a tie-up with the Prison Department in Bihar, The Art of Living has reached 2938 inmates in 16 districts of Bihar in the last 8 months, transforming them and giving them a fresh direction in life through the PrisonSMART program. The organization is all set to cover 12 more districts in Bihar in the coming 3 months.

Karmayoga Samagam: A Congregation of Rural Youth Representatives in West Bengal

Nearly 12000 youth representatives from 800 villages receive guidance from Gurudev on rural development



Thoheja Gurukar

Kolkata, West Bengal: Gurudev Sri Sri Ravi Shankar addressed thousands of youth at the first ever congregation of The Art of Living Rural Representatives or Gram Pratinidhis of West Bengal at the Netaji Indoor Stadium in Kolkata on December 1, 2019. In his own inimitable fashion, he infused the youngsters with a fresh spirit of patriotism and guided them on how to go about building a healthy society that is free from fear – a nation where people from diverse cultural and religious backgrounds could live in harmony and brotherhood. Pratap Sarangi, Minister of State for Animal Husbandry, Dairying and Fisheries, who was present on the occasion also motivated the youngsters and filled them with enthusiasm.

The Art of Living's Vyakti Vikas Kendra India, guided by Gurudev has, from time to time, launched projects steered towards the growth and development of rural India without which the progress of India as a nation cannot be conceived. Project Bharat is one such project, or rather a movement, that envisages grooming at least five representatives from each of the 649,481 villages in India into leaders who will shoulder the responsibility of developing their respective villages.

Talking to the youth about the important task that lay ahead of them, Gurudev said, “Today the world is

plagued by violence and depression. There is aggression on one side and depression on the other. To come out of these two problems it is necessary to raise a wave of spiritual awareness similar to the one that prevailed at the time of Chaitanya Mahaprabhu in the twelfth century. There was love and affection everywhere among the people, there was a sense of camaraderie, a sense of being of service to one another. Such feelings are prevalent in our society even now. That’s why all of you are gathered here today.”

Gurudev then elaborated on how the progress of our nation is linked to the progress of our villages; without the progress of our villages, India cannot progress. “There has to be growth in each and every village in our country. The youth in our villages need to be filled with enthusiasm. There should be mutual friendship among them. Any discords that arise must be settled then and there. The need to take these discords to the district court or high court should not arise. It is with the intention of creating such a harmonious environment that I thought of Project Bharat.”

Comparing the five Pratinidhis from each village to the five Devatas of India’s ancient tradition, Gurudev said, “Like the five Devatas – Ganapati, Durga, Shiva, Vishnu, and Surya... we need five people from each village, each with a different mindset, one of them



should be a woman (Durga)... one like Ganapati to overcome obstacles that arise, one like Vishnu to preserve what has been achieved, one like Shiva to bring about transformation, and with all these one dynamic, forward-thinking person like Surya.” Gurudev then went on to say how The Art of Living wishes to groom them into agents of change and messengers of peace (youth would be trained as mediators) and ensure that no youth

remains unemployed.

Gurudev expressed his desire to see a wave of devotion and spirituality sweep across India before the 40th Anniversary of The Art of Living in 2021. So far, representatives had been appointed in 800 of the 40,000 villages of West Bengal. There is still a long way to go but judging by the enthusiasm of those present it did not seem an impossible dream.

Unique Conclave Brings Leaders Together to Act for the Cause of Water



Seva Times Correspondent

Bengaluru, Karnataka : The Art of Living joined hands with iTV Network to create a unique, high voltage conclave 'AakhriBoond - Water Wars and Future of Cities' to drive conversations and commit towards the urgent need of water conservation and management to combat the impending water crisis. The event convened on 16 December 2019, at the Vishalakshi Mantap, The Art of Living International Centre in Bengaluru and was graced by the presence of Gurudev Sri Sri Ravi Shankar; Gajendra Shekhawat, Minister of Jal Shakti, Government of India; Tejasvi Surya, Member of Parliament for Bengaluru South Lok Sabha Constituency; Ariel Seidman, Deputy Consul General, Israel Embassy; Dr. Lingaraj Yale, Director of River Rejuvenation Program and several others who are dynamically working for the cause of water.

The Art of Living has been working extensively for the rejuvenation of 42 river and tributaries along with

work on several smaller water bodies across the country. iTV Network, a fast-growing news and infotainment network has pledged INR 100 crores to launch the awareness campaign, 'AakhriBoond'. It is working towards sensitizing and educating people across India about the need and required steps for conservation of water. To bring this collaborative initiative to the doorsteps of common people, for its large-scale fruition, a Citizen's Charter was signed and promulgated by Gurudev Sri Sri Ravi Shankar and Kartikeya Sharma, Founder of the iTV Network.

Gurudev said, “When our water, air, earth and mind become pure, India will have the potential to rise as a superpower in the world.” He laid emphasis on plantation of trees that are native to the region, chemical free and natural farming to keep the ground water clean, and for people to come forward and volunteer so that a sense of belongingness to the cause is developed as well as the budget of rejuvenation and conservation work is reduced. He also pointed out that people need to act responsibly and not put things

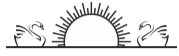


like sarees and bangles into the sacred rivers, even if for religious purposes. Minister of Jal Shakti poetically highlighted the fact that this earth is the largest dam or water reservoir that we have and hence need to increase our efforts in retaining ground water. As he mentioned, currently India has only a 250 million cubic meters holding capacity whereas the water that the country receives from all sources is almost 375 billion cubic meters. Tejasvi Surya highlighted the need for people to demand accountability from public representatives on delivering measures

for water conservation; only then will it get the kind of political attention that the situation demands. Ariel Seidman talked about the partnership between India and Israel for the cause of water, adding that it is a global concern and countries have to come together to share knowledge to find solutions to the problem.

The event also honored individuals like Padmashri Saalumarada Thimmakka, who is noted for her work in tree plantation, and other organizations for their dedicated efforts in this direction.

Planting Trees? Plant Them Right



| Padma Koty

Planting trees has for decades been a popular way of giving back to society and to nature. In The Art of Living too, tree-planting initiatives have been taken up as stand-alone events as well as in larger projects where the greening is a mandatory part of integrated resource management practices, but the differentiator here is the expertise, thought and planning that goes into its greening programs.

The earliest exemplar of the organization's tree-planting successes is The Art of Living International Centre at Bengaluru. Once a barren, rocky stretch, it is today a marvel of hard-won greenery.

Looking back, the destructive binary of Development versus Environment is an offshoot of mankind forgetting its timeless tradition of honoring nature. Planting trees and nurturing them was an important tradition in ancient India. Happily, society has begun to realize the importance of trees and the greening movement is spreading across the globe albeit challenged by tree-logging, "forest fires" and global water shortage.

Coming to the heartening success of the organization's 42 River Rejuvenation Projects, the accompanying, well-planned selection and planting of indigenous trees and medicinal plants like tamarind, blackberry, jackfruit, arali (sacred fig) and neem on the rivers' banks ensures the maintenance and retention of ground water. In the Kumudavathi River Rejuvenation Project, the species selected also help villagers earn livelihoods through small-scale industries.

Planting is, however, just the beginning. Ask Mahadev Gomare, Project Coordinator of several Art of Living Integrated Natural Resources Management Projects, to share his experience in this area, and he says planting the right species in the right way is fundamental to their survival, and can even offset climate change perils.

"Weather, soil condition, and location are very crucial if the tree plantation initiatives are to succeed. Planting native species and including fruit trees, flowering and medicinal plants and short term as well as long term plants is important." Additional factors for survival are cattle trenches to prevent grazing, while drip irrigation has proved invaluable in greening large tracts without taxing scarce water resources.

Sourcing saplings from in-house and external nurseries and agricultural universities, Gomare and his committed team started with two important activities: forestry and agro-forestry, with agro-forestry significantly improving the incomes of over 200 initially reluctant farmers in Maharashtra's Manjara and Tawarja river rejuvenation projects. Again, planting right gave unprecedented results.

In the agro-forestry model adopted, drumstick and fruit trees were interspersed with the regular crops, giving the farmers current, mid-term and long-term incomes, offsetting possible crop failures! The entire area's biodiversity benefited, too. The extra trees gave biomass and attracted birds and other life-forms, increasing the soil's micronutrients, decreasing the temperature and improving the soil's water-retention capacity. Result: the extra trees helped farmers make more income with less water. Significantly, mulching open land with grass in peak summer helped save tree roots exposed by cracks in the land from getting destroyed by direct sunlight. The Art of Living's other green Projects have also amply benefited from the efficacy of these tree-planting systems and techniques.

The way forward is clear. We need to make systems and create mechanisms for planting, nurturing and protecting trees. Importantly, we have to enlist youth and communities and turn tree-planting into a "growing" cause, because we have just this one planet. "There is no Planet B."



The Art of Living volunteers and 'SevaYoddhas' travel through the villages of Jharkhand to create Pratinidhis for Project Bharat.



Learning from the EXPERTS

Gaining the CSR Advantage



Ramesh Raman

Educated in international trade, Ramesh Raman in his long and illustrious career has garnered a rich experience of leading diverse projects. He has served with Tata Exports for over a decade and then went on to represent three leading German companies in India for over two decades. In 2000, he began volunteering with The Art of Living and was a member of the Maharashtra APEX body for over 6 years, wherein he took the initiative to drive various social development and service projects across the state. Until 2015, he headed the corporate training division of The Art of Living APEX as its CEO. Since then he has taken onus as the CEO CSR of International Association for Human Values (IAHV), a non-profit entity of The Art of Living. In that capacity he is currently coordinating over 100 projects in collaboration with over 50 corporate entities, as part of their CSR initiatives.

Ramesh Raman, CEO CSR of IAHV in conversation with Dr Hampi Chakrabarti gives a sneak peek into the leveraging of CSR funds for social development projects.

■ What difference has the opening up of CSR funds made to social development sector?

CSR funds have opened a huge window of opportunities for genuine NGOs to get over their need for funds to implement funds in the social sector. The corporate sector now looks upon NGOs as partners and collaborators. Charity is no longer doling out cheques but a structured way of ensuring the right kind of help reaches the needy at the proper time.

■ Does this coming together of corporate companies and NGOs create a unique social relationship bringing in more awareness and sensitivity towards social causes? If yes, how?

It is mandatory for the companies to set up a CSR committee at the Board level to monitor the activities. This itself creates a lot of awareness in the donor companies.

NGOs too have to become more responsible in the utilization of funds and every Rupee given has to be accounted for. This creates more awareness and also ensures that resources are used in a proper way. Corporate companies are ensuring that NGOs become more professional which in turn helps the entire sector to be more productive.

■ How has IAHV leveraged upon the CSR fund opportunities?

Being a part of The Art of Living has given IAHV an edge in the implementation aspects of the projects. The expansive volunteer base has helped IAHV in commencing projects in remote parts of India at a relatively short notice. In a short span of 4 years IAHV has managed over 300 projects with over 60 corporate entities most of them from the MNC sector. The repeat business percentage is over 90% which shows a high level of customer satisfaction.

■ What kind of parameters should be kept in mind to begin a project liaison with a corporate body?

This job is left best to professionals. IAHV has trained professions and will be glad to assist any individual to ensure proper liaison.

■ What are the challenges in working with CSR funds and how do you overcome them?

As I said earlier, CSR is no longer just a cheque writing exercise. A very high degree of professionalism is required. As they say in the equity markets it is AUM – Assets Under Management. Companies trust you with their monies and you have to ensure that delivery and other aspects are taken care of. IAHV has developed a strong back office to support the sales and project staff. CSR is not only about implementing the projects, but also reporting to the client in the required and timely manner. A lot of effort goes into the making of the projects at various levels i.e., proposal level, then comes the approval level, after which there is the implementation level and the reporting level and finally the impact Assessment level.

■ What guidance would you like to offer to our field teachers and volunteers who might be willing to venture onto this platform?

They should contact us, get trained and then get into it. You need not repeat the mistakes that most of us make while venturing into a new platform. IAHV will guide you and make the journey worth its while for all concerned.

“Charity is no longer doling out cheques but a structured way of ensuring the right kind of help reaches the needy at the proper time.”

River Flows after 9 Years Putting an End to the Water Woes of Man Taluka

Water conservation project by The Art of Living will benefit more than 22,000 farmers in the region

| Ruchira Roy

Satara, Maharashtra: “No great work can be accomplished unless we all come together,” said Gurudev Sri Sri Ravi Shankar while inaugurating Jalashay, a strategically important bandhara (a low dam to control flow of water), in Dahiwadi, on December 11, 2019. The river in the area had gone dry for the last 9 years and people in the surrounding villages relied entirely on tankers for water supply, requiring as many as 166 tankers per day.

The bandhara built by The Art of Living has the capacity to store 25 crore liters of water and after the recent rains water is gushing

above the bandhara. Villagers in Dahiwadi now have more than enough water to meet their needs. The project has benefited 22,000 people in the surrounding villages. Through its community empowerment initiatives, The Art of Living succeeded in uniting members of the village community, who came together as one after 70 years, for the cause of bringing their village out of the water crisis.

“The government alone cannot do everything... We can take the help of the government but we must also do what we can, then alone can an important task like this be accomplished. All of you together have made this possible.” said Gurudev while referring to the rejuvenated river that

is overflowing today in Dahiwadi.

Gurudev also emphasized the need to keep the river clean and to make sure that the dirty water from the drains does not mix with the river water. He also encouraged everyone to move away from the use of chemicals. “Chemicals harm the earth, the water, and even our bodies. It is our job to keep the water clean.”

Dahiwadi is among the 80 villages in Mann Taluka where The Art of Living, inspired and guided by Gurudev’s vision, has been actively working to alleviate the water crisis by increasing the water table, building structures to increase water holding capacity, and bringing the village communities together for the cause of



harmonious development.

“Like the breath is flowing in the body, the rivers flow on this planet,” Gurudev said. “Like there is no life without this breath, similarly no trees can grow, no crops can grow if rivers don’t flow on this earth. Nor can man survive then. Rivers form the basis of our lives.”

The goal of the project is to kick start large-

scale community action towards the long standing water crisis in Man taluka, a region that receives scanty rainfall due to its location in the rain shadow area of the Western Ghats. The approach comprises mass sensitization and engagement with Gram Panchayat and key community members to arrive at and implement solutions through participatory planning.

Words of Wisdom



Sri Sri Ravi Shankar

New Year is a time when the spirit of celebration engulfs the whole world. This is also an opportunity to reflect on the year gone by and take stock of what lessons we learnt. In life, things are to be learnt and forgotten - learnt so that you do not repeat the same mistakes and forgotten so that they do not leave you traumatized.

Keep moving

All the past events of our life sometimes appear to be nothing more than just a dream. Wisdom is becoming aware of this dream-like nature of life even as it is unfolding now. Knowing this brings tremendous inner strength, and the courage to be unshaken by external disturbances. At the same time, events have their own place in life. We need to learn from them and keep moving.

Drop the past, be fresh and alive

Generally, people say, learn the lesson from the past. I say just

drop everything. Learning from the past is still remaining in the past, keeping those impressions. I say just be hollow and empty, be spontaneous. What you have learned from the past is a limited purview of limited time. I say just drop it, then you can be fresh and alive. Knowledge is said to be like soap, you put it on and wash it off. But you have to put the soap on to wash it off.

The older you get in age, the younger you become in spirit

I hope the past year has made you younger. A sign of youthfulness is to take on more challenges and be enthusiastic. Enthusiasm can be expressed in different flavors, but as long as enthusiasm is there you are moving forward. On this path (of spirituality) the older you get the younger you become!

Life is a combination of challenges and comforts

Generally, craving in the mind is

that everything should go smoothly. And the older you get you don’t want to have challenges. Challenges mean effort, so much effort that you want things to be smooth. Life is a combination of both—challenges and comfort. If you’re in your comfort zone all the time you will go into slumber, you will go into inertia. Your real potential won’t come out. On the other hand, if there are only challenges in life you get worn out and drained. But nature is made such that nobody’s life is only challenges or only comforts.

Resolve to accept challenges—make friends with those who are not so friendly!

Challenges beckon your talents to come out. So welcome them. It is easy to be friendly with someone who is friendly. The challenge is to make friends with those who are not so friendly. I would urge you to take on these challenges. Make friends with those who are not so

friendly. Make this your resolution.

Fill your calendar: spread knowledge and love

This year, plan your calendar so that you can spend enough time in meditation, in acquiring knowledge and in serving society.

If you keep your gifts to yourself, life drags. If you share them, life flows smoothly. If you put your life at the service of others in the world, your life becomes very rich. If you keep it all to yourself, it starts rotting, it’s a burden and buries you. The way to feel lost in time is to put your life out there. Then you see time is very fruitful and it flies, and you fly with it. Plan your calendar accordingly. But be flexible. Planning, commitment, and flexibility - these three ingredients coming together is very important.

I wish you a very Happy New Year!

(Excerpts from Gurudev’s New Year messages over the years)

Seva Highlights



Over 500 Attend Free Eye Camp in Nalbari

The Art of Living and the Lions Club of Guwahati in association with Sankaradeva Netralaya, Guwahati, had organized a free Eye Checkup Camp on December 8, 2019, at Ghograpara High School, Nalbari. Over 500 people had their eyes checked at the camp and 130 of them will be undergoing free eye surgery for removal of cataract at the Sankaradeva Netralaya.



Warm Blankets Bring Relief to the Needy in Ranchi

As Jharkhand witnessed the longest cold spell in 8 years with Mercury dipping to 8 degrees in Ranchi, The Art of Living’s Karmayoga team distributed blankets to the needy in Ranchi and surrounding areas. The team led by Praveen Kumar and APEX Member Sunil Kumar Gupta, has so far distributed around 500 blankets to the poor and needy in Nawagarh and its surrounding villages in Angara district.



Keeping Mothers Warm

On December 19, 2019, volunteers of The Art of Living distributed blankets to the mothers of children studying in Adarsh Vidya Mandir Girls School in Gandhinagar, Abu Road, Rajasthan.



Blood Donation Camp in Pali

At a blood donation camp organized jointly by The Art of Living and Vinayak Hospital, Pali, on December 8, 2019, fifty-eight people donated blood. The Art of Living faculty Santosh Bhavnani and Manoj played a major role in organizing this camp. On the occasion of Guru Nanak Jayanti on November 17, 2019, The Art of Living family in Bagbahra had organized a blood donation camp in association with Yuva Khalsa Dal, Sri Guru Singh Sabha. 77 units of blood were collected.



Dispelling Myths Surrounding Blood Donation

In order to make people aware of the importance of donating blood, the youth wing of The Art of Living Family in Raipur, Chhattisgarh, had organized an event titled “Seva ki Khushboo” at the Magneto Mall on November 24, 2019. Through dance, music, and skit, the young participants dispelled many of the wrong notions surrounding blood donation and motivated people to come forward and donate their blood which could help save many lives. At the blood donation camp that followed the event, 100 people donated blood. These donors were mobilized through the ‘Blood Friends’ app created by the youth wing.



Stationary for Students of Sanskar Kendra in Abu Road

Volunteers of The Art of Living distributed stationary and chocolates to the children studying in Sanskar Kendra run by Adarsh Vidya Mandir, Govind Dham.

Throwback 2019



Year's first mass meditation in Berlin, the capital of Germany on January 7, 2019



Gurudev inaugurated a conference of neurosurgeons from around the world in Mumbai on January 25, 2019.



Farmers share their success stories with organic farming at a Krishi Mela in Watur, Maharashtra on February 9, 2019



The purpose of universities is to create personalities with qualities of enthusiasm, patience, creativity, and compassion, which are appreciated universally". Gurudev Dr APJ Abdul Kalam Technical University, Lucknow, on May 1, 2019. An MoU was signed to conduct The Art of Living programs for the students and faculty of the university.



Gurudev received the Order of St George conferred by the Orthodox Church, Kottayam, Kerala, on May 5, 2019



Gurudev met President Nicolas Maduro in Venezuela on July 10, 2019, to discuss principles of non-violence and restoring peace in Venezuela through dialogue



Gurudev at the National Summit for Mental Health in Denver, Colorado, on July 23, 2019. The summit brought together experts from various fields to tackle issues of violence, depression, and suicidal tendencies. The summit culminated in a mega multi-city meditation led by Gurudev.



On July 24, 2019, millions joined in America Meditates which was simultaneously organized in 129 cities across the US. The main event in Denver, Colorado was marked by inspiring talks by leaders and uplifting music by celebrity artists.



On September 22, 2019, Gurudev launched the Sri Sri University Resource Center for Climate Change & Sustainability Education & Practices, developed in collaboration with Noble Laureate Al Gore's Climate Reality Project, India office.



"Prejudice of any sort is detrimental to scientific temper. To either prove or disprove anything, one has to know it and to know anything one has to be open-minded. Discarding anything without thorough examination is not scientific," said Gurudev as he addressed faculty members and students at IISc in Bangalore on October 11, 2019



Gurudev met over 7000 students of Allen Institute, Indore, on November 6, 2019. He answered their questions and emphasized the need to give students a wider perspective on life along with academics. He said a spiritual aspect in education helps students learn how to deal with failure, how to make choices, what values to nurture, and a lot more



Ayodhya Settlement: Gurudev had proposed a 3-point formula for out of court settlement way back in 2003. On November 9, 2019, the Supreme Court pronounced a verdict in line with Gurudev's 2003 formula.

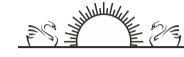


Addressing the International Conference on Child Dignity at the Vatican on November 15, 2019. Cardinal Parolin, H M The Queen of Sweden, H H Sheikh Saif Bin Zayed Al Nahyan, Deputy PM of UAE, and other dignitaries participated in the event.



Gurudev met Hon J&K Lt Gov G.C. Murmu in Jammu on December 6, 2019, and attended the Shri Mata Vaishno Devi Shrine Board meeting

Hero of the Hinterland



Dr. Hampi Chakrabarti

There were about 75 families of the Muthuvan community who lived in this forest area which was inhabited by elephants and other animals.

What can possibly be your worst nightmare? Getting awarded for a drawing competition in school! Anil explains further, "Getting an award means you had to go up on stage, as the entire school watched you and then you had to speak in front of them!" A young Anil Kumar had pestered his friend that day to go on stage and collect the award on his behalf. Years later, in 2009, when on the last day of his DSN program the teacher decided to hand him the manual to conduct Navchetna Shivir, Anil summarily refused it for the fear of having to talk in front of an audience!



Anil Kumar

Life, however, had different plans for him. He hailed from the remote Adimaly in Idukki district of Kerala, a place which hadn't yet seen much development. He realised the need to take Gurudev Sri Sri Ravi Shankar's wisdom to the people there, and thus took the onus to organise Navchetna Shivirs. But the remoteness of the place made it difficult for teachers to reach there. He somehow arranged for a teacher to come to the temple near the town to conduct the Shivir. The villagers had gathered but the teacher could not reach on time and the task fell on Anil's shoulders! There was no backing out then; he had to overcome his worst fear and get on with the task. That day Gurudev's words that, if you reach a Guru and if you are someone who can't face a single person, you still will be able to speak to a gathering of thousands of people, was brought home to him. He immediately accepted his Navchetna Shivir manual. Anil started conducting courses for people residing in the nearby area. Even if there were as few as six or seven people he would conduct it. Soon, people started realising its benefits and more and more of them joined in. Next he wanted to conduct a Happiness Program there. But, many people from such an economically backward place could not afford it. So he distributed piggy banks to them to save money for the course. Within six months the first ever Happiness Program was conducted there and as it gained momentum several YLTP courses were also held.

During the time, he began travelling with a fellow teacher to more remote tribal places. Most of the time the journey would be very arduous, walking three to four hours through forests to reach a place where only a handful of people would be willing to lend them an ear. He also organised and conducted courses in the Govt. hostels for tribal girls that were run under the Mahila Samakhyas Programme and also in tribal boys hostel. This helped him bond with them and understand the needs of their community better. Through this association, he met Madanan, who invited him to teach courses at his place, Kozhivalakudy, another tribal area, reaching which required him to travel two and a half hours by bus and another hour on foot through a forest. There were about 75 families of the Muthuvan community who lived in this forest area which was inhabited by elephants and other animals. Few other girls and boys from this place had already done these courses at their tribals' hostels. Along with them, Anil took the resolve to do everything in his capacity to uplift the people here. Today, Kozhivalakudy is the first village in Kerala where each member's life has been touched by the wisdom of Gurudev. In 2018, after the floods ravaged Kerala, The Art of Living brought in the Sri Abhayam project to help people. This enabled Anil and his team to conduct many more service activities there and also to reach out to nearby tribal areas like Zinkkudy and Chokramudykudy. Over the years, Anil has conducted a large number of YLTPs and created community leaders in the area.

This journey has required a lot of patience and perseverance from Anil. Although his wife and children stood strongly by him along all hardships, gaining the confidence of the rest of his family has tested all his reserves. Managing his hardware shop and finances alongside this arduous seva, too posed its own set of challenges. But Anil, does not mind. Today, as an Art of Living teacher, he is here for the bigger cause, to make the big difference in his small way.



PROJECT BHARAT



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To Create wave of Sattva
and Re-establish
Dharma in Nation

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