



# 45 YEARS OF IMPACT

# Love

*moves the world*

The human race is on the precipice of great change.

In its pursuit of happiness, mankind must not forget that true happiness comes from caring and sharing. Caring for the planet and sharing one's knowledge, talents, skills and resources is the essence of a progressive society.

For the past 45 years, the Art of Living has led millions to find deep peace and silence within while expanding their vision to serve society through dynamic action to create a violence-free and stress-free world.

Wisdom alone can kindle compassion and create universal brotherhood and heal the world tormented by mistrust, greed, fear and prejudice. The dedicated work of millions of volunteers from various pockets of the planet has demonstrated that this indeed, is doable.

I invite individuals, governments and organizations to join hands with us in envisioning and creating a better world, a sustainable world, for the present and future generations.

GURUDEV SRI SRI RAVI SHANKAR



---

# CONTENTS

---

---

## EXECUTIVE SUMMARY 06

---

Individual and Community Impact  
07

Global Impact  
08

Contribution to Sustainable  
Development Goals  
09

---

## INTRODUCTION 12

---

Gurudev  
14

Our Global Footprint  
16

The A-B-C of Sustainable  
Development  
18

Global Recognition  
20



---

## INDIVIDUAL IMPACT 22

---

Transforming Mental Health  
24

Yoga for Holistic Well-being  
30

Children, Teens and Youth  
32

SKY Schools USA  
34

SKY Campus Happiness  
36

Sri Sri Ravishankar  
Vidya Mandir Trust  
40

Sri Sri University  
42

Creating Stress-Free  
Workplaces  
44

Government Programs  
47

Breaking Free from Addiction  
48

Well-being for Healthcare  
Professionals  
50

Healing Trauma in War Zones  
53

Deradicalization Initiatives  
66

The Science of Transformation  
68



---

## COMMUNITY IMPACT 70

---

Comprehensive SDG Impact  
72

Community Development  
74

Integrated Rural Development  
78

Free Schools  
80

Women Empowerment  
82

Youth Leadership Training  
Program (YLTP)  
86



Skill Development for  
Entrepreneurship  
**89**

Protecting the Planet  
**90**

Water Conservation  
**92**

Tree Plantation  
**96**

Biodynamic Agriculture  
**97**

Renewable Energy  
**98**

Preserving and Protecting  
the Himalayan Way of Life  
**100**

Solutions for Waste  
Management  
**101**

Prison Program  
**102**

Veterans in the US  
**106**

Disaster Relief  
**112**

Pandemic  
**114**

Millions of Volunteers  
Worldwide  
**116**



---

## GLOBAL IMPACT 120

---

Gurudev's Transformative  
Peace Missions  
**124**

Colombia: Mediation  
for Peace  
**126**

Ayodhya: Journey to  
Reconciliation  
**128**

Sri Lanka: From Division  
to Dialogue  
**130**

Kashmir: Transforming  
from Within  
**132**

I Stand for Peace  
**134**

World Culture Festivals  
**136**

Global Leadership Forum  
**146**

World Forum for Ethics  
in Business  
**147**

International Women's  
Conference  
**148**

World Forum for Art and  
Culture  
**149**

Fostering Interfaith Harmony  
**150**

Guinness and other  
World Records  
**152**

Voices of Global Leaders  
**154**

A Legacy of Compassion  
and Service  
**156**



---

# EXECUTIVE SUMMARY

---

## 45 YEARS OF IMPACT



**182**  
countries

**800+ million**  
people reached worldwide

**40,000+**  
trained facilitators

Gurudev Sri Sri Ravi Shankar (Gurudev) is a globally recognized spiritual leader, humanitarian, and peace envoy. He is the founder of two global organizations - the Art of Living (AOL) and the International Association for Human Values (IAHV). Under Gurudev's guidance, these organizations have grown to become the world's largest volunteer-driven movements, transforming 800 million lives in 182 countries with the vision of a stress-free, violence-free society: advancing individual well-being, community resilience, environmental restoration, and global peace.

Through over one million volunteers and 40,000+ trained facilitators, AOL and IAHV deliver practical, evidence-based programs that strengthen mental health, reduce stress, and foster leadership across all sectors of society. Independent studies from leading institutions, including Stanford, Yale, Cambridge, and UCLA, show significant reductions in anxiety, depression, PTSD, and burnout in participants.

At its core, Gurudev's mission is simple: to transform life's struggles and make life a celebration, building stronger individuals who can serve society with compassion and purpose.



# INDIVIDUAL & COMMUNITY IMPACT

GURUDEV'S INITIATIVES HAVE TOUCHED LIVES AT EVERY LEVEL OF SOCIETY



**5+ MILLION STUDENTS** trained in leadership and life skills

**15,500+ HEALTHCARE PROFESSIONALS** supported with burnout prevention tools



**400,000+ GOVERNMENT EMPLOYEES** empowered to serve with clarity

**500,000+ CORPORATE LEADERS** trained in stress resilience and workplace excellence



**5,250+ UNIVERSITY CAMPUSES** reached across in the U.S., Europe, Latin America, and India



**7+ MILLION PEOPLE** united through global World Culture Festivals celebrating peace and diversity

AT THE COMMUNITY LEVEL, HIS WORK DRIVES LARGE-SCALE SOCIAL AND ENVIRONMENTAL TRANSFORMATION



**1,356 FREE SCHOOLS** for rural and tribal communities in India

**120,000+ STUDENTS** of which 49% are girls; 100% pass rate



**420,000+ YOUTH** trained in livelihood skills

**25,000+ TRAINEES** in solar energy



**111,000+ WOMEN** trained in vocational and entrepreneurship skills



**75+ RIVERS** rejuvenated

**174+ BILLION** liters of water conserved



**100+ MILLION TREES** planted globally

**36 COUNTRIES** carried out tree plantation drives

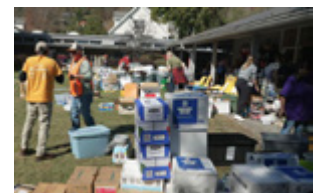


**3+ MILLION FARMERS** trained in sustainable agriculture



**65 COUNTRIES**

**800,000+** prisoners rehabilitated



**5.6+ MILLION** people supported in war zones and disaster areas

**156+ DISASTER RELIEF OPERATIONS** worldwide

# GLOBAL IMPACT

## STRENGTHENING SOCIETY BY STRENGTHENING INDIVIDUALS

Through its humanitarian leadership and environmental stewardship, the organization has pioneered renewable energy projects, waste-to-value innovations, and rural electrification initiatives — empowering communities to thrive sustainably. Its rapid disaster response network and trauma-relief programs continue to bring stability and hope in times of crisis.

Beyond humanitarian service, Gurudev's peacebuilding work has helped reconcile long-standing conflicts in Ayodhya in India, Colombia, Sri Lanka, Iraq, Israel-Palestine, Kashmir, and Ukraine, enabling dialogue, healing, and reintegration for thousands of affected individuals.

Extending this vision globally, Gurudev also convenes international platforms for ethical leadership and collaboration—including the World Forum for Ethics in Business, the International Women's Conference, and the Global Leadership Forum—engaging over 5,000 leaders and changemakers in advancing inclusive, human-centered development.

Recognized by 190 governments, 44 international institutions, and 27 honorary doctorates, Gurudev continues to demonstrate that inner peace and social action are inseparable forces for global progress.

From conflict zones to classrooms, from refugee camps to presidential forums, Gurudev demonstrates that true change begins within the individual and expands outward — creating a more compassionate, resilient, and uplifted world.





## HIGHLIGHTS OF OUR IMPACT TOWARDS THE SUSTAINABLE DEVELOPMENT GOALS

**1** NO  
POVERTY



### Working to eradicate every form of extreme poverty

Including the lack of food, clean drinking water, sanitation, and threats to lives and livelihoods from climate change and conflict. Empowering self-reliance through livelihood and entrepreneurship

**2** ZERO  
HUNGER



### Building food security through sustainable agriculture

**3+ MILLION FARMERS** trained in natural and climate-resilient farming

**56,000+ ACRES** converted to sustainable agriculture

**3** GOOD HEALTH  
AND WELL-BEING



### Promoting holistic physical and mental wellness worldwide

Programs in **182 COUNTRIES** reaching **800+ MILLION PEOPLE**

Evidence-backed reductions in anxiety, depression, PTSD, and burnout (Stanford, Yale, Cambridge, UCLA)

**4** QUALITY  
EDUCATION



### Making holistic, value-based education accessible to all

**120,000+ CHILDREN IN 1,356 FREE SCHOOLS** (49% girls; 100% exam pass rate)

**5+ MILLION YOUTH IN UNIVERSITIES FROM 5,250+ INSTITUTIONS** participated in well-being and resilience programs

**5+ MILLION CHILDREN AND TEENS** trained in life skills



### Enabling women and girls to lead, earn, and thrive

**111,000+ WOMEN** trained in income-generating skills

**200,000+ GIRLS** educated in menstrual health across **11 COUNTRIES**

**6,000+ WOMEN LEADERS** engaged through the *International Women's Conference*



### Reviving water systems and ensuring community access

**75+ RIVERS REJUVENATED**, conserving **174+ BILLION LITERS OF WATER**

**35+ MILLION PEOPLE** benefited from improved water security and sanitation initiatives

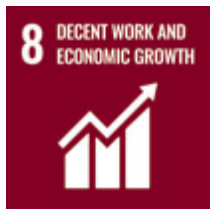


### Lighting up lives through solar innovation

**66,000+ SOLAR LAMPS** distributed

**700+ VILLAGES** solar powered

**25,000 YOUTH** trained in solar installation and maintenance



### Creating opportunity through skill, ethics, and enterprise

**420,000+ YOUTH** trained for employment

**500,000+ CORPORATE LEADERS** and **400,000+ GOVERNMENT OFFICIALS** trained in stress-resilient leadership and ethical workplace culture



### Pioneering sustainable technologies for social good

**18 WASTE-TO-VALUE PLANTS** processing **300,000+ KG OF WASTE** into reusable materials

Rural electrification and green innovation projects scaled across multiple states in India and Nepal



### Restoring dignity for marginalized communities

**800,000+ PRISONERS** rehabilitated in **65 COUNTRIES**

Peace and trauma-relief programs in war zones, for disaster relief, slums and refugee settlements benefiting **5.6+ MILLION PEOPLE**

**11** SUSTAINABLE CITIES AND COMMUNITIES



### Building peaceful, cohesive, and resilient societies

**156+ DISASTER RELIEF** operations worldwide

**VOLUNTEER FOR A BETTER INDIA** and *I Stand for Peace* campaigns mobilized millions for civic action

**12** RESPONSIBLE CONSUMPTION AND PRODUCTION



### Creating circular economies through community innovation

**300,000+ KG OF WASTE** processed through eco-plants

**360,000+ BIODEGRADABLE UTENSILS** produced from agricultural by-products

**13** CLIMATE ACTION



### Restoring ecosystems and reducing carbon impact

**100+ MILLION TREES** planted across **36 COUNTRIES**

**3+ MILLION FARMERS** adopted regenerative agriculture

Solar and water programs reducing rural carbon dependency

**15** LIFE ON LAND



### Reviving biodiversity and rural ecosystems

**75+ RIVERS** rejuvenated

**56,000+ ACRES** transitioned to natural farming

**700,000+ TREES** planted along watersheds

**16** PEACE, JUSTICE AND STRONG INSTITUTIONS



### Building peace from the inside out

Mediated conflict resolution in **AYODHYA IN INDIA, COLOMBIA, SRI LANKA, IRAQ, ISRAEL-PALESTINE, KASHMIR, AND UKRAINE**

**7,400+ FORMER INSURGENTS** reintegrated

Global peace dialogues convened with leaders and faith groups

**17** PARTNERSHIPS FOR THE GOALS



### Scaling change through collaboration

**PARTNERSHIPS WITH MULTI-LATERAL INSTITUTIONS** including UNICEF, UNDP, UNESCO, WHO, and 180+ governments

**ENGAGED 10,000+ GLOBAL LEADERS AND CONVENED** the World Forum for Ethics in Business, Global Leadership Forum, and International Women's Conference, towards ethical, human-centered development

“

The motto of the Art of Living is to realize that life is a celebration, and the whole world is one family.

**GURUDEV**



## CHAPTER 2 INTRODUCTION



# A LEGACY OF *service & peace*

GURUDEV

---



Gurudev is a globally recognized spiritual leader, humanitarian, and peace envoy.

Through his message and work, Gurudev is offering another path to tackle the world's most pressing problems of escalating cycles of violence, retaliation, and conflict – a path where helping individuals be at peace with themselves and committed to serving others becomes the most powerful antidote to violence and serves as the foundation for lasting societal peace.

## TRANSFORMING VISION INTO IMPACT

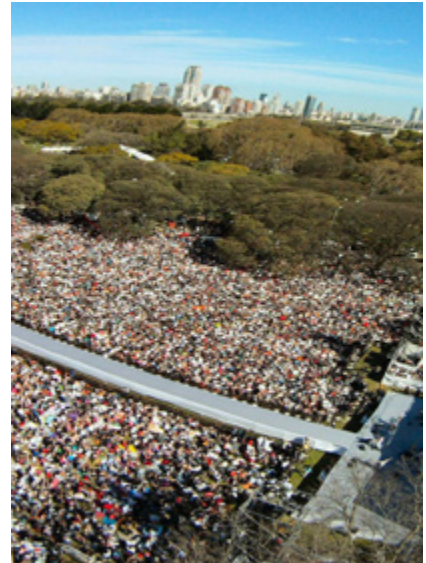
Gurudev was born in South India in 1956. From an early age, he showed remarkable gifts, reciting the Bhagavad Gita at just four years old and naturally entering into deep meditation as a child. Bridging the worlds of science and spirituality, he graduated with a degree in modern physics at age 17.

In 1981, after ten days of silence, he emerged with Sudarshan Kriya, a transformative breathing practice that has helped hundreds of millions of people worldwide. The same year, he founded the Art of Living, a movement to create a stress-free, violence-free society. His teachings make ancient wisdom into accessible practices that people can apply in daily life, helping them experience inner peace.

The Art of Living, along with its sister organization, International Association for Human Values has grown into a global movement with self-development courses, service projects, and peace-building initiatives. 40,000 teachers and many more volunteers are active across 182 countries, standing for human values like compassion, love, and service.

Gurudev's programs have also reached both victims and perpetrators of violence in conflict zones. From Latin America to the Middle East to Kashmir and Assam in India, his teachings have inspired terrorists and gang members to give up violence and turn towards peace. Through mediation, he has helped resolve entrenched conflicts including the Colombian Civil War and the Ayodhya Temple dispute.

His work has been honored with the Padma Vibhushan from the President of India and the highest civilian honors in Colombia, Mongolia, Suriname, Paraguay, and Fiji. The World Culture Festivals organized by the Art of Living are a testament to Gurudev's vision of uniting people as a "One World Family." To date, the events in Bangalore, Berlin, New Delhi, and Washington, D.C. have brought together more than seven million people.



---

# OUR GLOBAL FOOTPRINT

---

45  
YEARS OF  
TRANSFORMATION

Gurudev's vision is to create a happier, healthier, peaceful society and to see a stress-free and violence-free world.

Gurudev has nurtured human values such as compassion and understanding which transcend boundaries and has united people across cultures, religions and nationalities.



## BUILDING CONSCIOUS AND CARING COMMUNITIES

---

**182**  
countries

**800+ million**  
people reached worldwide

**50+ million**  
attended programs

**1+ million**  
volunteers worldwide

**40,000+**  
mental health trainers globally

**10,000+**  
centers worldwide



---

# THE A-B-C OF SUSTAINABLE DEVELOPMENT

---

## THE ART OF LIVING'S FRAMEWORK FOR SOCIETAL TRANSFORMATION

One way to strengthen society is by offering individuals tools through which they can strengthen themselves.

The Art of Living offers self-development programs steeped in yoga, meditation and breathing techniques to help individuals relax, manage their stress, and develop a better understanding of their own mind and emotions – to connect with one's self so that they can better connect with others.



### A

#### AWARENESS

Helping individuals become more aware of their thoughts and emotions, connect to themselves, and learn to connect with others better.



### B

#### BELONGINGNESS

When awareness is heightened, individuals begin to see how interconnected life on this planet is - a sense that there is something much larger than individual motivations.



### C

#### COMMITMENT

With the realization of interconnectedness dawns the beginning of commitment to work across diverse ideologies and cultures for mutual benefit.

---

The origin of such a commitment to improving society is at the individual level. With the ability to connect to one's self and manage one's own mind comes self-reliance, self-confidence, resilience, well-being and calm.

When this is complemented with education focused on supporting human values of compassion and understanding, the result is a spark of inspiration to do good in the world. Thus, the well-spring of global peace begins with individual well-being.



At the United Nations in Geneva, launching the global campaign - *I Stand for Peace*

## WORLDWIDE IMPLEMENTATION AND IMPACT

For more than four decades now, the Art of Living has offered programs that promote peace and well-being at the individual, community and global levels.

### PROMOTING PEACE AND MENTAL HEALTH AT VARIOUS LEVELS



#### AT GLOBAL LEVEL

Pioneering a human-centred approach to addressing the root causes of conflict and violence, fostering lasting peace



#### AT COMMUNITY LEVEL

High impact social projects that strengthen communities at the grassroots level in rural and urban areas



#### AT INDIVIDUAL LEVEL

Creating lasting change, thus impacting millions of individuals globally, leading the way for peace in society

---

# GLOBAL RECOGNITION

---

Gurudev's vision of a violence-free, stress-free society through the reawakening of human values has been recognized and appreciated the world over.

Gurudev has been honored for his contribution to humanity in the fields of conflict resolution, peace promotion and for nurturing human values.

The awards and felicitations bestowed on Gurudev celebrate the causes that he champions as well as his philosophy of a one world family.

190  
HONORS BY GOVERNMENTS

28  
HONORARY DOCTORATES

44  
HONORS BY OTHER INSTITUTIONS

52  
SRI SRI RAVI SHANKAR DAYS

With Mr. Chan Santokhi, former President of Suriname





Orden de la Democracia  
Simón Bolívar  
Highest civilian award, Colombia



Honorary Order of the Yellow  
Star (Ridder)  
Highest civilian award, Suriname



Padma Vibhushan, India  
For exceptional and distinguished  
service to the Nation



Medalla de la Integración en  
el Grado de Gran Oficial  
Highest honor, Peru



Honorary Officer of  
the Order of Fiji  
Highest civilian honor, Fiji



National Order of Merito de  
Comuneros  
Highest civilian award, Paraguay

“

I share this award with all those people who stand for a violence-free and stress-free society. This award is not for a person or personality, but for a principle that stands for the ideal of one world family and cultural plurality.

**GURUDEV**

Gurudev's humanitarian work in conflict resolution, peacebuilding, and the promotion of human values has inspired thousands worldwide to uphold these ideals. The various felicitations and awards received from diverse communities reflect the collective recognition of nations in honoring the principles of Gurudev's vision.



CHAPTER 3  
INDIVIDUAL IMPACT



Gurudev with program participants in South America

# TRANSFORMING MENTAL HEALTH

## ACCESSIBLE AND SCALABLE SOLUTIONS FOR GLOBAL WELL-BEING



**1 billion**

people worldwide live with a mental health disorder

**25%**

surge in anxiety and depression after the pandemic

**1 in 6**

adolescents experience mental health disorder

**50%**

of all mental health disorders begin by age 14

“

There is no health without mental health.

WORLD HEALTH ORGANISATION

### A WORLD STRAINED BY DIVISION

Across the globe, individuals and societies face compounding crises. Anxiety, stress, and domestic violence are eroding personal well-being, with the World Health Organization estimating that about one in four people will experience a mental or neurological disorder in their lifetime - and nearly one in eight are living with one right now.

Depression and anxiety alone cost the global economy close to US \$1 trillion each year in lost productivity.

### BREATH-BASED PRACTICES FOR SCALABLE HEALING

Gurudev has developed over 60 specialized programs designed to cater to all sections of society. These initiatives span from prisoner rehabilitation and substance abuse recovery to opioid addiction treatment, to reaching students across schools, colleges and universities. The programs address diverse needs while maintaining a unified approach to human transformation and well-being.

The enduring impact of Gurudev's work is reflected in the lives transformed every day through the initiatives he has inspired.

Gurudev's evidence-based approach offers a practical, low-cost, stigma-free dimension - empowering individuals and communities to manage stress, build resilience, and heal together.

“

There are enough human values on this planet to support each other and no problem is insurmountable.

**GURUDEV**



## MENTAL HEALTH: IMPACT AT A GLANCE



CHILDREN AND TEENS

**150,000+**

children enhanced their intuitive capabilities in over 40 countries

**5+ million**

students worldwide undergo leadership development program



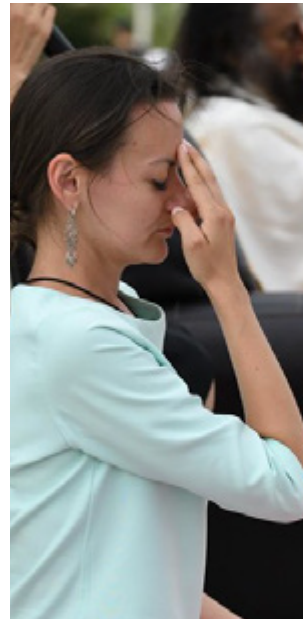
YOUTH

**5+ million**

receive well-being and resilience programs

**5,250+**

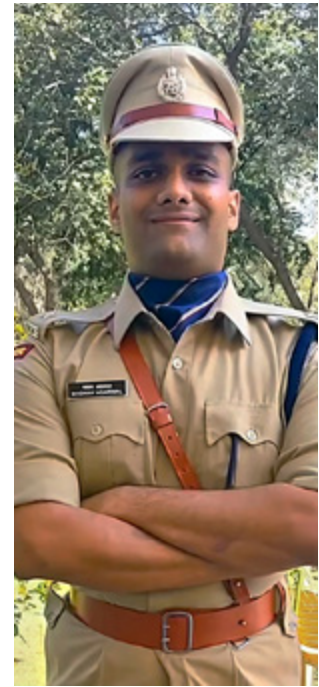
institutions reached globally



WOMEN

**51%**

of all our programs include women



GOVERNMENT EMPLOYEES

**400,000+**

public servants

**350+**

ministries and departments



**WORKING  
PROFESSIONALS**

**500,000+**  
leaders

**600+**  
companies

**100+**  
countries



**GLOBAL LEADERSHIP  
FORUMS**

**25,000+**  
business leaders  
engaged

**80+**  
countries



**WAR ZONES**

**350,000+**  
beneficiaries

**100,000+**  
Ukrainian soldiers,  
refugees, civilians  
find stress-relief

**700,000+**  
tons of food, medical  
supplies and essential  
goods distributed



**SUICIDE PREVENTION  
HOTLINE**

**1+ million**  
calls attended on  
the hotline

**22,000+**  
people provided  
with mental health  
counselling in Europe



AT THE UNITED NATIONS

## INTERNATIONAL DAY OF YOGA

JUNE 21



**Gurudev Sri Sri Ravi Shankar**   
@Gurudev

"There is World Toilet Day, but no World Yoga Day. We will write to the UN to recognize June 21 as World Yoga Day" - Sri Sri

1:53 PM · 06/12/11

“

It is very difficult for any philosophy, religion, or culture to survive without state patronage. Yoga has existed so far almost like an orphan. Now, official recognition by the United Nations would further spread the benefit of yoga to the entire world.

**GURUDEV,**  
Chairman of the Indian Yoga Association



Gurudev led the first joint resolution proposing the establishment of International Yoga Day in 2011, with leading yoga luminaries. A formal request was submitted to the United Nations advocating for the designation of an International Yoga Day seeking to promote the practice of yoga globally and facilitate the dissemination of its benefits to communities worldwide.





AT THE UNITED NATIONS

## WORLD MEDITATION DAY

DECEMBER 21

Later, in 2024, the United Nations declared 21 December as World Meditation Day, affirming the right of everyone to enjoy the highest attainable standard of physical and mental health. The General Assembly also recognized the link between yoga and meditation as complementary approaches to holistic health and mental well-being.

“

Today, the biggest issue the world is facing is mental health. On one hand, there is aggression and violence, and on the other hand, people are suffering from depression and suicidal tendencies. As per WHO, over 1 billion individuals suffer from various mental illnesses today. This is not a sign of a healthy society. For any society to grow and prosper, addressing these challenges is crucial, and that can only be achieved through meditation.

GURUDEV

# YOGA FOR HOLISTIC WELL-BEING

## AWAKENING BODY, MIND AND SPIRIT

“

Yoga is a study of life – the body, breath, mind, intellect, memory, and ego. It’s a study of your inner faculties.

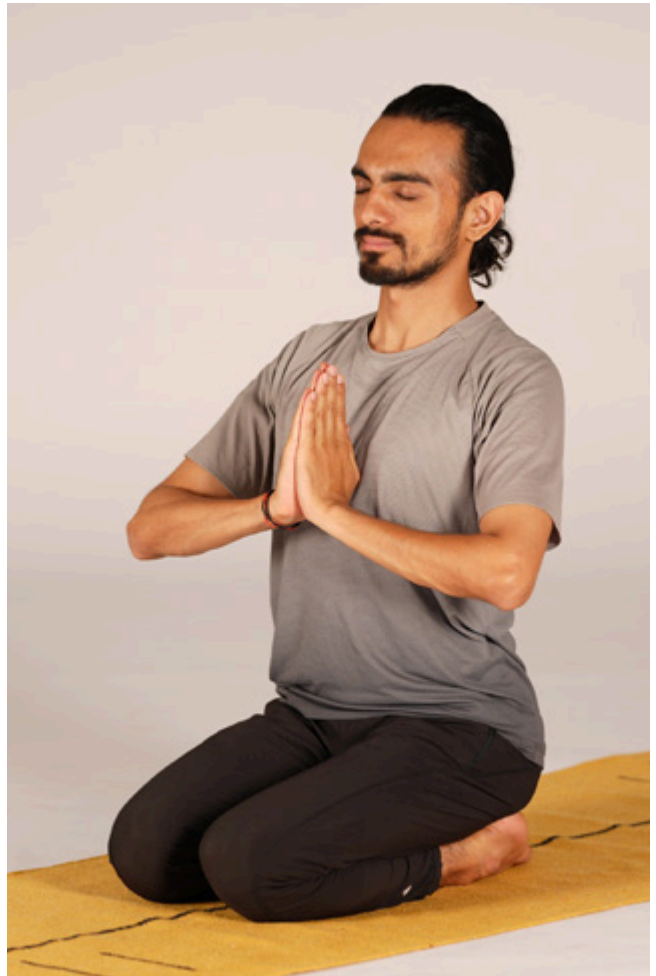
GURUDEV

The Art of Living has been at the forefront of bringing authentic, holistic yoga to millions across the globe.

Over the years, the Art of Living has trained thousands of certified yoga teachers and organized mass yoga events, often spanning multiple countries - promoting health, harmony, and inner peace worldwide.

11,000+

yoga teachers worldwide



“

I was able to sleep better and noticed that I was more productive and alert during the day. The workshop gave me a better understanding of what yoga is all about — not just asana (yoga poses).

KAREN, participant

I feel light and clear, and I am inspired to practice yoga daily. I liked the detail of asanas, knowledge of ayurveda, and how to personalize the yoga practice.

JONATHAN, participant



On July 21, 2025, Gurudev marked the 10th International Day of Yoga alongside the celebration of 10 years of peace in Colombia. Gurudev noted that now nearly one-third of the world's population practices some form of yoga.

“

To all the yoga teachers of Colombia, I offer my heartfelt encouragement. Continue your mission of spreading wellness and happiness to every corner of the country.

GURUDEV



---

# CHILDREN, TEENS AND YOUTH PROGRAMS

---

## YOUNG EXPLORERS OF HAPPINESS

Today's children and teens face immense pressure like academic stress, peer influence, social media comparisons, and constant screen time. These challenges often affect their focus, confidence, and emotional well-being.

Peace education is taught in schools, robust personalities are developed alongside compassion and peaceful attitudes, and teachers are also taught to manage their mental health.

By fostering compassion and understanding, children develop a strong foundation for personal growth and leadership. Globally implemented, these initiatives empower young individuals to navigate challenges positively and contribute meaningfully to their communities.



## THE INTUITION PROCESS

# 150,000+

children enhanced intuitive capabilities

# 40

countries

A transformative developmental program that empowers young minds to access their innate wisdom, their intuition, transcend self-imposed limitations, and cultivate the mindset and beliefs essential for lifelong success and fulfillment.

# “

Vaishnavi did the Intuition Process in 2015. We were amazed at the abilities she manifested after doing the program. She could identify pictures, colors, and currencies, solve puzzles, read cards, play games on the phone, and solve sums blindfolded

VAISHNAVI'S PARENTS

# “

Intuition means having the right thought at the right moment.

GURUDEV



## PROGRAMS FOR CHILDREN AND YOUTH



# 5+ million

students worldwide impacted by leadership development program that deepens capacity for emotional resilience, ethical decision-making, and community engagement

# “

I would not even talk to my classmates. Now, I can confidently give a speech in my assembly!

MEERA, age 13, student

---

# SKY SCHOOLS USA

---

## BUILDING RESILIENCE IN CLASSROOMS

Growing up has never been easy, but students today face a litany of new challenges that can make their learning environment more stressful than ever.

Our K-12 SKY Schools program breathes life into education by giving students and educators the tools they need to optimize the educational experience in these challenging times.

**254**  
schools

**173,000**  
students





“

The SKY Schools program provided our students with a comprehensive toolbox to manage their emotions and stress, as well as dynamics to navigate through adolescence. After only a few days of taking part in the program, faculty members could see a measurable growth in class cooperation and confidence.

**DR. MARIO SANTOS,**  
Principal, East Side High, Newark, NJ



Fighting Stress at School with Meditation and Mindfulness



SKY Schools Reduces Teen's Impulsive Behavior



Can Meditation Prevent Suicide?



High Anxiety Times: Calm Down, Take a Deep Breath



---

# SKY CAMPUS HAPPINESS FOR YOUNG ADULTS

---

## FROM STRESS TO STRENGTH

University and college students face unprecedented levels of stress, anxiety, and depression, yet learning to manage the mind is not typically part of the curriculum.

SKY Campus Happiness addresses this gap through a comprehensive well-being and resilience program designed for students, faculty, and staff, helping them achieve their fullest potential.

Research shows that this program significantly reduces anxiety and depression, lowers stress markers, and enhances overall well-being, focus, sleep quality, optimism, and social connection.

Participants report an increased ability to remain calm, confident, and resilient in the face of challenges, along with stronger social bonds, greater inclusion, and reduced suicidal thoughts.



## GLOBAL

**5+ million**total students  
reached

## USA

**150+**

universities

## SOUTH AMERICA

**42**

universities

## CANADA

**16**

universities

## EUROPE

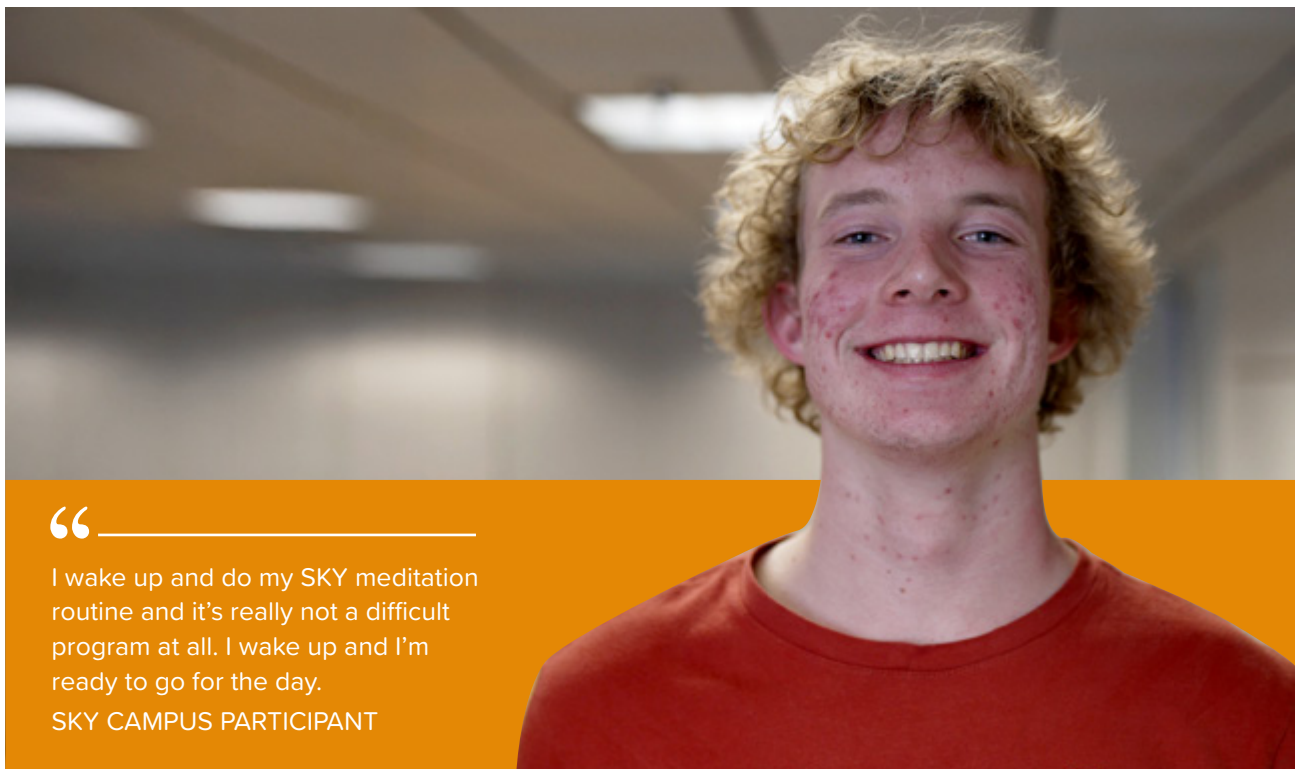
**50+**

colleges

## INDIA

**5,000+**

institutions



“

I wake up and do my SKY meditation routine and it's really not a difficult program at all. I wake up and I'm ready to go for the day.

SKY CAMPUS PARTICIPANT

“

At Stanford, we have found that SKY Campus Happiness has played an important role in improving overall student well-being

DIRECTOR, STANFORD UNIVERSITY - Wellness & Health Promotion Services

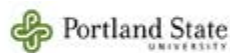
Our goal is to consistently look at research-based, evidence-backed programs that we can bring to the campus so that we can really create this culture of care and well being on our campus and I feel like SKY Campus Happiness is an important part of that focus.

DIRECTOR, UNIVERSITY OF MARYLAND COUNSELING CENTER

## SELECT UNIVERSITY PARTNERS FROM OVER



# 5,250+ COLLEGES AND UNIVERSITIES



# SRI SRI RAVISHANKAR VIDYA MANDIR TRUST

## VALUE BASED EDUCATION

Gurudev's vision of education as a pathway to inner well-being, social harmony, and responsible citizenship, inspired the creation of Sri Sri Ravishankar Vidya Mandir Trust (SSRVM), a not-for-profit educational initiative rooted in service and human values.

The vision recognises education not merely as academic instruction, but as a holistic process that nurtures the full potential of the human being through mind, body, intellect and spirit.

Today SSRVM is a network of more than 120 institutions in India and internationally, encompassing schools, universities, healthcare institutions, and professional learning centres.

Collectively, these institutions work to expand access to quality education and well-being-oriented learning environments, contributing to the broader goals of inclusive, equitable education and lifelong learning.

**60,000+**  
students currently enrolled

**120+**  
institutions; including 2  
international schools in  
Oman and Nepal

**500,000+**  
alumni contributing meaningfully  
to society worldwide

**4,000+**  
educators-committed to  
excellence in education

“

We want to create entrepreneurs in schools. The entrepreneurial spirit resonates more than simply earning a degree and waiting to be employed - often with the risk of remaining unemployed.

**GURUDEV**

We don't just prepare students for exams. We equip them for life.

**SUNITA ANIL PARULEKAR**, Educator and Bhartiya Shiksha Ratan Awardee



## EMPOWERING FUTURE LEADERS THROUGH HOLISTIC, VALUE-BASED EDUCATION

Blending ancient wisdom with modern educational practices, SSRVM offers an integrated learning experience that promotes comprehensive development:

Focusing on physical, mental, emotional, and intellectual well-being

Balancing the integration of scholastic and co-scholastic learning

Compliant curriculum encouraging creativity, innovation, and critical thinking

Emphasis on academics, character formation, arts, sports, and essential life skills

Holistic programs for students and teachers, fostering inner strength and emotional resilience



### EDUCATIONAL SPECTRUM

Schools and Higher Education Institutes (HEIs):

Sri Sri University

Ayurveda College

Nursing College

Fashion Institute

Physiotherapy Institute

Computer Science Institute

B.Ed College

B.P.Ed

BTC (D.El.Ed)

# SRI SRI UNIVERSITY

## DEFINING THE FUTURE OF LEARNING

Gurudev's vision of value-based education - uniting Western innovation with ancient Eastern wisdom - inspired the creation of Sri Sri University.

Student wellbeing is woven into the academic experience through yoga and meditation, providing practical tools for stress management and emotional resilience. The university cultivates both intellectual rigor and essential life skills, preparing graduates to become socially conscious leaders guided by the principle: Learn – Lead – Serve.



**4000+**

students from diverse backgrounds

**230+**

national and international MoUs

**190+**

patents and innovations

**180+**

startups

**100+**

programs of learning

**95+**

awards & recognitions

**34**

centres of excellence

“

Every parent would like to have a child whose personality shines wherever the child goes. Such a pleasing personality is the main aim of education

GURUDEV



“

The University has a great destiny, as it instills in students the spirit of service which is crucial to become future leaders.

**HERMAN DE CROO**, recognized as the longest-serving Belgian Member of Parliament

## Ranked **AMONGST THE WORLD'S BEST**

**QS World University Rankings, Asia 2026**

Ranked 429 in Southern Asia  
in the 1301–1400 band Asia

**Times Higher Education Impact Rankings 2025**

India Rank 24 | Odisha Rank 4  
in the 401–600<sup>th</sup> band Globally



# CREATING STRESS-FREE WORKPLACES

## PROGRAMS FOR CORPORATE EXECUTIVES

For more than 25 years, the Art of Living's Leadership Programs have been fostering workplace excellence successfully engaging leaders across all sectors of society, including corporate executives, government officials and policy makers.

The programs develop leadership qualities, enhance productivity and stronger connections within teams, leading to intrinsic motivation, innovation and enthusiasm.

500,000+  
leaders

600+  
companies

100  
countries

“

As a woman with a career, I constantly find myself juggling multiple tasks throughout the day. This balancing act can be incredibly stressful and draining. However, ever since I began practicing Sudarshan Kriya, I have noticed a remarkable boost in my energy levels, enhanced creativity, and a sense of calm. It has truly transformed my effectiveness in both my personal and professional life.

**ATIKA SHARMA**, Deputy General Manager, Human Resources, Bosch Ltd





40 CEOs from the Netherlands experienced the Mind Matters program at the Art of Living International Center in Bangalore



“

A true leader sets the standard for their team by embodying the values and principles they wish to instill.

GURUDEV

## SELECT PARTNERS



## TRANSFORMING LEADERS

### SEEDS FOR THE FUTURE ARE SOWN WITHIN



TLEX (Transformational Leadership for Excellence) is a program for the workforce around the world - helping unlock people's full potential by harnessing the power of the mind.

“

TLEX programs are perfect for any high performance, people-based organization. The techniques helped us build a more open, creative, dynamic culture. And we've seen individuals become calmer, more centered and decisive by focusing on the signal, not the noise.

**PETER J. COOPER**, CIO and Founder, Cooper Investors

Our team was engaged, open and excited. We all felt deeply rejuvenated and at peace with each other. And that ultimately built trust – the key ingredient to teamwork.

**LOUIS GAGNON**, CPO & CMO, Audible, an Amazon Company

The criminal defence and death penalty litigation work we do in our office is very high pressure and filled with stress. Our attorneys found the breathing techniques and processes in the course to be extremely relaxing, and beneficial to their state of mind and their ability to work effectively.

**DAVID L. MCCOLGIN**, Supervising Appellate Attorney  
- U.S. Federal Defenders



# GOVERNMENT PROGRAMS

## EMPOWERING LEADERS TO SERVE WITH CLARITY

400,000+

public servants

350+

ministries and departments

The Government Programs target the root causes of workplace pressure, operating at a massive scale across the Government of India.

Recognizing that systemic change begins with individual transformation, the approach combines practical stress management techniques with timeless wisdom principles.

### PARTICIPANTS INCLUDE

- Training Institutes
- Public Sector Entities
- Police Forces
- Paramilitary Forces
- Armed Forces
- Independent Organizations
- Parliamentary and Assembly Secretariat

Hundreds of Government departments have participated including Personnel & Training, Home Affairs, External Affairs, Finance, Defence, Railways, Civil Aviation, Youth Affairs, Mines, Power, Road Transport, and others.

“

Anything that's done to uplift your spirit; to make you walk towards the truth that brings up human values within; that connects you to the innermost and outermost is spiritual. It brings empowerment in all spheres of life.

GURUDEV



The practices of Sudarshan Kriya and Meditation is like pressing the factory reset button daily. A few minutes is all it takes to reinvigorate and re-energize myself. They have been part of my toolkit for over two decades now and have helped me immensely in my life - both professionally and personally.

**RAJ WAGHRAY**, Head - Entrepreneurship Cell, Foundation for Science, Innovation and Development, Indian Institute of Science, Bengaluru

# BREAKING FREE FROM ADDICTION

## A DRUG-FREE MOVEMENT

Substance use disorders are often symptoms of emotional pain, trauma, and chronic stress, yet conventional interventions typically focus on physical dependency alone. There is a critical need for holistic approaches that address the emotional and social roots of addiction while supporting long-term recovery and reintegration.

The Art of Living treats addiction not as a flaw, but as a whole-person challenge that includes physical, mental, emotional, and spiritual well-being. Rooted in breathwork and community support, programs address the human need for belonging and inner stability, empowering individuals not just to stay substance-free, but to reclaim their lives.

**325,000+**

reached through drug-free campaigns

**25,000+**

individuals in 80 villages across Punjab participated in addiction recovery programs

**5,500+**

youth trained lead addiction recovery initiatives

**3,000+**

people supported through de-addiction centers

**1,000+**

schools across 4 Indian states engaged in drug prevention workshops

“

I sincerely appreciate the efforts of Gurudev and the Art of Living towards a drug-free India. I have observed how this movement has struck a chord with people from all walks of life including entertainment and sports and how people have supported it on social media in large numbers.

**NARENDRA MODI**, Hon. Prime Minister of India

We need to strengthen the youth and whatever weakens this strength, like drugs, needs to be blocked.

**GURUDEV**

A 2013 study found that among cancer patients with tobacco addiction, 21% of those who practiced Sudarshan Kriya for six months successfully controlled their tobacco addiction

Source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3573542>

## HOPE IN THE OPIOID CRISIS

The United States is in the midst of an unprecedented opioid crisis, with more than 130 Americans passing away every day due to overdoses. Many people struggling with addiction lose hope of ever gaining control of themselves again, but our program offers them a lifeline.

Through a breath-based, mind-body intervention, recovering individuals are given practical tools to stay calm in the face of triggers, reduce emotional volatility, and ultimately to gain freedom from addictive patterns.

### ASHTABULA STUDY FINDS SKY AIDS IN RECOVERY FROM ADDICTION

A pilot study sponsored by Ohio State University and conducted in the rural town of Ashtabula, looked at SKY specifically as a recovery intervention for addiction. Subjects participated in the 4-week SKY intervention in addition to the "standard of care" therapy.



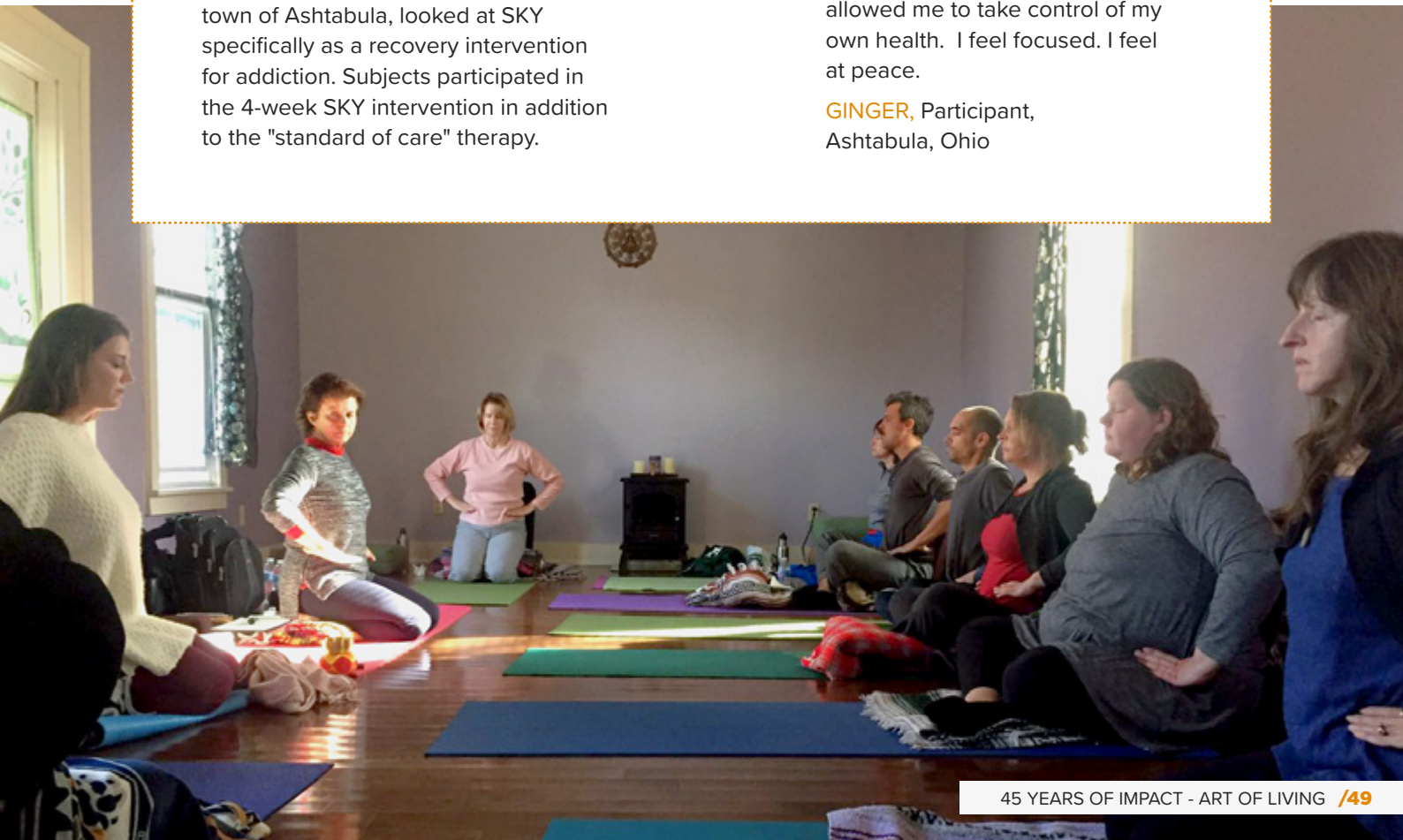
“

SKY Breath Meditation helps keep my emotions in check so I don't get to that point where a trigger for a relapse would come.

**JOE J.**, Participant,  
Ashtabula, Ohio

The breathing practices have allowed me to take control of my own health. I feel focused. I feel at peace.

**GINGER**, Participant,  
Ashtabula, Ohio



# WELL-BEING FOR HEALTHCARE PROFESSIONALS

## CARING FOR CAREGIVERS

Healthcare professionals are the backbone of public health systems - however their well-being is under serious threat. During and after the COVID-19 pandemic, frontline workers experienced sustained physical, emotional, and mental overload.

### HEALING BREATHS PROGRAM

This program serves healthcare professionals by offering research-backed techniques to reduce stress, boost energy, build resilience, & prevent burnout.

What sets Healing Breaths apart is the integration of ancient wisdom with modern science, creating an unparalleled approach to well-being for healthcare providers.

Healthcare professionals globally benefit from specialised programs designed to support their mental health and resilience. This initiative was scaled up during the pandemic with demonstrable efficacy during a global crisis.

**15,500+**

medical professionals

**52**

cities across the USA



## SELECT HEALTHCARE PARTNERS

15,500 medical professionals  
52 cities across the US



METROWEST  
HEALTH  
FOUNDATION



Marshall Health



Augusta Health



Constellation  
A NETWORK OF MEDICAL LIABILITY COMPANIES  
*Brighter together*



MICHIGAN STATE  
UNIVERSITY

Keck  
Medicine  
of USC



LCMC Health



BEST CARE



“

I'm very touched by this experience. I've learned not only about the science behind it, which naturally appeals to us as physicians, but also the experience and the practice itself.

**JORGE DEL TORO,**  
MD, Vice-President, Medical Pediatrx

My sleep markedly improved and my blood pressure meds were cut by a third. Even a skeptic can be converted.

**ROBERT MCGREGOR,**  
MD, Chief Medical Officer, Akron Children's Hospital



Gurudev with former U.S. Surgeon General, Dr. Vivek Murthy

# HEALING TRAUMA IN WAR ZONES

## RESTORING LIVES, REBUILDING HOPE

Gurudev has been spearheading the development of an ecosystem of peace in strife-torn areas across the globe

Below is a snapshot of some of the initiatives including **Ukraine, Iraq, Israel, Palestine, Lebanon, Jordan, Syria, Kashmir, Balkans, Kyrgyzstan, Georgia, Sri Lanka, Northern Caucasus and Afghanistan.**

“

It was as if a wave of positivity entered my life. My mother says people around me can see the change.

**ISLAM**, Age 12, Jordan

**350,000+**  
beneficiaries

**165,000+**

stress-relief workshops organized in Iraq, Israel-Palestine, Syria, Jordan, Lebanon, Kyrgyzstan, Sri Lanka, Balkans and Afghanistan

**25,000+**

children affected by violence in Lebanon and Jordan received healing

I always faint when the bombing starts. My legs shake even at school, When I heard the [bomb] yesterday, I began practicing the breathing techniques...I feel relieved and strong.”

**LINOY**, Age 15, Israel



## UKRAINE RELIEF WORK

### PROVIDING SUPPORT AND RELIEF SINCE THE BEGINNING OF THE WAR

The Art of Living has provided comprehensive humanitarian relief and mental health support across 11 Ukrainian regions, reaching millions directly through emergency response and trauma healing programs. Over 100,000 man-hours of support was provided in the first 100 days including helplines, counselling and trauma healing seminars.

Food, medical supplies and essential goods have been distributed; and many patients treated in medical camps.

Over 25,000 displaced individuals were housed in temporary shelters across western Ukraine and neighbouring regions when the war broke out.

Ukrainian soldiers, refugees and civilians have benefited from stress relief workshops addressing anxiety, PTSD, depression and sleep disorders; children and women have also participated in specialized trauma programs; and Ukrainian youth are trained to be peace ambassadors. A new meditation centre in Kramatorsk serves as a place of respite.





“

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.

GURUDEV



**32,000<sup>+</sup>**  
receive trauma relief

**24,000<sup>+</sup>**  
Ukrainians directly served through  
emergency relief

**8,000<sup>+</sup>**  
Ukrainian soldiers receive trauma relief training

**6,000<sup>+</sup>**  
people provided with housing and shelter

**50,000<sup>+</sup>**  
meals and medical kits distributed

**9,000<sup>+</sup>**  
helpline calls answered (24x7 operation)

**100,000<sup>+</sup>**  
volunteer man hours in the first 100 days

**9**  
countries with emergency relief operations  
(Hungary, Poland, Romania, Slovakia, Bulgaria,  
Sweden, Germany, Netherlands, Ukraine)

**10<sup>+</sup>**  
cities in Ukraine with stationed teams

**40<sup>+</sup>**  
partner organisations



## IRAQ

In Iraq, since 2003, the Art of Living has trained thousands of leaders, and helped bridge community divides for a more inclusive and prosperous society.

### Training 3,000 Iraqi Soldiers in Gender Equality and Inclusive Leadership.

National Taskforce Members underwent a transformational program in Iraq, resulting in a National Action Plan to counter gender-based violence by emphasizing women's role in policy development, providing legal assistance to women victims of violence, promoting peaceful conflict resolution, and elevating women into leadership positions.

“

We want to send out a clear message to those, who think violence is the way, that they are wrong.

GURUDEV



## RETURNING YAZIDI WOMEN TO SAFETY, DIGNITY, AND INDEPENDENCE

A journey from captivity to freedom, from trauma to renewal. The Art of Living rescued Yazidi women from ISIS captivity, air-dropped over 110 tons of supplies to save 10,000 trapped on Sinjar mountains, and provided trauma relief through 6,000 counselling sessions. Gurudev personally visited Iraq, met with government leaders and Kurdish parliament, and organized a conference titled "Protecting Women and Bringing Stability and Peace" in Erbil to address the crisis.

**5,000+**

women trained in computer skills, tailoring, banking and hospitality

**2,000+**

families supported

“

I was raped by two ISIS members. It was really hard to process. These sessions really helped all of us to cope with the trauma.

**YAZIDI SURVIVOR**

Now we can trust again. We did not trust anyone anymore.

**DISPLACED YAZIDI FROM SINJAR, IRAQ**





## SYRIA, LEBANON, JORDAN

A multi-tiered intervention program addressed trauma and built resilience across entire communities in this region. Children received foundational stress relief training, while those at highest risk of violence, self-harm, or recruitment underwent intensive trauma-relief and empowerment training.

The program extended beyond direct beneficiaries to strengthen support systems, training parents and caregivers to create violence-free environments.

Frontline workers received specialized training to prevent burnout and enhance their effectiveness.

A sustainable training-of-trainers model ensures program continuity and expansion, with newly certified trainers multiplying impact across schools, communities, and refugee settlements.

“

We are working in an environment that is in dire need of psychosocial activities. I have never seen such an effective stress relief as in this workshop... This will heavily reflect on the type of work that I do, and will allow me to truly benefit the Syrian refugees that I work with.

SOCIAL WORKER AT ZAAATARI REFUGEE CAMP



## 16,000+

children received basic stress relief and resilience training

## 600+

high-risk children received intensive trauma-relief training

## 2,800+

parents and caregivers trained in healing and empowerment

## 400+

frontline workers completed resilience and stress management training

## 90+

frontline workers certified as trainers for program sustainability

## 5,000+

refugees reached through workshops in Zaatari camp

## “

I used to always have nightmares about the bad things that happened to me in the past. I would re-live them in my dreams. Now I am not scared to sleep anymore.

**PARTICIPANT**, Irbid, Jordan

## “

I don't beat my friends or get angry at them anymore... Even whenever I get angry I do breathing. Then I make up with them and love them for the rest of my life.

**WAEL**, 4<sup>th</sup> Grade, SRR, El Tal, Lebanon



There were all those emotions inside me: frustration, anger, hatred, pain. When I did this exercise, I felt that these feelings, which I have been using in my life, have all vanished. Thank you very much for seeing us out of this entanglement.

**BASSEM**, 9<sup>th</sup> grade from Homs, Syria, living now in Beddawi, Lebanon

## “

I learned exercises that relaxed my body and emptied my heart of all problems and burdens. It made us get rid of the tension and anger. I wish all people will come to this happy place

**MALIK**, Age 12, Bab al-Tabbaneh, Tripoli



Gurudev's peacebuilding programs effectively transform the mindsets, emotions, attitudes and well-being of individuals and communities affected or involved in conflict and violence, and thus lay the much needed and strong foundations for sustainable peace.

## ACROSS THE MIDDLE EAST

Art of Living program leaders have been working to create an ecosystem of peace in strife-torn areas across the globe including Israel, Palestine, Lebanon, Jordan, Syria, and Iraq.

### BREAKING THE WALLS AN INTERFAITH YOUTH PEACE-PROJECT

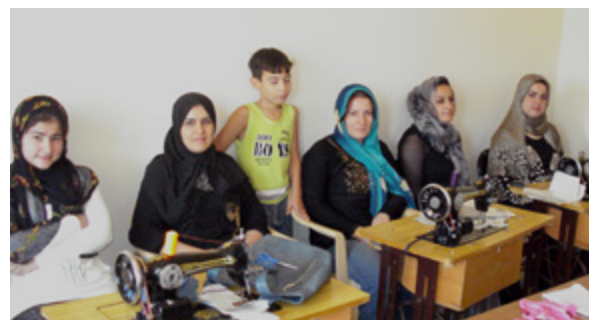
An initiative to bring together youth from Israel and Palestine to promote dialogue and greater understanding helped build bridges between the two groups and resulted in their commitment to helping spread peace in their communities.



“

It was more about working on myself. Discovering myself. Accepting myself before I can accept others. And that's the most significant thing that has happened to me here in this dialogue.

PARTICIPANT



## GEORGIA



200+

Russian military soldiers

80+

Russian peacekeepers

200+

South Ossetian peacekeepers

In August 2008, in Georgia, those directly in the line of fire benefitted from the programs.

The effort was hailed and supported by the Minister of Health Care, South Ossetia, and the Presidential administration.



Gurudev with Health Minister of Kosovo Sadik Idrizi

## KOSOVO



In post-war Kosovo, the Art of Living with the support and collaboration of Kosovo's Ministry of Health, Ministry of Labour and Social Welfare and Department of Justice, as well as special and civil police forces and diverse civil society groups throughout the region, offered programs to prison inmates, disabled Kosovo Liberation Army (KLA) veterans, police officers, women's empowerment groups, public and mental health professionals and conflict resolution specialists.

“

I observed many victims of war suffering from PTS in serious post-conflict circumstances in Kosovo. These training sessions have significantly helped them in their recovery.

**VEHBI RAFUNI**, Director, Association for Disabled Kosovo Liberation Army Veterans



## SOUTH AFRICA



In South Africa, Gurudev's workshops addressed the emotional toll of apartheid, promoting reconciliation between diverse ethnic groups. His efforts extended to skill-building and community empowerment, fostering long-term harmony.



## ISRAEL AND PALESTINE

### A WAY TO RECONNECT. A WAY TO REBUILD INNER STRENGTH.

Across Israel and Palestine, years of instability and the most recent conflict have left communities navigating fear, exhaustion, and deep emotional strain.

The Art of Living and the International Association for Human Values respond through Healing, Resilience & Empowerment (HRE) programs providing stress and trauma relief.

In parallel, SKY Schools - Art of Living's school-based program for social-emotional well-being - is being introduced into Israeli schools, equipping students and educators with stress management and focus tools while building partnerships with regional councils and municipal education departments through a Hebrew-language platform.

“

I arrived at the workshop exhausted, with a lot of pain, sadness and a sense of futility. Little by little with each meeting I felt relief. The day after each meeting I woke up with more energy, more clarity and an understanding of what I should do in this situation.

ISRAELI PARTICIPANT

5,000 +

people gain foundational tools for well-being and emotional balance

Palestinians experienced the benefits of the Art of Living techniques in partnership with the Sulha movement, a grassroots effort that aims to heal and reconcile Israelis and Palestinians.

“

I feel the same calm effect in my head as when I take my medicines.

EDUCATOR, Palestinian Participant





Gurudev delivered the inaugural address at Reconciliacion Colombia

## COLOMBIA

In Colombia, programs facilitated reconciliation between insurgents and victims' families, fostering national healing.

“

Meeting Gurudev and the Art of Living was truly a miracle. We will show that we will fulfill the promise we made to him to follow the Gandhian principle of non-violence.

FORMER FARC COMMANDER



Gurudev launches Respira Paz project in Bogota, Colombia



Gurudev was honoured as distinguished guest by Governor of the Province of Panama, Mr Rafael Pino Pinto

## PANAMA

In Panama, gang leaders once involved in organized crime became mentors for at-risk youth.

“

I have found the same belongingness of a group here, but it's not for vandalism, it's a group to help others that need it and were in the same situation as we were before.

EX-GANG LEADER

## COTE D'IVOIRE

In Cote d'Ivoire, young men from warring tribes—once sworn enemies—sat side by side, finding common ground through shared healing.



There is no fear. These eight days of the Art of Living Course changed our perceptions of each other. Our ways are so similar, we are brothers.

ADAMA, a member of the Deula tribe



## KASHMIR

Paigam-e-Mohabbat was an unprecedented peace initiative for Kashmir by Gurudev.

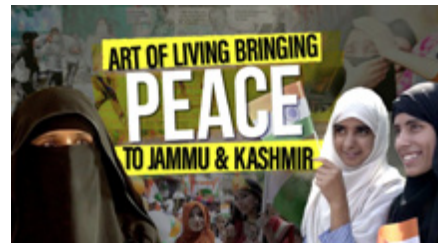
A reconciliation program for the family members of martyred security personnel, victims of cross-firing and slain militants.

Gurudev led critical rehabilitation and trauma relief efforts for thousands displaced by the 2005 Kashmir earthquake, demonstrating the transformative power of reconciliation, trust, and forgiveness in conflict zones.

“

I was a district commander carrying a gun constantly. I was engulfed by worries and guilt, relying on sleeping pills. After the program, I gave up violence and my life has changed.

FORMER MILITANT



# DERADICALIZATION INITIATIVES

## BREAKING THE CYCLE OF VIOLENCE AND EXTREMISM

Radicalization and armed conflict have long trapped communities in cycles of violence and instability. Gurudev and his organizations have made a humungous effort to reach out to militants with dialogue.

Pioneering a human-centred approach to deradicalization, Gurudev has addressed the root causes of violence and worked to foster lasting peace.

“

It's a new life for me. I find a lot of enthusiasm and determination to lead a new life.

**SHYAMANTA HANDIQUE**, Former Militant

By addressing the trauma of war, these initiatives not only help with immediate suffering but also prevent long-term radicalization. Many program graduates go on to lead local initiatives, ensuring that the seeds of peace continue to grow within communities affected by conflict.



**7,400+**

armed insurgents have reintegrated into mainstream society globally

“

Inside every criminal, there is a victim crying for help.

**GURUDEV**

Press Release

### Yoga and Sudarshan Kriya in Chhattisgarh prisons: New initiative to give direction to ex-Naxals

In prisons located in Naxal-affected districts such as Bastar, Dantewada, Bijapur and Sukma, the program has shown particularly significant results.



Inmates who once walked the path of violence and weapons are now engaging in the discipline of yoga. (Image used for representational purposes)

Press Release

Updated on: 08 Sep 2025, 10:49 pm - 2 min read

**NEW DELHI:** Chhattisgarh has long been identified as a state affected by Naxalism and violence. But now, efforts to transform the image of the state have gained momentum. Under the leadership of Chief Minister Vishnu Deo Sai, prison reforms have been given priority, and as part of this, the practice of yoga and Sudarshan Kriya has been introduced for inmates in all prisons of the state.

#### Step Towards Good Governance and Reform

The government believes that prisons should not only be a place of punishment but also institutions of reform and rehabilitation. Therefore, every day from 7:30 a.m. to 9:30 a.m., inmates in all district jails are engaged in yoga and meditation. This initiative has brought about positive changes in the daily routine of both the prison administration and the inmates.

Support from Art of Living



## FORGING PEACE, INDIA

In Naxal-affected regions in India, peace-building initiatives have helped over 1,500 armed insurgents to lay down their weapons and reintegrate into society.

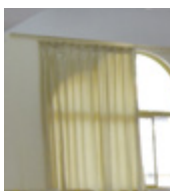
Gurudev facilitated the surrender of over 700 militants from the United Liberation Front of Assam (ULFA), offering them pathways to reintegration through trauma healing and vocational training.

Gurudev's peace dialogues also played a pivotal role in the 2020 Bodo Territorial Region Accord, which ensured coexistence among diverse ethnic groups, reduced violence, and strengthened community bonds.

“

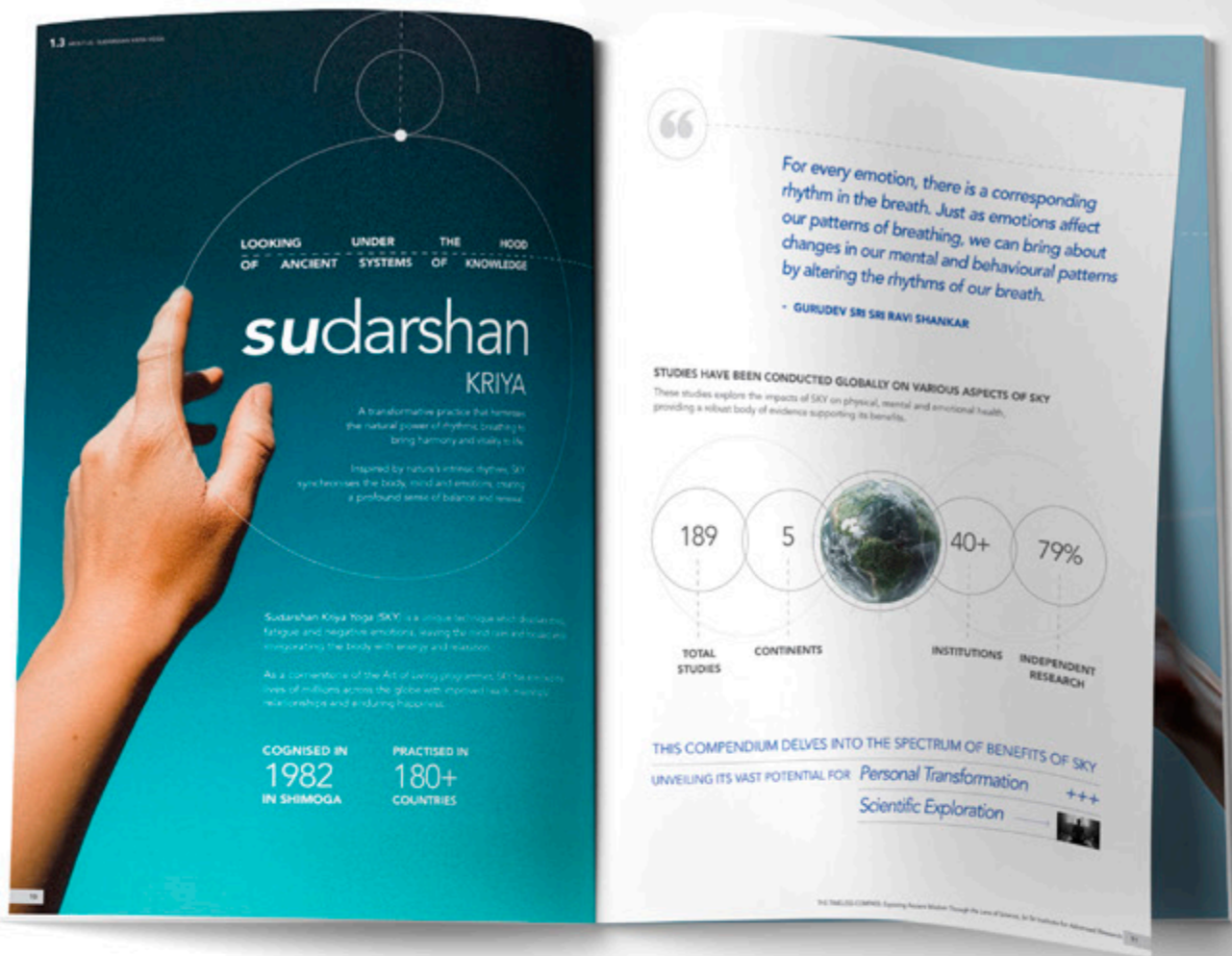
The condition of our life and that of our state Assam, would have been better off had we received this kind of training and met Gurudev 30 years ago.

SURRENDERED MILITANTS



Gurudev led dialogue between the Ranvir Sena, Maoists, and rival caste groups, bringing over 300 members together to renounce violence after months of careful negotiation. Trauma relief and empowerment programs for youth, reopening schools, rehabilitating victims caught in the crossfire were part of the continued support.





# THE SCIENCE OF TRANSFORMATION

## EVIDENCE BASED OUTCOMES

Rigorous scientific evidence validates what practitioners have experienced for decades—that structured breathing interventions can create profound physiological and psychological transformation.

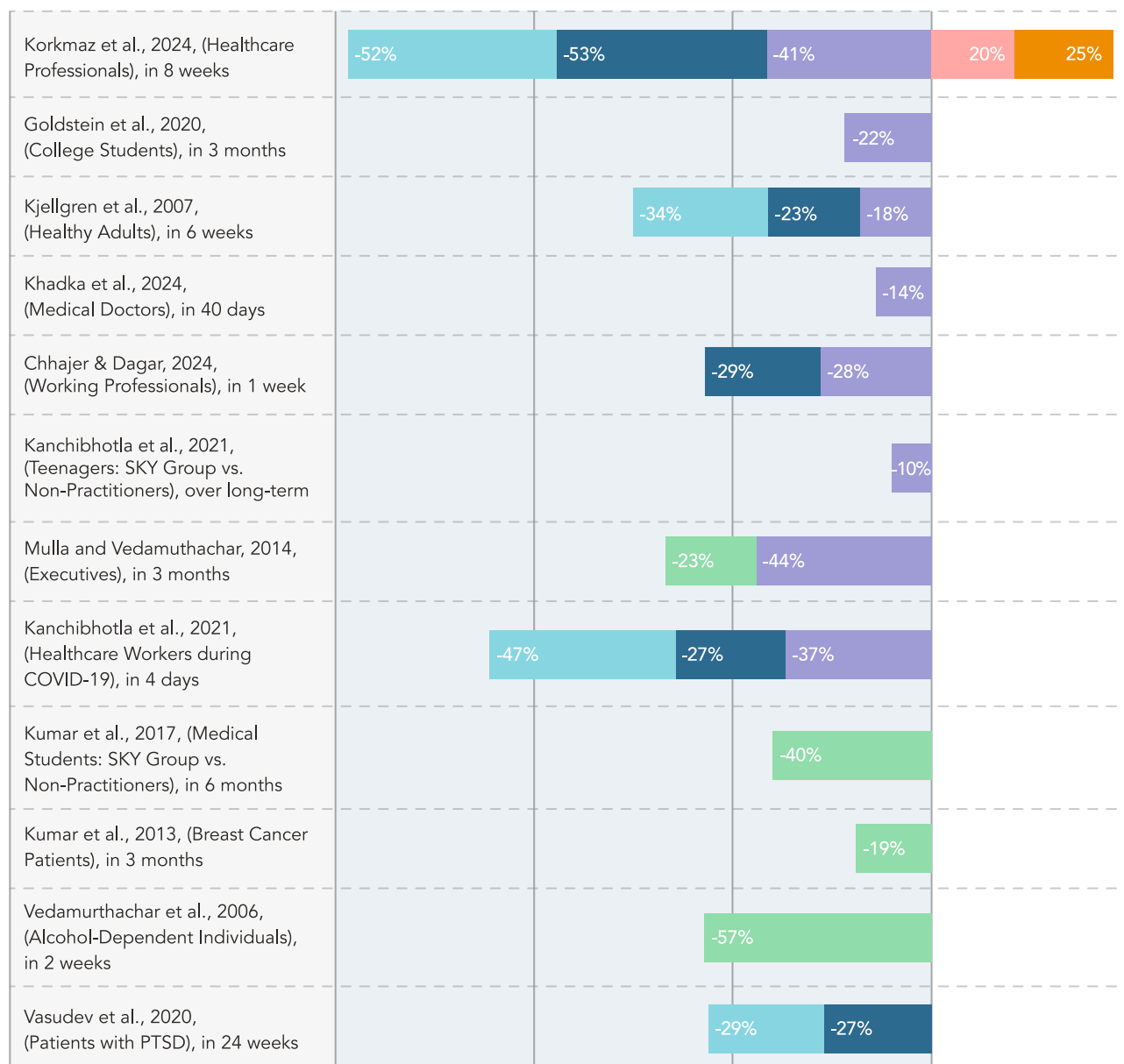
Scientific research from *Stanford, Yale, Cambridge, UCLA*, and many other global institutions have shown the effectiveness of these programs in reducing anxiety, depression, trauma, and supporting mental wellness.

This evidence-based approach has enabled the techniques to gain credibility within medical communities worldwide, supporting integration into clinical settings and establishing the work as a legitimate complement to conventional treatments.



SCAN FOR MORE  
or visit our interactive digital library  
[bit.ly/SSIARResearchLibrary](http://bit.ly/SSIARResearchLibrary)

## EFFECTS OF SKY ON MENTAL AND PHYSIOLOGICAL WELL-BEING



The bar graph provides an overview from various studies on the impact of SKY across different populations.

Changes in stress, anxiety, depression, sleep quality, PTSD symptoms etc across studies refer to improvements in self-reported scores on validated scales or physiological markers.



## CHAPTER 4 COMMUNITY IMPACT



Leading the clean up of the Yamuna River in New Delhi, India

---

# COMPREHENSIVE SDG IMPACT

---

## BUILDING SUSTAINABLE COMMUNITIES

For over four decades, the Art of Living has been a catalyst for positive change, addressing humanity's most pressing challenges through a holistic approach that spans all 17 Sustainable Development Goals.

From eradicating poverty through skill development and entrepreneurship training, to promoting peace through conflict resolution and reconciliation programs, our initiatives create lasting impact at the grassroots level. By combining ancient wisdom with modern solutions, we foster community resilience, promote gender equality, and build inclusive societies.

Through capacity building, behavioral transformation, and value-based development, the Art of Living doesn't just address individual SDGs it creates interconnected solutions that uplift entire communities, ensuring no one is left behind in the journey toward a sustainable and peaceful world.

“

By discovering an inner reservoir of peace, we can create a world that honors diversity, kindness, and service.

GURUDEV





## A SYSTEMATIC APPROACH TO CHANGE

Societal development problems are more complex than generally assumed. The predominant view is that to “solve” them, we need to apply technical solutions – solutions that can be found elsewhere and technically competent personnel can bring to bear their expertise on the problem and “solve” them.

Complex development problems also have another dimension - challenges that require the people with the problem to acquire new ways of doing things, to review their values and learn to do better.

This is a process that takes time and focus on the part of individuals, it requires experimenting during implementation, and demands group learning and adaptation. It is an iterative process.

The tools and techniques offered by Gurudev enable transformation in individuals towards more awareness of their own emotions and thoughts. With this increased awareness, individuals are more open to self-reflection, reviewing assumptions and constructing a different way of seeing, thinking, and working in order to get different outcomes in the world.



Gurudev at the European Parliament

# COMMUNITY DEVELOPMENT

## THE RIPPLE EFFECT



**189 million**

people affected annually  
by climate-related disasters

**250 million**

children are out of school

**2.2 billion**

people lack safe  
drinking water

**2.4 billion**

people face food insecurity

“

Sustainable development is the  
pathway to the future we want for all.

**BAN KI-MOON,**

8<sup>th</sup> Secretary-General of the United Nations

### CATALYSING CHANGE

Nearly 3.1 billion people worldwide still lack at least one essential community service like education, healthcare, safe water, or sanitation, hindering progress and resilience.

Without strong local leadership, these gaps persist, leaving schools under-resourced, clinics without supplies, women excluded from decisions, and livelihoods vulnerable to environmental threats. Integrated action and empowered leaders are vital to drive lasting change.

### SUPPORTING VULNERABLE POPULATIONS

Gurudev has been guiding high impact social projects that strengthen communities at grassroots level in rural and urban areas.

Women, youth, and other vulnerable sections of society are especially supported, empowered, and equipped with skills. Women become self-sufficient and self-reliant, while youth are upskilled to become entrepreneurs. These women and youth are then inspired to take up social projects for their communities.

Gurudev has been driving global efforts against addictions including the drug, opioid and alcohol menace. Special programs have been designed and implemented to help people come out of all addictions, while also offering training to live healthy lifestyles.

“

Care for the planet comes from a peaceful individual,  
when one begins to see the planet as part of oneself.

**GURUDEV**



# WEAVING A STRONGER SOCIAL FABRIC: IMPACT AT A GLANCE



SUSTAINABLE AGRICULTURE

3+ million farmers trained

56,000+ acres converted to climate resilient agricultural land

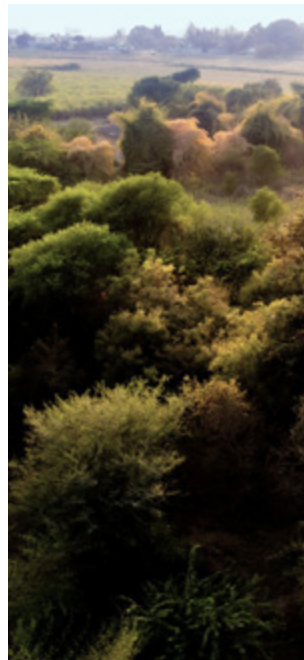


WATER CONSERVATION

75+ rivers rejuvenated

35+ million benefited

174+ billion liters water conserved



TREE PLANTATION

100+ million trees planted globally

36 countries



DISASTER RELIEF

5.6+ million people benefited from disaster relief programs

156+ disasters relief operations through our volunteer network



SKILL DEVELOPMENT

**420,000+**

youth trained in livelihood skills

**25,000+**

rural youth trained in solar skills



WOMEN'S EMPOWERMENT

**111,000+**

women received training in valuable vocational skills

**5,000+**

women in Iraq trained in computer skills, tailoring, banking, and hospitality

**200,000+**

girls across 11 countries trained in menstrual hygiene by 7,000+ trainers.



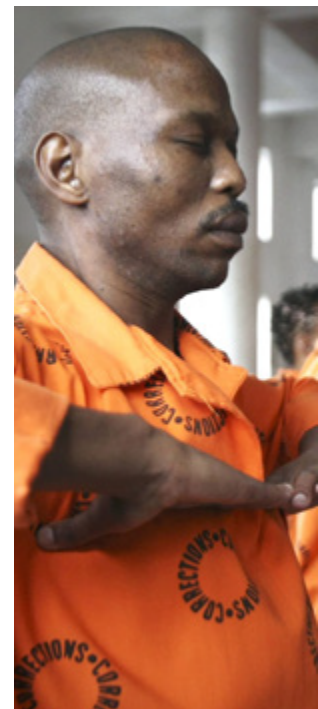
FREE EDUCATION

**120,000+**

students enrolled — 49% girls

**1,356**

schools for rural and tribal communities in India



PRISON SYSTEM REFORM

**800,000+**

lives of inmates and staff transformed

**65**

countries running prison programs

# INTEGRATED RURAL DEVELOPMENT

## FROM HEALTH TO HUMAN VALUES

Across the world, rural communities face deep-rooted challenges — from limited access to quality healthcare and livelihood opportunities to gaps in education, sanitation, and awareness about health and human values. The Art of Living has transformed these challenges into platforms for empowerment, creating sustainable change and fostering leadership from within.

Gurudev's vision is to revive the spirit of rural communities while equipping them with the skills, resources, and human values to thrive in a modern world.

“

The solar training gave us the foothold we needed in facing real-life challenges. It got us set up right from the basics in a very practical manner. The increase in confidence I received was my biggest takeaway.

**MAYUR CHAUHARI**

Graduate of Solar Skill Training Center, Bengaluru

**303,000+**

youth trained in vocational skills

**111,000+**

rural women reached

**100,000+**

health & hygiene camps

**100,000+**

cleanliness drives

**1,356**

free schools in rural, tribal and semi-urban areas

**7+ million**

beneficiaries



“

When you empower a rural community, you don't just improve lives — you ignite a cycle of self-sustaining growth.

GURUDEV



# FREE SCHOOLS

## CREATING FIRST GENERATION LEARNERS

Education is a powerful tool for breaking the cycle of poverty. The Art of Living free schools offer free, holistic education—physical, mental, and emotional education in under-served communities in India.

Most are first-generation learners, paving the way for future opportunities. The program emphasizes confidence, leadership, interpersonal skills, and human values, ensuring long-term success.

“

Education is this civilization’s greatest leveler. It has the power to empower the weakest of the weak, bring peace to the world, and alleviate poverty.

GURUDEV



**120,000+**  
students

**1,356**  
schools

**49%**  
girls

**80%**  
women teachers

**90%**  
student retention

**100%**  
pass rate in  
grade 10 exams

“

My son Mustafa came to the free school as a quiet boy who stammered and showed little interest in studies. Today, he speaks clearly, practices yoga at home, and has grown into a confident, respectful child who inspires our entire family.

MUSTAFA'S FATHER



“

My village people are proud of me,  
so now they are willing to listen.

PRIYANKA N, First Women  
Metro Operator, Bangalore

## SCHOOLS AS COMMUNITY HUBS

Our schools nurture not just students but entire communities through four key pillars:

**Students** – Value-based education, yoga, nutrition, health camps, extracurriculars, and vocational training for holistic growth.

**Teachers** – Ongoing training in skills, yoga, and life tools for impactful teaching.

**Parents** – Active involvement through workshops, cultural events, and regular interactions.

**Community** – Schools as centers for health, skills, and wellness programs driving transformation.

“

The free schools in various remote locations across India, provide holistic value-based education and have been successful in shaping the lives of the children into successful pillars of society un-affected nor limited by their backgrounds of poverty, illiteracy or domestic violence.

BHANUMATHI NARASIMHAN, Chairperson, Women's Welfare and Child Care Programs, The Art of Living.



---

# WOMEN EMPOWERMENT

---

## UNLOCKING HER POTENTIAL

In many parts of India, a girl child is still perceived as a burden, a mindset that fuels deep-rooted injustices such as sex-selective abortion, child marriage, and the denial of education. With societal expectations steering girls toward domestic roles, women often face barriers when seeking skills training or financial resources to start micro enterprises. This cycle not only restricts individual potential but constrains the economic and social opportunity for entire communities.

The Art of Living is reshaping this narrative through a holistic model of women's empowerment that addresses both inner strength and resilience, as well as external jobs, skills, and livelihood opportunities. By combining practical vocational training and access to healthcare with transformative tools for confidence and stress relief, the program nurtures self-reliant women who become catalysts for peace, progress, and social change, impacting generations to come.



“

---

The role of women in the development of society is of utmost importance. In fact, it is the only thing that determines whether a society is strong and harmonious. Women are the backbone of society.

GURUDEV

## 111,000+

women received training in vocational skills

## 5,000+

women in Iraq trained in computer skills, tailoring, banking, and hospitality

## 50%

of program participants are women, across all socio-economic groups

## 25%

of farmers trained are women

## 1+ million

pledge to protect the girl child

## 250,000+

people undergo sensitization programs against gender testing and child marriage

## 100,000+

girls sensitized on health, nutrition, child-marriage, female foeticide, and dowry

## 6,000+

influential women leaders from over 100 countries come together to advocate for women as agents of peace, development, and ethical leadership



### WOMEN LEADERSHIP TRAINING PROGRAM

The Women's Leadership Training Program equips women to become leaders and entrepreneurs by integrating self defence training, self-confidence building and community issue awareness. Participants receive vocational training, financial literacy, and access to health resources. **Over 200 women have completed the program.**

“

Frankly speaking, I never thought I could start my own parlor. This training enabled me to do so and get financial independence. I am really glad I took this training.

**SWATI SHERKHANE**, Resident of largest Slum in India, Dharavi, Mumbai

## PROJECT PAVITRA

### HEALTH AND HYGIENE PROGRAM FOR ADOLESCENT GIRLS

A sensitization program designed to provide know-how on how to handle menstruation, improves girls' knowledge of personal hygiene and boost their confidence by answering their unanswered questions through interactive and engaging training methods. It also provides information to dispel myths and taboos surrounding this issue.

Girls are taught yoga asanas and breathing exercises that relieve menstrual discomfort.



Project Pavitra in Nepal

## 200,000+

girls in 11 countries including India, Sri Lanka, Nepal, Cambodia, Bhutan and Africa trained in menstrual hygiene

## 7,000+

menstrual hygiene trainers



Project Pavitra with 120 school girls in Uganda, Kampala





## PROJECT UDAAN

### EMPOWERING CHILDREN OF SEX WORKERS



Project Udaan children backstage before their dance performance

In Sonagachi, Asia's largest red-light district, the Art of Living runs a day school for children of sex workers, 50% of whom are girls. The program integrates healthcare, education, and vocational training, empowering children to escape cycles of exploitation. A residential school in nearby Amgachchi ensures safety and continuity for girls.



Meals and study time for Project Udaan children

# YOUTH LEADERSHIP TRAINING PROGRAM (YLTP)

## RURAL YOUTH RISING

Our flagship program for rural development, Youth Leadership Training Program (YLTP), established in August 1999, imparts training to young people to become agents of change in their communities.

YLTP has spread across the globe in countries including United States, Germany, Croatia, Bosnia, Mexico, South Africa, Kenya, Cameroon, Morocco, Indonesia, Mauritius, India and Nepal.

“

Youth are the backbone of our country and they determine the country's development. Hence they have to be competent enough to face the challenges in life.

GURUDEV

**303,000+**  
youth gain vocational skills

**350,000+**  
rural beneficiaries

**15,000+**  
youth de-addicted



YLTP with 91 youths in Kibera, biggest slum of Africa



YLTP in Arunachal Pradesh, India



YLTP in Kedah, Malaysia



YLTP in Kenya

“

The first day I got into YLTP, I knew what I wanted to do with my life but I did not know how to do it. The one thing that stood out for me in the entire training is that responsibility is taken and not given and as a young leader I should take any responsibility that comes my way and I should not wait for it to be given. It was a journey full of transformation.

BONIFACE GACHUI, Kenya



YLTP in Oman

## BRIDGING HEARTS, BUILDING LEADERS

### YLTP IN IRAQ

During Gurudev's 2007 visit to Iraq - at a time when the war was at its height - a memorandum of understanding was signed under which the Art of Living proposed special YLTP programs to the Iraqi youth.

55 Iraqi youth from Baghdad, Basra, Suleimania, Karbala, Najaf and Kurdistan came to the Art of Living International Center, Bengaluru, to participate in the YLTP Program. After this, 34 specially selected women and men from Iraq underwent a month-long train-the-trainer program which enabled them to gain a fresh perspective of life outside of their lives in war-torn Iraq.

“

After doing the YLTP courses, the graduates' whole mindset changed. They began to accept the situation as it is, and took necessary action to do whatever could be done, using whatever resources they had. They are now enthusiastic about serving the society.

TARIQE KHAN, an Art of Living faculty member

International Association for... · 05/03/18 ...

The trauma relief work carried by @iahv director @mawahibS and co-trainers have met with great success, not only relieving the trauma of survivors but also transforming them into @artofliving instructors, where they help new survivors entering the camps.



Once ISIS slaves, these Yazidi girls rebuild their lives



Second group of Youth Leadership for Peace in Duhok for 25 leaders from all over Iraq



# SKILL DEVELOPMENT FOR ENTREPRENEURSHIP

## IGNITING RURAL POTENTIAL

In rural India, hidden potential flourishes. The Art of Living empowers rural youth and marginalized women through skill development and entrepreneurship training, offering nationally recognized training across 2,000+ job roles in 32 sectors—building ethical leadership, vital life skills, and sustainable livelihoods.

These programs are delivered in collaboration with government bodies, corporates, educational institutes, and community organizations.

“

After finishing college, I was still figuring out what to do next. I took the 36-day training and feel confident to start my own business.

**AAKASH**, Student of Mobile Repair Training

**420,000+**  
youth skilled

**2,000+**  
job roles

**30+**  
partners

**100+**  
training centers



# PROTECTING THE PLANET

## SUSTAINING LIFE

Recognizing that environmental challenges require locally-adapted solutions, we employ flexible methodology honoring regional diversity in water, soil, and biodiversity. Our philosophy empowers communities as primary stewards, facilitating convergence between stakeholders while integrating modern techniques with Indigenous Knowledge Systems.

“

In recent times, greed has made us insensitive to nature, to our own environment. Mass industrialization has led to large scale deforestation, exploitation of natural resources and pollution of the elements. We need to go back to honoring nature and being sensitive to nature.

GURUDEV



“

Sustainable development can be assured only by those leaders who respect human dignity and the laws of nature, by those who understand the world in its global interdependence, act ethically and most importantly feel committed to a culture of peace.

MR. ALOJZ PETERLE,

Former Prime Minister of Slovenia



---

# WATER CONSERVATION

---

## LIFE FLOWS THROUGH WATER

We harnessed the best minds in ecological conservation and riverine basin management and worked to replenish underground water systems, reforest barren lands and restore the biodiversity of the regions. We believe that sustainable development will happen when people of the land are engaged in the change.

“

Our survival depends on water, it is the basis of the life force. We need to protect the source of water.

GURUDEV





Gurudev at Vedavathi River, Karnataka

**75+**

rivers revived

**1,000+**

water bodies revived

**34.5+ million**

people receive reliable water access

**105,000+**

recharge structures constructed, creating comprehensive water collection networks

**29+ million**

cubic metres desilted, cleaning waterways, restoring natural flow and increased storage capacity

**34.5+ million**

people receive reliable water access

**174+ billion**

liters of water conserved

**59,000+**

sq km of land influenced, ecosystems restored

**20,000+**

villages end water scarcity, enabling agricultural prosperity

**700,000+**

trees planted along river basins creating green corridors preventing erosion

“

Under this scheme, recharge structures were constructed on my farm. Usually, during the summer season, we experience drought problems, but this time there is enough water available for farming all year long.

**DIGAMBAR BABURAO TAKLE,**

Farmer, Manta Taluka, Jalna District, Maharashtra

## COMPREHENSIVE STRATEGY FOR HYDROLOGICAL RESTORATION AND WATER BODY REJUVENATION IN INDIA

We have developed a comprehensive, multi-faceted approach to restoring the hydrological cycle and rejuvenating water bodies across India. Our strategy is built on four essential pillars that work together to ensure long-term water security and ecological sustainability.

Through this integrated framework, we are delivering scalable, measurable, and sustainable water restoration outcomes across India.

Our approach is built on four strategic pillars.



### 1: SURFACE WATER BODY RESTORATION

We restore rivers, storm drains, lakes, and ponds to their natural state, enabling them to capture and retain maximum rainwater while strengthening overall surface water systems.



### 2: SCIENTIFIC GROUNDWATER RECHARGE STRUCTURES

Our team of environmental scientists, geologists, hydrogeologists, and GIS experts design specialized structures across open landscapes. Developed through rigorous in-house research, these innovations are engineered to maximize water percolation into groundwater aquifers.



### 3: COMMUNITY ENGAGEMENT & CAPACITY BUILDING

We prioritize community engagement through comprehensive training programs that empower local populations to become active stewards of their water resources, ensuring sustainable and community-led water management.



### 4: AFFORESTATION & SOIL CONSERVATION

We implement extensive afforestation and soil conservation measures to strengthen ecological resilience and support long-term environmental sustainability.



“

Sustainable development can be assured only by those leaders who respect human dignity and the laws of nature, by those who understand the world in its global interdependence, act ethically and most importantly feel committed to a culture of peace. Gurudev is one such leader.

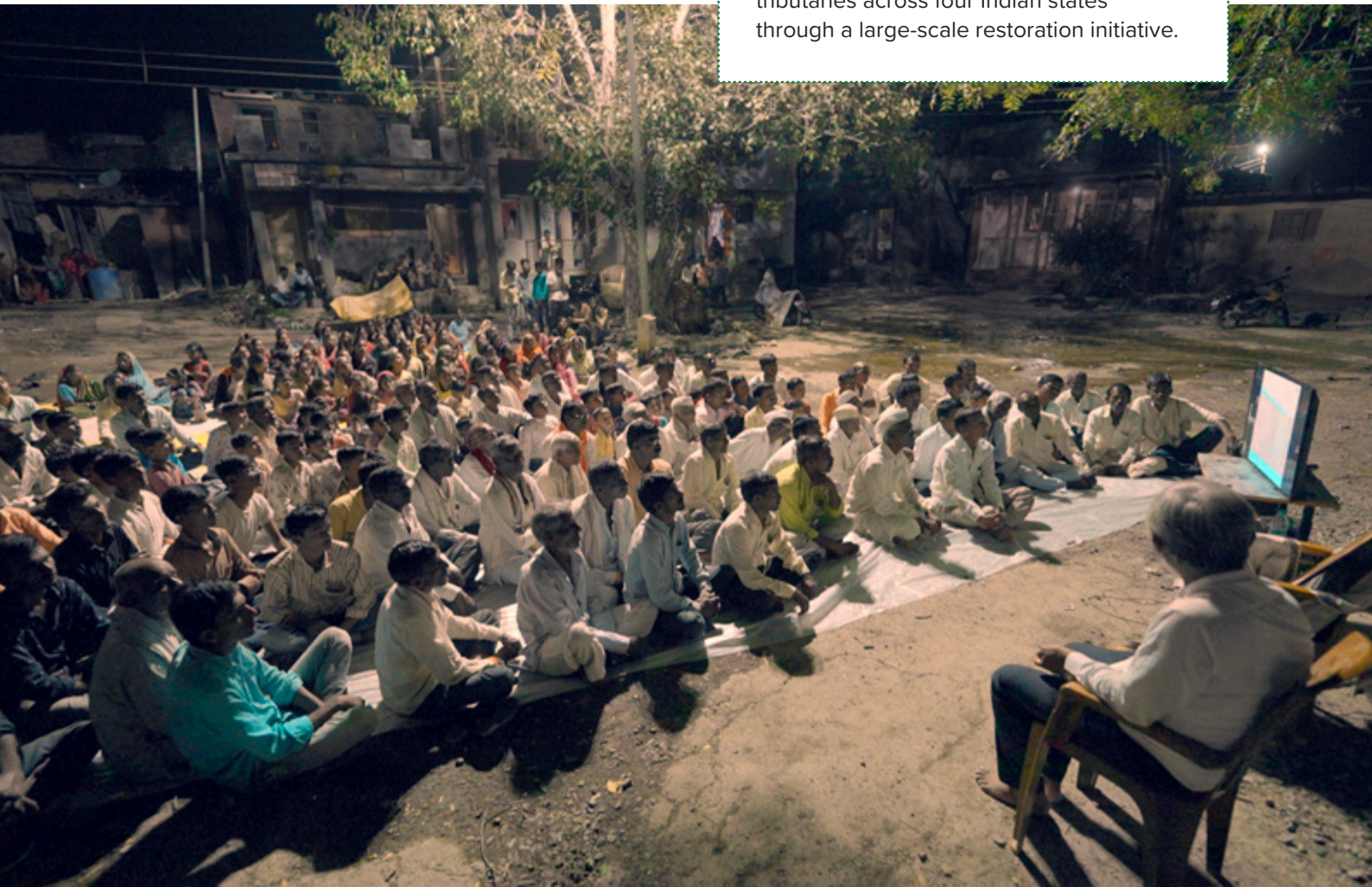
**MR. ALOJZ PETERLE,**

Former Prime Minister of Slovenia,  
Member of the European Parliament

08 February 2019

## MOST EXTENSIVE RIVER REJUVENATION BY AN NGO

The Art of Living was recognized in the 'Limca Book of Records 2019 – India At Her Best' for rejuvenating 40 rivers and tributaries across four Indian states through a large-scale restoration initiative.



---

# TREE PLANTATION

---

## SEEDING TOMORROW'S FORESTS TODAY

Planting trees is essential to combat climate change and restore our environment. The Art of Living is dedicated to a greener planet through large-scale tree plantation drives, including river rejuvenation projects.

Our agroforestry model promotes sustainable farming and supports indigenous species while rejuvenating water bodies and improving air and soil quality.

Planting trees and ensuring that the survival rate is high, is one of the responsibilities, that the Art of Living takes seriously.

**100+ million**  
trees planted

**36**  
countries

**250,000+**  
seed balls created to support  
natural forest regeneration  
and biodiversity restoration



---

# BIODYNAMIC AGRICULTURE

---

## HARMONY BETWEEN LAND & LIFE

The Art of Living embodies a climate-resilient and low-input approach to agriculture, encouraging farmers to embrace cost-effective, locally-sourced inputs.

These endeavors aim to benefit small-scale farmers economically while contributing to ecological enhancement.

**3+ million**  
farmers trained in natural farming

**115,000+**  
farmers specially trained in suicide prone districts

**56,000+**  
acres converted to climate resilient agriculture

“

Natural farming transformed my farm and family's health. After succeeding in 1 acre, which made us prosperous, I inspired over 100 women to adopt sustainable methods, proving small farmers can achieve self-sufficiency.

**MANGAL MARUTI WAGHMARE**, Farmer, Latur, Maharashtra



---

# RENEWABLE ENERGY

---

## SPARKING A CULTURE OF SUSTAINABILITY

The Art of Living actively brings clean and affordable renewable energy in rural India through solar power initiatives.

The **Light a Home** Project electrifies households with solar lamps and charging stations to un-electrified homes and villages in India and Nepal, while solar microgrids provide electricity to underserved areas.

“

Our children used to study using a hurricane kerosene lamp, which was not very conducive for studying. We also cooked dinner with great difficulty. Now, all this has become so easy with lights that turn on with the click of a switch, thanks to the Art of Living.

**LALITHA HEMBROM**, Local villager



**165,000+**

individuals benefited

**66,000+**

solar lamps distributed

**46**

solar micro grids established

**700+**

villages solar electrified

**190**

schools electrified

**25,000+**

rural youth trained in solar skills



## LIGHTING UP RURAL EDUCATION

### SOLAR-POWERED SMART RURAL SCHOOLS

The Art of Living is revolutionizing rural education by integrating solar energy into under-resourced government schools, creating sustainable and tech-enabled learning environments.

Transformed Schools in remote areas like Leh and forested borders now run on solar energy, ensuring uninterrupted learning even in inaccessible terrains.

Solar integration and energy-efficient upgrades help save approximately 300 tons of carbon dioxide annually, contributing to a greener planet

Smart classrooms, STEM kits, and computer labs provide students with digital skills, coding, and internet literacy.

The project focuses on bridging the rural-urban education divide and creating future-ready classrooms across India.



# PRESERVING AND PROTECTING THE HIMALAYAN WAY OF LIFE

## HIMALAY UNNATI MISSION (HUM)

The Art of Living has undertaken transformative efforts across the fragile Himalayan ecosystem. A movement to protect, foster and resurrect the biological, cultural, economic and spiritual heritage of the Himalayas, engaging communities and students in large-scale development. These comprehensive initiatives span multiple states, creating lasting ecological impact while fostering environmental awareness among young people.



### 470,000+

citizens impacted by capacity building and behavioral programs

### 195,000+

people benefitted by solar electrification



### 45,000+

individuals helped via disaster relief programs

### 9,300+

students availing free education with HUM initiatives



### 5,600+

farmers trained & certified in natural farming

### 5,450+

youth trained in different skills

### 665

villages impacted by border village development programs

# SOLUTIONS FOR WASTE MANAGEMENT

## CREATING CIRCULAR VALUE

One of the biggest sources of ever accumulating pollution is untreated waste. In rural areas, where adequate infrastructure for efficient disposal of waste is absent, untreated waste poses a serious health hazard for communities.

Over the recent years numerous methods have been developed by the Art of Living, where the waste is not only treated but is also converted to an alternative source of energy.



### 18

waste management plants installed

### 300,000+

kg of waste processed

### 67,000+

students engaged

### 360,000+

biodegradable spoons and plates produced

### 52,212

villages reached

### 49,500+

hygiene camps conducted

# PRISON PROGRAM

## REDUCING THE CYCLE OF CRIME AND VIOLENCE

Incarceration often fails to break the cycle of violence. Without inner transformation, aggression, despair, and crime persist behind bars and beyond; while staff experience burnout, depression, and absenteeism that undermines rehabilitation efforts.

The Art of Living Prison Programs provide incarcerated individuals with tools to release deep-seated stress, overcome aggression and cultivate peace, helping them reintegrate into society as positive contributing members.

“

I used to look forward to fights. Now, I can easily walk away from a fight.

**PARTICIPANT**, South African Prison

**800,000+**

prison inmates transformed

**65**

countries

### NORWAY

“

It is a pity that I had to do 6 years of imprisonment before I was offered to attend this course. This course should definitely be part of the mandatory programs in prisons. Very very very good!

**MALE PRISONER**, 42 years



“

Inside every culprit, there is a victim crying for help.  
When the victim is healed, the culprit disappears.

GURUDEV



### CROATIA

The Ministry of Justice in Croatia has asked the Art of Living to organize the program for all its prison staff.

### BOSNIA-HERZEGOVINA

“

I wanted with all my heart that the Bosnian Art of Living enters the KPZ Tuzla, so that the ones who were ready could take this unforgettable journey.

**JASMINKA BERBIĆ**,  
Inspector of the Ministry of Internal Affairs



### USA

In the United States, the Art of Living Prison Program has been included in the Violence Alternative Program in the biggest Juvenile Detention Center in the world in the County of Los Angeles Probation Department.

### TURKEY

“

It has been observed that the workshop had a positive impact on the prisoners and we express our willingness to continue this program with both prisoners and staff.

**MEHMET ÇITAK**, Principal, Ümraniye Type T Penal Institution



---

# DENMARK: SUCCESS STORY

---

## HEALING POST-TRAUMATIC STRESS

A spotlight initiative is in Denmark where prisoners and ex-offenders have participated in the programs and its proven effectiveness has earned official recognition from Denmark's justice system.

Since 2,000, prisoners and ex-offenders have participated in Prison SMART in Denmark including Nyborg State Prison, Herstedvester Prison, and Horslerod State Prison.

### BEYOND PRISONS:

The training extends to drug addicts, juvenile delinquents, therapists, social workers, and prison staff—demonstrating its versatility in addressing trauma across Denmark's criminal justice and rehabilitation systems.

6,000+  
prison inmates

500  
prison staff and  
administrators

“

---

This course made me give up all my prejudices about meditation and about what meditation, breathing and yoga can do for you.

**BENTE LARSEN**, Deputy Superintendent, Engelsborg

---

To tell you the truth, this class was the opposite of what I believed it would be. It is more than breathing. It is finding out who you really are, and once that happens, life seems to become a little easier.

**MINOR**, Challenger Memorial Youth Centre



# VETERANS IN THE US

## HEALING POST-TRAUMATIC STRESS

### RESILIENCE TRAINING FOR VETERANS, ACTIVE MILITARY, AND THEIR FAMILIES

Members of the armed forces and their families make the ultimate sacrifice for the country, and the Art of Living aims to give them the ultimate care in return.

### PROJECT WELCOME HOME TROOPS (PWHT)

In this spirit, we offer restorative mind-body resilience program to these heroes, giving them tools to reduce chronic stress and PTSD, and opening the door to a lifetime of mental wellness.

### SUPPORT FOR VETERANS AND THEIR FAMILIES

Traditional PTSD treatments for veterans often fall short—only 50% show signs of recovery. Gurudev's breath-based meditation programs offer a powerful, scientifically backed alternative to help veterans heal from chronic and traumatic stress.

## 8,000+

U.S. veterans experience deep transformation

## 30

cities in the USA have active programs in Veterans Affairs Hospitals and Centers



After suffering in 'own private hell,' vet gets relief from unlikely source

**Chicago Tribune**

Veterans use meditation to soothe wounds to the soul in 'Almost Sunrise'

**Newsweek**

Also featured in

**U.S. News** **TIME**

THE HUFFINGTON POST

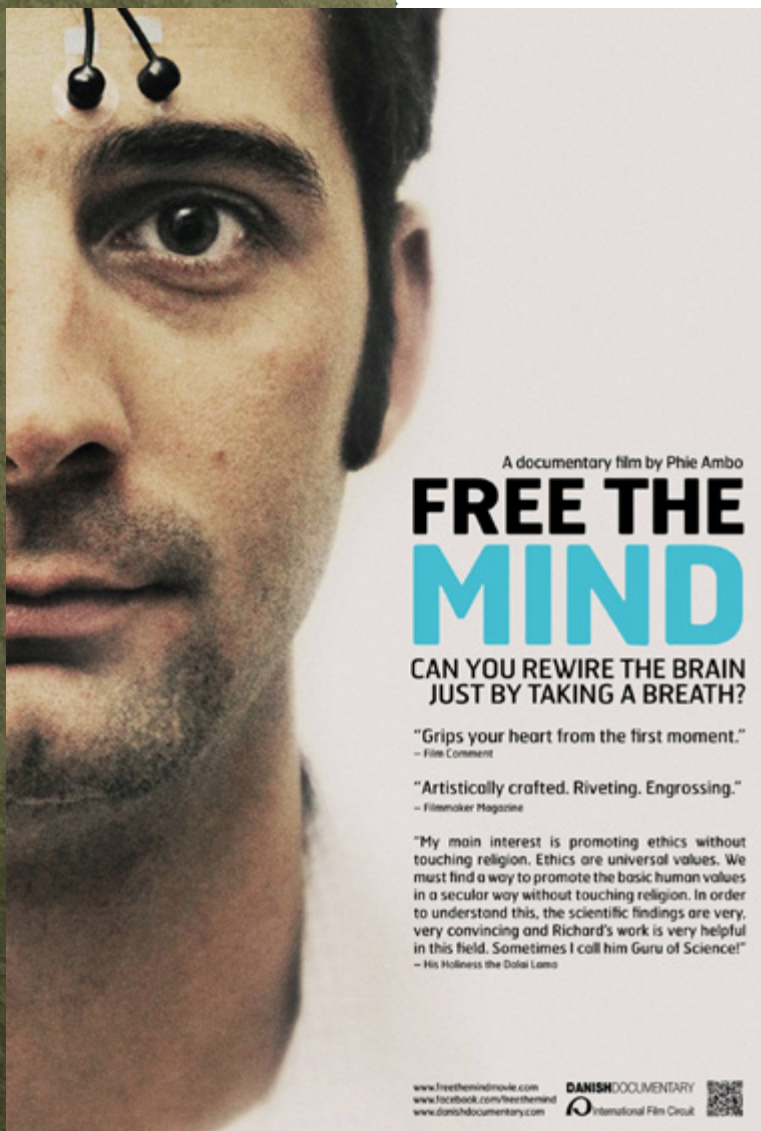
**Psychology Today**

“

I honestly feel like I have been given a second chance at life. The weight I carried on my heart, mind, and soul has been lifted.

TRAVIS H., U.S. Marine Corps





## FEATURED IN ACCLAIMED DOCUMENTARIES

### AS SEEN IN FREE THE MIND AND ALMOST SUNRISE

Investigation into the benefits of SKY Breath Meditation for those suffering from PTSD has fueled the creation of two critically acclaimed adventure documentaries: *Free the Mind*, released in 2013, and *Almost Sunrise*, released in 2016.

#### FREE THE MIND

This gripping documentary follows Dr. Richard Davidson, a brain specialist, who experiments with meditation and yoga as a means of helping soldiers with PTSD and children with ADHD.

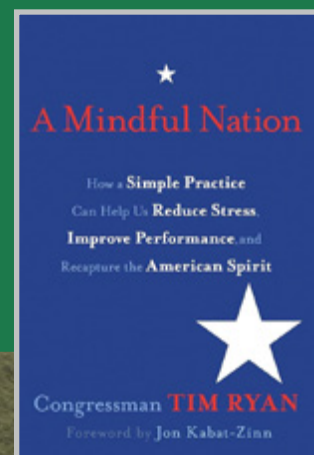
“

By the end of this documentary, you'll feel like a kid again, filled with wonder and questions about humanity and yourself.

MARCO CHOWN OVED,  
Toronto Star

## PROJECT WELCOME HOME TROOPS IN "A MINDFUL NATION"

Congressman Tim Ryan's new book promotes the use of meditation-based practices and yoga for returning veterans and highlights research happening on the PWHT workshop conducted at the University of Wisconsin-Madison.



## ALMOST SUNRISE

This Emmy-nominated documentary chronicles the journey of two retired soldiers who are battling the moral injuries of war and the temptations of suicide, as they walk across America to confront their demons, ultimately discovering SKY Breath Meditation, a powerful tool for healing.

“

Exploring the ramifications of that tragic state of affairs while introducing a concept dubbed 'Moral Injury,' Almost Sunrise makes for powerful viewing.

FRANK SCHECK, Hollywood Reporter



## CULTIVATING PEACE IN OUR CITIES

### TRANSFORMING LOS ANGELES

In 2018, Los Angeles reported over 25,000 violent crimes with 70% concentrated in South LA, creating immense stress on residents and police.

#### **BUILDING BRIDGES FOR PEACE IN LOS ANGELES**

From April-June 2019, the Art of Living united LAPD officers, former gang members and community leaders in an 8-week Nonviolence Ambassador Certification program to build capacity for promoting peace in South LA.

“

We carry a heavy load when we do community intervention work... and the SKY breathing and meditation tools have helped lighten that load by 100%.

**ANDRE VICKERS,**  
Gang Intervention Activist, LA



#### **GEORGE MASON UNIVERSITY SCHOOL OF CONFLICT ANALYSIS & RESOLUTION**

Independent research evaluation of our most recent program in Los Angeles.

#### **KEY IMPACTS OF THE PROGRAM ON PARTICIPANTS**

Deepened understanding of and commitment towards nonviolence.

Participants learned profound tool-kit of meditation techniques and wisdom for enabling transformation on a daily basis.

Improved leadership capacity to promote compassion and nonviolence within the community.

## PROJECT BHARAT

Project Bharat represents a transformative national initiative designed to empower individuals and communities through collaborative efforts.

Led by the Art of Living, this program strives for both socio-economic and spiritual upliftment, ensuring that every individual can contribute to and benefit from the collective growth of their communities.

**300,000+**  
villagers

**56,500+**  
villages



## HAR GHAR DHYAN - THE NATION MEDITATES

Launched by the Art of Living in collaboration with the Government of India's Ministry of Culture, **Har Ghar Dhyan** or the Nation Meditates brings free, one-hour guided meditation sessions to citizens across the country.

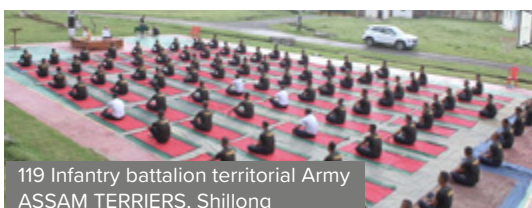
The initiative reaches schools, universities, and community spaces, empowering people with practical tools for mental clarity and resilience.

Rooted in Gurudev's vision, the program makes meditation accessible and community-driven, strengthening the nation's mental well-being reaching each and every home.

**1+ million** participants in India



Har Ghar Dhyan meditation session in JKSLA, Jammu



119 Infantry battalion territorial Army  
ASSAM TERRIERS, Shillong



Har Ghar Dhyan in Gujarat  
25,000 meditated across the state

# DISASTER RELIEF

## FROM CRISIS TO RECOVERY

Disasters—natural or human-made—cause not only immediate loss of shelter, food, and security but also long-lasting emotional trauma. Survivors need more than material aid to fully recover and rebuild their lives.

Gurudev has inspired and mobilized the worldwide network of thousands of volunteers to deliver emergency aid—food, medicine, shelter, and healthcare—while also addressing trauma through specialized breathing-based programs. Beyond relief, we partner with communities to rebuild homes, schools, sanitation systems, and vocational centers, creating pathways for sustainable recovery and resilience.

### 5.6 million

people have benefited from our disaster relief programs

### 156+

disaster relief operations through our volunteer network



YEAR	EVENT, LOCATION
1999	Orissa Cyclone, India
2001	Gujarat Earthquake, India 9/11 Relief , USA
2004	Asian Tsunami, India and Sri Lanka
2005	Kashmir Earthquake, India Mumbai Floods, India Hurricane Katrina, USA
2006	Mumbai Train Blast, India
2008	Sichuan Earthquake, China Haiti Flood Relief, Haiti 26/11 Mumbai Terror Attacks, India
2010–2011	Haiti Earthquake, Haiti Japan Earthquake & Tsunami, Japan
2013	Uttarakhand Floods, India
2017	Las Vegas Shooting, USA Hurricane Harvey, Texas, USA Hurricane Irma, Florida and Caribbean Hurricane Maria, Puerto Rico Sonoma County Wildfires, California, USA Mexico Earthquake, Mexico
2018	Kerala Floods, India Prolonged Kashmir Insurgency Ongoing humanitarian support, India
2020–2021	COVID-19 Global Relief
2022	Ukraine Crisis Relief
2025	Cloud bursts and flooding in multiple regions in India

“

Unless the trauma is released, food and medicines will not work. People cannot eat or sleep because their mind is full of the terrible tragedy that has befallen them. With a healing touch, support, and a vision for the future, disaster victims are able to reclaim their lives.

GURUDEV



“

I've noticed that each day, after completing the program, the kids are happier, less restless and their minds are so much more settled. I have personally experienced the benefits of the Art of Living techniques and found them very helpful in clearing my mind.

DR. REGINALD SHAW, Director of Global Brotherhood of Light (GBL), Inc. Youth Ministries



# PANDEMIC

## FROM CRISIS TO RECOVERY

As a humanitarian spearheading service beyond borders for four decades; protecting diverse cross-sections of vulnerable populations; and advancing inner peace and social resilience; Gurudev's response to the pandemic was swift, targeted and thorough.

“

Through breathing techniques, yoga and meditation, I feel more focused and less stressed. This helps me serve my patients with care, courage, and compassion.

**DR. NATASHA PADAYACHEE GOVENDER,**  
Paediatrician, Johannesburg



### GLOBAL REACH DURING THE PANDEMIC

INDIA	2.5 million families 50,000+ frontline staff 300,000+ tribal artisans
USA	30,000+ individuals
LATIN AMERICA	10,000+ individuals
AFRICA	25,000+ individuals
PARAGUAY	3,000+ individuals
MALAYSIA	6,000+ individuals
GERMANY	5,000+ individuals
AUSTRALIA	1,000+ individuals
MAURITIUS	800+ families
NEPAL	8,000+ families



## RESILIENCE TOOLS TAILORED FOR CAREGIVERS

All frontline workers received, at no cost, our evidence-based breathing techniques to keep them resilient and strong on the front lines.

**37+ million**

reached online as Gurudev led daily meditation sessions during lockdowns

**55,000+**

frontline workers completed the healing program

**144** countries



# MILLIONS OF VOLUNTEERS WORLDWIDE

## A GLOBAL MOVEMENT FOR TRANSFORMATION

40,000+ certified trainers and counsellors, who are also volunteers, address mental health challenges of global communities with meditation and other techniques. These trainers facilitate conflict resolution and mediation, alongside inspiring individuals and communities to take up environmental projects for a greener earth.

Gurudev leads the way for peace in society, for it is peaceful individuals who can make a peaceful world. Gurudev's efforts have created lasting change and impact in millions of individuals globally.

He has propagated human values such as compassion and understanding that transcend boundaries and has united people across cultures, religions, nationalities.

“

We come to realize that the true measure of our lives is not how much we have gained for ourselves, but how much we have given.

GURUDEV





## VOLUNTEER FOR A BETTER NATION

Gurudev launches Volunteer for a Better India, in partnership with FPAI, UNODC, UNFPA, UNGCNI, UNICEF, UNMC, Heroes Project, DRISHTEE, INERELA + (Asia Pacific) - IICA, and APAC - VHS to create a new wave of volunteerism and advocacy to bring about an on-ground change and combat issues challenging society in a concerted effort towards nation building.

The Volunteer for a Better India movement has transcended borders, inspiring similar initiatives across the globe. From the United States and Canada to Europe, Asia and beyond, this model now mobilizes volunteers in dozens of countries, each working to strengthen and uplift their own nations through community-driven actions.





SERVICE IS  
NOT JUST



AN ACTIVITY,  
BUT AN  
EXPRESSION





OF  
LOVE  
AND  
GRATITUDE





**CHAPTER 5**  
**GLOBAL IMPACT**



Gurudev at the Word Culture Festival in Washington D.C. with participants from around the world

# BUILDING A MORE *peaceful world together.*

Gurudev has championed a fundamental principle that resonates deeply with our collective understanding of conflict prevention: that lasting peace must be cultivated from within. His assertion that "conflict begins in the mind" reflects a profound truth—that violence does not spontaneously emerge on battlefields, but rather originates in minds consumed by suspicion, isolation, and the erosion of human empathy.

As we confront an increasingly fractured world marked by persistent conflicts and rising extremism, the imperative for transformative peacebuilding has never been more urgent. Gurudev has demonstrated that sustainable peace requires a paradigm shift toward individual transformation as the cornerstone of collective security.



“

My vision is a violence-free, stress-free society.

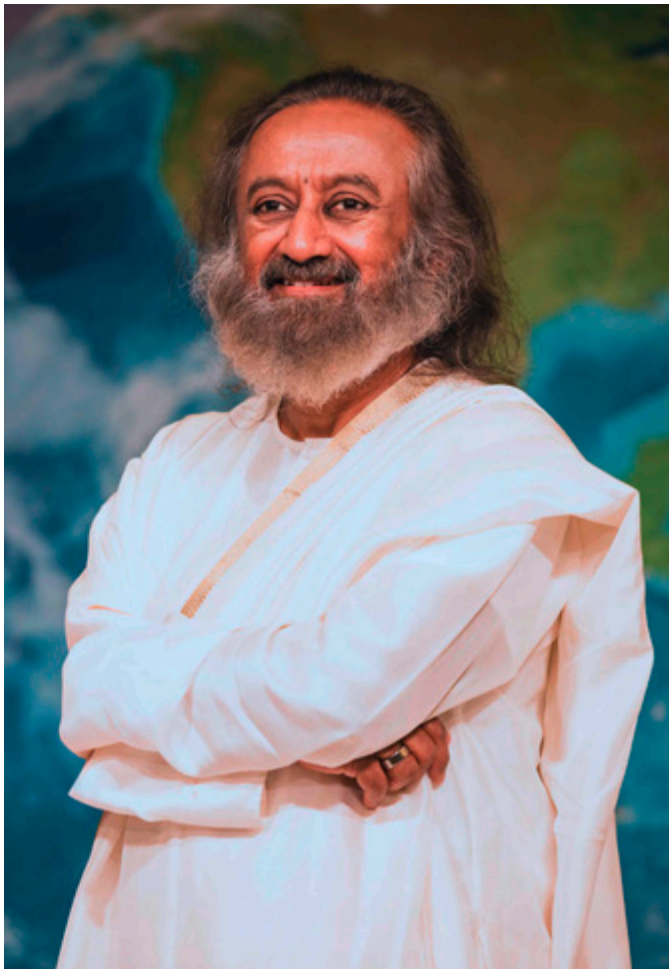
GURUDEV



# GURUDEV'S TRANSFORMATIVE PEACE MISSIONS

## PROMOTING PEACE AND SOCIAL COHESION

Gurudev believes that enduring peace is achieved not merely by addressing the external conditions and systems of conflict but by attending to the mental and emotional needs of those involved. From countrywide conflict resolution to the promotion of peace and social cohesion in cities grappling with violence to prison inmate rehabilitation and the cessation of generational violence Gurudev opens doors to living life with more peace and understanding.



Gurudev's holistic approach integrates mediation, dialogue, and emotional healing, creating sustainable pathways to peace for both individuals and communities.

“

We can find roots of cultures of peace in many countries but we need new ways to rediscover it and we need new leaders to help us do that. And we have found one in your personality.

**DACE MELBĀRDE,**

MEP (Member of European Parliament) and former Minister of Culture, Latvia on Gurudev

Very few people believed this (resolution of Colombian conflict) was possible but it happened because someone (Gurudev) came with a different light. It happened from the heart. Only people who have peace in themselves can influence peaceful developments around the world.

**ALOJZ PETERLE,**

Former Prime Minister of Slovenia and member of European Parliament.

“

We all have the responsibility of bringing peace to every nook and corner of the world. Unless every member of our global family is peaceful, our peace is incomplete.

GURUDEV

**'Jamaica for Peace': Over 10,000 expected to meditate with Art of Living Foundation**



**G**lobal humanitarian and peace ambassador Gurudev Sri Sri Ravi Shankar will deliver two public addresses in the island hosted by the Art of Living Foundation. Art of Living has impacted over 500,000 million lives in over 183 countries.

The events will be held at the National Indoor Sports Centre in Kingston on December 12, beginning at 6pm, and on December 14 at the Montego Bay Convention Centre in Montego Bay, beginning at 10am.

**TIMES NOW**

**International Day Of Peace 2025: How Gurudev Sri Sri Ravi Shankar's Voice Has Risen Above Violence, Time And Again**

Edited by: Pallika Shapat | Updated Sep 21, 2025, 17:05 IST

On this International Day of Peace, we look back at 11 powerful moments where Sri Sri Ravi Shankar's efforts helped silence guns, heal wounds, and restore faith in humanity's capacity for peace



International Day of Peace 2025: How Gurudev Sri Sri Ravi Shankar's Voice Has Risen Above Violence, Time And Again

September 21 marks International Day of Peace, observed worldwide as a call to end conflict and promote harmony. This year's theme, "Act Now for a Peaceful World," feels especially urgent in a time when wars and divisions dominate global headlines. Yet, history has shown us that even in the darkest of times, voices of peace have the power to transform societies.

One such voice belongs to Sri Sri Ravi Shankar, who is a spiritual leader, humanitarian as well as a tireless peacebuilder. For decades, he has stepped into some of the world's most volatile regions, bringing adversaries to the table, inspiring nonviolence, and offering solace to those scarred by war. Here are 11 moments when his message of nonviolence turned the tide:



On 13th November, a delegation of Sufi saints from across India met Gurudev at Delhi, expressing hopes for peace to prevail in Ayodhya that has burnt in the fire of communal disharmony for too long

**In a first, thousands meditate for world peace in UAE with Sri Sri Ravi Shankar**

By Daily Excelsior - November 17, 2018

Indian spiritual leader Sri Sri Ravi Shankar held a meditation programme at a football stadium in Fujairah on Friday.

**Sri Sri Ravi Shankar in Venezuela for peace talks**

By NEWS - Last updated: 30 August 2018, 05:53 IST

Sri Sri Ravi Shankar with Venezuelan opposition leader Marina Corrao Machado: Art of Living

Sri Sri Ravi Shankar with Venezuela President Nicolas Maduro (right) and Juan Guaido, the president of the National Assembly

**Sri Sri Ravi Shankar meets Iraqi religious leaders over ISIL insurgency**

Firstpost

FP Archive - July 11, 2014, 10:33:30 IST

Indian spiritual guru Sri Sri Ravi Shankar has met senior Iraq religious leaders in the US.

**Guru Sri Sri Ravi Shankar predicts India-Pakistan peace if terrorism ends**

By News - 01 September 2014, 10:53:00

Sri Sri Ravi Shankar speaking at a podium with a SEMAFOR logo.

# COLOMBIA

## MEDIATION FOR PEACE

A NON-VIOLENT CEASEFIRE  
THAT HELPED END A 52-YEAR CIVIL WAR

For over half a century, Colombia was torn apart by one of the world's longest-running civil wars between the Revolutionary Armed Forces of Colombia (FARC) and the national government. The conflict claimed over 220,000 lives and displaced seven million people.

After meeting with Gurudev in June of 2015, FARC shocked the world by announcing a unilateral ceasefire and a new commitment to the Gandhian principles of nonviolence. A year later, on June 23, 2016, the Colombian government and FARC announced a bilateral ceasefire, marking Colombia's first day of peace in over five decades.



With FARC leadership after the announcement of the unilateral ceasefire





This peacebuilding effort earned recognition at the highest levels of government. Colombian President Santos expressed deep gratitude for Gurudev's contributions to the peace process, acknowledging both his practical support and spiritual guidance as invaluable to achieving lasting resolution.

“

Thank you for everything you (Gurudev) have done for the peace process. You have been a great support and friend of this process. Your help is very useful and your spiritual guidance is so important and I will be grateful forever.

**JUAN MANUEL SANTOS,**  
President of Colombia

If it wasn't for you, Gurudev, peace in Colombia would not have been possible...thank you Gurudev for the work you have done for our continent.

**JUAN CARLOS LOSADA VARGAS,**  
Member of the House of Representatives, Colombia



It is absolutely critical to have voices of moral clarity in the world today. Gurudev is that ethical voice, reaching out across nations, faiths, and people. This powerful voice for humanity is so important. Gurudev, please continue this work.

**ERIK SOLHEIM,**  
Green politician and diplomat, Norway



Lighting the peace torch in Bogota, Colombia



With former Prime Minister of India Atul Bihari Vajpayee

# AYODHYA

## JOURNEY TO RECONCILIATION

### PEACEFUL RESOLUTION OF A 500-YEAR-OLD CONFLICT

Gurudev's role in resolving the Ayodhya Ram Temple dispute peacefully, without any dissidence or violence, has been hailed as a remarkable achievement. This conflict lasted 500 years, encompassing 74 wars and resulting in the loss of over 2 million lives.

Appointed by India's Supreme Court to the mediation panel in 2017, Gurudev convened more than 1,200 stakeholders with diverse viewpoints to foster a sustainable, peaceful, and harmonious resolution, paving the way for broad acceptance of the court's ruling.

Gurudev's approach mirrored the same three-option formula he had proposed in 2003, demonstrating the consistency and wisdom of the peace framework.

Over nine months of intensive travel and dialogue with both Hindu and Muslim communities, Gurudev built the foundation for mutual understanding that enabled the Supreme Court's landmark verdict to be received peacefully across the nation.



“

The judgment is on the lines of what we have been saying since 2003, and justice has been done to both communities; the verdict has been welcomed by all.

GURUDEV



# SRI LANKA

## FROM DIVISION TO DIALOGUE

### PEACEFUL RESOLUTION AFTER DECADES OF CIVIL WAR

During Sri Lanka's devastating 26-year-long civil war, Gurudev embarked on a remarkable peace mission to mediate between LTTE and the government while bringing desperately needed healing to suffering citizens.

His holistic approach integrated traditional diplomacy with emotional healing, creating sustainable pathways for reconciliation between Tamil and Sinhalese communities who had endured decades of violence and displacement.

Over nearly a decade of dedicated involvement, Gurudev's relentless efforts during the ceasefire period and crucial post-war reconciliation demonstrated his extraordinary commitment to healing the fractured nation.

Through multiple humanitarian visits, his unique conflict resolution approach emphasized inclusivity and compassionate mediation, transforming even the most entrenched divisions for lasting peace.



With former Prime Minister of Sri Lanka Ranil Wikramasinghe



“

The voice of peace,  
the voice of truth should  
be heard loud and clear.

GURUDEV



# KASHMIR

## TRANSFORMING FROM WITHIN

### A NEW DAWN IN KASHMIR

Gurudev's peace tours create a wave of peace, harmony and celebration. Recently, Gurudev returned to Kashmir with a vision of a stress-free, violence-free, and drug-free future.

At Bakshi Stadium, 20,000 students from 50 colleges gathered to pledge creating a Drug-Free Kashmir. Over 2,000 students from Kashmir colleges learned techniques to handle emotions, bringing balance and joy while living to their full potential.

He reconnected Kashmir's youth with their ancient heritage of meditation while addressing one of the region's most urgent challenges.

Gurudev also addressed seven vice chancellors from prestigious universities and principals from 30 colleges, meeting with prominent citizens and the Lieutenant Governor to discuss youth initiatives.

20,000+ students

50 colleges gathered to pledge for creating a Drug-Free Kashmir.

“

The secret is in their own breath. Using their own power of breath, meditation and some exercises, you will find a sea change within. This way, one can very easily come out of drug addiction.

GURUDEV

Gurudev visited Srinagar Central Jail where inmates undergoing prison programs report profound inner peace, reduced aggression, and renewed hope, with the initiative reducing prison violence and promoting successful reintegration into society.



“

My dream has always been a society free from violence, a body free from disease, a mind free from confusion, an intellect free from inhibition, and a soul free from sorrow. This is the birthright of everybody.

GURUDEV



I like what Gurudev said. That we have all come from the same light and that we are united.

KASHMIRI STUDENT



I feel like I have come to jail just so that I could have the chance to meet Gurudev.

PRISON INMATE, Kashmir



---

# I STAND FOR PEACE

---

Gurdev launches a worldwide movement for peace encouraging millions of young people to stand up for peace.

The powerful message of this movement was that if a million people held the intention to stand up for peace, magic could be created, for when 1% of the population meditates, it elevates the collective consciousness.

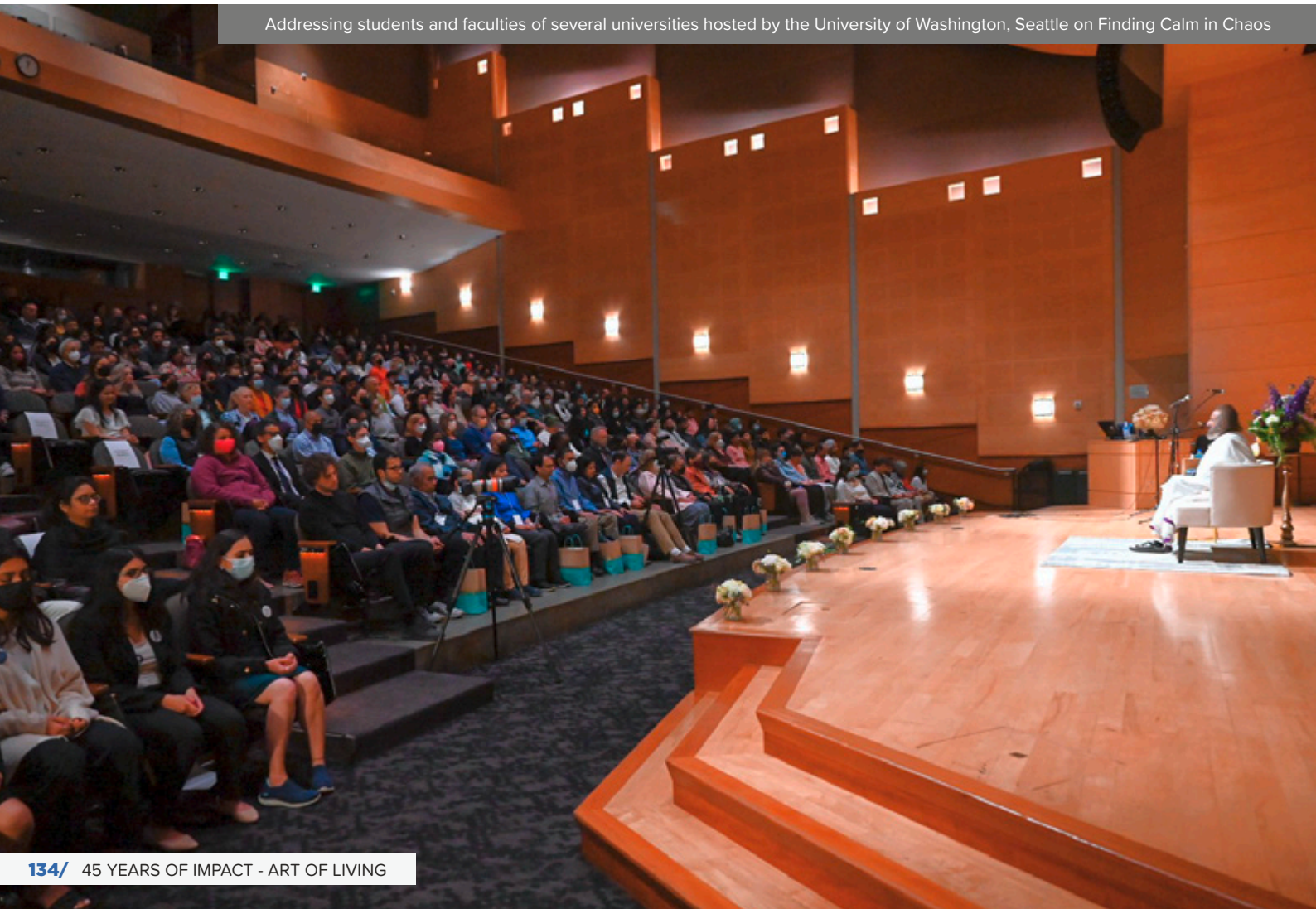
Gurudev emphasized that intention forms the basis of all action. When people direct their attention and collective intention toward standing for peace, peace will prevail. According to his teachings, the very intention of standing up for peace helps direct one's energy toward actions that manifest peace.

“

In today's world, where conflict and aggression seem to dominate headlines, the voices for peace and non-violence must be heard loud and clear.

GURUDEV

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





With author Susan David at Harvard University



I Stand For Peace campaign at the University of Geneva, Switzerland



A celebration for peace and a pledge in Austin, TX, USA



Addressing the Delaware State Senate and the House of Representatives, Delaware, USA, as part of the I Stand for Peace campaign



Los Angeles joins the I Stand For Peace campaign

# WORLD CULTURE FESTIVALS

## UNITING THE WORLD IN CELEBRATION

The World Culture Festival is a global event series, organized by the Art of Living, that aims to build a more compassionate and harmonious society by bringing the people of the world together in celebration.

Through global cuisine, song, dance, meditation, and dialogue, we share and explore our rich cultural diversity, and honor the underlying spirit that connects us all as one global family.

Attendees and speakers have included heads of state, diplomats, dignitaries, spiritual leaders, singers, dancers and artists.

More than seven million people from different countries, cultures, and religions came together to take part in the first four World Culture Festival events.

“

Gurudev, thank you for what you believe in. Thank you for your efforts to bring people together in the world today.

**RICK SCOTT,**

United States Senator,  
Former Governor of Florida (2011-2019)



**7+ million**

people attended from across the globe

**62,000+**

performers from diverse cultures and backgrounds

**25,000+**

religious and spiritual leaders from all faiths and traditions

WCF 4 WASHINGTON, DC 2023

**1.1+ million** people

WCF 3 NEW DELHI 2016

**3.75+ million** people

WCF 2 BERLIN 2011

**70,000+** people

WCF 1 BANGALORE 2005

**2.5+ million** people



---

# WORLD CULTURE FESTIVAL I

---

THE ART OF LIVING SILVER JUBILEE, BENGALURU, INDIA, 2006

In February 2006, the world witnessed the Art of Living's very first World Culture Festival (WCF), also known as the Silver Jubilee Celebrations. Borders faded as millions came together from over 150 countries to experience and celebrate Gurudev's message.

From erecting the world's largest stage of 3.5 acres (until WCF 2016, when the stage was seven acres) to managing the 243 acres of ground at Jakkur airfield, a team of 20,000 volunteers put together a sensational three-day event.

International music and dance presentations took place, from countries including Switzerland, Pakistan, many parts of India, the United States, Australia, China, Japan, and elsewhere. 2.5 million people sang along to songs as though it were an intimate gathering.

“

You have visited so many countries worldwide, but today, the world came to you.

MS. RUKINA IRINA

MIKHAILOVNA,

Deputy of the Moscow City  
Duma





“

The world is looking forward to the next 25 years of your existence. Continue with the wonderful work you are doing in various parts of the world, including my country.

**DR. MANTOMBAZANA TSHABALALA MSIMANG,**  
Former Minister of Health,  
South Africa



I thank you, Gurudev, you have really made it and brought the people together, without indoctrination, and without any kindtatorship. That's what we honor you for.

**MONIKA GRIEFAHN,**  
Representative of the German  
Government



# WORLD CULTURE FESTIVAL II

## CELEBRATING 30 YEARS OF THE ART OF LIVING, BERLIN, GERMANY, 2011

In July 2011, Berlin's historic Olympiastadion was transformed into a spectacular melting pot of nations as the Art of Living celebrated its 30th anniversary with the World Culture Festival, drawing more than 70,000 visitors from 151 countries to this venue steeped in profound historical significance.

The choice of the Olympiastadion was particularly symbolic - this was the same stadium that witnessed a historic moment of reunification when, following the demolition of the Berlin Wall in November 1989, spectators gathered for a spontaneous friendly match representing the healing of a divided city. Gurudev specifically chose Berlin making it the perfect location for a festival celebrating unity in diversity.

The highlight was a mass peace meditation where 70,000 people meditated together, with millions more joining simultaneously in cities, stadiums and homes around the world, creating an unprecedented global moment of unity.

“

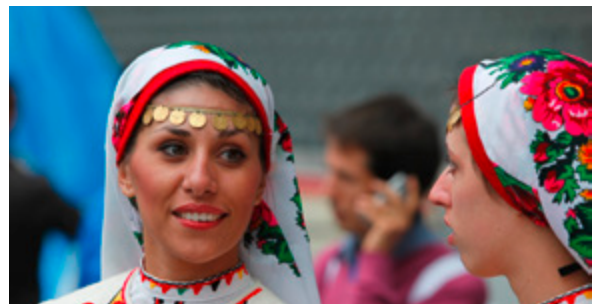
I congratulate Gurudev and express my gratitude and respect for the immense contribution of the Art of Living to global peace. In the world in which we are so connected due to modern technology and global economy and which is so affected by conflict, stress, and frustration, the Art of Living is the way to harmony.

**PROF. RUUD LUBBERS,**  
Former Prime Minister of the Netherlands

This is not the first time that the Art of Living will organize such an event but it will be the first time in Europe - and there couldn't be a better place than Berlin! The idea is to show that culture is a way of life for all of us. It will be an event full of fun, seriousness and ideas and I am looking forward to being a part of it.

**ERIKA MANN,**  
Former Member of the European Parliament





---

# WORLD CULTURE FESTIVAL III

---

CELEBRATING 35 YEARS OF THE ART OF LIVING, NEW DELHI, INDIA, 2016

In March 2016, the Art of Living celebrated its 35th anniversary with the magnificent World Culture Festival, drawing an estimated 3.75 million people from over 155 countries in what was described as "a cultural festival of a scale and magnitude never before seen on planet earth."

The festival featured over 37,000 artists performing on a world-record-setting 7-acre stage that stood 100 feet tall and 1,200 feet wide - an architectural marvel built without a foundation on the ground, using thin plates to support the enormous structure.

As Gurudev reflected, "We are inspired to continue with more enthusiasm and greater speed to realize the dream where life becomes a celebration and the world will become one family," making the 2016 World Culture Festival a watershed moment in demonstrating humanity's capacity for unity despite diverse backgrounds, cultures, and beliefs.

“

I have seen a lot of meetings in my life, a lot of events, but would you agree with me that this World Culture Festival is one of the most impressive, the most outstanding gatherings to take place in this whole world. Many thanks to Gurudev, to the Art of Living and to the thousands of volunteers who have organized this event. I think Yoga, Meditation, Ayurveda should be a world heritage that must be practiced everywhere, and then I think we would have a better world.

**MR. JO LEINEN,**

Former Member of the European Parliament





“

Greetings from Rome.  
Greetings from Pope Francis.

There are great areas of collaboration between the Art of Living and the Pontifical Academy of Sciences, and I would like to see these areas developed and strengthened in the years ahead.

There are also evidently great similarities in outlooks between His Holiness Pope Francis and His Holiness Gurudev Sri Sri Ravi Shankar.

The Art of Living has shown by example in over 3.5 decades that it has earned its place as a leader in this important work of reducing differences and I congratulate you for this work. The people gathered here today have such visible joy and serenity, that it is a testament of this fact.

**BISHOP MARCELO SANCHEZ SORONDO**,  
Chancellor of the Pontifical Academy of  
Sciences, Chancellor of the Pontifical Academy  
of Social Sciences, Holy See (Vatican)



# WORLD CULTURE FESTIVAL IV

## A CELEBRATION OF CULTURE, DIVERSITY AND UNITY, WASHINGTON, D.C., USA, 2023

The fourth World Culture Festival was held at one of the most historic and iconic venues in the USA, the National Mall in Washington, DC. Going beyond the unity of one country, the Festival stood testament to the unity of a one world family. Beyond race, gender, creed, or even country, it showed a vision of the whole world coming together in harmony. Both on stage and in the audience, one could see that vision come alive in front of one's eyes.

Featured speakers included national and international leaders from the USA, Africa, Asia, Europe, and South America. Over 1.1 million people attended the event, featuring 17,000 artists from 182 countries who delivered 50 performances.



“

Culture builds bridges, culture breaks down walls, culture brings a world together through dialogue and mutual understanding... I commend Gurudev's inspiring vision of unity, diversity, and global citizens. We need more of these very sorts of celebrations... We need more coming together, more peace and meditation, more cooperation, solidarity, and partnership.

**H.E. BAN KI-MOON,**  
8<sup>th</sup> Secretary-General of the United Nations;  
Chair, World Culture Festival  
Reception Committee

Gurudev, I am grateful to you for your deep wisdom. Celebrations like today are powerful because they remind us of how essential our connections are to one another.

**DR. VIVEK MURTHY,**  
Former U.S. Surgeon General

The World Culture Festival is a beautiful way to celebrate life. I have heard Gurudev saying that joy is our very nature. That is very much evident here.

**MRS. AKIE ABE,**  
Former First Lady of Japan



---

# GLOBAL LEADERSHIP FORUM

---

## FOSTERING ETHICAL LEADERSHIP FOR A HUMANE FUTURE

The Global Leadership Forum (GLF), organized by the World Forum for Ethics in Business, represents a premier gathering of influential leaders from business, government, and international institutions who convene to address the most pressing corporate and societal challenges of our time.

The forum addresses three critical frontiers of modern challenges: individual concerns like mental health and work-life balance, corporate and community social responsibility, and global issues including artificial intelligence, climate change, and peace.

Guided by Gurudev's philosophy that "responsibility means doing whatever is within your power to do," the GLF features inspirational keynotes from business leaders and global experts, showcases innovations across multiple sectors, and facilitates interactive conversations designed to forge meaningful partnerships.

**5,000+**  
participants

**100+**  
speakers

**80+**  
countries



# WORLD FORUM FOR ETHICS IN BUSINESS (WFEB)

## DRIVING GLOBAL IMPACT THROUGH ETHICAL LEADERSHIP

The World Forum for Ethics in Business has demonstrated remarkable global reach, holding special consultative status with the UN's Economic and Social Council (ECOSOC) and convening over 1,000 leaders from business, government, and international institutions at its flagship Global Leadership Forums.

WFEB's impact is evident in its research-backed approach, with participants demonstrating that when leaders lead with empathy and human values, productivity soars.



Gurudev at the European Parliament



The Forum successfully addresses the critical question: Can we create thriving businesses built on a foundation of human values - such as love, compassion and human dignity?

Through comprehensive platforms covering ethics in AI, sports, media, and corporate governance, WFEB continues reshaping business paradigms toward shared value creation that tackles society's challenges while ensuring profitable enterprises.

# INTERNATIONAL WOMEN'S CONFERENCE

## TWO DECADES OF EMPOWERING GLOBAL LEADERSHIP

The International Women's Conference has established itself as a premier platform for women's empowerment over 20 years, hosting 10 conferences with 450 eminent speakers reaching over 6,000 delegates from 100 countries.

With comprehensive programming including panel discussions on consciousness, sustainability, and ancient wisdom, alongside practical workshops, meditation sessions with Gurudev, and cultural celebrations, the conference creates a transformative space where delegates experience what one speaker described as: "the power to change the world in and around me" - embodying the conference's mission of nurturing dynamic serenity and responsible leadership.

“

Women have the three H's, Heart, Healing and Humanity.

**DR. KIRAN BEDI**, Former Lieutenant Governor of Puducherry and India's first woman to join the officer ranks of the Indian Police Service (IPS)

I have the power to change the world in and around me.

**MS. HOHOKO ASAMI**, Best Selling Author & Designer, Japan

20  
years

10  
conferences

450+  
eminent speakers

6,000+  
delegates

100  
countries



---

# WORLD FORUM FOR ART AND CULTURE (WFAC)

---

## UNITING GLOBAL ARTISTS THROUGH RECORD-BREAKING ACHIEVEMENTS

The World Forum for Art and Culture has achieved remarkable milestones, bringing together 2.9+ million artists from 180 countries and setting 12 Guinness World Records through its vision of creating a one-world family united through art.

These achievements demonstrate the organization's success in bringing people of different cultures, religions, and nationalities together through art performed on massive scales, exemplified by the 2016 World Culture Festival where thousands of artists performed for an audience of millions.

Through its Artist Circle International platform, WFAC connects global art explorers and creative collaborators, providing opportunities for learning, performing, and teaching diverse art forms.

**180**  
countries

**12**  
Guinness World Records

**2.9+** million  
artists



---

# FOSTERING INTERFAITH HARMONY

---

## BUILDING LONG-LASTING INTERFAITH HARMONY

Gurudev has established himself as a pioneering force in global interfaith harmony.

His commitment to interfaith dialogue spans decades, with participation in prestigious forums including the United Nations Millennium World Peace Summit of Religious and Spiritual Leaders, the Parliament of World Religions, the World Congress of Rabbis and Imams for Peace, the Congress of Leaders of World & Traditional Religions and many more.

Gurudev's approach to multi-faith work is grounded in the principle that spirituality unites people and inspires people into doing something constructive for the world, believing that spiritual foundations provide the most effective, and perhaps only, tool towards building long-lasting interfaith harmony.

His impact is recognized globally, and through practical initiatives like bringing together leaders from warring communities and organizing interfaith conferences worldwide, Gurudev demonstrates that when people understand human values exist in all the great traditions and glimpse the humanity in believers of other faiths, they then create pathways for sustainable peace and unity across all faith traditions.





# GUINNESS AND OTHER WORLD RECORDS

CELEBRATING CULTURES, UNITING DIVERSITY.



**1,094** sitar players

Largest sitar ensemble  
Delhi, India

**104,637** singers

Largest simultaneous sing-along  
(Vande Mataram)  
Pune, India

**2,100** dancers

Largest Bhangra dance  
Ludhiana, India

**1,200** dancers

Largest Mohiniyattam dance  
Kochi, India

**150** dancers

Largest Kathakali dance  
Thiruvananthapuram, India

**121,440** performers

Largest choir  
Chennai, India





**1,356** dhol artists

Largest dhol drum ensemble

Kolhapur, India

**1,230** tabla artists

Largest hand-drum (Tabla) ensemble

Solapur, India

**444** artists

Largest traditional Indian horn (Kombu/Sringa) ensemble

Kollam, India

**333** artists

Largest bagpipe ensemble

Sofia, Bulgaria



## WORLD MEDITATES WITH GURUDEV

**8.5+ million** participants

Most viewers for a virtual guided meditation livestream

Across 180+ countries





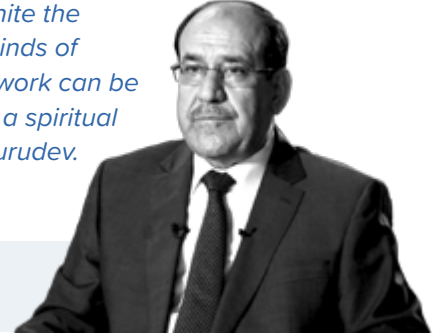
## VOICES OF GLOBAL LEADERS



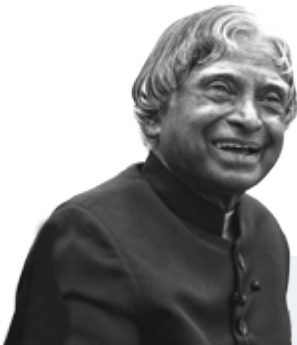
*It (The Art of Living) has an incredible following that cuts through all religions, cultures and background. A difficult thing to do in today's world.*

JOE BIDEN,  
46<sup>th</sup> President of the United States of America  
During his term as US Senator at an Art of Living event in Washington DC

*There are big powers who have big might, but they're not able to unite the hearts and minds of people. This work can be done only by a spiritual leader like Gurudev.*



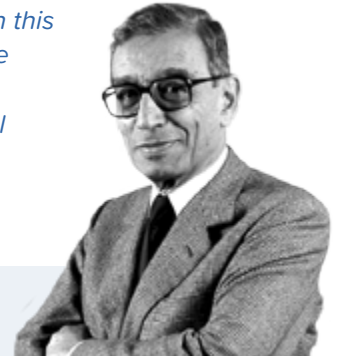
NOURI AL-MALIKI,  
Former Prime Minister of Iraq



*Gurudev's mission of a beautiful, safe, happy, and peaceful world for planet Earth's whole society is a great vision.*

DR APJ ABDUL KALAM,  
11<sup>th</sup> President of India

*I am honored to be in this conference as I share Gurudev's vision of profitable and ethical business practices.*



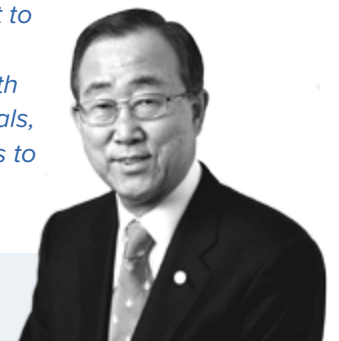
DR. BOUTROS BOUTROS-GHALI,  
6<sup>th</sup> Secretary-General of the United Nations



*Gurudev Sri Sri Ravi Shankar and the Art of Living are heroes of peace.*

JUAN MANUEL SANTOS,  
Former President of Colombia

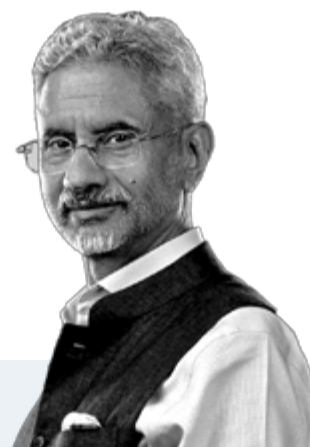
*Gurudev's commitment to peace and sustainable development aligns with the United Nations' goals, inspiring global citizens to work toward a better future.*



BAN KI-MOON,  
8<sup>th</sup> Secretary-General of the United Nations

“

*The big challenges of the day...cannot be effectively addressed in isolation. Bringing the world together has become even more important... It is important that in an interdependent world, we are always there for one another. The Art of Living has been an inspirational example in this regard.*



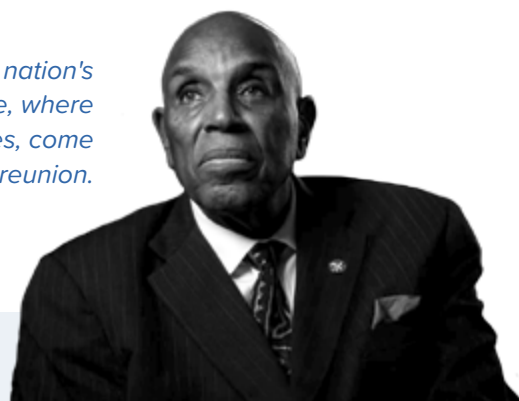
DR. S. JAISHANKAR  
Minister of External Affairs, India

*The partnership with the Art of Living promoted collective action at scale towards empowering girls and increasing community awareness on the importance of the value for the girl child. This was done through collective efforts to change the mindsets of the community at large and securing commitment to build an organic movement towards empowering girls. It also included direct engagement with adolescents and a focus on adolescent girls as change makers. Efforts such as these are needed to ensure India meets the SDG targets, including SDG 5 on gender equality and also SDG 4 on education.*



DR YASMIN ALI HAQUE,  
Former UNICEF Representative in India

*It's not an accident that the Art of Living was brought to the nation's capital at a time such as this in a divided nation. We need peace, where people can speak to each other, respect each other's differences, come together, and we can't have a more powerful reunion.*



REVEREND GERALD L. DURLEY,  
Former Dean, Clark-Atlanta University

---

# A LEGACY OF COMPASSION AND SERVICE

---

Forty-five years ago, Gurudev established the Art of Living with a vision of a stress-free, violence-free society. From that seed has grown one of the world's most influential humanitarian and spiritual movements, touching over 800 million lives across 182 countries.

In a world often divided by conflict, fear, and uncertainty, Gurudev shows another way—a path of wisdom, joy, resilience, and shared humanity. From the narrow lanes of urban slums to the halls of presidential palaces, from refugee camps to global forums, Gurudev's presence and programs have lifted spirits, healed wounds, bridged divides, and empowered countless individuals to be beacons of peace.

These decades have reaffirmed a timeless truth: true change does not begin in boardrooms or on battlefields, but in the human heart. And through the millions who have discovered purpose, healing, and joy in this movement, that change continues to ripple outward—crossing borders, breaking barriers, and restoring dignity wherever it takes root.





“

I have this crazy idea... a world without violence. If we could instill pride in being non-violent, in being compassionate, in being helpful to others, our lives will take a new direction. And this should be our unwavering commitment.

GURUDEV





