

ASHRAM i

JANUARY 2020

CELEBRATIONS

CHRISTMAS

25th December is celebrated as Christmas Festival across the world as birthday of Lord Jesus Christ. Christmas is a festival of celebration, joy and love. Like every year, Christmas tree, in front of Vishalakshi Mantap was beautifully decorated on the evening of Christmas reflecting season greetings and celebrations in the air on the day of Christmas.

Gurudev's tweet on the occasion of Christmas:

"Without love, generosity & a spirit of sacrifice, life does not have any meaning. Christmas is a time to recognize that these higher values are an inseparable part of your being. Merry Christmas!"

<https://twitter.com/SriSri/status/1209678965574496257?s=08>



Kartik Maas Deepam

Celebration held on 10th December, 2019.



KARTHIK MAAS DEEPAM

is one of the brightest Hindu celebrations, taking place during the full moon evening in the month of Karthik, according to the Tamil calendar. The festival usually falls on November or December, and the ancient celebrations are dedicated to Lord Shiva and Muruga. The festival is usually marked with the lighting of lamps to ward off negativity and to invite prosperity and success.

NEW YEAR 2020 CELEBRATION

“Making life an eternal celebration! Ashramites at The Art of Living International Center, Bengaluru, welcomed New Year 2020 with music, dance and meditation. Journey from outward to inward, from that which is changing to that which is unchanging!” Everyone entered the New Year with the auspicious Guru Pooja which was performed at 31st December midnight.

Gurudev’s live telecast was webcasted in the midnight. New Year Celebrations with Gurudev from Germany Ashram on 31st December, 2019.

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

EVENTS

GURUDEV RELATED



GURUDEV VISITS WEST BENGAL

Gurudev addressed Karmayog Samagam - a program for rural leaders in Kolkata on 1 December, 2019.

Gurudev's tweet on 2 December, 2019: "The progress of villages is central to the progress of India. 20,000 Rural Leaders gathered for 'Karmayoga Samagam' at Netaji Indoor Stadium, Kolkata. Hon Union Minister Sh. @PCSarangi was also present & shared his thoughts."

<https://twitter.com/SriSri/status/1201371578287546368>





On 1 December, 2019 Gurudev met Jagdeep Dhankhar, Governor of West Bengal.

Jagdeep Dhankhar's tweet " Enlightened by Gurudev Sri Sri RaviShankar .The organisation is involved in community service through its centers and programs are taken by people of many traditions and religious backgrounds.Its underlying principles are compatible with Vedic Philosophy.

<https://twitter.com/jdhankhar1/status/1201114561434144768?s=08>

Gurudev's Tweet on 2nd December, 2019.

Met Hon Governor of West Bengal Sh. @JDhankhar1 and shared thoughts on how spirituality can play a role in finding solutions to various problems in society."

<https://twitter.com/SriSri/status/1201413321599012864?s=08>

"Met 150+ heads of 92 educational institutions including VCs, Registrars, Directors & Principals at an Educators' Meet on Human Values in Higher Education, organised in Kolkata by Sister Nivedita University & AICTE. Prof Sahasrabudhe, Chairperson, AICTE was also present." Gurudev's Tweet on 1 December, 2019.

<https://twitter.com/SriSri/status/1201112476701474819?s=08>



2nd Dec

Guru Sannidhya- Mahasatsang with Gurudev was organised where Gurudev was present at Kajora, West Bengal, 4.30pm

https://www.youtube.com/watch?v=gqnX_g2R34U

"Your inner nature is reflected in your food preferences & the attitude in your actions. With the right attitude, right food & right action, you can uplift your consciousness.

Completed the discourse on BhagavadGita Chapter 17 at Netaji Indoor Stadium, Kolkata."

Gurudev's Tweet on 2 December, 2019

<https://twitter.com/SriSri/status/120135352467771266?s=08>

Under OVBI (Overseas Volunteers for Better India), Project Udaan is an Art of Living's initiative to rescue and rehabilitate current child sex workers and at risk children from the brothels. We will build a residential school away from the brothels. Rescue child sex workers and at risk children, raise them as our own by providing free food, shelter, clothing, medical help, education, vocational training and most importantly HOPE for life.

Project Udaan is a pilot project for the Sonagachi red light area in Kolkata, for creating a "Safe Haven" for 50 girls, where they can lead a normal childhood, safe from the real dangers of the flesh trade. Sonagachi, Kolkata, is one of the largest red light areas in Asia. It is an area with several hundred multi-story brothels and estimated 11,000 sex workers & 14,300 children. Approx. 3,400 children are in the age group of 1 – 10 year.

Gurudev during His Kolkata visit, inaugurated a hostel for children sex workers.

"Visited Art of Living's Udaan project in Kolkata & inaugurated a hostel for the children of sex workers."
Gurudev's Tweet on 2 December, 2019.

<https://twitter.com/SriSri/status/1201383301014937600?s=08>



2nd Dec 2019

➔ Gurudev felicitated distinguished sportspersons from 15 sport disciplines who have brought laurels to the country at "Spirit of Sports" event held at Bengal Rowing Club, Kolkata.

"Felicitated distinguished sportspersons from 15 sports disciplines who have brought laurels to the country, at the 'Spirit of Sports' event held at the Bengal Rowing Club, Kolkata." Gurudev's Tweet.

<https://twitter.com/SriSri/status/1201417017930027009?s=08>

➔ Mayor of Kolkata & Minister for Urban Development, West Bengal, Mr. Firhad Hakim met Gurudev during His West Bengal visit.

Gurudev's Tweet on 2 December, 2019.

<https://twitter.com/SriSri/status/1201470966519521281?s=08>

➔ Gurudev was a keynote speaker at one of the event organized at SREI foundation Kolkata on 2 December, 2019.

"Gave the annual memorial lecture at the SREI foundation of Sh. @HPKanoria" Gurudev's Tweet.

<https://twitter.com/SriSri/status/1201478451179315200?s=08>



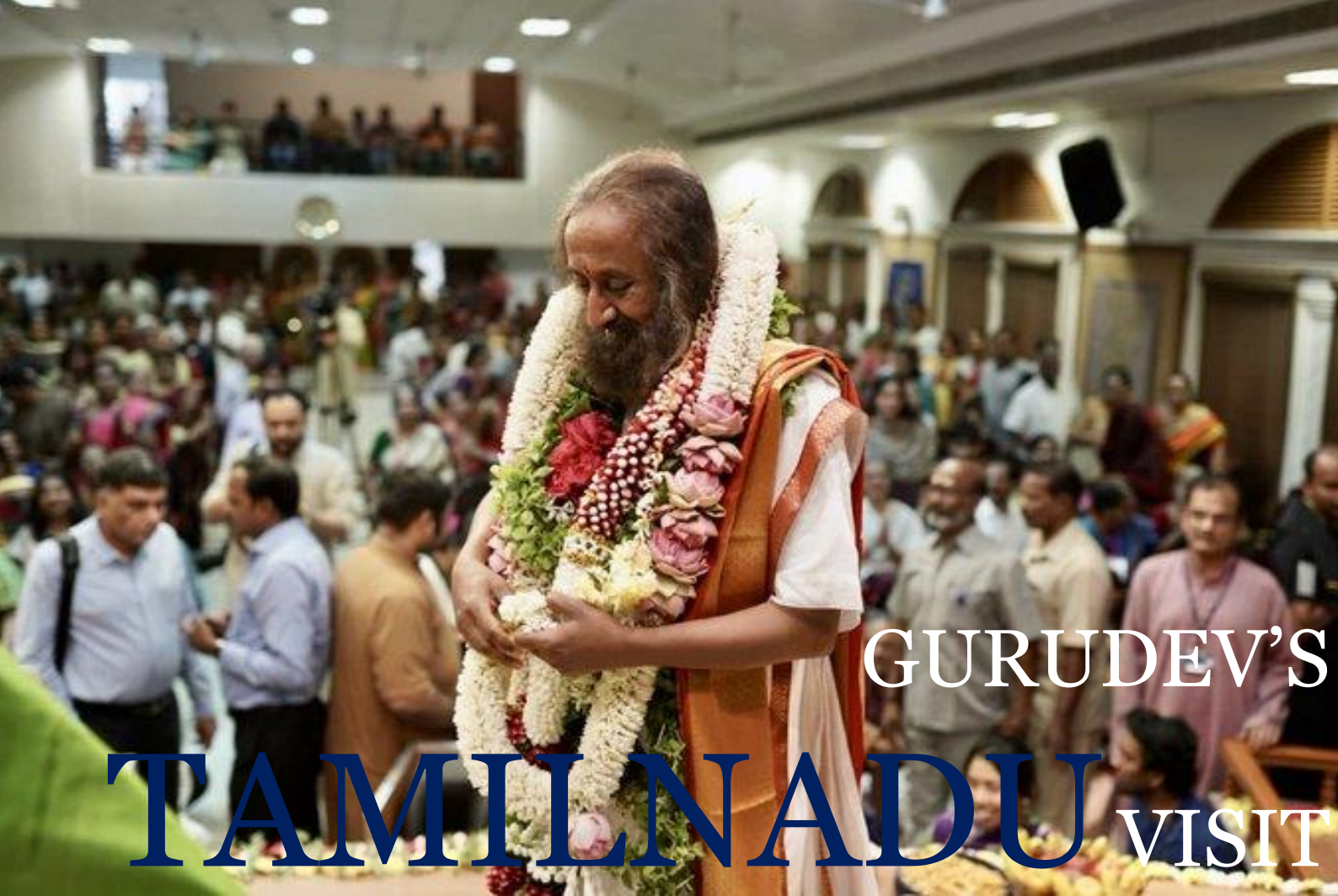
➔ "The sound of mantras purify the whole atmosphere & this effect is amplified with meditation & devotion. When a large number of people participate in such an event, it is a yagya that brings peace & benefits the entire region. Rudra Puja this morning in Asansol, West Bengal."

Gurudev's Tweet on 2 December, 2019.

<https://twitter.com/SriSri/status/1201508995795566592?s=08>

➔ "Moving through challenges with a smile, sharing happiness with others, feeling one with everyone - this is the @ArtofLiving . An ocean of gratitude & love, enthusiasm & youthfulness... Satsang in Andal, West Bengal." Gurudev's Tweet on 3 December, 2019.

<https://twitter.com/SriSri/status/1201744635694993409?s=08>



GURUDEV'S TAMILNADU VISIT

"Devotion towards Divinity & patriotism towards the country are not in conflict. Mahakavi Bharathi used his deep spiritual experience to unite the people of this nation. Participated in Mahakavi Bharathiyar International Seminar with Hon Governor of TamilNadu Sh Banwarilal Purohit." Gurudev's Tweet on 7th December, 2019.

<https://twitter.com/SriSri/status/1203266124240031747?s=08>

"It is the teachers that make the brilliance of the schools, not the building" ~ Gurudev Sri Sri Ravi Shankar ji addressed the Happy School Happy Child conclave at PSBB Millennium. 53 representatives and teachers across 21 schools in Chennai Participated in the event.

https://twitter.com/aol_chennai/status/1203310718688223232?s=08

"As educators, it is our responsibility that the educated lot in society have a good character & bring prestige to the nation. Most crimes today are not committed by the uneducated but the so-called educated. Spoke at National Workshop on Socially Relevant Technical Education." on 8th December, 2019.

<https://twitter.com/SriSri/status/1203601238635401217?s=08>

People experienced a wave of bliss in Mahasatsang "Ananad Anubhavam" with Gurudev in Chennai on 8 December, 2019.

<https://www.youtube.com/watch?v=BXn5mVkCijM&feature=youtu.be>

Gurudev's tweet about this satsang :
<https://twitter.com/SriSri/status/1203996617549811712?s=08>

The knowledge of how to deal with negative emotions, how to keep mentally and emotionally healthy is essential for everyone to keep society healthy. Completed the Global Happiness Program from Chennai. People from over 100 locations in 18 countries joined online." Gurudev's Tweet on 9th December, 2019.

<https://twitter.com/SriSri/status/1203908724584108032?s=08>



Film Producer Sri Boney Kapoor called on Gurudev in Chennai on 8 December, 2019.

<https://twitter.com/AOLSwamiji/status/1203597644288774146?s=08>

Thiru O Panneerselvam (Deputy CM of Tamilnadu) called on Gurudev in Chennai on 8 December, 2019.

<https://twitter.com/AOLSwamiji/status/1203606681818583041?s=08>

Noted Artist Smt Suhasini Maniratnam called on Gurudev in Chennai on 8 December, 2019.

<https://twitter.com/AOLSwamiji/status/1203586202290380800?s=08>

GURUDEV'S

JAMMU KASHMIR

VISIT



Lieutenant Governor of the Union territory of Jammu and Kashmir Sri Girish Chandra Murmu received Gurudev in Raj Bhavan. Gurudev attended Shri Mata Vaishno Devi Shrine Board meeting there on 6th December, 2019.

<https://twitter.com/AOLSwamiji/status/1202689510137483265?s=08>

" Met Hon J&K Lt Gov Sh GC Murmu in Jammu. Also attended the Shri Mata Vaishno Devi Shrine Board meeting." Gurudev's Tweet on 6th December, 2019.

<https://twitter.com/SriSri/status/1202919200949325824?s=08>

MAHARASHTRA



"Contentment does not mean lethargy or complacency & restlessness does not mean dynamism. Last evening in Pune." Gurudev's Tweet on 10th December, 2019.

<https://twitter.com/SriSri/status/1204341066004082688?s=08>

Mahasatsang with Gurudev in Indapur, Maharashtra on 10th December, 2019 at 6.30pm IST.

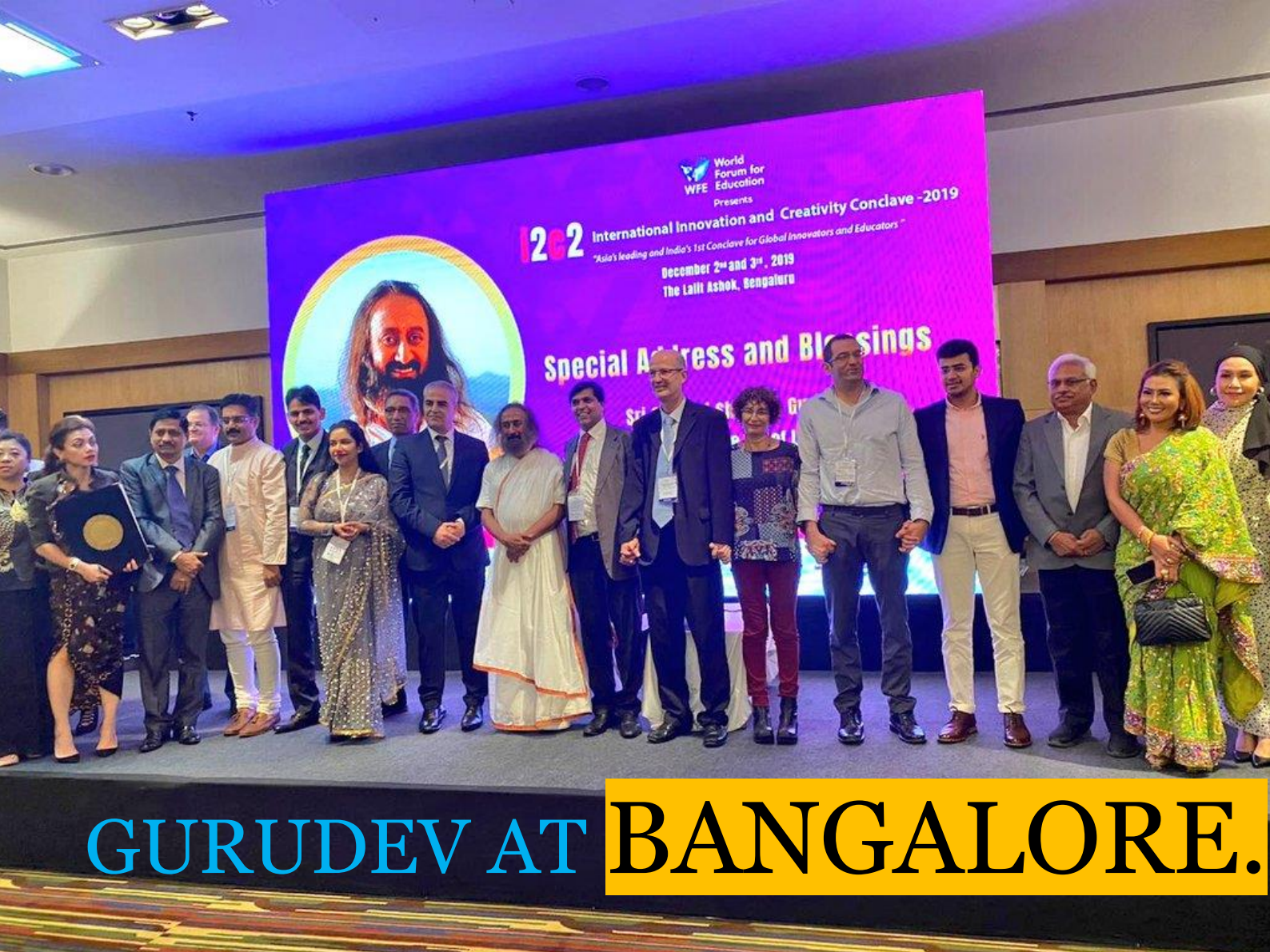
<https://www.youtube.com/watch?v=Cee1eJf8K70>

"For the last 10 years, there was no water in Dahiwadi MH, it had to be brought in tankers. Congratulations to @ArtofLiving River Rejuvenation team for building a 250-million-liter capacity dam which will benefit 22,000 farmers. They're also working in 80 villages of Satara Dist. "Gurudev's Tweet on 11 th December, 2019.

<https://twitter.com/SriSri/status/1204790751940378625?s=08>

On the occasion of Dattatreya Jayanti on 11 December Gurudev visited Dattatreya Temple at Dahiwadi Village, Satara, Maharashtra .





Gurudev addressed International Innovation and Creativity Conclave, Bengaluru on 3rd December, 2019.

"Innovation is inherent in human consciousness when it is free from stress. We need to create an atmosphere of trust & belongingness to nurture creativity. Addressed the International Innovation & Creativity Conclave, Bengaluru." Gurudev's Tweet on 3 December, 2019.

<https://twitter.com/SriSri/status/1201838051250454528?s=08>

Former Sri Lankan Cricket captain Sanath Jayasuriyan called on Gurudev at Bangalore Ashram on 4 December, 2019.



Gurudev honored Vaidya Kamalesh Kumar Sharma for his contribution in Ayurveda on 7th December, 2019.

"Honored Vaidya Kamalesh Kumar Sharma, Professor, Dept of PG Studies in Swasthavritta, National Institute of Ayurveda, Jaipur & Executive Committee Member, CCIM, for his contribution to Ayurveda, with the prestigious Bhishak Shri award."

Gurudev's Tweet on 7TH December, 2019._
<https://twitter.com/SriSri/status/1203162122848354305?s=08>

Gurudev addressed Digital Hindu Event at Bangluru on 15th December, 2019.

"Fanaticism is foreign to Hinduism. It has always honored diversity including atheism. If what you say carries hate, even if it is right, it will be discarded. Sane voices should be more active on digital platforms. Hate mongers should be shunned. Addressed the #DigitalHindu event"

Gurudev's Tweet .
<https://twitter.com/SriSri/status/1206130820643057664?s=08>

"ArtofLiving will be training Iraqi youth in peacebuilding soon. Our teacher @mawahibs signed the MoU with Iraq's Ministry of Youth & will lead the program."

Gurudev's Tweet on 15th December, 2019.
<https://twitter.com/SriSri/status/1206178470234976257?s=08>

"Reviving rivers needs a big budget but with the spirit of volunteerism, shramdaan, such a massive task became successful at a fraction of the cost. At the launch of @ArtofLiving's & iTV Network's #AakhriBoond campaign with Hon Union Water Minister @gssjodhpur & @Kartikeya_iTV."

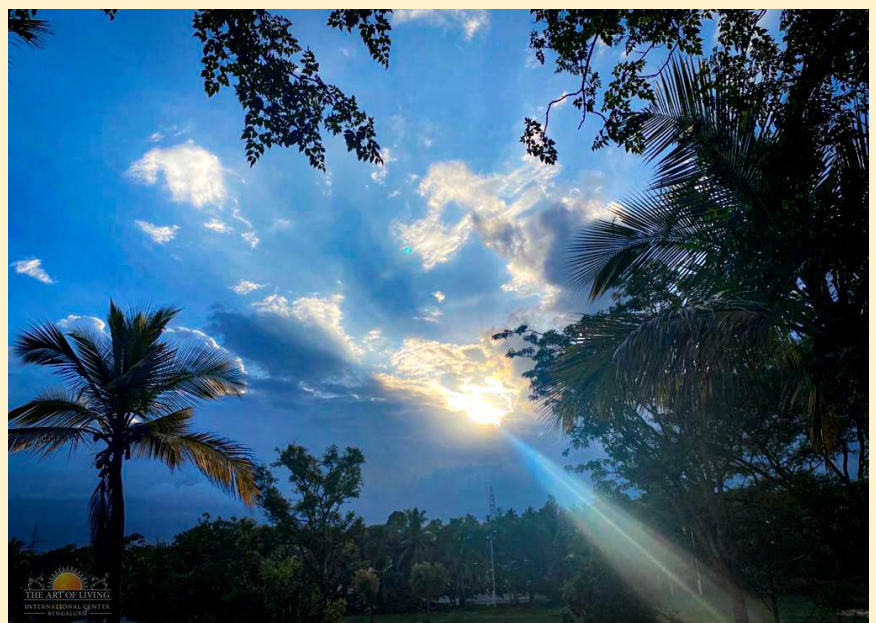
Gurudev's tweet on 16th December, 2019.
<https://twitter.com/SriSri/status/1206637666734731264?s=08>

17 December, 2019: Gurudev appealed people of North East India, Bengal to maintain peace during the violence and riots against "Citizenship Amendment Act 2019 " which was passed in Parliament on 10th December, 2019.

<https://twitter.com/ArtofLiving/status/1206919756625760256?s=08>

"Yoga is a time-tested & proven system for overall health & well-being. The more people practise yoga, the healthier the nation becomes. Over 10,000 people participated in the nationwide Yog Utsav."

Gurudev's Tweet on 18th December, 2019.
<https://twitter.com/SriSri/status/1207195936885071873?s=08>



ASHRAM EVENTS

8 December is the **birth anniversary** of our Poojya Pitaji, **Acharya Ratnananda ji**, whose tireless & selfless work has transformed the lives of thousands of underprivileged children and rural women across the country. On this occasion a special satsang was organised in presence of Bhanu didi, in Vishalakshi Mantap.

Everyone was soaked in melodious voice of Bhanu didi and inspirational memories of Poojya Pitaji.



On 16 December, 2019 iTV and Art of Living in collaboration launched country's largest water conservation campaign "Aakhri Boond- Every Drop Counts". Mr.Gajendra Singh Shekhawat Ji, honourable Union Minister of Jalshakti, Govt of India ; Mr.Kartikkeya Sharma, founder and promoter of iTV ; Deputy General Counsel of Israel in Bangalore Mr.Ariel Seidman , Mr.Tejasvi Surya, MP for South Bangalore , actress Harshika Poonacha were the keynote speakers.Karnataka's 108 year old Saalumarada Thimmakka who has planted 385 banyan trees along a 4km stretch of highway between Hulikal- Kudur and 8000 other trees graced the occasion by her presence.

- "Workshop on Vaidic Astrology And Spirituality With Raman Suprajarama Ji was conducted, 3pm at Mahalakshmi Mantap on 8 December, 2019.
- Ashram celebrated an event "Ashram Has Got Talent Season -2". Auditions for the event started on 17 December, 2019 and the season ended on 31 December, 2019.
- On 14 December 2019 celebration of Sri Sri Ravi Shankar Vidya Mandir (SSRVM), South Bangalore and 700 students from the school (Trained by ALAP) celebrated its Annual Day at Yagyashala Mantap . They performed a 2-hour dance-music drama 'DASHAVATAR'!
- 26 December, 2019 India planet Earth witnessed Solar Eclipse. On the occasion of Surya Grahan (Solar Eclipse) special Rudra, Navagraha and Grahan shanti homa was conducted in Yagyashala .
- on 20 December, 2019 Niccolo Campriani, three times olympic gold medalist in shooting visited ashram for participating in Happiness Program. Listen to his experience here.
<https://twitter.com/ArtofLiving/status/1208068368206618626?s=08>
- Life skills for Children and Teen - A Facebook live interaction with Gauri Nair Ji, 9 pm IST

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

Karthik Maas Special
Shankhabhishekam was
conducted at Gurukul on 2
and 9 December, 2019 .



Ganapati Homam in
presence of Gurudev on
15th December, 2019.



Shankhabhishekam in presence of
Gurudev on 16th December, 2019



I N N E W S

"Guiding Light: Everything is God" by Sri Sri Ravi Shankar in Free Press Journal on 1 December,2019.

<https://www.freepressjournal.in/lifestyle/guiding-light-everything-is-god-by-sri-sri-ravi-shankar>

"Sri Sri Ravi Shankar calls for amity ,end to violence " - A news cover in Republic News on 1 December,2019.

<https://www.republicworld.com/india-news/general-news/sri-sri-ravi-shankar-calls-for-amity-end-to-violence.html>

Dated 1 December,2019 "Double standard to seek review of Ayodhya verdict, move on and strengthen economy: Sri Sri Ravi Shankar"- A newscover in Hindustan Times.

<https://www.hindustantimes.com/india-news/double-standard-to-seek-review-of-ayodhya-verdict-move-on-and-strengthen-economy-sri-sri-ravi-shankar/story-3Ha3zJXFAdRPUqQPULXTAK.html>

"Double standard to seek review of Ayodhya verdict, time to strengthen economy: Sri Sri Ravi Shankar " A newscover in TOI dated 1 December,2019.

https://timesofindia.indiatimes.com/india/double-standard-to-seek-review-of-ayodhya-verdict-time-to-strengthen-economy-sri-sri-ravi-shankar/articleshow/72319329.cms?utm_source=twitter.com&utm_medium=social&utm_campaign=TOIIndiaNews

"Hyderabad Horror: Sri Sri Ravi Shankar Says 'high Time We Reorient Human Values' " - a newscover in Republic News dated 1 December,2019.

<https://www.republicworld.com/india-news/general-news/hyderabad-horror-sri-sri-ravi-shankar-says-incidents-like-these.html>

"Addressing the 'Karmayoga Samagam' Meeting with 20,000 Rural Leaders in presence of Sri Sri Ravi Shankar ji at Netaji Indoor Stadium, Kolkata. " Hon. Minister Pratap Sarangi's Tweet on 1 December, 2019.

<https://twitter.com/pcsarangi/status/1201128533180858369?s=08>

"Removing stress and breaking cycles of violence: 100 new youth peace ambassadors spreading unique peace approach in Tripoli. A news cover in EEAS" on 2 December,2019.

https://eeas.europa.eu/delegations/lebanon/71458/removing-stress-and-breaking-cycles-violence-100-new-youth-peace-ambassadors-spreading-unique_en

"Stress management, ancient wisdom, yoga - What IAS,IPS officers learn at Art of Living " : An article published in "The Print" newspaper on 9 December,2019.

<https://theprint.in/india/stress-management-ancient-wisdom-yoga-what-ias-ips-officers-learn-at-art-of-living/331553/>

Sri Sri Ravi Shankar urges centre to consider giving citizenship to over 1 lakh Tamil Sri Lankans on 10th December,2019.

<https://www.aninews.in/news/national/general-news/sri-sri-ravi-shankar-urges-centre-to-consider-giving-citizenship-to-over-1-lakh-tamil-sri-lankans20191210204407/>

" I request the Government of India to consider giving citizenship to more than 1 lakh Tamil Sri Lankans who are living in this country as refugees for the last 35 years. #CABBill " on 10th December,2019.

<https://twitter.com/SriSri/status/1204263000959418368?s=08>

I had met Dr Kalam when he was President regarding the citizenship of Sri Lankan Tamil refugees. We also presented 10 million signatures from Tamil Nadu to the Mamohan Singh govt. While Sri Lankan refugees have been given citizenship in Europe, Canada & other countries. they are still living in refugee camps in India. I have personally visited these refugee camps & their plight is really woeful. #CABBill" Gurudev's Tweet on 10th December, 2019_ <https://twitter.com/SriSri/status/1204346284930469889?s=08>

A news article in News 18 newspaper dated 10th December, 2019.

<https://tamil.news18.com/news/national/sri-sri-ravi-shankar-urges-centre-to-include-over-1-lakh-tamil-sri-lankans-in-citizenship-bill-ra-233549.html>

Spiritual leader Sri Sri Ravi Shankar requests the Govt to consider giving citizenship to more than 1 lakh Tamil Sri Lankans who are living in India as refugees for the last 35 years. TIMES NOW's news cover dated 10th December,2019.

<https://twitter.com/TimesNow/status/1204270353662431232?s=08>

"Telva" - A Spanish Women Magazine featured an article on Art of Living and powerful breathing techniques like 'Sudarshan Kriya' given by Gurudev and Swami Jyotirmayah's recent session of yoga and Meditation at Madrid on 11 December,2019.

<https://www.telva.com/estilo-vida/planes/2019/11/02/5db84ec901a2f1e0738b45fc.html>

"Spatial data indispensable to build a sustainable world - Sri Sri Ravishankar". Gurudev's article in Geospatial World on 12th December,2019

<https://www.geospatialworld.net/article/technology-of-spirituality/>

"I would request the people of North-East to start a dialogue on this: @SriSri, Spiritual Leader on #IndiaAgainstViolence" - Gurudev speaks to Times Now News Channel on 16th December, 2019.

<https://twitter.com/TimesNow/status/1206535309313245184?s=08>

"An Art of Living Instructor in Cuba" - An article in Havana Times dated 20th December,2019.

<https://havanatimes.org/interviews/an-art-of-living-instructor-in-cuba/>

"Varanasi's Kashi Vishwanath temple takes lead in environmental sustainability; to make compost from temple offerings." A news article in Financial Express dated 20 December, 2019.

<https://www.financialexpress.com/lifestyle/travel-tourism/varanasis-kashi-vishwanath-temple-takes-lead-in-environmental-sustainability-to-make-compost-from-temple-offerings/1800051/>

"This pathsala in remote Himalayas pays ode to ancient India " An article regarding our Gurukul in India Times dated 29 December,2019.

https://timesofindia.indiatimes.com/city/shimla/this-pathsala-in-remote-himalayas-pays-ode-to-ancient-india/articleshow/73013999.cms?utm_medium=referral&utm_campaign=iOSapp

Gurudev's article on power of women.

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

Under Art of Living's Rural Development project and Shri Kashi Vishwanath Temple Trust are running waste management project for Nirmalya (Flower waste) into compost.

While industrial runoff is often singularly blamed for the spike in pollution level in Ganga, floral waste hardly gets the blame. In fact, flower pollution is often overlooked while crafting policies towards cleaning the river. Floral waste, reportedly, accounts for 16 per cent of the total river pollutant. While rotting flowers affect the water quality, the pesticides that are used on them, leach into the waters and harms marine life.

But the same waste flowers have an enormous potential of being turned into wealth. This is exactly what the Art of Living Foundation's solid waste management project is doing.

Instead of letting tonnes of waste going down the river or any other water body, it is collected at one place, sent to waste processing units where it undergoes the process of shredding, following which the bio-enzymes break down complex waste particles to create organic manure.

Did You Know?



For last 2yrs Art of Living is converting 200-250kg flowers to compost daily for Kashi Vishwanath Temple, which will now be promoted to farmers/visitors. AoL will also spread waste management awareness in 2500+ establishments around Kashi Vishwanath corridor. Gurudev tweeted about this compost plant of Kashi Vishwanath Temple.

<https://twitter.com/SriSri/status/1208644855531835392?s=08>

SSU rank 12th in India and 416th in the world among 10,000 universities in UI Green Metric World University rankings. The score reflects the efforts made to policies and programs in and around the SSU Campus that are eco-friendly and sustainable.

(3rd December, 2019)

Art of Living's Prajna Yoga Demonstration was given to Sri Lankan Cricketer Sanath Jayasuriya by our intuition students Sharada and Nitya. The intuition program helps children to develop the performance in academics as well as co-curricular activities. (4 December, 2019)

5 December is celebrated as World Soil Day. Have a look at the efforts taken by Art of Living in preserving soil and environment. Know more about sustaining the environment by our Permaculturist Binay Kumar Ji.

<https://twitter.com/ArtofLiving/status/1202554547140300800s=08>

<https://www.youtube.com/watch?v=eYF32jtAxqQ&feature=youtu.be>

Gurudev blessed the married couples this month in ashram.

"A touch of sacredness is necessary to make celebrations complete! 7 weddings and an engagement at the @BangaloreAshram in one day! Blessings & best wishes to the couples!"

Gurudev's Tweet on 6th December, 2019.

<https://twitter.com/SriSri/status/1202937204701462528?s=08>

Caught up in the whirlwind of insurgency, under the constant cloud of instability but then it was a time for their transformation. It is heart melting to see how ULFA militants were transformed by Sudarshan Kriya through Happiness Program.

<https://twitter.com/ArtofLiving/status/1208007878042214401?s=08>

Art of Living's mentoring initiative in Kolkata's low income neighbourhoods has partnered with "code.org" and "Learn Without Barriers" to introduce coding to 500 kids. Seeing the good response the collaboration is planning to conduct the regular coding classes. For volunteering find below the link.

https://docs.google.com/forms/d/e/1FAIpQLSekuw5QIoxvbywoEwAv3SWE4_7AQQy1XbysGhnPg4qGA4mOOQ/viewform

Art of Living under Rural Development Projects, recently trained village youths for Leadership Training. They would be the beacons to spread awareness about various government schemes in villages.

Art of Living youth programs were conducted at many places in Philippines this month. A MOU was signed between Art of Living and Xavier University. In addition a deradicalisation program was held for youth.

Sri Sri Academy, Kolkata completes its 10 years of establishment. It is a school that is dedicated to nurturing young minds into accomplished, confident and dynamic young citizens of tomorrow. Founded by the SSRVM Trust and led by the guiding principles of His Holiness to provide value education in a friendly stress-free environment.

"Sri Sri Academy completes 10 years with exceptional performance in academics & extra-curricular. It's a successful model showing that value based education with modern methodology can build all round personalities in children."

Gurudev's Tweet.

<https://twitter.com/SriSri/status/1201001578280312835?s=08>

The Art of Living is working tirelessly for revival of natural agriculture practices across India.

"We need to train our farmers to use natural farming techniques to solve problems & become self-sufficient. ArtofLiving has trained 2.2 million farmers in 22 states of India."

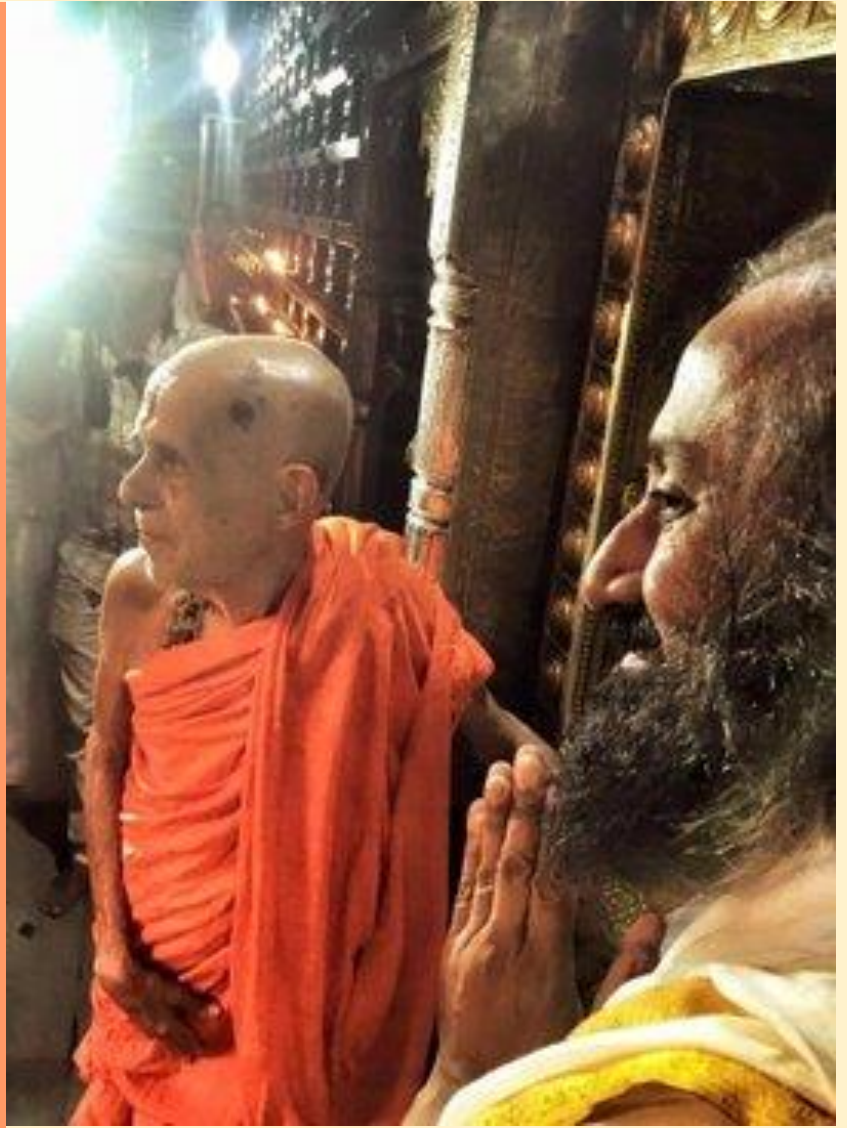
Gurudev's Tweet on 23th December, 2019.

<https://twitter.com/SriSri/status/1209133236183429120?s=08>

Pujya Pejawar Vishweshwara Teertha Swami Ji left His body on 29 th December 2019, at the age of 88, in Udupi. He was the former presiding swamiji of the Sri Pejavar Adokshaja Matha, one of the Ashta Mathas belonging to the Dvaita school of philosophy founded by Sri Madhvacharya.

" Pujya Pejawar Vishweshwara Teertha Swamiji led the life of an ideal sanyasi, combining spirituality with social service. He inaugurated our Art of Living movement in 1981 & always encouraged spirituality beyond caste & religion. He was constantly in touch with me throughout the Ayodhya effort. His deep wisdom, simplicity & sincere efforts to uplift the common man were unparalleled." .Gurudev's Tweet on 29th December, 2019.

<https://twitter.com/SriSri/status/1211182210180501505>



STORY

This is the story of a 49-year-old woman farmer who is making heads turn in the farming community.

Mangala Pandge reaped Rs 3.6 lakhs from her drumsticks produce in a span of just seven months with an input cost of just Rs 5,000, which was largely the cost of labor. She was given the seeds by her mentor. The oranges from her farm were all sold off in bulk orders.

As Latur reeled under extreme drought conditions and other farmers waited for rains to sow rabi crops, Pandge managed to earn profit.

But what is the secret to her success?

Pandge, who hails from Bhoisamudraga village in Latur, has managed to create a farm which is drought-resistant. Her farm is based on an agroforestry model.

She was educated about the model by The Art of Living natural farming experts.

“I didn’t even have to step into the market. They were so good in quality and taste, that my oranges sold off at almost twice the general market price, all of it via orders,” Pandge told.

Even as India recorded the heaviest monsoon showers in 25 years and raging floods killed over 1,600 people since June, Maharashtra’s Latur district remained water-starved.

Latur, which is in the Marathawada region, is a perennial drought-prone area.

This year, at least ten cases of farmer suicides were reported from Marathwada region of Maharashtra. In July, indebtedness and dry spell prompted a 45-year-old farmer in Latur to commit suicide by consuming poison.

But despite all the difficulties, Pandge is creating miracles on her land.

“We have to adapt according to the type of soil and water availability. Most of our losses happen because we have not been taught how to adapt to the changing climatic patterns and uncertainties that come with it,” Pandge says.

“Nature has a dry spell each three-five years and adapting to that is what we have to learn,” Pandge shares, “I have less water in my village so I grow crops accordingly. I have drumsticks, oranges, custard apple, wheat, jowar, potato, onion, pumpkin, soyabean, moong in my 10 acre farm.”

Pandge makes all the natural inputs for farming at home like bio enzymes, biofertilizers (made from cow dung and urine) and vermicompost. This type of cropping and soil conservation is not just making the soil in her farms more fertile but is also making her self-sufficient.

The formula is simple – if one crop fails, she can still cover the loss from the other crops which thrives under the same climatic variation.

“I don’t have to rely on a single crop. I have multiple crops which make it sustainable in any condition,” she says.

Pandge, who runs a small grocery shop, has 10 acres of land completely dedicated to chemical-free farming and agroforestry.

Her mentor, Mahadev Gomare, is a natural farming expert with The Art of Living who has trained thousands of farmers like her in natural farming and agroforestry. “There is a dry spell every three years where you will have minimum rainfall. Our farmers have to understand this and need to move into agroforestry,” Gomare says.

“In this model a farmer has to plant trees along with the crops in the fields. These trees will make farming sustainable. These trees will work as a pension plan for the farmers. Trees like custard apple requires less water and will give them profit in the longer term. This is what we are educating farmers about,” he adds.

In 2018, when droughts hit Latur and sugarcane along with other crops failed, Pandge made it through the peak drought successfully by innovative plantation model. She lined her farms with drumsticks and oranges, for which Gomare gave her the seeds and mentorship.

She had adopted this model two years ago. Despite delayed monsoon, her drumsticks stood tall and custard apple trees remained unaffected.

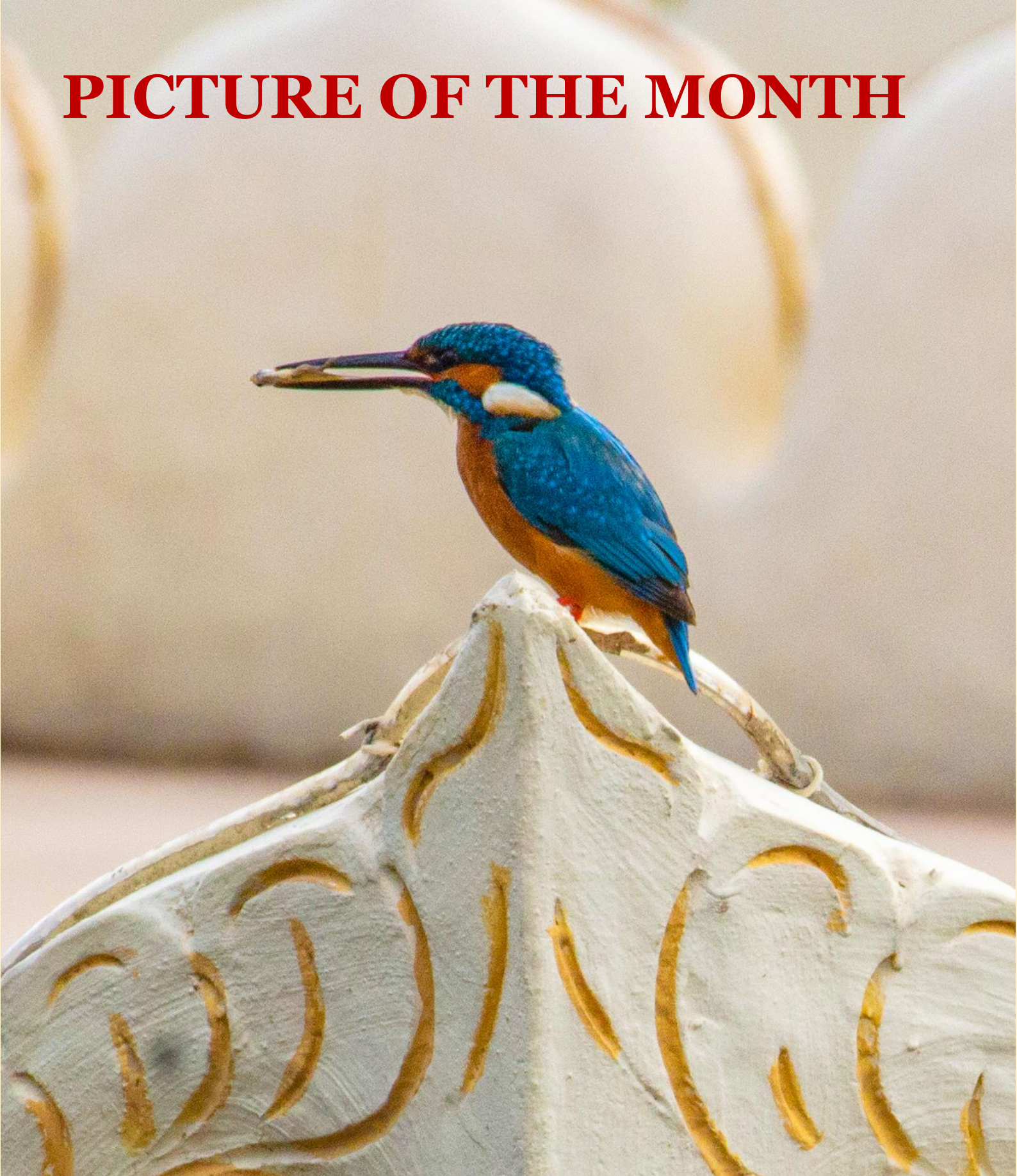


While the other farmers were waiting for the rain to sow the seeds, Pandge earned in thousands from her drumstick produce alone, even before sowing the season's crops.

The fact that the produce is healthy and grown on soil without chemicals, responds to the increasing demand for produce that is pesticide and chemicals-free. Buyers are willing to pay her a higher price than the market, which is largely still driven by crops grown on chemically fertilized soil.



PICTURE OF THE MONTH



Every bloom, every bird, every smile is exuberating that which is Unseen. Alas, we are lost so much in words that we fail to recognize the value of silence!

Introspective instances from The Art of Living International Center, Bengaluru.

UPCOMING PROGRAMS

SL	Program Name	Date	Registration Link
1	7 days Intensive workshop on Vedic Jyotish and Vaastu Fundamentals	5-11 January, 2020	https://vaidicpujas.org/sevadetails/?transid=8730
2	Mission Green Earth ,2020	February 2020	
3	Bliss In Bali - An Advanced Meditation Program with Gurudev in Bali	8-13 April, 2020	https://blissinbali.sumeruholidays.com/
4	Mahashivaratri Celebrations 2020 scedule	21-22 February, 2020	https://vaidicpujas.org/shivratribangalore/
5	PAN India Sahaj Samadhi Meditation Program with Bhanu Didi.	10-12 January, 2020	https://programs.org.in/ekam/index.php/public/welcome/index?hps=10000&eid=4452
6	Gurudev will be giving Talks on SHIVA SUTRA at the auspicious “Lord Vadakkunnathan Shiva Temple” grounds. Adi Shankaracharya’s parents Shiva Guru & Aryamba are believed to have prayed at this temple before His birth.	17-18 January, 2020	-
7	Bhagavad Gita Ch18 Discourse	24-26 January, 2020	https://programs.org.in/ekam/index.php/public/
8	Sanyam with Bhagawad Gita Discourse	19-26 January, 2020	https://programs.org.in/ekam/index.php/public/

9	Sri Sri Yoga Deep Dive with Swami Purnachaitanya Ji	22-26 January, 2020	https://programs.org.in/ekam/index.php/public/
10	Sri Sri Meru Chikitsa Yoga Level 4	22-27 January, 2020	https://programs.org.in/ekam/index.php/public/
11	Gurupuja Phase 2	19-21 February, 2020	https://programs.org.in/ekam/index.php/public/
12	Mahashivratri Special Prajna Yoga Senior (Intuition Process)	20-21 February, 2020	https://programs.org.in/ekam/index.php/public/
13	Mahashivratri Special Prajna Yoga Junior (Intuition Process)	20-21 February, 2020	https://programs.org.in/ekam/index.php/public/
14	Intensive AOS/AMP with Sangeeta Jani Ji	12-16 February, 2020	https://programs.org.in/ekam/index.php/public/
15	Sri Sri Yoga Level II with Ruchie Sood ji	6-9 February, 2020	https://programs.org.in/ekam/index.php/public/
16	Gurupuja Phase 1	27 Feb 2020 : 02 Mar 2020	https://programs.org.in/ekam/index.php/public/

Indian Calendar

02 Jan : Guru Gobind Singh Jayanti
06 Jan : Vaikunth Ekadashi
11 Jan : Chandra Grahan
12 Jan : Swami Vivekananda Jayanti
14 Jan : Lohri
15 Jan : Makar Sankranti
15 Jan : Pongal
16 Jan : Mattu Pongal / Bihu
23 Jan : Subhash Chandra Bose Jayanti
24 Jan : Mauni Amavasya
28 Jan : Ganesh Jayanti
29 Jan : Vasant Panchami
30 Jan : Gandhi Punyatithi

English Calendar

01 Jan : New Year
12 Jan : National Youth Day
26 Jan : Republic Day

CALENDAR OF THE MONTH



ASHRAM INFORMATION CENTRE

PHONE: 080-67262626 /27/ 28

EMAIL: info@vvmvp.org

WHATSAPP: 9035032543