

# ASHRAM i

FEBRUARY 2020

HAPPY  
NEW YEAR  
2020



## CELEBRATIONS

It's not just the year that is changing. Your appearance, thoughts, feelings have all been changing. In fact, there isn't a single cell in you that you were born with. So what makes you 'you'? If you find this out, your life becomes an eternal celebration.

#HappyNewYear2020

*Gurudev's tweet for the New Year*

<<https://twitter.com/SriSri/status/1212267203661193217?s=08>>

### You Have the Capacity to Change the "Times"

*2020 New Year Message By Gurudev Sri Sri Ravi Shankar*

Our new year begins with fun and continues with fun and you have the capacity to change time...Watch Gurudev Sri Sri Ravi Shankar message for the year 2020!

<<https://www.youtube.com/watch?v=XtOqziDzDeA>>

Live webcast of Gurudev on the occasion of new year, from Bad Antagost, Germany.

*Smart people create good time, they don't wait for it ~ Gurudev*

<https://www.youtube.com/watch?v=YXgeix5wUSo&feature=youtu.be>



### 13th Jan: Lohri Celebration

Lohri is the first of India's rich and diverse melange of festivals to be celebrated with great pomp and energy across different regions of the country in the new calendar year. In North India, and predominantly Punjab, this harvesting festival begins the year's festivities with a tribute to the farmers for their hard toil and labor that enables us to live prosperous lives.

<https://www.artofliving.org/in-en/culture/festival/lohri-2020-all-you-want-to-know-about-lohri>



Bidding good bye to 2019, Bangalore ashram welcomed 2020 with a special satsang on the mid night of 31st December, 2019. Making life an eternal celebration! Ashramites at The Art of Living International Center, Bengaluru, welcomed #HappyNewYear2020 with music, dance & meditation. Journey from outward to inward, from that which is changing to that which is unchanging!

Volunteers from Maharashtra performed Gondhal (Maharashtrian Folk) dance in satsang at Bangalore ashram. Here is the instagram link for the same.

[https://www.instagram.com/tv/B6\\_1NGgJhHQ/?igshid=73pn2rggt992](https://www.instagram.com/tv/B6_1NGgJhHQ/?igshid=73pn2rggt992)



Festivals uplift not only individual spirit but also the collective spirit of society. Our forefathers had envisioned and encouraged many a celebration.

#HappyMakarSankranti, Magh #Bihu & #Pongal!

14th Jan, Gurudev's tweet on Makar Sanranti, Pongal  
<https://twitter.com/SriSri/status/1216948850289606658>





The #ChineseNewYear was celebrated in Bangalore Ashram

with a large group from China, Hong Kong, Malaysia & Taiwan.

<<https://twitter.com/SriSri/status/1221142142023696384>>



Makar Sankranti is an Indian festival celebrated by several states of India around mid January. Tamil Nadu also celebrates Pongal at the same time and Punjab also celebrates Lohri at the same time. While this is the time for harvest festivals of all the different states, true to India's diverse traditions, each one has its own customs and practices.

When is Makar Sankranti 2020?

January 15th 2020. This date is based on the solar calendar, and hence, closely follows the Gregorian calendar. It is the day that the Sun moves into Makara i.e. Capricorn constellation or zodiac.

<<https://www.artofliving.org/in-en/culture/festival/makar-sankranti-2020-what-is-makar-sankranti>>

The Cultural & Spiritual Significance of Makar Sankranti | Gurudev Sri Sri Ravi Shankar

<<https://www.youtube.com/watch?v=nFGcwwDmEIs&feature=youtu.be>>



3 Jan: Durga Homam at Bangalore Ashram

# EVENTS



9<sup>th</sup> Jan: Live QnA with Gurudev at Bangalore Ashram at 7 pm IST

<https://www.facebook.com/SriSriRaviShankar/videos/510519936252218/>

10~12<sup>th</sup> Jan: Sahaj Samadhi Meditation with Bhanu Didi

Starting 2020 with easy yet powerful technique of meditation for greater peace of mind & reduced stress!

Bhanu didi conducted PAN India Sahaj Samadhi Meditaitaion program.

12<sup>th</sup> Jan: Sunday special Live satsang with Gurudev from Bangalore ashram , 6.30pm IST

<https://www.youtube.com/watch?v=8U8riB5CzEU&feature=youtu.be>

14<sup>th</sup> Jan: Satsang with Gurudev with beloved Gurudev from Bangalore Ashram, 7pm IST

<https://www.facebook.com/119952078059809/posts/2723376947717296?vh=e&d=n&sfns=mo>

15<sup>th</sup> Jan: Makar Sankranti Special live webcast with Gurudev Sri Sri from Bangalore ashram at 7pm IST

<<https://www.youtube.com/watch?v=PMJLqPStnEE>>

16<sup>th</sup> Jan: Gurudev's address at IIMKozhikode, Kerala in the International Conclave on Globalizing Indian thought.

<https://www.youtube.com/watch?v=w3UH6QcIwaI&feature=youtu.be>

17<sup>th</sup>-18<sup>th</sup> Jan: Shiv Sutra commentary by Gurudev, at the land of lord vadakkunnathan from Thrissur, Kerala

7<sup>th</sup> Jan: Live satsang with Gurudev at Bangalore Ashram  
<https://www.youtube.com/watch?v=onrbbwUZkqM&feature=youtu.be>

7<sup>th</sup> Jan: Vaikunth Ekadashi Special Vishnu Sahasranama Parayanam and Sudarshana Homam with Gurudev at Yagyashala Mantap.

Gurudev met all the To-be-Teachers of Teachers Training program and guided them with pearls of wisdom.

9<sup>th</sup> Jan: Durga Homam with Gurudev Sri Sri Ravi Shankar

10 Jan: Thiruvadhirai is also known as the Ardra Darshana, a very famous vrata that is gloriously celebrated. This vrata is observed on the Thiruvadhirai Naksharam, the full moon day in the month of Maarkazi.



17<sup>th</sup> Jan:

Worry is a stagnant thought, connected with insecurity. Prejudice is a thought colored by previously held concepts. For a progressive outlook, we should have strong roots & also be open to new ideas.

Addressed the International Conclave on Globalising Indian Thought IIMKozhikode.

<<https://twitter.com/SriSri/status/1218056707814744064>>

19<sup>th</sup> Jan:

Gurudev was present at satsang at Vadakkunnathan Temple at Thrissur. Gurudev's tweet " When the Self dances in the inner realm, the senses become the audience. Waves of devotion in Thrissur at Vadakkunnathan Temple with 10,000 people singing, dancing & meditating over two days."

<https://twitter.com/SriSri/status/1218746826720858112>

Gurudev inaugurated a performance by 6000 Mohiniyattam dancers, organised by SNDP Yogam in Thrissur, Kerala. Gurudev's tweet about it.

<https://twitter.com/SriSri/status/1218772059729252354>

# GURUDEV

IN

# EY BULGERIA

An evening of wisdom  
and inspiration with

Sri Sri Ravi Shankar



© Archie

31<sup>st</sup> Jan: When you learn to allow your mind-body system to consciously relax, you can be more dynamic & efficient. Was invited to address an event at Ernst & Young in Sofia, Bulgaria.

Tweet on 1<sup>st</sup> Feb

<https://twitter.com/SriSri/status/1223561359469641728>

29<sup>th</sup> Jan: Gurudev visited Bulgaria after 8 long years. Had two days of meditation and wisdom in the capital city, Sofia.

Tweet on 30<sup>th</sup> Jan

<https://twitter.com/SriSri/status/1223561359469641728>



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26<sup>th</sup> Jan: Over 300 learned scholars performed an ancient Vedic ceremony at Bangalore Ashram to alleviate negative vibrations and bring peace in the world.

<https://twitter.com/SriSri/status/1221401490650095616>



24<sup>th</sup> Jan: It's today! Live commentary on Bhagavad Gita, Chapter 18 by Gurudev. Time: 6:30 PM to 8 PM.

26<sup>th</sup> Jan: Gurudev's tweet about the Bhagwad Gita Discourse.

ज्ञान, सुख, त्याग, कर्म, कर्ता, बुद्धि, धृति - इन सबके विभिन्न प्रकार क्या हैं, किस कर्म का त्याग करना है किसका नहीं, त्याग किस प्रकार करते हैं, इन सब सूक्ष्म विषयों पर गहन ज्ञान वाला भगवद गीता का अंतिम अध्याय आज BangaloreAshram में संपन्न हुआ।

<https://twitter.com/SriSri/status/1221469351607357440>

18<sup>th</sup> Jan: A must watches for all millennials- A fun and enlightening session with Srividya

<<https://www.facebook.com/119952078059809/posts/2723376947717296?vh=e&d=n&sfns=mo>>

21<sup>th</sup> Jan: Live Now: Q&A with Gurudev @SriSri

<<https://www.youtube.com/watch?v=uG3yYhhvw5c>>

23<sup>rd</sup> Jan: Live Satsang with Gurudev from BangaloreAshram, Thursday, 23<sup>rd</sup> January, 7 PM IST

<https://www.facebook.com/SriSriRaviShankar>

26<sup>th</sup> Jan: Live Now: Q&A and meditation with Gurudev from BangaloreAshram

<https://www.youtube.com/watch?v=61CoHvY4cAk&feature=youtu.be>

# IN NEWS



## **Vinayak Hosamani**

was preparing to fly to UK's Southampton where he joined as a commis chef on a luxury cruise line. (Source: Vinayak Hosamani/Ridhi Maglani)



"From school dropout to cruise chef, this Dharavi boy is going places" - An article in Indian Express

...

The Dharavi-boy, who failed his Class V, was admitted to Sri Sri Vidyamandir in the area, which schools more than 500 kids from underprivileged backgrounds till Class 10. With the school's round-the-clock timings, Hosamani's father was assured that his son would not fall prey to the slum's other distractions, thus helping him focus on his studies.

[https://indianexpress.com/article/cities/mumbai/from-school-dropout-to-cruise-chef-this-dharavi-boy-is-going-places-6212405/lite/?\\_\\_twitter\\_impression=true](https://indianexpress.com/article/cities/mumbai/from-school-dropout-to-cruise-chef-this-dharavi-boy-is-going-places-6212405/lite/?__twitter_impression=true)

Still looking for reasons to start meditation and yoga? Here's one:

Research finds that regular Yoga and Meditation Practice is linked with a decrease in volume of the right amygdala, a brain region that regulates negative emotions.

<https://www.psypost-org.cdn.ampproject.org/c/s/www.psypost.org/2019/08/meditation-and-yoga-practice-linked-to-reduced-volume-in-brain-region-tied-to-negative-emotions-54273/amp>

**11 Jan.** It was Bhanu Didi's birthday.

She is spread heading 702 Art of Living free schools, educating more than 72,000 children across India. She has taught meditation to thousands around the world. She is an inspiration to all of us.

**DID  
YOU  
KNOW?**

2<sup>nd</sup> Jan:

Bhanu Didi's book " On the plateau of the peak " was bestseller in Taiwan. It was the 4th week in a row.

ShutterNoise  
Photography



Director General, NIFT signed MOU with Art of Living today for imparting value based life skills to students today. #artofliving #shrishri #nift NIFTNewDelhi NIFT\_HO

<https://twitter.com/BengaluruNift/status/1218934596923875328>

8th Jan: Along with ongoing service activities by Art of Living in connection with Australian Bush Fires, Art of Living Australia volunteers also did prayers for rain. Seva and prayers go hand in hand.

<https://twitter.com/AOLSwamiji/status/1214722359946629121/photo/1>

On January 12th, 2010, ArtofLiving organized Antarnaad, a historic symphony presented by 2,750 Indian classical vocalists.

Celebrity singer Shankar Live enthralled more than 2 lakh people in Pune. Watch the event on <<https://www.artofliving.org/apps>>

12th Jan: National Youth's Day

<https://www.artofliving.org/in-en/culture/best-life-lessons-from-swami-vivekananda>



Women are both gentle and strong. The primordial energy, Shakti is the life force behind the whole of creation is feminine. That is why our scriptures honor women as the highest aspect of divinity- the Aadhya Shakti.

14<sup>th</sup> Jan: Gurudev's article on Women's Power

<https://www.artofliving.org/iwc/power-of-women>

22nd Jan:

Sri Sri Tattva signed a MoU with Traditional Medicine Hospital, Ministry of Public Security of Vietnam to spread the awareness on Ayurveda.

24th Jan:

On January 24th, 2020, #Saturn is going to transit from Sagittarius to Capricorn, bringing a host of changes for all zodiacs. What are the measures you can take to improve the next three years of the Shani Gochar? Find out more:

<https://www.artofliving.org/in-en/culture/how-saturn%E2%80%99s-transit-from-sagittarius-to-capricorn-and-how-you-can-make-the-best-use-of-this-time>

26th Jan:

Can Women Really Have It All? Read the IWC blog to know what @RajitaBagga

, President of the World Forum for Ethics in Business and Sri Sri University has to say about women and the dynamic roles we play

<https://www.artofliving.org/iwc/can-women-really-have-it-all>



It was wonderful to experience the "Sudarshana kriya" at @artofliving

's 'Happiness Program'. I am running short of words to explain it. One must definitely experience it. Thanks a lot to Gurudev

<https://twitter.com/PavanWadeyar/status/1218058000088195073>

27th Jan:

Share your Happiness Program / Sudarshan Kriya experience, be an inspiration for others to experience the power of #breath!

Selected experiences will be featured on the Home Page of Art Of Living India  
<https://www.artofliving.org/in-en>

<https://docs.google.com/forms/d/e/1FAIpQLSdgs1diKTZA6vWvOS5y4QXPejiWHzTc-erUT7Ejyf8kloZ-Q/viewform>

Still looking for reasons to start meditation and yoga? Here's one:

Research finds that regular Yoga and Meditation Practice is linked with a decrease in volume of the right amygdala, a brain region that regulates negative emotions.

<https://www-psypost-org.cdn.ampproject.org/c/s/www.psypost.org/2019/08/meditation-and-yoga-practice-linked-to-reduced-volume-in-brain-region-tied-to-negative-emotions-54273/amp>

29th Jan:

Talking when the phone battery is low, keeping the phone beside you at night can have harmful effects on your health. Here are a few tips from Gurudev @SriSri

on how you can shield yourself from mobile radiation

<https://www.youtube.com/watch?reload=9&v=8PTzB5MyLVc&feature=youtu.be>



Dr.Prem Kumar , Agriculture,Animal and Fisheries Resources Minister from Govt. of Bihar visited Bangalore ashram.His tweets:

आज बैंगलोर स्थित परम पूज्य @SriSri

जी महाराज के #ArtOfLiving इंटरनेशनल सेंटर जाने का सौभाग्य प्राप्त हुआ। यहाँ विलुप्त हो रही भारतीय किस्म की 35 प्रजातियों की लगभग 10 हजार गायों और नंदी को संरक्षित किया गया है। हमारी परम्पराओं में गायों को माता लक्ष्मी का दर्जा दिया गया है।

<https://twitter.com/DrPremKrBihar/status/1214108483181842432?s=08>



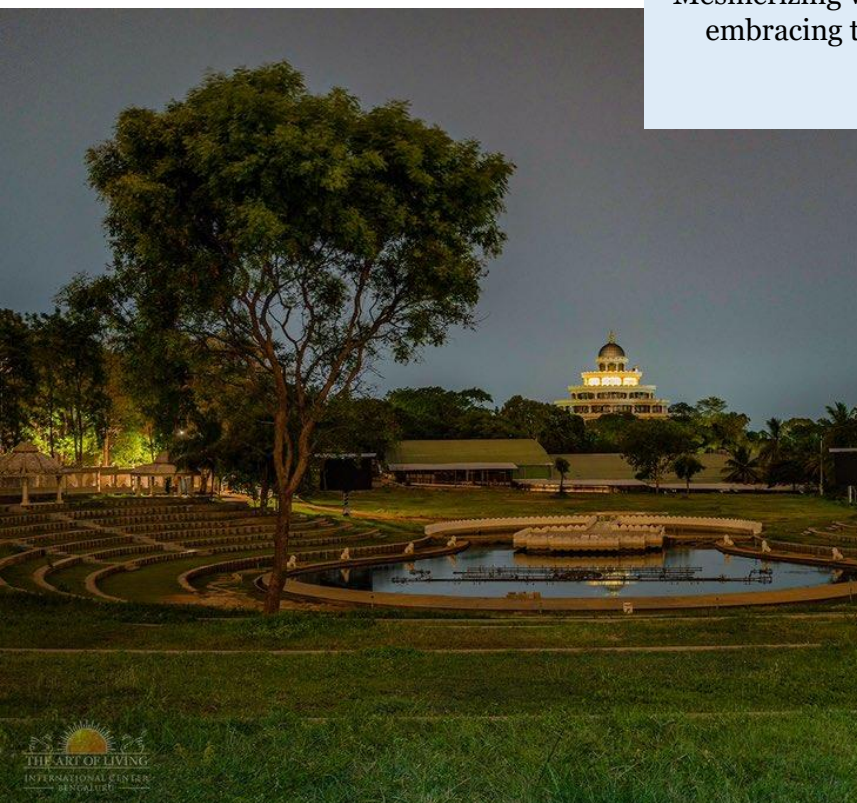
31<sup>st</sup> Jan:

This day, 9 years ago, The Art of Living hosted a magnificent musical symphony in Chennai, India. The celebration was aimed at making Indian classical music accessible to the masses. The event, Naadha Vaibhavam went on to enter the GWR for the participation of 121,441 people.

# PICTURE OF THE MONTH

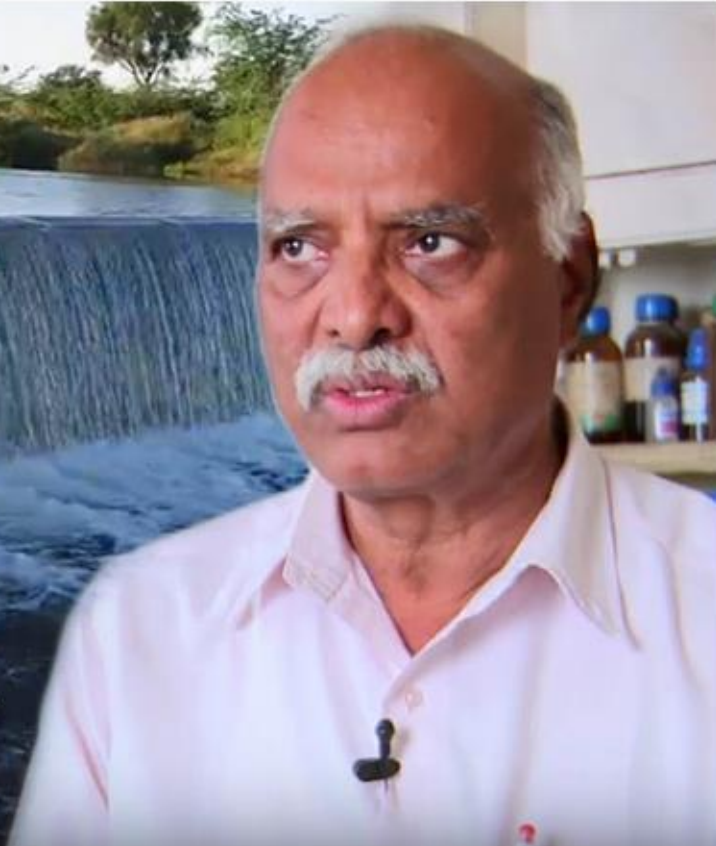
THE ART OF LIVING  
INTERNATIONAL CENTER  
BENGALURU

When the light of knowledge is lit up, there is an explosion of joy within. Mesmerizing view of Vishalakshi Mantap from the Guru Paduka Vanam embracing the joy of silence - igniting the spirit of love and service.



# STORY

## THE DOCTOR WHO WENT BEYOND THE CALL OF DUTY



The Doctor Who went beyond the call of duty:

Dr. Mahadev Pol, who is a pediatrician, serving as a doctor since 1980, in Phaltan, Maharashtra. While practising his profession as a child specialist doctor he could see the condition of the farmers in the surrounding area. It was very painful for him. Then he underwent Art of Living's Happiness Program in 1997, that was the time he decided to visit village to village and bring awareness about this program. Kapsi is a nearby village from Phaltan, the villagers shared the problem of water scarcity there. They used to order water tankers and the water from the tankers used to get over within an hour. So the doctor started working there from the year 2002 - 2005. Every day he used to reach Kapsi, early morning 8am. There used to be a group of 40- 50 volunteers along with him. Taking raw material from the same village with the cooperation of villagers, he and his group started working towards building a small water structure. It had cost just 8000 rupees for the same. In a similar way this group built 17 gabion structures and 11 underground tanks.

The village also had some women issues, as they were using chulhas which would create smoke which would affect the health of the people. So this group provided smokeless chulhas to them. The village did not have any toilet facilities. They built a toilet for every home. They guided the farmers for chemical free farming, which had impacted farmers' lives in a better way. Since 2002 till this date, in this village people take the self-responsibility and work towards the issues of villagers. This model has become a sustainable model now. This change is attributed to one of the most transformative programs of the Art of Living " Youth Leadership Training Program " ( YLTP ). Kapsi village has received the prestigious " President's Award " for " Model Village ".

<https://www.youtube.com/watch?v=FL87L982Hyk>

# UPCOMING PROGRAMS

## UNKNOWN FACTOR

A Dialogue with **Sri Sri**

**FACILITATED BY VISHEN LAKHIANI**  
FOUNDER AND CEO, MINDVALLEY

14th February, 2020 - 7pm IST

REGISTER NOW FOR WEBCAST

Dive into the unknown with  
**Gurudev**

this February.

Sign up to watch:  
<http://unknownfactor.in>



Bhagvad Gita final chapter " Moksha- Sanyas Yoga " explained by Gurudev Himself .

Find below the link to register.

<https://live.artofliving.org/>

# CALENDAR

## OF THE MONTH

### English Calendar

4 February: World Cancer Day

5 February: Kashmir Day

13 February: World Radio Day

14 February: Valentine's Day

20 February: World day of social justice

21 February: International Mother Language Day

24 February: Central Excise Day

28 February: National Science Day

### Indian Calendar

1 February: Ratha Saptami, Narmada Jayanti

8 February: Thai Pusam

9 February: Guru Ravidas Jayanti

9 February: Lalita Jayanti

10 February:

Phalgun month begins in Northern part of India

14 February: Yashoda Jayanti

15 February: Shabari Jayanti

16 February: Janaki Jayanti

18 February: Maharishi Dayanand Saraswati Jayanti

19 February: Chatrapati Shivaji Maharaaj Jayanti

21 February: Maha Shivaratri

25 February: Ramakrishna Jayanti , Phulera Dooj

## ASHRAM INFORMATION CENTRE

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