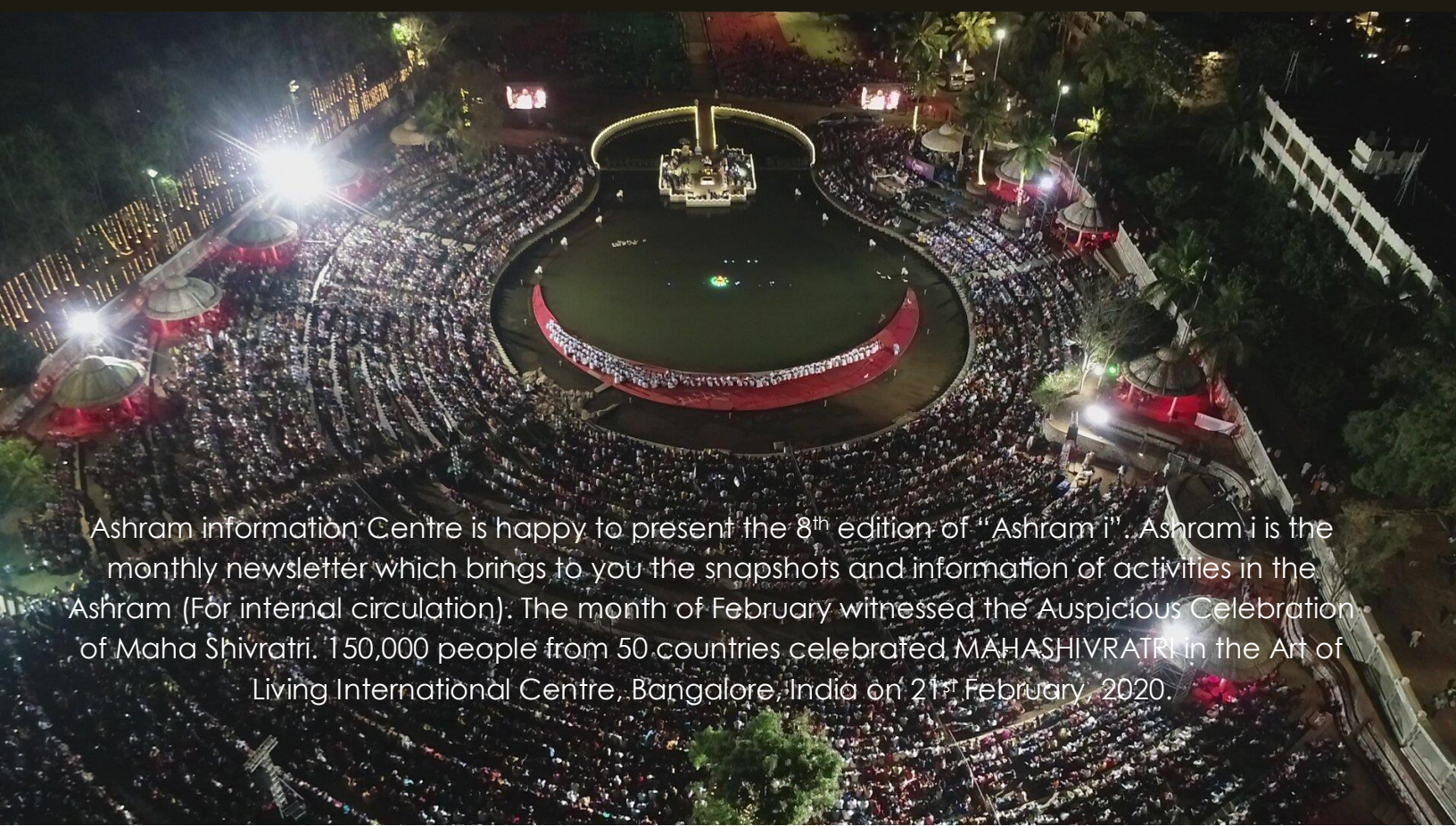


ASHRAM i

MARCH 2020



The celebration of MAHASHIVRATRI 2020 @ Bangalore Ashram



Ashram information Centre is happy to present the 8th edition of "Ashram i". Ashram i is the monthly newsletter which brings to you the snapshots and information of activities in the Ashram (For internal circulation). The month of February witnessed the Auspicious Celebration of Maha Shivratri. 150,000 people from 50 countries celebrated MAHASHIVRATRI in the Art of Living International Centre, Bangalore, India on 21st February, 2020.

CELEBRATIONS



21ST FEBRUARY 2020

MAHASHIVRATRI

GURUPADUKAVANAM, BANGALORE ASHRAM

The ultimate state of your Being- which is Lord Shiva, that is what you truly are. Being or reaching that state is what Mahashivratri is all about. There are 4 levels of experiencing this deep connection with the Divine.

1. Saamipya 2. Sannidhya 3. Saarupya 4. Saayujya

The first is called Saamipya (nearness to the Master or the Divine). It means to feel that we are very close and very dear to the Divine. A Guru helps you feel that nearness, that closeness with the Divine.

The second level is Sannidhya – meaning to feel or invoke the presence of the Divine. When you meditate, you feel that presence of the Divine (within yourself). It means you become aware of the existence of the Divine, you experience the presence.

The next is Saarupya – to see the Divine in yourself and in all forms everywhere. It means to feel that ‘the Divine is in me, and I am the Divine’. It means to realize that the Divine is present in my form, and in all the forms around me.

The ultimate state is Saayujya – meaning to feel totally one with the Divine, merging so completely that you see no difference between yourself and the Divine. At that state there is no two (no duality), there is only One.





MAHASHIVRATRI PROGRAMS

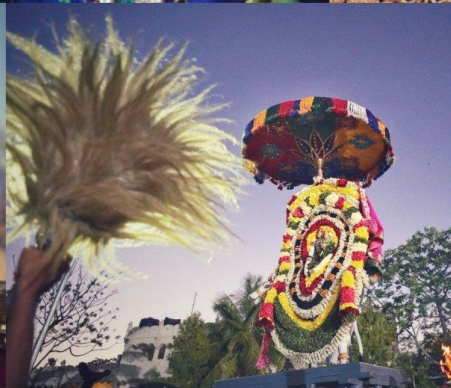
11:30am Devi Puja
6:00pm Maha Rudrabhishekam
12:00am (22nd Feb) Meditation with Gurudev
4:00 am (22nd Feb) Maha Rudra Homa



Our culture, traditions & festivals have a deeper meaning and are associated with a specific divine energy. This divine energy is given a name & form for us to understand the virtues, qualities, and its blessings clearly. One among these energies, and the presiding energy, is Shiva.

Media coverage of Mahashivratri

- ➔ Divya-Hindi
- ➔ ETV-Telugu
- ➔ Suvarna-Kannada
- ➔ DD Chandana- Kannada
- ➔ TV9-Telugu
- ➔ Diggvijay-Kannada
- ➔ MHOne News-Hindi



The Circle of Life

Passion | Compassion | Dispassion



INTERNATIONAL WOMEN'S CONFERENCE

February 14th - 16th, 2020 | The Art of Living International Centre, Bangalore



Gurudev along with eminent dignitaries inaugurates the 9th edition of International Women's Conference by lighting the ceremonial lamp on 14th February morning.



During the IWC, Luke Coutinho was in conversation with Gurudev on 5 health hacks for mind, body and soul.



14th Feb: The Unknown Factor, an interactive session moderated by Vishen Lakhiani, Founder, MindValley - Gurudev spoke on various aspects of consciousness & it's practical utility in day to day life, the mechanics of meditation, how it helps in managing one's mind & it's impact on relationships.



IWC 2020

The Circle of Life - Passion | Compassion | Dispassion

The International Women's Conference (IWC) brings together women leaders from various spheres of society such as politics, arts, business, media, and academia to engage in meaningful dialogue and sessions to:

- > Learn from each other's inspirational life stories
- > Explore how to amplify the message of peace, empowerment, and service to society
- > Highlight the many ways in which women contribute to the world
- > Discover spiritual tools, techniques to increase positivity and well being

IWC's unique two-tier model - individual development and collective action - facilitates partnership-building and leadership development among women leaders globally. To achieve its vision, the summit agenda integrates unique leadership development modules based on the principles of personal development programs offered by The Art of Living.



Fame India Magazine features Smt. Bhanumathi Narasimhan, Chairperson, International Women Conference, in Asia Post Survey's list of 25 most empowered women 2020.

IWC 2020 NEWS LINKS...

- ➔ 12 Feb: Bhanu Didi was live on Fever 104 FM at 10 PM to talk about the IWC 2020.
- ➔ 11 Feb: How will the world benefit from more women in leadership roles? Read this beautiful answer from Smt Bhanumathi Narasimhan, Chairperson, IWC.

<http://epaper.theshadow.in/index.aspx?page=6>

Smt. Bhanu Narasimhan Interview on International Women's Conference 2020

It is a great pleasure to be invited to share my thoughts on the International Women's Conference 2020. I am honored to be part of this global gathering of women leaders. The conference provides a unique platform for women to share their experiences, challenges, and aspirations. It is a time to reflect on the progress made and to set new goals for the future. The conference is a testament to the power of women and their ability to lead and inspire.



- ➔ 12 Feb: What makes a good leader? Gurudev's take on leadership featured in Times of India <https://twitter.com/ArtofLivingABC/status/1227548681072730112>
- ➔ 10 Feb: Read what happened when Smt. Bhanumathi Narasimhan invited a young woman and a mother of a 2-year-old to be a part of a fashion show fundraiser, here <https://www.speakingtree.in/article/why-women-stay-away-from-the-spotlight?>
- ➔ A key highlight of the International Womens Conference is a deep and insightful conversation between global peace ambassador Gurudev Sri Sri Ravi Shankar and leading wellness entrepreneur, Vishen Lakhini, CEO, Mindvalley . Article at thelifestylejournalist.in. International Women's Conference with a difference. <http://www.thelifestylejournalist.in/international-womens-conference-2020-with-a-difference/>
- ➔ IWC-2020 में श्री श्री रविशंकर जी की बहन और IWC की चेयरपर्सन भानुमति नरसिम्हन से खास बातचीत <https://youtu.be/HOjUaa-jTdM>
- ➔ Read how Dr. Kiran Bedi for the first time realized justice was her passion, as she shares the story at 9th International Women's Conference.
- ➔ **More news on IWC2020 in the IN NEWS section**



Conference puts spotlight on women

Express Features

I recognized my passion at the age of nine," said Dr. Kiran Bedi at the inaugural session of the International Women's Conference. Themed around The Circle of Life, the three-day event, which kicked off on February 14 at The Art of Living International Centre, deals with the pillars of passion, compassion and dispassion. Recalling the incident that changed the course of her life, Bedi continued, "I saw a husband beat his wife because she asked him for money. I confronted him and that's when I knew I had a passion towards not tolerating injustice. There was no looking back since then."

Currently in its ninth edition, the conference sees participation from women across multiple countries, including Nepal, Latvia, USA, South Africa, Seychelles and Macronesia. "The conference aims to bring together women from all over the world and provide a platform for rural and urban women to share with each other," says Bhanumathi Narasimhan, chairperson, women welfare & child care programmes, Art of Living.

Like Bedi, the other speakers present too, discussed the source of their passion and had interesting insights to share with the audience. For example, Harimrat Kaur Badal, Union Minister of Food Processing, spoke about how her Nankhli Chilli Foundation aims to address poverty and inequality and preservation of the environment together. "It's made such an impact that it has improved the sex ratio in the state of Punjab," she said to much applause.

Dace Melbende, a member of the European Parliament from Latvia, spoke about her passion for singing, even demonstrating a piece to highlight how the art form is an integral part of Latvian culture. "Singing has helped me express and manage my emotions, cope with life's difficulties, meditate and more," she said.

Supreme Court judge from Nepal, Sapana Pradhan Malla, on the other hand, spoke about her passion for bringing about legal change, adding that over time, the percentage of women in parliament is 33 per cent.

Rosalia Arizaga, who was Ecuador's first female head of state; Nelson Mandela's granddaughter Ndleka Mandela; Gita Mittal, high court judge, Jammu and Kashmir; governor, Uttarakhand, Ravi Kumar Mishra; French journalist and environmentalist Nicolas Hulot, were some of the other eminent personalities present at day one of the event, which also included a meditation session by Sri Sri Ravi Shankar.



Sri Sri Savavaya Krushi Mela

22-23 February, 2020

Art of Living International Centre, Bangalore



Gurudev Sri Sri Ravishankar Ji inaugurated Sri Sri Savavaya Krushi Mela, a 2 day farmers' exhibition of local producers and small-scale farmers at Bangalore ashram



Newslink of Krushi Mela
Thousands of Farmers Attend
Savavaya Krushi Mela 2020 held in
Bangalore

<https://krishijagran.com/news/thousands-of-farmers-attend-savavaya-krushi-mela-2020-held-in-bangalore/>



At Sri Savavaya Krushi Mela, many inspiring farmers like Madhu Kargunda, an ex-IT professional who is working to make farming profitable by enabling farmers convert raw produce into high selling products.

Over 1000 farmers benefited from the 2-day Krishi Mela at Bangalore Ashram . Many got confidence to switch to organic farming looking at our model farm & progressive farmers were given awards.

ಶ್ರೀ ಮಗಾದಸರಮೇಶ್ವರೀ ದೇವಸ್ಥಾನ ಕಟೀಲು ಕಟೀಲು ಬ್ರಹ್ಮಕಲಶೋತ್ಸವ - 2020



01 Feb:

- Gurudev was the Chief Guest at the Brahma Kalashotsav at Sri Durga Parameshwari Temple which happens once in 12 years in Kateelu, near Mangalore, Karnataka.

02 Feb:

- Gurudev addressed the Chamber of commerce there and gave away the Lifetime Achievement awards to top businessmen at kalaburagi.
- Gurudev inaugurated Art of Living's 4 storeyed Temple of Knowledge in Kalaburagi, Karnataka.



03 Feb:

- 8:30am; Rudra puja with Gurudev at Kalaburagi.
- Gurudev inaugurated an open air meditation center at Maniknagar, near Humnabad, Karnataka.
- At the Mahasatsang in Kalaburagi, Karnataka, Gurudev encouraged people to maintain the vachana tradition, which are poems of inspiring knowledge & practical wisdom by the 12th century saints of this region.

05 Feb:

- Often those who have devotion rely on the Divine for results & those who rely on their actions don't believe in having devotion. Have devotion in your heart and be dynamic in your action. Satsang with Gurudev at Raichur, Karnataka.

05 Feb:

“By training farmers in natural farming & assuring them of markets for their produce, we can realistically aim to eliminate chemical farming in our country.” Gurudev addressed the students & faculty at the University of Agricultural Sciences, Raichur, Karnataka.

04 Feb:

- 8:30 am; Rudra puja with Gurudev addressed the students, teachers, VCs and educators at two different programs in Kalaburagi. MoUs were signed to bring Art of Living workshops to students.
- Gurudev addressed the students, teachers, VCs and educators at two different programs in Kalaburagi. MoUs were signed to bring Art of Living workshops to students.
- “The vast population of our country can become a global strength if we provide proper training to our youth, especially in rural areas. India can take the lead in providing skilled professionals to countries which need them.”- Gurudev at Satsang at Shahapur, Karnataka.
- Gurudev consecrated the Golden Kalash at Nijaguna Shivayogi ashram on their golden jubilee celebrations at Muchalamba near Basavakalyan, Karnataka.

07 Feb:

- “Meditation spreads vibrations of peace, both in the mind & outside in the surroundings. We need to bring society away from aggression as well as depression, and meditation is the answer.” People from all over Middle East joined the online Meditation with Gurudev for Peace in the Middle East.



12 Feb:

"To succeed and to sustain any venture, you need a liberal imagination and staunch determination." Gurudev addressed Business Conclave 2020 at Sri Ram College of Commerce, Delhi.



18 Feb:

- To explore the science of spirituality Gurudev was interviewed by Ronnie Newman, Harvard-trained scientist in the evening 7:00pm IST.



25 Feb:

Gurudev addressed an online session joined by people via 17,500 connections in China. He gave them the strength to go through this difficult time. Thousands of people from all over China listened to Gurudev Ji's words followed by a guided meditation.



26 Feb:

Live conversation between Luke Coutinho and Gurudev on 26th February, 9:30 PM IST.

<https://youtu.be/N6ofRjeL6wY>



28 Feb:

Gurudev addressed CII's Corporate Wellness Conference with over 500 business leaders & executives in Mysore.



13 Feb:

- Muslims, Christians, Sikhs & other communities play a very major role in our country. In that sense, they are not minorities. The beauty of this country is the unity in its diversity. Gurudev addressed the Times Now Summit with Navika Kumar.

- Gurudev enthralled Bulgarians with wisdom, mindfulness and spirituality at a select event at India House in Sofia.

14 Feb:

- Gurudev along with eminent dignitaries inaugurated the 9th edition of International Women's Conference by lighting the ceremonial lamp.
- The Unknown Factor, an interactive session moderated by Vishen Lakhiani, Founder, mindvalley - Gurudev spoke on various aspects of consciousness & its practical utility in day to day life, the mechanics of meditation, how it helps in managing one's mind & its impact on relationships.

22 Feb:

- Gurudev inaugurated Sri Sri Savavaya Krushi Mela, a 2 day farmers' exhibition of local producers and small-scale farmers at Bangalore ashram
- "Thinking is not all that you are. It is chewing what you already know." "For innovation, you need to go beyond the boundaries of logic. This is where meditation plays a pivotal role." Gurudev in conversation with Dr Ikhlaz Sidhu, Chief Scientist, Berkley University, USA in the evening satsang at 7:00pm IST.

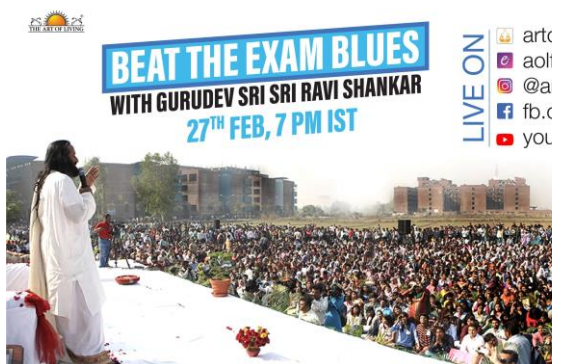
27 Feb:

Gurudev's last respects to Pt. Sudhakar Chaturvedi



27 Feb:

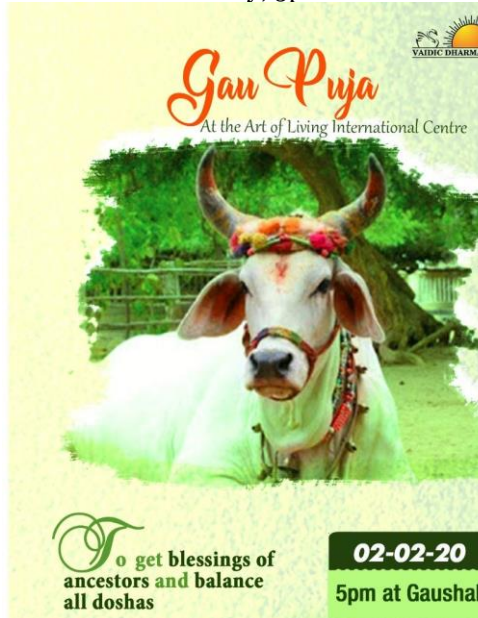
- Beat the Exam Blues: LIVE with Gurudev 7pm IST <https://youtu.be/x5RiBGqNSHQ>



PUJAS AND HOMAS

2 Feb :

GAU PUJA to get the blessings of ancestors and to balance all doshas 2 February, 5pm

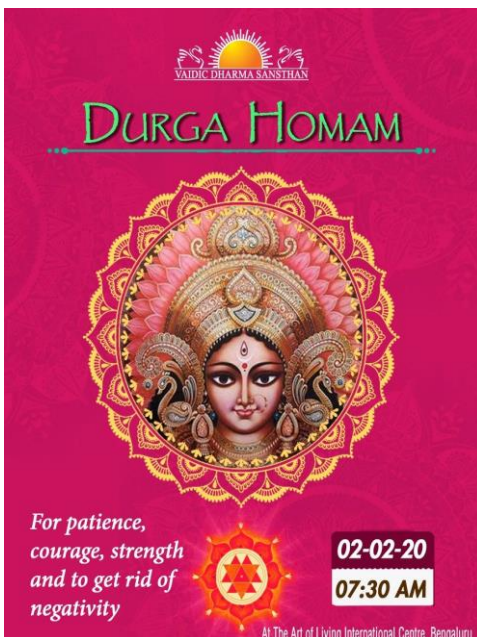


Gau Puja
At the Art of Living International Centre

To get blessings of ancestors and balance all doshas

02-02-20
5pm at Gaushal

2 Feb: DURGA HOMAM for patience, courage & strength and to get rid of negativity 2 February, 7.30am



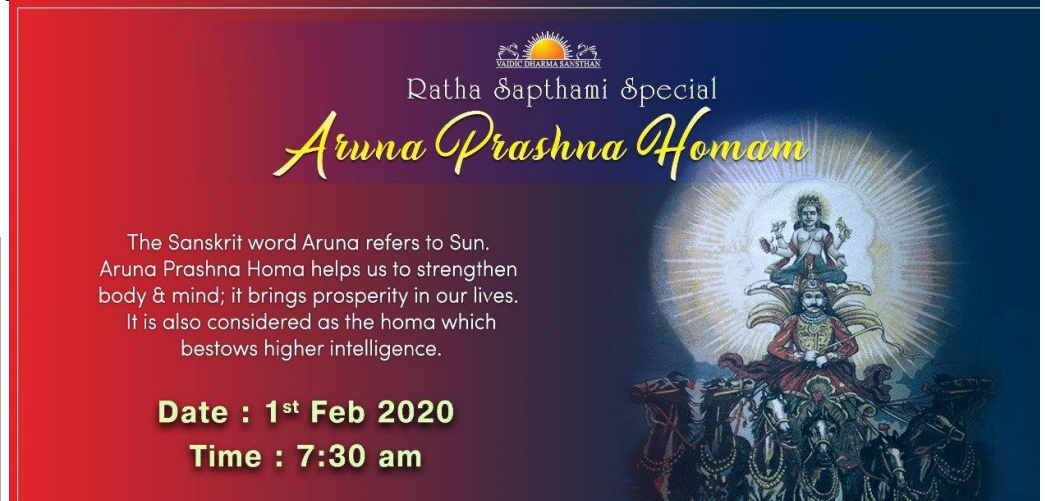
DURGA HOMAM

For patience, courage, strength and to get rid of negativity

02-02-20
07:30 AM

At The Art of Living International Centre, Bangalore

1 February, 7.30am RATHA SAPTHAMI special ARUNA PRASHNA HOMAM at Bangalore Ashram. Aruna Prashna Homa helps us to strengthen body & mind; it brings prosperity in our lives.

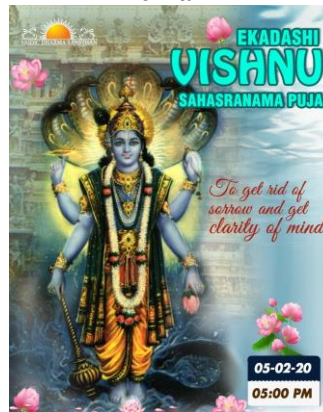


Ratha Sapthami Special
Aruna Prashna Homam

The Sanskrit word Aruna refers to Sun. Aruna Prashna Homa helps us to strengthen body & mind; it brings prosperity in our lives. It is also considered as the homa which bestows higher intelligence.

Date : 1st Feb 2020
Time : 7:30 am

5 Feb: To get rid of all sorrows and to get clarity in mind EKADASHI VISHNU SAHASRANAMA PUJA 5 February, 5pm at Gurukul, Bangalore Ashram

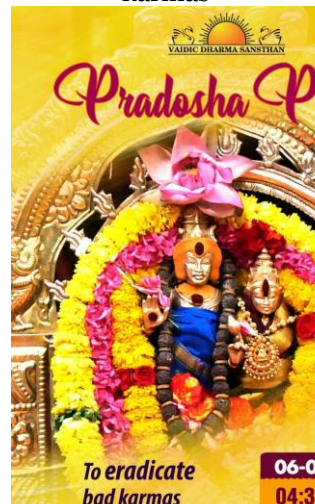


EKADASHI VISHNU SAHASRANAMA PUJA

To get rid of sorrow and get clarity of mind

05-02-20
05:00 PM

6 Feb: 4:30pm PRADOSHA PUJA at Gurukul to eradicate bad karmas

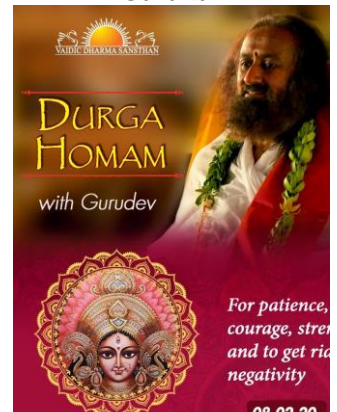


Pradosha Puja

To eradicate bad karmas

06-02
04:30

8 Feb: DURGA HOMAM with Gurudev for patience, courage & strength and to get rid of negativity at Bangalore Ashram 8 February, 8.30am at Gurukul



DURGA HOMAM
with Gurudev

For patience, courage, strength and to get rid of negativity

08-02-20

Feb 18-21: MAHASHIVRATRI special VAIDIC ASTROLOGY FESTIVAL at Bangalore Ashram! The Astrology (Jyotish) Festival is one amongst the annual events organised by Vaidic Dharma Sansthan to promote authentic Vaidic Jyotish.



Vaidic Jyotish Festival

18 - 21 February 2020

Jyotish is the light which shines your path to divinity
know your path know your divinity.

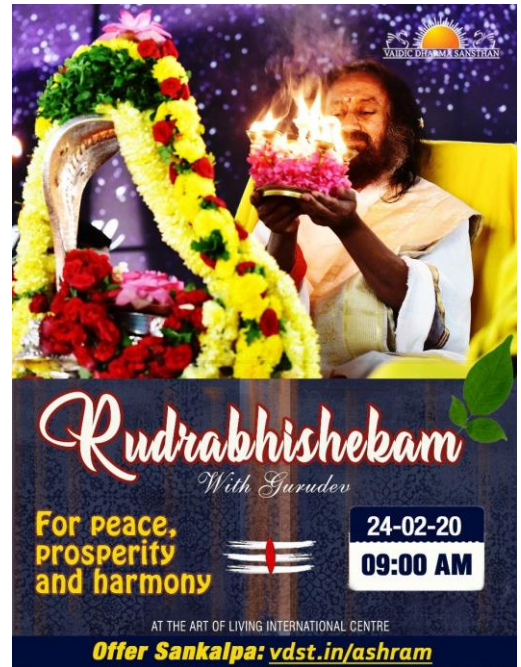
EXCLUSIVE CONSULTATIONS

- Janam Kundali
- Prashna Kundali
- Nakshatra Nadi Kundali
- Hastarekha
- Chikitsa Jyotish
- Vaidic Vastu

Feb 26: Upanayanam with Gurudev at Bangalore Ashram



Feb 24: Rudrabhishekam for peace and prosperity with Gurudev at Bangalore Ashram



Feb 27: 8:30am Ganpathi Homam with Gurudev at Bangalore Ashram to remove obstacles and to achieve success in life



EVENTS

Feb 20: Guru Puja is a thanksgiving ceremony honoring the tradition of spiritual masters. Over 600+ participants experienced deeper paradigms by participating in Shivratri 2020 special Guru Puja - Phase II program with Bhanu didi at The Art of Living International Center, Bengaluru.



Feb 21: First ever Shiva Diksha Program with 273 participants at the Sri Sri Gurukul



Feb 5th – March 9th: A medical camp has been held in Sri Sri Ayurveda Hospital regarding Cervical and Breast Cancer Awareness. The camp title is 'Project Ayushmati'



Feb 26: Art of Living signed an MoU with ICICI Foundation for a skill training program for graduates of our exclusive Rural Youth Empowerment program, Karmayog. Pilot program has already begun in Mumbai!



Chaturtha Bala Vjdvath Sadas – 2020 took place during Maha Shivratri at Sri Sri Gurukulam



Feb 17: Direct Bus Service from Ashram to Airport started

Bus Service - Ashram To Airport - KIAS 13

from SRI SRI RAVI SHANKAR ASHRAM (ART OF LIVING)

7:30	8:30	9:30	10:30	16:15	17:15	18:15	19:00	21:30	22:30	23:00
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from KEMPEGOWDA INTERNATIONAL AIRPORT BANGALORE

4:30	5:30	6:30	7:10	10:30	11:30	12:55	16:00	18:40	19:40	20:00
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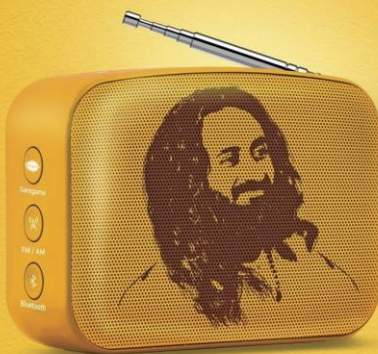


The bus stops at all the above locations. So you can choose to get down at any of the above points. Fare to the airport is Rs.284. The fare for the other destination will be less.

ROUTE: ART OF LIVING; NICE JUCTION; KONANAKUNTE CROSS; JP NAGAR METRO STATION; BANASHANKARI TTMC; K R ROAD; GARADI APARTMENTS; GANDHI BAZAAR; RAMAKRISHNA ASHRAM; UMA TALKIES; MAKKALA KOOTA; KIMS CIRCLE; MINERVA CIRCLE; CORPORATION; CAUVERY BHAVAN; MEKHRI CIRCLE; HERRAI & KIAS

NEW RELEASE

Feb 21: Introducing The Limited Edition - Art of Living Special Carvaan Mini! 35 Meditations, 45 Knowledge Talks by Gurudev, 300 Bhajans, 25 Chants & Stotrams - all preloaded on this mini Bluetooth Speaker. No internet required! MRP: 2490/-



**GURUDEV SRI SRI
RAVI SHANKAR**

35 MEDITATIONS | 45 KNOWLEDGE TALKS
300 BHAJANS | 25 CHANTS & STOTRAMS

SAREGAMA
CARVAAN™
mini

Feb 21: Becoming Unshakeable is the story of author Patti Montella. Her story gives you a rare inside look into the life and transformation of a true seeker who rose above countless obstacles, learned from her failures, discovered her inner resilience and ultimately uncovered the source of happiness. MRP :499/-



patti montella

becoming
unshakeable

wisdom learned on the
journey to inner freedom

IN NEWS

15 Feb:

Gurudev's interview with Prabhaavaliya Chembelaku broadcasted on | 15-02-20 at 9PM | in DD Chandana

Here is the link for recorded media.

<https://youtu.be/WYnC8Lt6>

Gurudev in Aap Ki Adalat with Rajat Sharma telecasted on 15 Feb at 10pm & 16 Feb at 10am on India TV



6 Feb: Women leaders to come together for 9th edition of International Women's Conference. Read the article on IBTIMES below

<https://www.ibtimes.co.in/women-leaders-come-together-9th-edition-international-womens-conference-812862>

6 Feb: Women leaders to come together for 9th edition of International Women's Conference. Read the article on IBTIMES below
<https://www.ibtimes.co.in/women-leaders-come-together-9th-edition-international-womens-conference-812862>

13 Feb: महिलाओं का उदात्त चरित्र भारतीय समाज के लिये संजीवनी - भानुमति नरसिम्हन

<https://news4nation.com/news/women-charitra-bhartiye-samaj-ke-liye-sanjivani-349496>

2 Feb: Wonder about the mechanics of the universe, life and mind? Get answers to the deepest questions of your soul from the Master himself every Sunday morning 8.30 AM on Guftagu with Gurudev Sri Sri Ravi Shankar. Starting 2nd February. Tune in to Channel Divya



26 Feb: National Integration Camp organized by Department of Sports, Ministry of Youth Affairs & Sports, Government of India. , National Service Scheme and Rajiv Gandhi University in association with the Art of Living was inaugurated by Gurudev

Watch on DD News Kannada

<https://youtu.be/-mKhnsWzeH8>.



19 Feb: Over 3 years ago, the ArtofLiving River Rejuvenation Team began work on Tamil Nadu's Kousika River, that had been dry for about 4 decades. Their efforts have raised the ground water level significantly which has brought a lot of benefit to farmers.



13 Feb: Art of Living launched a special series titled 'Seva Times' in partnership with MHOne News. The first episode on the journey from Darkness To Light in India's remotest villages, at 5.30 pm on Saturday 15 Feb and 1.30 PM on Sunday 16 Feb.



15 Feb

Interview with Gurudev Sri Sri Ravi Shankar Ji broadcasted on DD Chandana TV Channel on 15th February 2020.

DD Chandana is a Kannada TV Channel owned and operated by Prasar Bharti, India's largest public broadcasting agency

Please find the the interview link below

https://youtu.be/_DXORARwXcg

25 Feb: We serve the society by reinforcing persons

<https://theprimetime.in/art-of-living-we-serve-society-by-reinforcing-the-person>

25 Feb: 'Organic farming expands to 1.50 lakh acres' Read on the Daily Prajavani

27 Feb: Special report on International women's conference 2020 on Thursday 1:30pm

<https://twitter.com/mhonenews/status/1232634193043017728>



वे प्रतिभाएं, जो प्रकाश में नहीं आती हैं

हाल ही में हमारे आने वाले इंटरनेशनल वूमंस कॉन्फ्रेंस के फेज शो में मॉडल के तौर पर एक नई मां को आमंत्रित किया। मेरा विचार था कि उनका सीटिंग एवं प्रिथिमा सबके सामने आनी चाहिए। एक नवयौवना मां जिसने अपने मातृत्व के कर्तव्यों को पूर्ण रूप से निभाने के लिए काम से छुट्टी ले रखी है। हमारी बातचीत के दौरान, मैंने उन्हें परामर्श दिया कि वह अपने दो वर्षीय बेटे को भी अपने साथ पैर पर लेकर आएं। जो जिक्र करने पर मां की आंखों में चमक आ गई। उन्होंने पूछा कि क्या वह भी मॉडल बन सकती है, मैं उसकी पीछे खड़े रहकर मदद कर रही। इस छोटी सी बातचीत ने मुझे महिलाओं को इस आस के बारे में विचार करने पर मजबूर किया कि वे दूसरी को आगे करती हैं और स्वयं सबके आरक्षण का केंद्र बनने से दूर रहती हैं। बहुत अधिक दिखावे और सजने - धजने के इस युग में, ऐसे कमजोरी का चिह्न माना जाएगा। लेकिन यदि आप मातृत्व में इसके बारे में सोचें, तो यह गहरे आत्मविश्वास का



भारती रीश, गुरुदेव श्री श्री रविशंकर जी की बहन एवं इंटरनेशनल वूमंस कॉन्फ्रेंस की अध्यक्ष

है, बल्कि यह वह जगह होती है, जहां से प्रत्येक व्यक्ति को देखा और जाना जा सकता है। प्रायः नेता ऐसी शो शजि जागें पर रहते हैं, जिन पर स्वयं को सुरक्षित महसूस करते हैं और स्वयं के साथ आसाम से रहते हैं। वह शक्तिशाली स्थान, तब उपरता है, जब एक व्यक्ति उसाह, वैराग्य एवं करुणा जैसे गुणों में संतुलन को पा लेता है। जो जीवन के चक्र को पूर्ण करते हैं। वह संतुलन महिलाओं की सभी भूमिकाओं जैसे - पत्नी, मां, सौम्य मां, बहन, मित्र, नेता, मार्गदर्शक, शिक्षक आदि में सरलता से आ जाता है। बिना उसका के महिलाओं में गर्भावस्था की पीड़ा से गुजरने और बच्चे के पालन - पोषण की शक्ति नहीं होती। जिस प्रकार से हर दिन वह अपने परिवार की देखभाल करती हैं, वह बिना उसाह और प्रतिबद्धता के एक असहज यात्रा में वह संभावित बच्चों और नाती - पोती का पालन - पोषण करने के लिए

वे प्रतिभाएं, जो प्रकाश में नहीं आती हैं - भानुमति नरसिम्हन

हिसार, 5 फरवरी (निस) : आर्ट ऑफ लिविंग शिक्षकों को एक विशेष बैठक हिसार में आयोजित की गई। इस बैठक में हिसार, हांसी, फरीदाबाद एवं सिरसा के शिक्षकों ने भाग लिया। सुमरू संध्या स्टेट कॉर्डिनेटर एवं जूनल मीडिया कॉर्डिनेटर गुरा ने बताया कि प्रांत शिक्षक समन्वयक राजीव मेहता ने बैठक का संचालन किया। बैठक में आर्ट ऑफ लिविंग के आगामी कार्यक्रमों के बारे में विस्तार से चर्चा की गई। जिला शिक्षक समन्वयक महावीर अग्रवाल ने जानकारी दी कि अगला हैप्पीनेस कार्यक्रम 13-16 फरवरी को रिविन्ड हॉस्पिटल एवं हार्ट सेंटर में सांय 5-8 बजे किया जाएगा। बैठक में नौरज गुप्ता, परीक्षित आर्य, विजय शर्मा, कृष्ण पूरी, भारती मुंबांल, मंजु पूरी, सिंपल कटारिया मौजूद रहे। डिप्टी आनरेरी सेक्रेटरी आशिमा जैन ने जानकारी देते हुए बताया कि 14 से 16 फरवरी को सामने आनी चाहिए।



अंतरराष्ट्रीय वूमंस कॉन्फ्रेंस का 9वें संस्करण बेंगलुरु आश्रम में आयोजित की जाएगी। उन्होंने बताया कि गुरुदेव श्री श्री रविशंकर की बहन एवम् इंटरनेशनल वूमंस कॉन्फ्रेंस की अध्यक्ष श्रीमती भानुमति नरसिम्हन हैं। उन्होंने बताया कि श्रीमती भानुमति नरसिम्हन कहती हैं कि हाल ही में मैंने हमारे आने वाले इंटरनेशनल वूमंस कॉन्फ्रेंस के फैशन शो में मॉडल के तौर पर एक नई मां को आमंत्रित किया। मेरा विचार था कि उनका सीटिंग एवं प्रतिभा सबके सामने आनी चाहिए।



कला गुण कर्मा बंधक मुक्तकेशवः अरुणगं वंशक सन्माध निमार्गक अरुणगं वंशक मन्सु बंधक- श्री रविशंकर गुरुदास

कला गुण कर्मा बंधक मुक्तकेशवः अरुणगं वंशक सन्माध निमार्गक अरुणगं वंशक मन्सु बंधक- श्री रविशंकर गुरुदास

मुक्तकेशव मुक्तकेशव रक्षक अरुणगं वंशक

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कृषि विज्ञान विभाग लखनऊ में सन्माधः मन्सु बंधक गुरुदास

कृषि विज्ञान विभाग लखनऊ में सन्माधः मन्सु बंधक गुरुदास

सी असे के कानून सारी से कल गफ्त व शनद करनी चाहे ते

सी असे के कानून सारी से कल गफ्त व शनद करनी चाहे ते



जो सही - बस वही पांच बजे

अन्तर्राष्ट्रीय वूमंस कॉन्फ्रेंस 14 से 16 फरवरी को बेंगलुरु आश्रम में

वे प्रतिभाएं, जो प्रकाश में नहीं आती हैं : भानुमति नरसिम्हन

हिसार, आर्ट ऑफ लिविंग शिक्षकों को एक विशेष बैठक हिसार में आयोजित की गई। बैठक में हिसार, हांसी, फरीदाबाद एवं सिरसा के शिक्षकों ने भाग लिया। सुमरू संध्या स्टेट कॉर्डिनेटर एवं जूनल मीडिया कॉर्डिनेटर गुरा ने बताया कि प्रांत शिक्षक समन्वयक राजीव मेहता ने बैठक का संचालन किया। बैठक में आर्ट ऑफ लिविंग के आगामी कार्यक्रमों के बारे में विस्तार से चर्चा की गई। जिला शिक्षक समन्वयक महावीर अग्रवाल ने जानकारी दी कि अगला हैप्पीनेस कार्यक्रम 13-16 फरवरी को रिविन्ड हॉस्पिटल एवं हार्ट सेंटर में सांय 5-8 बजे किया जा रहा है। बैठक में नौरज गुप्ता, परीक्षित आर्य, विजय शर्मा, कृष्ण पूरी, भारती मुंबांल, मंजु पूरी, सिंपल कटारिया मौजूद रहे। डिप्टी आनरेरी सेक्रेटरी आशिमा जैन ने जानकारी देते हुए बताया कि 14 से 16 फरवरी को सामने आनी चाहिए।

23 Feb: "It is only now that we have understood the importance of organic farming. Art of Living's farm model of cultivating 70 varieties of trees in just half an acre of land is exemplary" Kourva B C Patil

Read more at: <https://www.deccanherald.com/state/top-karnataka-stories/push-for-organic-farming-b-c-patil-807186.html>



PICTURES OF THE MONTH



When we give ourselves a chance to dwell in knowledge, our life blossom and evidently become witness of the divine play. Very similar to these blossoming sun-flowers directly receiving the sun's gaze at our organic farm.



Mangoes are regarded as the king of fruits. It is a fruit which symbolize prosperity and happiness. Hence, in Indian tradition mango is used in some or the other way in every ritual. As we inch closer to the mango season, mango trees in full bloom with flowers & mild sweet aroma.

STORY

Pt. Sudhakar Chaturvedi, Gurudev's first Vedic teacher, left his earthly abode on **26th February 2020** at the age of 123 at his Jaynagar residence. He taught Mahatma Gandhi the Bhagavad Gita. He was an unparalleled scholar in Vedic literature with a rational outlook; a tough teacher with a great sense of humor & strong conviction. He was born on April 20, 1897.

He was a scholar In Vedic Sciences. A bachelor, the Pandit has witnessed three centuries during his lifetime and yet his vigour never runs short. Every Saturday between 5.30 and 6.30 in the evening, he would meet people in his house for Satsang to disseminate Vedic knowledge. His ancestors hailed from Moghul Sarai near Kashi and settled down in Kyathasandra in Tumakuru district. Here are some excerpts from the aforementioned article:

Pandit Sudhakar Chaturvedi is a master of the four Vedas and has published the same in 20 volumes. He was drawn by Mahatma Gandhi's credo and had a very intimate association with him. Gandhiji, recognising his keen intellect, invited Pandit to work with him and that is how he stayed in Gandhiji's Sabarmathi Ashram. He was a person of independent mind and would quote the authority of Veda for everything. In fact, he made it clear to Gandhiji that his first calling was spreading Vedic knowledge and that he would work without compromising his focus on it.

Pandit has participated in the freedom struggle, served the cause of Dalits, helped remove caste discrimination, overseen thousands of inter-caste marriages (under the aegis of Arya Samaj) and has spread Vedic knowledge in Kannada, Sanskrit, Hindi and English. In short, he is a multi-dimensional personality with knowledge of Veda, Upanishad, grammar, ganitha, astrology, yoga etc. Though he has slowed down due to advanced age but while reciting Veda he will not stumble. He can recall facts with encyclopedic memory. The Pandit, who has spent 13 years in jail, is a very simple person and follows a simple life-style. Whoever comes to meet him he talks to them with a smiling face and will not fail to impress them with his humorous quotes.

It is hard to tell that this man, convivial in every sense of the word, has suffered from a heart problem twice and has only one working kidney. During the freedom struggle he also had to suffer Police brutalities which only compounded over his jail term. During his association with Gandhiji he met many eminent personalities. There are many interesting incidents connected with his life and the following few facts would serve to highlight a measure of his personality.

1. He was the sole person who performed the last rites of all those who were massacred during Jallianwala Bagh firing in 1919. At that time, he was just 24-years-old.
2. In Sabarmathi Ashram, Khan Abdul Gaffar Khan and his son Wali Khan were staying for a week as his guests. On the fourth day of their stay, Gandhiji was in a dilemma and called Pandit Chaturvedi and said, 'Poor chaps without non-vegetarian food their meals might not be satisfying, shall I call a butcher and arrange for non-vegetarian food?' In reply, Chaturvedi said, 'I will bring them what they want, just ask them.' The guests, however, said that they would abide by the rules of the Ashram.
3. What Chaturvedi says on dharma is noteworthy: It is believed that in Krutha Yuga there was respect for dharma and it is getting reduced gradually in other Yugas and in Kali Yuga there is no dharma. Chaturvedi says this is sheer bunkum. Adharma existed in all Yugas.
4. Pointing out certain contradictions, he says that Bhagavad Gita has changed to suit the times but the original version was not like this. How it has changed only the scientists can unravel.

27th February 2020

Gurudev's last respects to Pt. Sudhakar Chaturvedi



DID YOU KNOW?

In association with Tezpur University, Art of Livig reached 1,680 households & 10 schools with fluoride water filters in Karbi Anglong. The filter will prevent bone deformities caused by fluoride-contaminated water.



ArtofLiving & it's sister organisation International Association of Human Value (IAHV) have undertaken this humongous task of bringing life back on track for 30,000 war affected Syrian children in Lebanon & Jordan. A glimpse of the transformation that they have experienced:
<https://youtu.be/QiaWVEdK57Q>

The Sri Sri University campus has grown from 2 trees on a barren land few years ago, to over 90000 trees of all kinds! SriSriU President Rajita Kulkarni planted the medicinal Simaruba trees as part of Mission Green Earth of IAHV & IWC...



As many as 500 women from rural and urban came together to plant 5,000 saplings of 70 different species under the aegis of Mission Green Earth 2020, Art of Living and International Association for Human Values

<https://timesofindia.indiatimes.com/city/aurangabad/women-plant-5000-saplings-of-70-species-in-latur-under-plantation-drive/articleshow/73969113.cms>

The Art of Living has begun its 43rd river rejuvenation project - in Chinnar basin, Krishnagiri District. We appreciate the help and association of several agencies including the govt of Tamil Nadu.



In an exclusive conversation with My City Links educationist, writer, global leader leadership coach and President of Sri Sri University Rajita Kulkarni talks about her journey.



Dr. Shraddha talks about workshop on self healing acupressure therapy and hand & foot reflexology. Please find the talk link below.

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

Last year, Art of Living got together with Maharashtra govt. & Rukmini Mandir Samiti to plant 8,000 trees along Mangalwedha-Pandharpur highway. Next goal: plant 250,000 trees from Dehu and Alandi to Pandharpur.



Pandharpur devotees offer 8,000 trees as *prasad*

Hungarian health magazine "Gyógyászat" features Swami Jyothirmayah at The Art of Living Wellness Festival that welcomed 600 people and was officially inaugurated by India's Ambassador to Hungary last month.



UPCOMING PROGRAMS

SL no.	Title	Date	Registration Details
1	Malayalam Happiness Program with Swami Advaitananda Ji(Part I)	06/03/2020 - 08/03/2020	programs.org.in
2	Holi Special Part II (Art of Silence) Program	07/03/2020 - 10/03/2020	programs.org.in
3	Sri Sri Natya Program	09/03/2020 - 12/03/2020	programs.org.in
4	Sri Sri Meru Chikitsa Yoga Level 5	11/03/2020 - 15/03/2020	programs.org.in
5	Wellness Program	21/03/2020 - 22/03/2020	programs.org.in
6	Chaitra Navratri Spl Part 2 (AOS) Program	28/03/2020 - 31/03/2020	programs.org.in
7	Chaitra Navratri Spl Intensive AOS/AMP with Rajesh Sharma Ji	28/03/2020 - 01/04/2020	programs.org.in
8	Chaitra Navratri Teachers Spl AMP	28/03/2020 - 01/04/2020	programs.org.in
9	Chaitra Navratri Special Sri Sri Yoga Deep Dive Program	2/04/2020 - 5/04/2020	programs.org.in
10	Malyalam Part -2 Program with Premanand Ji	9/04/2020 - 12/04/2020	programs.org.in
11	Kannada Part-2 Program	9/04/2020 - 12/04/2020	programs.org.in
12	Sri Sri University Common Entrance Test (CET)	11/04/2020	SSRVM, South Bangalore
13	Colours of Joy Utkarsh Yoga (ART EXCEL)	16/04/2020 - 20/04/2020	programs.org.in
14	Colours of Joy Medha Yoga Level-1 (YES)	16/04/2020 - 20/04/2020	programs.org.in
15	Marathi Special Part-2 Program	23/04/2020 - 26/04/2020	programs.org.in
16	Colours of Joy Utkarsh Yoga (ART EXCEL)	23/04/2020 - 27/04/2020	programs.org.in
17	Colours of Joy Medha Yoga (YES)	23/04/2020 - 27/04/2020	programs.org.in
18	Sanyam	29/04/2020 - 4/5/2020	programs.org.in
19	Andhra Telangana Special Telugu Part -2 with Swami Suryapad Ji	30/04/2020 - 4/05/2020	programs.org.in
20	Hindi Medha Yoga Level- 2	30/04/2020 - 3/05/2020	programs.org.in
21	Colours of Joy Utkarsh Yoga (ART EXCEL)	30/04/2020 - 4/05/2020	programs.org.in
22	Colours of Joy Medha Yoga Level-1 (YES)	30/04/2020 - 4/05/2020	programs.org.in
23	Colours of Joy Medha Yoga Level-2 (YES 2)	30/04/2020 - 4/05/2020	programs.org.in

MARCH CALENDAR

ENGLISH CALENDAR

8 March : International Women's Day
15 March : World Consumer Rights Day
20 March : International Day of Happiness
20 March : Parsi New Year
21 March : International Day of Elimination
Of Racial Discrimination
21 March : International Day of Forests
21 March : International Day of Nowruz
21 March : World Down Syndrome Day
21 March : World Forestry Day
21 March : World Poetry Day
22 March : World Water Day
23 March : World Meteorological Day
27 March : World Theatre Day
28 March : Earth Hour Day

INDIAN CALENDAR

6 March : Amalaki Ekadashi
8 March : Phalguni Chaumasi Chaudas
9 March : Attukal Pongal
9 March : Holika Dahan
9 March : Chaitanya Mahaprabhu Jayanti
9 March : Dol Pournima
10 March : Bhai Dooj
10 March : Holi
10 March : Chaitra Month Begins
13 March : Rang Panchami
19 March : Paapmochani Ekadashi
20 March : Vernal Equinox (Astronomical Event)
23 March : Shaheed Diwas
25 March : Chaitra Navratri
25 March : Gudi Padwa
25 March : Ugadi
25 March : Jhulelal Jayanti
30 March : Yamuna Chhath

ASHRAM INFORMATION CENTRE



080-67262626 /27/ 28



info@vvmvp.org



9035032543