



Gurudev Sri Sri Ravi Shankar

GLOBAL INITIATIVES

2022

Gurudev Sri Sri Ravi Shankar is a renowned spiritual leader and global humanitarian whose mission of uniting the world into a violence-free, stress-free, global family has inspired millions of people to broaden their share of responsibility and serve society.

Gurudev has devised practical tools and techniques that help individuals achieve calmness of mind and clarity of thought. Such a state of mind empowers individuals to achieve their goals and instills a sense of service and greater connectedness with humanity.

In 1981, Gurudev established The Art of Living Foundation, an educational organization with a presence in over 180 countries. The Foundation's individual development programs offer powerful tools to eliminate stress and foster a sense of well-being.

In 1997, Gurudev founded the International Association for Human Values (IAHV), a humanitarian organization, which promotes societal responsibility and human values in political, economic and social spheres.

IAHV and The Art of Living Foundation collaborate on several humanitarian initiatives, including conflict resolution, disaster and trauma relief, environmental conservation, anti-corruption, prisoner rehabilitation, youth leadership, women's empowerment and universal education. Both organizations enjoy special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.



2022
IN REVIEW

Usually you wonder what the new year has in store for you. This time think what you can give to the year. Be the one who can change the time and tide.

New Year Celebrations

BOONE, NC, USA, JAN 1



New Year celebrations were marked with a musical evening and meditation with Gurudev Sri Sri Ravi Shankar at the Boone Ashram. As he addressed the

crowd at the ashram, he motivated everyone to look at the New Year from the perspective of contributing. He said, “What the year is going to give us is an infant thought. Rather than expecting something from time, let’s see what best we can offer in the coming year. How can we contribute to time - to the new year?”

As a part of his USA tour, he also gave a 3-day discourse on the scripture Spanda Karika that explains consciousness as a series of vibrating waves. Later in the week, Gurudev also presided over a music and meditation session at the Los Angeles Center where hundreds of masked men and women enjoyed the bliss of Satsang.

Reaches out to Ukraine

FEB 25 - MAR 17

As the Ukraine crisis unfolded, Gurudev Sri Sri Ravi Shankar drove relief efforts for Ukraine. The Art of Living and IAHV volunteers sprung into action, arranging for refugee shelters, relief materials, and evacuation efforts. Gurudev conducted regular calls with refugees supported by The Art of Living and IAHV relief efforts, assuring them of their safety.

Gurudev appealed to Indian students and families to not give up hope during this difficult time. He said, "At this hour of crisis, I appeal to the students and their families to not give up hope. All the help is being made available and our volunteers from all across Europe are there by your side, who will provide you with food, water, and other essential items."

He also lauded the efforts of volunteers and motivated everyone to come forward to help. Conducting regular

calls with volunteers, he rendered unconditional moral and material support. He said, *"Whenever the world has faced challenges - pandemic or war - one good thing that has happened is that the world has come to help. No one has seen that situation since World War 2. Prices have shot to the sky. I congratulate the volunteers of The Art of Living who have helped people on the streets and those who are fleeing the country. The Art of Living teachers are giving physical and moral support at this time. Let us join and help those who are in need. Let us all pray for peace and for the war to come to an end."*

Gurudev also offered a peace-keeping dialogue in his tweets:

"PM @narendramodi played a commendable role in keeping good relations with both countries. India's neutral stance & tradition of non-violence make it uniquely poised to participate in the #UkraineRussia talks. @DrSJaisankar (1/2)



Volunteers in Hungary



Volunteers from Taraska ashram, Poland



Art of Living volunteers are jointly working with volunteers from other organizations



At the Ukraine Slovakia border



Volunteers in Hungary



Volunteers in Germany



Art of Living Europe & IAHV sending essential supplies and medical aid to Ukraine. Great expression of love and support for the people of Ukraine

People with positive and meditative vibes can douse the fire, facilitate dialogue and ensure that the talks do not get derailed. #Ukraine (2/2)”

Highlights of relief efforts of The Art of Living

- 32,617 meals in 9 countries across Europe.
- Trauma relief sessions were conducted for refugees; mental health counseling was provided to 22,342 .
- 650 Ukrainian refugee families have been sheltered by The Art of Living (As of March 7th, 2022).
- 100 Art of Living volunteers in Europe have moved into action to provide all the support to those who are fleeing Ukraine including thousands of Indian students.
- In Hungary, The Art of Living has arranged shelters for more than 150 people.
- More than 500 beds in Poland have been arranged in Poland.
- Volunteers from IAHV and The Art of Living at the Polish border provided assistance to refugees arriving. There are families with children who are as young as 2 months old. All essential supplies have been stocked up by our team.
- 400 students have been evacuated safely and 800 more have made their way to our centers in Poland & Hungary.
- Refugees centers are operational in Hungary, Poland, Romania, Slovakia, Ukraine, Moldova, Bulgaria, Germany, and Amsterdam (Netherlands) – 9 countries, 21 cities.
- The Art of Living also has a large volunteer base in Ukraine who are helping the Indian community.

Kisan Samruddhi Mahotsav

BENGALURU, KA, INDIA, MAR 7



1,200 farmers attended the Kisan Samruddhi Mahotsav at the Bangalore Ashram. The event is an effort to help Indian farmers improve their skill sets in natural farming, agro-biodiversity with indigenous seeds, financial literacy, social media marketing, and understanding of global market opportunities with an aim to achieve financial security and abundance. The event was inaugurated by the Governor of Karnataka, Thaawarchand Gehlot, Minister of Jal Shakti, Gajender Singh Shekhawat, and other dignitaries.

The farmers have been beneficiaries of The Art of Living's initiatives in the areas of sustainable agriculture, river rejuvenation, watershed development, agroforestry, and social forestry, among others. At the event, the farmers shared their personal anecdotes of the transformation that The Art of Living's natural farming has brought to their regions, making their livelihood sustainable and boosting the strength of their communities.

Gurudev congratulated the farmers for their farming feats and reinforced the commitment of The Art of Living in uplifting the farmers of the country. He said “India is the country of farmers. The country is ready to do anything for farmers., Even our Prime Minister has expressed this repeatedly. He feels the pain of the farmers. He is aware of their challenges and is willing to work for their development.”

Uplifting Suriname in a post-pandemic world

MAR 8

Gurudev Sri Sri Ravi Shankar spoke with the President of Suriname, Chan Santokhi who expressed his appreciation for the work being done by The Art of Living and its volunteers in Suriname. The two discussed various geopolitical issues in the region and how we can uplift Suriname and its people in a post-pandemic world.

Celebrates 40 years of The Art of Living

SHIVAMOGGA, KA, INDIA, MAR 20

On March 20, a few days before The Art of Living turned 40, Gurudev revisited Shivamogga, where it had all begun. On the occasion, he inaugurated the Temple of Knowledge (Gyankshetra) in the quaint town where The Art of Living’s meditation programs and events will be conducted. He shared about how it all began and his vision for the future of The Art of Living. An excerpt from the speech.

Before 1981, I used to teach yoga and meditation but I felt something was missing. What I wanted to give was not reaching them. That is when I went into 10 days of silence. When I spoke on the 11th day,

I was myself listening to what I was saying for the first time and simultaneously teaching. This was a strange phenomenon. I had not planned anything.



Shiva means shubh (auspicious) and Mogga means blooming from the bud. So, Shivamogga is a place where the auspicious begins and spreads. What started in Shivamogga: the Sudarshan Kriya is being practiced all over the world. Today we have issues in the world that are burning. The reason for this is stress, and lack of trust. To rebuild trust and bring back peace in the world, we need wisdom. It is wisdom that can put an end to war.”

Inaugurates Sri Sri Rural Talent Innovation Center

PAPANASAM, TAMIL NADU, MARCH 26

Gurudev inaugurated Sri Sri Rural Talent Innovation Center at Papanasam, Tamil Nadu which is an initiative of The Art of Living and Sri Sri Rural Development Program. This training center will help the youth in and around Papanasam to access the most in-demand IT skills, internship, and placement opportunities.



The Art of Living is working extensively in rural areas in the domains of river rejuvenation, skill development, natural farming training, free education, rural electrification, and village development. The Art of Living has trained 305, 618 in vocational skills in the past 14 years and has established 95 skill development centers across the country.

Inaugurates India Center for Policy Research & Development

NEW DELHI, INDIA, APRIL 6



Gurudev inaugurated the India Center for Policy Research & Development, a Think Tank on Public Policy and Advocacy. Other members on the inauguration board included Shyam Jaju, Former

National Vice President of BJP, Prof. Rita Bhaguna Joshi, a Member of Parliament, and Dr. Karan Singh.

Delivers the 28th Lal Bahadur Shastri memorial lecture

NEW DELHI, INDIA, APRIL 6



Gurudev delivered the 28th Lal Bahadur Shastri memorial lecture at the National Museum Auditorium in New Delhi, on 'Spiritual Values for Peace and Sustainability.'

Ascertaining the role of spiritual values in building peace, he said, "The wars are generated in the minds of people, not by the weapons. The source of war is mind. He said that the world would be a better place if countries spent even a small amount of the total expenditure of war materials on peace education."



Remembering Lal Bahadur Shastri, he said, "We were all children in school when he died. The whole country went into shock. He had a calm and gentle personality."

I STAND FOR PEACE

A worldwide peace campaign by Gurudev



"Global peace is not possible without individual peace."

In the backdrop of emerging conflicts and the post-pandemic impact on the world's mental health, Gurudev traveled across the world to spread the message of holistic peace.

Launches the 'I Stand For Peace' campaign

GENEVA, SWITZERLAND, APRIL 20



Gurudev launched the 'I Stand For Peace' campaign from the United Nations office in Geneva. Through the campaign, he appealed to global forces of peace

and sanity to work towards building harmony, human values, and interdependence and dispel mistrust in society.

In his address, Gurudev said, "People come together when there is a crisis - when they feel threatened or when they are wise. I have a question - can people not come together for something that is positive, something that can create harmony within society?"

He also stressed on the need for building mental resilience among people in post-pandemic times. "If each person makes an intention to stand up for peace and attend to their mental health, we can make

world peace a reality. Global peace is not possible without individual peace.” Talking about the root cause of conflict, he said, “In the past so many years, conflicts have happened when trust is broken or communication breaks down among people.”

The event was a part of his Europe tour where he met policymakers, diplomats, and thousands of volunteers of The Art of Living who worked to provide help

during the Covid-19 pandemic and in rehabilitating Ukrainian refugees. Taking forward his vision of creating a violence-free world, Gurudev also met with Giles Carbonnier, Vice President of the International Committee of the Red Cross. “We discussed humanitarian and peace endeavors in today’s conflicts, commonalities between humanitarian principles, and potential for future exchange,” Carbonnier tweeted.



Interaction at the Press Club in Geneva



With H.E. Ambassador Indramani Pandey, Permanent Representative of India to the United Nations



With Jagan Chapagain, the Secretary General of the International Federation of the Red Cross



With Gilles Carbonnier, Vice-President of the International Committee of the Red Cross



Gurudev meets Excellencies from the Permanent Mission in Geneva



Hundreds stand up for peace in Interlagen, Switzerland with Gurudev

Peace meditation

POLAND, APRIL 24



Thousands of people gathered at COS Torwar Stadium, Warsaw, Poland, for a peace meditation & pledged to I Stand For Peace. Former VP of the European Parliament Mr. Ryszard Charniecki, Indian Ambassadors to Poland & Ukraine & several other dignitaries were present.



Gurudev meets Nagma Mohamed Mallick, Ambassador to Poland and Lithuania from India, says, "India had always stood for peace and dialogue"

Gurudev urged everyone to access inner peace and resolve to work towards world peace. An excerpt from his address is as follows.

"We have come here to appreciate what you have done for the people who need refuge. Peace in the community is the only way to have peace in the nation or the world. World peace is impossible if the individual is not peaceful. In India, we say Om Shanti thrice, meaning inner peace, peace in the environment, and peace amongst the nations. Wars are generated in the heads and minds of people first. Dialogue is the only way to resolve conflicts. In our families, we are different people with different ideas and these differences do clash. What keeps us bound is the feeling of belongingness and oneness. Meditation can create this belongingness. It relieves us of stress and keeps us connected with the whole world. When we are stressed and anxious, our decisions are bound to go wrong. To have a calm state of mind and clarity in thinking, what do we need? We need meditation."

In Poland, in every province, we have meditation centers. When the first Polish group came to India in 1991, only a few of them could speak English at the time. I was giving a talk on consciousness, they were translating it for 90 people."

WHO says the biggest challenge after the pandemic is mental health and we see that. Conflict at home is rife: people are becoming aggressive or dropping into depression. This is what happens when you feel helpless. Now is the time for us to say 'I Stand For Peace'. So when we all kindle the valor and commitment in us to say 'I Stand For Peace', we will no longer feel helpless. Every individual has power and if we all collectively focus on peace and stand for the unity of mankind, miracles can happen."



Gurudev leads a movement for peace a few hundred kilometres from the Ukrainian border | April 25



"You can stop this war" said the German Premiere League soccer club manager and former player, Christoph Daum in a conversation with Gurudev in Warsaw Poland | April 23



Ambassador Harish Parvathaneni welcomes and hosts Gurudev at the India House. | April 26



I Stand For Peace

BERLIN, GERMANY, APRIL 26

Gurudev addressed thousands and highlighted how despondency can be done away with when you have a strong resolution. He urged everyone to stand for peace during these trying times. He said, “Peace is our very nature and we have always been talking about peace. I would like every one of you to stand up for peace. You may ask, ‘I mean by just standing for peace, will peace be there? There are some people who are creating wars. So what is the point of an individual standing for peace? When we feel helpless, we tend to get into depression or aggression. When we channel our energy to committing to ‘I Stand for Peace’, we channel our energy into a specific goal. It helps us to find inner strength. Know that your

thoughts and intentions are powerful. Have the intention that there will be peace on the planet, and then there will be peace on the planet.”

Gurudev also conducted a meditation session. He said, “Meditation helps regain strength. Along with meditation, channeling our mental energy and intention will aid the process.” He took questions from the audience about war, peace, and mental health. Someone asked, “How do I live through this hard time - the war in Ukraine and the environmental issues everywhere and no peace whatsoever?” He answered, “I know it is difficult. That is why we need inner strength. Meditation will be very helpful.”



"Our intention is the basis of all action and if we put our attention and the collective intention towards standing for peace, I am sure peace will prevail!"

I Stand For Peace

MIAMI, APRIL 30



Gurudev receives the Key to the City of Miami from Commissioner Kionne McGhee | May 1

Gurudev launched the I Stand For Peace campaign in the United States from Miami, Florida.

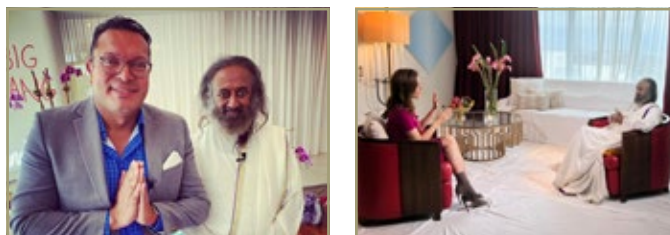


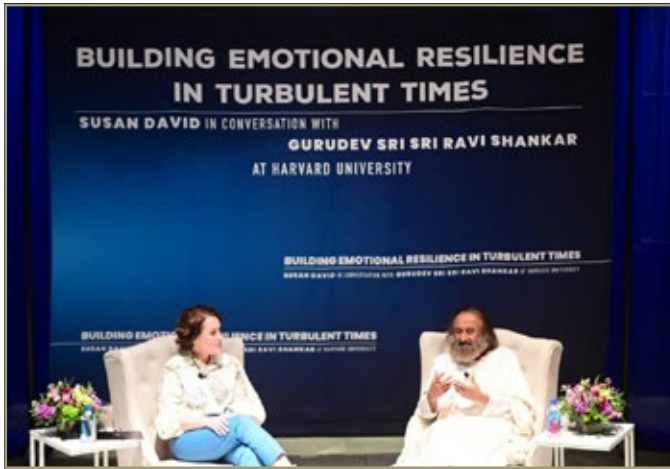
Gurudev meets the press and society leaders | April 30



Gurudev receives the Global Humanitarian Award from the American Academy of Anti-Aging Medicine | May 1

He addressed a conference of physicians on the role of meditation for mental health and overall well-being.





Discussion with noted author Susan David, Ph.D about emotional resilience at Harvard University, Boston, MA, USA | May 2



At the United Church of Christ in New Haven, CT, people from all walks of life take the pledge, New Haven, CT, USA | May 3



Hundreds join Gurudev at the St. Paul & St. Andrew United Methodist Church in New York, NY, USA | May 4



In conversation with Prof. John Sexton: Searching for Happiness, New York, NY, USA | May 4



The I Stand For Peace movement at the Kimmel Centre, Philadelphia, PA, USA





A celebration for peace and a pledge, New Jersey, USA | May 9



At the One World Observatory in Manhattan a meeting with various leaders, New Jersey, USA | May 9

Delaware, USA



Governor John Carney, Delaware | May 10



Addressing the Delaware State Senate and the House of Representatives | May 10



Each chamber presented a tribute recognizing Art of Living's work | May 10



Washington D.C., USA



Honoring our Heroes: Prioritizing Health Care Workforce Well-being. Guest speaker at the National Geographic Auditorium | May 5



Social Connection, Compassion, Youth and Mental Health with US Surgeon General Vivek Murthy, and Prof. James R. Doty, MD, Founder CCARE, Stanford University | May 6



Hundreds take the pledge | May 7



Reception at the US Capitol hosted by Assistant Speaker of the U.S. House of Representatives Katherine Clark, Congressman Raja Krishnamoorthi and Congressman Danny K. Davis | May 12



Interacting with members of Congress at Capitol Hill with Congressman David Trone and Congressman Raja Krishnamoorthi | May 12



Meeting Luis Almagro, the Secretary General of Organization of American States (OAS) to discuss pressing issues concerning North and South America | May 12

Dallas, TX, USA



Thousands affirmed their commitment to peace in one of the most diverse cities of the US | May 19



Business leaders and entrepreneurs, USA | May 19



CEOs | May 19



Judges | May 19



Community Leaders | May 19



Stephanie Hollman TV Personality | May 19

Arizona, USA



Phoenix | May 23



Arizona joins the I Stand For Peace movement Sedona | May 23

Austin, TX, USA



A celebration for peace and a pledge | May 20



CEOs | May 20



Aubrey Marcus | May 20



Luke Storey | May 20

Los Angeles, CA, USA



An interaction with students of University of Southern California | June 1



Interacting with business leaders and industrialists | June 1



Addressing the German American Business Association | June 2



Gurudev shared his message through podcasts | June 2



Conversation with physicians on rethinking the path to wellness | June 3



Leaders of the Jain community support I Stand for Peace | June 4



Receiving the President of Suriname H. E. Chan Santokhi along with the First Lady Mellisa Santokhi and minister of foreign affairs at the Art of Living center in Los Angeles | June 11



An interaction on Creativity and Consciousness with Philip Lawrence and some of the brightest minds from the entertainment and film industry | June 11



Interactions with various media personalities and podcasters | June 15



Celebrations and commitment for peace | June 15



Meetings with society leaders | June 15

San Francisco, CA, USA



San Francisco Bay Area residents support "I Stand for Peace" | June 9



Gurudev being honored by Senator Dave Cortese, Assembly Member Alex Lee & Supervisor Dave Haubert as well as mayors from Fremont, Alameda, Saratoga, Foster City & Danville | June 3



Seattle, WA, USA



Addressing students and faculties of several universities hosted by the University of Washington, Seattle on **Finding Calm in Chaos** | June 18



Residents of Greater Seattle area, Senators and Representatives of Washington state affirmed their commitment to peace | June 18



New York, NY, USA



Addressing the next generation philanthropists, impact investors and social entrepreneurs on purpose and joy of giving back | June 25



A fireside chat with Forest Whitaker | June 24



Interacting with business leaders and other prominent members of the civil society | June 23

Chicago, IL, USA

Peace Festival

JUNE 26

Gurudev led the convergence of a Peace Festival in Chicago that attracted a large attendance including ranking United States Congressmen, Local, County, and State elected officials, and a host of business and community leaders at the University of Illinois Forum Auditorium. The festival elicited inspiring remarks from the ranking elected officials against the backdrop of growing unrest, violence, and crime in Chicago and all across the globe and the compelling imperative to usher in peace, harmony, love, and brotherhood.

State Representative Jim Durkin (R,82nd District) said that he would table a resolution on the floor of the Illinois General Assembly to declare June 26th as World Peace Day and celebrate its observance in the State of Illinois every year – which elicited sustained applause. Mayor Lori Lightfoot also sent a proclamation to the event, which was read by Alderman David Moore in which she declared June 26 to be “I Stand for Peace” Day each year .

Taking the stage amidst the deeply permeated silence, Gurudev addressed “In this polarized society, we need more people who can bring peace, who can overcome conflict with proper communication and celebration”, and outlined advancing peace and goodwill with the World Culture Festival next year to bring people together of all backgrounds and all ideologies. “We want to give the message, ‘Wake up, We are one family.’”, he said.

The Peace Meet attracted the attendance of Ranking Congressman Danny Davis 9D, IL-7th Dist.), Ranking Congressman Raja Krishnamoorthi (D, IL-8th District), Cook County Board President Toni Preckwinkle Representative Jim Durkin (R, 82nd District), Adarsh Shastri, Grandson of former PM of India Sri. Lal Bahadur Shastri, Hoffman Estates Police Chief Kasia Cawley, and a host of State Senators, State Representatives, Suburban Mayors, and other prominent faith leaders.



Releasing the book written by Mr. Satnam Singh Sandhu on the contributions of PM Narendra Modi at the Vishwa Sadbhavna event | June 26



Addressing the Jain community of Chicago at the Jain Temple along with Lokesh Muniji | June 26



Interaction with thousands including prominent leaders of Chicago gathered at the University of Chicago Forum to find inner peace | June 26

Raleigh, NC, USA



Thousands of residents and prominent leaders of Raleigh joined the “I Stand for Peace” movement | June 7



Three cities around Raleigh declared July 7th as the Art of Living day | June 7



The “I Stand for Peace” movement was joined by thousands in Charlotte, NC, USA | July 8

Atlanta, GA, USA



Reminding the gathering that peace begins from within & each one of us has the power to unite society when we stand up for peace | November 9



“A Conversation on Peace in Our Time” with Dr. Lawrence Carter, Amb. Andrew Young & Rev. Dr. Gerald Durley at the Morehouse College on peace, social justice and the environment | November 9



Addressing the students & faculty at Georgia Tech. University | November 9



Addressing a Town Hall on Burnout in Academia and Healthcare at Emory University | November 11



Interaction with Hampton Roads community at Virginia Beach 'I Stand For Peace' event | November 18



Thousands of people affirmed their commitment to inner and outer peace at the "I Stand For Peace" event in Memphis | November 29



Gurudev being presented with the Gandhi Peace Pilgrim Award at the Dr. Martin Luther King Jr. National Historical Center in recognition of his efforts towards global peace | November 11



Discussion on the value of diversity and the role of culture in transcending divides with Washington, DC Mayor, Muriel Bowser | November 17



Gurudev being was bestowed with the "The Emissary of Peace" award by the National Civil Rights Museum in Memphis | November 29

Paramaribo, Suriname



Thousands including the President of Suriname and members of Parliament joined Gurudev in his tour for world peace | July 14



Gurudev honored with the highest civilian award of Suriname by President Santokhi | July 14



Interaction with the Speaker and members of Parliament at the National Assembly | July 14



Addressing the business leaders | July 14

Guyana

First visit to the country

JUL 16

Gurudev was received in the State House of Guyana by President H.E. Mohamed Irfan Ali, the Prime Minister Hon. Mark Phillips, and several cabinet ministers. Diplomats from various countries were also present. They discussed mental health, agriculture, & Ayurveda. In the evening, he spoke and conducted mass meditation at the #I Stand For Peace event at the National Cultural Center. The Art of Living center in Guyana has been offering meditation and Sudarshan Kriya programs for the last 16 years.



Gurudev was received in the State House by the President H.E. Mohamed Irfan Ali, the Prime Minister Hon. Mark Phillips, and several cabinet ministers | July 15



I Stand for Peace in Guyana was attended by thousand who meditated with Gurudev and pledged for peace | July 15



I Stand for Peace in Guyana was attended by thousand who meditated with Gurudev and pledged for peace | July 15

Brazil



The “I Stand for Peace” tour continued to Brazil with more than 2500 people at the event in Rio de Janeiro | July 16



Gurudev discussed challenges posed by the pandemic with H.E. Jair M. Bolsonaro, President of Brazil and Indian Ambassador H.E Mr. Suresh Reddy | July 19

Bolivia



Hundreds attended the 'I Stand for Peace' event in La Paz. Incidentally, July is also celebrated as the month of peace there | July 20

First visit to Bolivia

JUL 22

Gurudev visited Bolivia for the first time. He addressed an "I Stand for Peace" event in Cochabamba, the heart of Bolivia. The Art of Living has been active in the country for the past 16 years.



Mayor Ivan Arias Duran, his wife and the Deputy of Bolivia, Ms. Milena Reque welcomed Gurudev to Bolivia | July 20



At Cochabamba, the National Senate and Assembly of Bolivia issued a declaration in honor of Art of Living's service projects | July 21

Chile



Thousands joined the 'I Stand for Peace' event with much love and enthusiasm | June 22



Gurudev was welcomed by the Mapuche community in La Pintana where he led the 'I Stand for Peace' event followed by tree plantation with traditional ceremonies | July 23



Gurudev addressed the rectors, faculty and students of the University of Chile | July 24

Talks about emotional resilience with Dr. Susan David at Harvard University

USA, MAY 2



In a conversation with award-winning psychologist Dr. Susan David at Harvard University, Gurudev Sri Sri Ravi Shankar discussed effective ways that can help people navigate their emotions better. He suggested meditation, breath-work, and a broadened awareness as long-lasting ways to manage emotions and become more emotionally resilient.

He said, “Emotions are always changing. The intensity changes. The expression changes. Yet there is something in us that does not change. To realize the change, there needs to be a reference point of non-change. Because of that center, you can notice the change. Being that point of non-change is meditation. This practice of going back to your center of non-change helps you become a witness to your emotions instead of getting embroiled in them.”

An interaction with Erik Solheim

MAY 4



In a passionate discussion with Erik Solheim, a Norwegian diplomat, former politician, and environmentalist, Gurudev Sri Sri Ravi Shankar shared his vision and purpose for ‘I Stand For Peace.’ An excerpt from the interaction is as follows.

Erik: The Indian Vedas say that we are a one-world family. With that spirit, there is no challenge that humanity cannot solve, be it peace, environment, or trade.

Gurudev: We need to create awareness in the public - let us see beyond our race, religion, gender, and political affinity. See a bigger human goodness. It is hidden in each of us. Those who are negative are small in number. We need to make the voice of those who want peace louder. When peace-loving and good people come and stand for peace, it can empower the collective consciousness and change the whole atmosphere.

Religion, spirituality, climate change

NEW YORK, USA, MAY 5



Gurudev Sri Sri Ravi Shankar in an interaction with American lawyer and academic John Sexton discussed topics ranging from religion, spirituality, and climate change. An excerpt from the conversation:

John Sexton: I was struck by your climate change talk. Could you connect that to the general spirit of what you have been saying so far?

Gurudev: It is just a matter of creating awareness. What you see on the shelves of the shop today will become part of your body. This body is dependent on the planet. Your existence is

dependent on the environment. It must be our prime duty to save the planet. Unless all nations don't come together to save the planet, it won't happen. Boundaries are not known to water, air, and earth. Boundaries are irrelevant when it comes to saving the resources of the planet."

Addresses medical fraternity

WASHINGTON DC, USA, MAY 7



Since the pandemic, the medical community across the United States and across the world has experienced a mental health crisis. At #HealingHealthcareDC, a special event hosted by National Geographic and the Children's National Hospital in Washington DC.

Gurudev Sri Sri Ravi Shankar appreciated the purpose of the event and encouraged healthcare professionals to open up to breathing techniques and meditation for mental healthcare. He said, "Often people don't acknowledge that they are not well. Wellness is needed for people all over. A disease-free body, a stress-free mind, an inhibition-free intellect, a trauma-free memory, and a sorrow-free soul are the birthrights of every individual. That is real health. Let us bring that health to all our healthcare professionals."

Healing the mind with the breath

WASHINGTON DC, USA, MAY 7



In a discussion with US surgeon general Vivek Murthy and Dr. James Doty, clinical professor of neurosurgery and Founder & Director of the Center for Compassion and Altruism Research & Education, Gurudev Sri Sri Ravi Shankar discussed ways to care for youth mental health. The trio discussed the pervasive nature of loneliness, its adverse effect on mental health, and kindness and breathing techniques to safeguard mental health.

"It is normal to feel lonely sometimes. People with good connections, family, and a partner can also feel lonely because they have not learned about their own minds and emotions. Our emotions are linked with our breath. Loneliness, hatred, and fear can be handled by handling our own breath."

~ Gurudev

Addresses Delaware State Senate

WASHINGTON DC, USA, MAY 11



Gurudev Sri Sri Ravi Shankar addressed the Delaware State Senate and the House of Representatives. He offered his unequivocal support to make Delaware the "Happiest State" by committing to tackle mental health issues across all sections of the community, including students, veterans, prison inmates, physicians, professionals, and more. Each chamber presented a tribute recognizing The Art of Living's work. Delaware Governor John Carney said, "We are proud to honor and thank Gurudev Sri Sri Ravi Shankar's humanitarianism, spiritual leadership, and commitment to peace here in the United States and across the world."

Visits the US Capitol

WASHINGTON DC, USA, MAY 12

Gurudev Sri Sri Ravi Shankar attended the reception at the US Capitol hosted by assistant speaker of the US House Representative Katherine Clark, Congressman Raja Krishnamoorthy, and Congressman Representative Danny K Davis.



Meets Luis Almagro, Secretary-General of Organization of American States

MAY 12



Gurudev Sri Sri Ravi Shankar met Luis Almagro, the Secretary-General of the Organization of American States, and discussed issues regarding North and South America.

Meets the physician community

CHICAGO, USA, JUNE 29

400 physicians commit suicide every year in the US. Gurudev Sri Sri Ravi Shankar met the physician community of Chicago and shared ways of overcoming stress and burnout. He held a meditation session for the community as well. The event brought a host of Indian American physicians

together. At the event, Gurudev honored several medical professionals including Dr. Bharat Barai, Chair of Indiana Medical Board, Dr. Sreenivas Reddy, Chair of Illinois Medical Board, Dr. Suresh Reddy, Trustee of Oakbrook Village, Ravi Kolli, American Association of Physicians of Indian Origin (AAPI) President, Dr. Vishnu Chandy, and Adarsh Shastri.

Gurudev also participated in Vishwa Sadbhavna event and released the book written by Satnam on the contributions of PM Narendra Modi

Received Suriname's highest award

SURINAME, SOUTH AMERICA, JUL 15



Gurudev Sri Sri Ravi Shankar was received by the Minister of Defence at Suriname which he was visiting after 21 years. He was honored with Suriname's highest award - The Honorary Order of the Yellow Star (Ere-Orde van de Gele Ster). "I credit this award to the teachers & volunteers who have been doing commendable service in this country. I thank President Santokhi & the judges for this honor," Gurudev said.

Visits Brazil

JUL 19

Gurudev Sri Sri Ravi Shankar visited Brazil after six years. He met with H.E. Jair M. Bolsonaro, President of Brazil, accompanied by India's Ambassador to Brazil, Suresh Reddy. Both discussed challenges posed by the pandemic on the emotional & mental well-being of people & the need for promoting peace within societies. In his address to the Indian embassy, he spoke about how to promote peace in society and emphasized the importance of conscious breathing and meditation to deal with emotional and mental health issues.



He later met with more than 500 teachers from across the region and was joined by more than 2500 people at the I Stand For Peace event in Rio de Janeiro.

Visits Mapuche community, an indigenous tribe of Chile

JUL 23

Gurudev Sri Sri Ravi Shankar was welcomed by the Mapuche community in the La Pintana commune. He encouraged them to continue peace talks with the Chilean government and resolve their long-standing conflict. He concluded the visit with tree plantations and a traditional ceremony.



Visits Santiago

CHILE, JUL 24



Over 1500 people joined Gurudev Sri Sri Ravi Shankar for I Stand For Peace. Gurudev led them into meditation and in his address to the audience reflected on the negative effect of the pandemic on the world's mental health and ways to uplift it. "The solution to better mental health is learning about our own minds," he said. He also interacted with Rectors, school officials, and students at the University of Chile on topics ranging from peace, personality, education and resilience.

An evening of wisdom for the youth

SOFIA, BULGARIA, JUL 28

Thousands gathered on the picturesque sets of the Nu Boyana Film Studios for Sixth Sense, an evening of timeless wisdom in an ancient setting for the modern youth of Bulgaria.



An evening of timeless wisdom at the Nu Boyana Film Studio where thousands meditated with Gurudev | July 28



Indian Ambassador to Bulgaria, H.E Mr. Sanjay Rana and his wife welcomed Gurudev | July 28



US Ambassador to Bulgaria, H.E Ms. Herro Mustafa joined Gurudev for a walk at the Nu Boyana Film Studio campus | July 28

Visits Ghana

AFRICA, AUG 16



President H.E Nana Akufo Adda received Gurudev Sri Sri Ravi Shankar in Ghana. They discussed several initiatives of the Art of Living for Ghana's people, ranging from Ayurveda, agriculture, and youth skills training to prison programs. Gurudev also addressed diplomats and government officials at the High Commission of India in Ghana.

Happiness 3.0

GHANA, AFRICA, AUG 17



Gurudev Sri Sri Ravi Shankar addressed thousands of Ghanaians at the Accra International Convention Center as part of the Happiness 3.0 event. He said,

“creating a happy society does not just depend on creating the right conditions, but also creating the right institutions for discovering those conditions.” He shared tools with the audience to enhance their mental health and led the audience into meditation. Gurudev also met indigenous leaders from the country.



The Art of Living has been working in Ghana for the last fifteen years.

Inaugurated Academic City University College

ACCRA, GHANA, AFRICA, AUG 18



Gurudev Sri Sri Ravi Shankar inaugurated the higher educational institution Academic City University College in Accra along with Vice President of Ghana

H.E. Dr. Mahamudu Bawumia & Deputy Minister of Education Hon. John Ntim Fordjour. The Art of Living workshops will be part of the induction programs at the University.

Interacts with Nigerian actor Richard Mofe-Damijo

NIGERIA, AFRICA, AUG 20

In an exclusive interaction with Nigerian actor Richard Mofe-Damijo, Gurudev Sri Sri Ravi Shankar observed that youth in developing countries often have low self-esteem which prompts them to take low-paying jobs. “I want to share one incident - when we started our campus in Bangalore, I amassed the youth around the campus and organized a session with a government representative who shared information about the possibility of small-scale industries. The youth rejected every idea. They were more interested in taking low-paying jobs like a bus driver. We took a one-month-long training program called the Youth Leadership Training Program (YLTP), after which each one of them became an entrepreneur. We multiplied this program all over the country and we even conducted it on the Ivory Coast. Such a training program should be conducted here as well,” Gurudev said.

QnA with business and media leaders

NIGERIA, AFRICA, AUG 21

Eminent business and media leaders asked Gurudev Sri Sri Ravi Shankar some pertinent questions about life and restoring political stability in Nigeria. To a question on ways to cope with the political, social, and economic turmoil in Nigeria, Gurudev answered, “When the challenges are so many, you need inner

strength. This is where our programs will help. To unveil your inner energy and intuition, you need some breathing exercises. It can make you sharp and help you grasp problems better. Take leadership; instead of getting sucked into negativity, stand up to create positive change. Every crisis is also an opportunity. An example - Because of the devaluation of the currency, you cannot import food grains. In that case, you think about self-sufficiency. There is enough fertile land and youngsters who can grow food here.”



41 years of The Art of Living with Vibrant Africa: The Rising Rhythm

NIGERIA, AFRICA, AUG 22



The Art of Living celebrated its 41 years with a Culture Festival, Vibrant Africa: The Rising Rhythm. The festival was meant to build a compassionate and harmonious society by bringing people together with song, dance, meditation, and dialogue. It opened with inspiring performances from local and international artists, including Drum Ensemble, Syrian Dancers, and National Troupe, followed by deep meditation led by Gurudev Sri Sri Ravi Shankar.



Following the relaxing session of meditation, Gurudev addressed questions fielded by attendees, during which he stressed upon love and meditation as key components of achieving a harmonious society and peace within oneself.

“I tell you, deep inside you is a fountain of bliss, a fountain of joy. Deep inside your center core is truth, light, and love, there is no guilt, and there is no fear,” Gurudev Sri Sri Ravi Shankar said on the power of meditation. “When celebration comes from a place of enthusiasm and joy, it can uplift and unite all around us, bringing freedom from our traumatic past and sparking hope for the future. This type of celebration is service. It is sacred. Turn your celebration into a sacred offering for society,” Gurudev said on the power of celebration.

One of the distinguished guests at the event, former president of Nigeria, Chief Olusegun Obasanjo, GCFR, in his remarks, urged Nigerians to embrace love and community. “Two words that cannot be separated – Love and Peace. Where there is love, there is peace. Where there is peace, there is love, prosperity, happiness, and discipline. If you want to live a good life, you must live a disciplined life and a life of love,” he said.



Anandutsav

AUG 24

Gurudev Sri Sri Ravi Shankar addressed participants of Anand Utsav. 20,000 people experienced Sudarshan Kriya for the first time as part of Anand Utsav - a pan-India annual Online Meditation & Breath Workshop. In his address, he encouraged volunteers and participants to spread happiness and the knowledge of breath to others as well.

Addressed business leaders and entrepreneurs

UGANDA, AFRICA, AUG 25

Gurudev Sri Sri Ravi Shankar addressed a huge congregation of business leaders and entrepreneurs at an event attended by H.E Edward Ssekandi, former Vice-President of Uganda. Later, an MoU was



signed with Uganda prisons to facilitate The Art of Living's Prison Smart program for inmates and staff.



Vibrant Africa: An evening of music, wisdom, and meditation

UGANDA, AFRICA, AUG 25

The honorable Minister of Internal Affairs Kampala, General Kahinda Otafiire, several ambassadors, dignitaries, and numerous Ugandan youth participated in Vibrant Africa: An evening of music, wisdom, and meditation. In his address, Gurudev Sri Sri Ravi Shankar emphasized love and meditation as key components of achieving a harmonious

society and peace within oneself, adding, "Conflict between religions should never be encouraged."



Visits Tanzania for the first time

TANZANIA, AFRICA, AUG 26



On his first visit to Tanzania, Gurudev Sri Sri Ravi Shankar was welcomed by the honorable Culture Minister Mohamed Mchengerwa and a short cultural performance at the airport. Gurudev shared his intention to bring skill development training and wellness programs to the youth of Tanzania. He said, “I want to see Tanzania as the happiest place.”



Vibrant Africa

TANZANIA, AFRICA, AUG 26

As an ode to the culmination of the Vibrant Africa tour, the honorable President & Cultural Ministry meticulously organized a cultural evening in Tanzania. A spectacular mix of Indian & African dances, followed by meditation, was experienced by the thousands gathered.





Addressed policymakers & delegates at the International Climate Summit

BERGEN, NORWAY, AUG 30



Met the President of Zanzibar

ZANZIBAR, TANZANIA, AUG 26



Gurudev Sri Sri Ravi Shankar met Dr. Hussein Ali Mwinyi, the President of Zanzibar at the island country's presidential palace to discuss ways to empower the country's youth, establish wellness centers and promote natural farming.



Gurudev Sri Sri Ravi Shankar addressed policymakers and delegates at the International Climate Summit 2022. He said, "Norway and India have always stood for two things: environment and peace." Citing the example of The Art of Living volunteers creating awareness against burning agrarian lands post-harvest in India, he said, "We need to create awareness among the masses for the protection of the environment. We have to educate our people."

Spoke at Business in Turbulent Times

BERGEN, NORWAY, AUG 31



Gurudev Sri Sri Ravi Shankar addressed business leaders in Norway at this exclusive event. He said, “Sanctions against countries are not the only solution to conflict situations. Dialogue is the key. Industry and faith leaders, media & politicians have to work in tandem to address such issues. Business should run beyond the political arena.”

Interacted with diplomats at Asia House

COPENHAGEN, DENMARK, SEP 2



Gurudev Sri Sri Ravi Shankar spoke with diplomats of several countries at the Asia House

in Copenhagen, hosted by the Ambassador of India to Denmark, Pooja Kapur.

An evening of meditation and wisdom

COPENHAGEN, DENMARK, SEP 2



Gurudev Sri Sri Ravi Shankar interacted with Christian Stadil, an honorary professor of creative leadership at Copenhagen Business School at the prestigious Folketeatret in Copenhagen, Denmark. Afterward, he led the audience into meditation.

Addressed Mental Health Conference at Danish Parliament

SEP 2



Gurudev Sri Sri Ravi Shankar addressed the Mental Health Conference in a special interaction for the members of the Danish Parliament and other invitees in Copenhagen, Denmark. In his address, Gurudev said, “People tend to hide their mental illnesses. But when you do that, your mental illness becomes worse. It tends to explode. The impact of breathing on one’s mental health is very vital. It helps you release the pressure from the mind. We must educate people on the significance of mental health.”

A conversation with Dr. Christian Garbe

GERMANY, SEP 4



In a world of growing political, environmental, and mental health challenges, it is essential to coding innovative ideas for a peaceful co-existence based on non-violence, tolerance, and social justice. Inner peace fosters intuition and innovation needed in these challenging times.

Gurudev Sri Sri Ravi Shankar interacted with Dr. Christian Garbe, Managing Director, Frankfurt Innovations Center for Biotechnology GmbH. He shared his perspectives on peace and the importance of meditation in our daily lives. He gave insights from his worldwide peace work, in which meditation is the most fundamental component.

Inaugurated Mission Green Earth

GUJARAT, INDIA, SEP 23



Gurudev Sri Sri Ravi Shankar along with the honorable Chief Minister of Gujarat Bhupendra Patel inaugurated Mission Green Earth, The Art of Living’s largest tree plantation drive where several crores of trees will be planted across the state.

Participated in Chintan Shivir

KAZIRANGA, ASSAM, SEP 25



Gurudev Sri Sri Ravi Shankar participated in Chintan Shivir, a three-day brainstorming platform for the Assam state government, its ministers, and various departments. The Shivir aimed to discuss the ongoing activities and plan and roadmap of the departments for the next five years.

Inaugurated the 6th World Summit on Ethics & Leadership in Sports

BENGALURU, OCT 13



Along with honorable Minister of Law & Justice Kiren Rijju, Gurudev Sri Sri Ravi Shankar inaugurated the 6th World Summit On Ethics & Leadership in Sports held at the Bangalore Ashram. The World Summit on Ethics & Leadership in Sports is an initiative of The World Forum for Ethics in Business, a registered public interest foundation with the aim to pursue and establish indispensable ethical foundations of business in a globalized world.

The summit was attended by reputed sports people like Billiards player Pankaj Advani, international wrestler Sangram U Singh, and Sports & Youth Affairs Minister Sandeep Singh. Gurudev in his address said, “If you take sports too seriously, then you lose its sportiveness - it becomes war. When you follow ethics in sports, that is when you can do both - take it seriously and not take it seriously.”

Interacted with former Scandinavian gang members reformed by Prison Smart Program

OCT 14



Gurudev Sri Sri Ravi Shankar interacted with former Scandinavian gang members and prisoners in an exclusive Q&A session. The former inmates who participated in the session are graduates of The Art of Living's Prison Smart Program, a rehabilitation program for inmates. The inmates asked Gurudev questions ranging from ways to redeem oneself to dealing with dark thoughts, toxicity, and pain. He also encouraged the former gang members to see their strength and take charge to change the world.

6,000 prisoners in Denmark have benefited from The Art of Living's Prison Smart Program which includes the practice of the Sudarshan Kriya breathing technique and meditation practices.

Inaugurated India's first IoT-enabled mobile medical oxygen plant

OCT 17



Gurudev Sri Sri Ravi Shankar launched India's first IoT-enabled mobile medical oxygen plant with a cylinder filling station today in the Art of Living Bangalore Ashram. This initiative will empower rural and urban India with easily accessible and affordable medical-grade oxygen.

Launched the Kannada version of Elyments app

OCT 26



Along with the Chief Minister of Karnataka Basavaraj Bommai, Gurudev Sri Sri Ravi Shankar launched the Kannada version of Elyments, India's exclusive social media app.

Inaugurates the 3rd National Tribal Cultural Festival

CHATTISGARH, INDIA, NOV 1



Gurudev Sri Sri Ravi Shankar inaugurated the 3rd National Tribal Cultural Festival, along with the honorable Minister Of State Of Tribal Affairs Renuka Singh and the honorable Minister Of Social Welfare, Govt. Of Karnataka, Kota Srinivas Pujari. The event was highlighted by performances by 1,500 tribal artists who represented 28 states, 7 union territories, and 10 countries, including Egypt, Russia, New Zealand, and Serbia.

A dialogue on mental wellness in campus life at Georgia Tech

USA, Nov 10





Gurudev Sri Sri Ravi Shankar addressed students and faculty on the role of meditation and breathing in nurturing mental wellness. He also highlighted the importance of creating a support system to address mental health matters for students across universities and colleges. Sudarshan Kriya programs are a regular feature at Georgia Tech.

Received the Gandhi Peace Pilgrim Award

USA, Nov 11



Gurudev Sri Sri Ravi Shankar received the Gandhi Peace Pilgrim Award at the Dr. Martin Luther King Jr. National Historical Center in recognition of his

tireless efforts to spread the messages of peace and non-violence as espoused by Mahatma Gandhi & Dr. Martin Luther King Jr.

The prestigious award given by the Gandhi Foundation of the USA was presented to Sri Sri Ravi Shankar in the presence of Isaac Farris, nephew of Dr. Martin Luther King Jr and India's Consul General in Atlanta Dr. Swati Kulkarni.

Interacted with students and faculty of top Indian universities

USA, Nov 11



Gurudev Sri Sri Ravi Shankar interacted with over 25,000 students & faculty of 43 government educational institutions in India including IIT, NIT, and IIIT. He inspired them to develop their personality in addition to focusing on grades. He encouraged them to have faith in their abilities, something which eventually pulls an individual out of life's pitfalls. He also motivated them to practice

breathing techniques and meditation to protect their mental health. On the same day, Gurudev addressed students and faculty at Emory University on ways to deal with burnout in academia and healthcare.

Conversation with Ambassador Andrew Young

USA, Nov 12



Gurudev Sri Sri Ravi Shankar was welcomed by Dean Lawrence Carter Sr. to Morehouse College for a conversation with Ambassador Andrew Young, an American diplomat and politician at the Dr. Martin Luther King Jr. Chapel moderated by Rev. Dr. Gerald Durley. They discussed a range of topics including peace, social justice, and the environment.

Conversation on values and the fight against corruption

WASHINGTON DC, USA, DEC 12

Gurudev Sri Sri Ravi Shankar interacted with youth on fight against corruption at the India Against Corruption Series conference. At the conference, he said, “Sense of insecurity and lack of belongingness are root causes of corruption.

Compassion, commitment to serve and broader context to life can lead to a collective resolve.”



Christmas celebrations

MONTREAL, CANADA, DEC 25



On the occasion of Christmas celebrations, Gurudev conducted meditation at The Art of Living Center in Montreal, Canada. The celebrations accompanied music and dance.

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