



TRANSFORMING LIVES



“Knowledge purifies the mind. Love purifies the heart. Seva (Service) purifies Karma.”

Gurudev Sri Sri Ravi Shankar

Inspired and guided by Gurudev Sri Sri Ravi Shankar, The Art of Living Social Projects has achieved significant milestones. From 💧 water conservation, 🌳 afforestation, 📖 free education, ♀ women empowerment, 🏡 integrated village development, ⚡ renewable energy, 🍲 gaudhan to 🗑️ waste management, The Art of Living Social Projects continues to drive meaningful change across India.

See the difference being made on the ground - because real change happens when we move forward together.

Honoured with Dual National Awards for Water Leadership

In a remarkable moment of national recognition, The Art of Living Social Projects has once again been celebrated for its unwavering commitment to water conservation. At the 6th National Water Awards, 2024, the organisation was one of the distinguished winners of the JSJB 1.0 Award in the Best NGO category for exemplary work under Jal Sanchay Jan Bhagidari - highlighting outstanding community mobilisation, enhanced water security, and participatory water management at scale.



A proud moment at the 6th National Water Awards, 2024 as Shri C.R. Patil, Hon Union Minister of Jal Shakti, presents the JSJB 1.0 Award (Best NGO) to The Art of Living.

Br. Pragyachaitanya, Chairman, The Art of Living Social Projects, receives the honour.



A Second National Honour: Best Civil Society

Adding to this significant achievement, The Art of Living Social Projects has also won 'Best Civil Society' category, marking its second consecutive year of recognition by the Ministry of Jal Shakti for advancing a Jal Samridh Bharat.

Both honours were presented at a single ceremony on 18th November 2025 at Vigyan Bhawan, New Delhi, in the esteemed presence of the Hon'ble President of India, Smt. Droupadi Murmu, and received by Br. Pragyachaitanya, Chairman, The Art of Living Social Projects and Prasana Prabhu, Chairman, Sri Sri Rural Development Program Trust (SSRDP) and Sri Sri Institute of Agricultural Sciences & Technology Trust (SSIAST) - marking a moment of immense pride for the organisation and its vast network of volunteers and partners.



A Celebration of Collective Impact

These dual recognitions reaffirm a powerful truth: community-led, scientifically grounded water rejuvenation is transforming India's landscapes. Through large-scale efforts - river and lake desilting, watershed revival, groundwater recharge, and the strengthening of local water-user groups - the organisation has shown how enduring change unfolds when science, community participation, and long-term commitment come together.



Indian Navy and The Art of Living Sign Landmark MoU for Wellness & Leadership

With the blessings of Gurudev Sri Sri Ravi Shankar, the HQ Tamil Nadu & Puducherry Naval Area (HQTNP) and The Art of Living Government Programs have entered into a landmark partnership to enhance the well-being, resilience, and leadership of naval personnel. The Memorandum of Understanding (MoU) was signed on 14 November 2025 at Naval Headquarters, Chennai, by Rear Admiral Satish Shenai, Flag Officer Tamil Nadu & Puducherry Naval Area, and Br. Pragyachaitanya, Chairman, The Art of Living Social Projects.

Strengthening Inner Readiness Across the Navy

This partnership builds on a strong foundation within the Indian Navy, where thousands of officers, sailors, and trainees have already experienced The Art of Living's research-backed programmes. Designed for high-pressure operational environments, these practices enhance focus, resilience, and sustained performance—skills that continue to support personnel long after the sessions end.

Transformative Experiences from Officers

Feedback from past participants highlights the deep impact of these programmes:

A Navy Commodore described the programme as “an awesome experience” that revealed the power of breath and inner energy - something he now sees as essential to his work and life. Another Commodore shared that the training will help him become calmer and more balanced, refining how he engages with people and challenges. A third Commodore reflected that the techniques will significantly improve the way he handles individuals and issues at work.

Healing Without Borders: Supporting U.S. Veterans

The programme's impact extends globally. In the U.S., Project Welcome Home supports military personnel facing post-traumatic stress, repeated deployments, and reintegration challenges. Its research-backed mind-body practices help veterans release deep stress and regain calm, clarity, and purpose - an urgent need in a nation that saw over 6,400 veteran suicides in 2022.

Nurturing the Human Element of National Security

As the Indian Navy modernises its capabilities, this MoU underscores the need to strengthen human resilience alongside technology. The Art of Living and HQTNP reaffirm a shared commitment to cultivating inner balance, emotional steadiness, and ethical strength - ensuring that those who protect the nation do so with capability, confidence, and clarity.



The MoU between HQ Tamil Nadu & Puducherry Naval Area and The Art of Living Government Programs will focus on enhancing resilience and performance in the Navy

Yet Another Impactful MoU: HURL and The Art of Living Partner to Improve Diagnostic Care in Odisha



HURL and The Art of Living sign MoU for Project SWASTHYA KIRAN, with Gurudev Sri Sri Ravi Shankar blessing the initiative

Hindustan Urvarak & Rasayan Ltd. (HURL) has partnered with The Art of Living Social Projects to enhance access to diagnostic healthcare in Odisha. An MoU was formalised at The Art of Living International Center, Bengaluru, in the revered presence of Gurudev Sri Sri Ravi Shankar, Shri Chaman Jaggi, Vice President, HR & CSR, HURL, (HURL) and Br. Pragyachaitanya, Chairman, The Art of Living Social Projects, and witnessed by Dr Siba Prasad Mohanty, MD, HURL.

As part of the initiative, a proposal has been submitted for installing a state-of-the-art Revolution™ Aspire Select CT Scanner at the Sri Sri College of Ayurvedic Science and Research Hospital (SSCASRH), Cuttack, Odisha. Based within the Sri Sri University campus in Bidyadharpur, the hospital is on track to become a major diagnostic centre for the region. This advanced system will significantly boost the hospital's ability to detect and treat critical conditions, supporting areas such as neurology, cardiology, oncology, trauma care, and emergency medicine.

Odisha continues to face serious diagnostic shortages, with limited CT facilities, long travel distances, and delays that can endanger lives. SWASTHYA KIRAN aims to ease these challenges by offering timely, reliable, and affordable imaging services to over 1.5 lakh people across 50+ nearby villages.

The project is expected to reduce diagnostic waiting time, strengthen emergency preparedness, and provide high-quality scans at accessible costs. With this collaboration, HURL and The Art of Living Social Projects reaffirm their commitment to bridging healthcare gaps and bringing advanced diagnostics closer to underserved communities.

Building Competencies for Personal Excellence - DoPT Training at The Art of Living International Center

Under the Behavioural Competencies training component of the Department of Personnel & Training (DoPT), the Building Competencies for Personal Excellence programme was conducted at The Art of Living International Center in Bengaluru from 24 to 28 November 2025.

This year marked a significant expansion of the programme, with 16 additional services joining the cadre of IAS, IPS, and IFoS. Officers from 11 diverse All India and Central Services - including IPTAFS, IPS, IRMS, IAS, CSS, IRAS, IRS, IAAS, CSSS, IPoS, IFoS, and IOFS - came together, creating a rich ecosystem of administrative experience and perspectives.

The week-long programme provided a transformative space for officers to deepen personal excellence, leadership agility, and interpersonal intelligence. Through immersive processes, interactive modules, and reflective practices, participants strengthened the ability to respond to challenges with balance and insight.

Many described the experience as personally transformative. One participant noted:

“Such programmes are needed for self-introspection and working on our own mind and health. It brought great clarity to my thought process and inspired self-improvement in all aspects of well-being.”

Several officers highlighted the immediate positive impact on their daily lives. As one observed: “The course has given me practical tools I can apply every day - at work, with my family, and even in challenging situations. After completing the programme, I feel more connected to my true self, with a sense of fulfillment I had never experienced before.”

For many, the experience was deeply elevating and unforgettable. One officer remarked: “Words fail. It was a divine experience - profound knowledge that inspires excellence through personal transformation. The Sudarshan Kriya, Sahaj Samadhi, and the positive energy in the Ashram created an environment I simply didn’t want to leave.”

The programme ultimately empowers officers - enhancing their contribution to effective governance and public service.



Grace and guidance: Senior officials at BCPE training receive blessings from Gurudev Sri Sri Ravi Shankar

BCPE Programme concludes on a high note, with smiles all around. In the presence of Chairman Br. Pragyachaitanya, faculty Balwinder Chandiok & guest Swami Vishwaroop ji



Radha Kunj Revival: Background at a Glance

Water pollution remains one of today's most urgent environmental challenges, with residential, industrial, and agricultural waste straining natural ecosystems. As Gurudev Sri Sri Ravi Shankar reminds us, "If we take care of the environment, it will take care of us."

At The Art of Living International Centre, Radhakunj Lake (Udipalya Kere) - once heavily polluted and threatening aquatic life - has been revived through an integrated, nature-based restoration initiative launched in April 2023.

The project introduced boulder checks to naturally filter pollutants, native vegetation and hyperaccumulator plants to absorb contaminants, and microbial remediation techniques like bioremediation and phytoremediation to detoxify the water. Bio-bridges created with natural materials supported microbial growth, while diatom algae and aeration fountains improved oxygen levels and restored biodiversity.

Post-restoration sampling shows remarkable improvements: Biochemical Oxygen Demand (BOD) and Chemical Oxygen Demand (COD) levels have dropped substantially, while Dissolved Oxygen (DO) has increased, signalling a healthier, thriving ecosystem.

Radhakunj Lake has now emerged as a model of how science, nature, and community effort can reverse pollution and rejuvenate water bodies - an inspiring reminder of what is possible when we work with nature, not against it.



Radha Kunj Lake after revival - restored to its natural beauty

Restoring the Flow: Kumudvathi and Suvarnamukhi Rivers

Once Bengaluru's lifeline, the Arkavathi River steadily declined under the pressures of deforestation, urbanisation, and shrinking rainfall. Wells dried up, tanks silted up, and once-thriving villages were left struggling.

In 2013, The Art of Living Social Projects began restoring Arkavathi's critical tributaries - starting with the Kumudvathi and Suvarnamukhi, with Vrishabhavathi identified for future intervention.

Kumudvathi: A Model of Revival

Working with hydrogeologists and local communities, over 7,000 water-recharge structures were created - MAR wells, boulder checks, percolation ponds, and water pools. Afforestation revived barren hillsides and restored native ecology. The results were remarkable: open wells refilled, ancient springs re-emerged, and villages reduced their dependence on tankers.

Suvarnamukhi & Vrishabhavathi

The Suvarnamukhi, flowing through Bannerghatta National Park, shows both beauty and vulnerability due to quarrying and land degradation. The Vrishabhavathi - once sacred - is now heavily polluted from urban wastewater.

Seeing the basin's interconnected needs, The Art of Living Social Projects is expanding science-based, community-supported interventions to strengthen tanks, feeder channels, and the Arkavathi's hydrology.

Communities at the Heart

Villagers, women's groups, and youth have become custodians of the land - maintaining recharge wells, nurturing saplings, and monitoring water levels. What began as a river project has evolved into a grassroots ecological movement.



Work on the ecosystem brought the Kumudhvati back to life

A Basin Healing Again

While challenges remain, the change is clear: water stays longer in the soil, tanks hold through summer, and greenery is returning.

Through sustained effort grounded in science, community, and compassion, rivers once written off as "lost" are breathing again.

Opening Doors of Learning in the Heart of India

1,356 free schools. 1,20,000+ children

The Art of Living Social Projects is transforming childhoods in India's most remote regions - providing quality education, nutritious meals and safe, joyful learning environments completely free of cost. Many of these schools stand miles away from the nearest road, yet they continue to empower first-generation learners with confidence, dignity and opportunity.



100 crore trees of hope:

A massive community-driven effort by The Art of Living Social Projects to revive green cover, nurture biodiversity and heal the land for generations to come.

Explore how change is unfolding - read and share our latest stories and updates.

- <https://www.ptinews.com/press-release/a-historic-day-the-art-of-living-awarded-two-national-recognitions-for-water-conservation/3116167>
- https://www.business-standard.com/content/press-releases-ani/the-art-of-living-vvki-and-indian-navy-sign-mou-for-wellness-leadership-125111800679_1.html
- <https://thebengal.in/2025/11/26/swasthya-kiran-hurl-partners-with-the-art-of-living-to-transform-diagnostic-healthcare-in-odisha/>

Dharma Sthambha Yojana (DSY)

Gurudev Sri Sri Ravi Shankar's vision comes alive through two powerful streams of transformation: nurturing individuals to live with greater clarity, resilience and joy; and uplifting entire communities through large-scale, grassroots initiatives. Together, they form a dynamic force that strengthens the nation - creating ripples of change that reach every corner of society.

At the centre of this movement stands the Dharma Sthambha Yojana (DSY). Established under the umbrella of The Art of Living Social Projects, DSY serves as a vital bridge between individuals inspired by Gurudev Sri Sri Ravi Shankar's vision and initiatives transforming communities across India - channelling donations transparently, efficiently and fully into projects spanning water conservation, afforestation, free education, integrated village development, renewable energy, gaudhan, waste management and more.

By empowering individuals to regularly contribute a portion of their income, DSY transforms personal generosity into meaningful, measurable, large-scale impact. Through this initiative, giving becomes a shared journey - a powerful investment in India's collective well-being and a resilient, thriving nation.



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- <https://www.vvki.org/>
- + 91 7676223929
- donations@vvki.org

