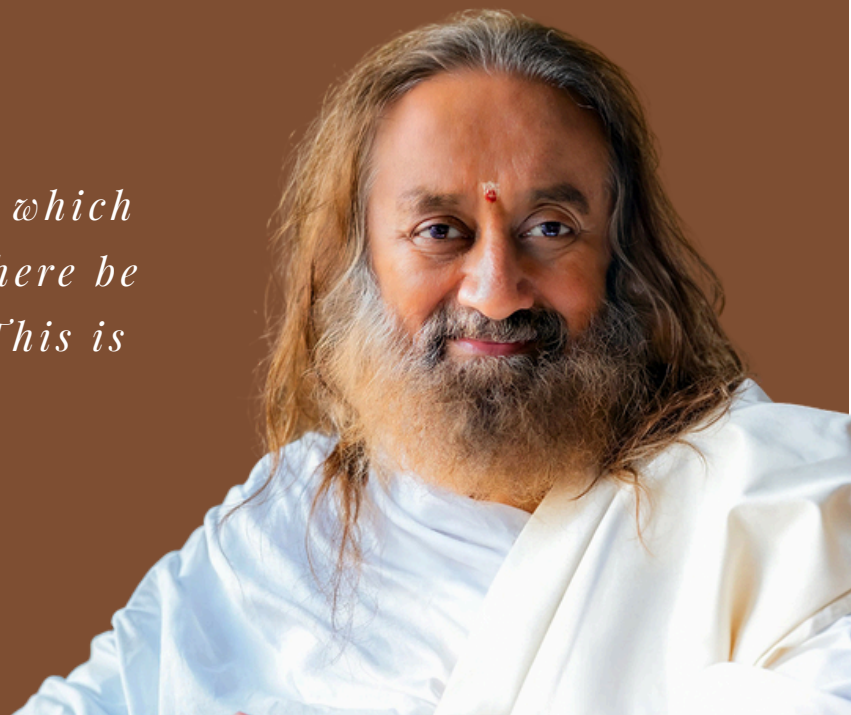




TRANSFORMING LIVES

“In Sanskrit we chant, “Sangachhatwam”, which means let us all walk together, and may there be light and happiness in everyone’s lives. This is the unique message of Diwali.”

Gurudev Sri Sri Ravi Shankar



May the glow of Diwali continue to brighten your path. Wishing you a radiant and joy-filled year ahead.

As we celebrate the triumph of light over darkness, we welcome you to the October edition of The Art of Living Social Projects newsletter - a glimpse into how light continues to spread through service.

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 to 🗑️ waste management, The Art of Living Social Projects continues to drive meaningful change across India.

Dive in and discover how we’re making a real impact - because change is unstoppable when we all work together!



Reviving the Suvarnamukhi: A Collective Call for Action

Science | Policy | Community | Transformation

A powerful convergence unfolded at The Art of Living International Centre during the Suvarnamukhi River Rejuvenation: Action & Awareness Workshop — uniting government departments, subject-matter experts, and community leaders to co-create a roadmap for rejuvenating the Suvarnamukhi River.

The Suvarnamukhi River Rejuvenation Project; a collaboration between The Art of Living Social Projects, Government of Karnataka, and IIM Bangalore stands as a model for participatory and scientific river rejuvenation.

Conceived by Dr. Lingaraju Yale, National Director, River Rejuvenation Projects of the Art of Living Social Projects, this initiative integrates science, spirituality and community action to revive a lifeline of Bengaluru's southern landscape.

With the insightful vision of Smt. Uma Mahadevan, IAS (Additional Chief Secretary and Development Commissioner), and her commitment to taking the project forward, the workshop reaffirmed a collective resolve to turn the action plan into tangible, on-ground transformation.

Jointly guided by Prof. Gopal Naik (IIMB), Shri Prabhash Chandra Ray, IFS (Nodal Officer), Dr Lingaraju Yale and led by Bhavyata Jethva, the initiative is setting new benchmarks in river rejuvenation in peri urban space.



The Jal Kalash ceremony embodies India's timeless reverence for water - honoured as both sacred & life-giving



Conceived by Dr Lingaraju Yale (extreme left), the Suvarnamukhi River Rejuvenation initiative blends science, spirituality & community action



The Suvarnamukhi River Rejuvenation: Action & Awareness Workshop, brought together government departments, subject-matter experts & community leaders

A proud moment in Ranchi! The Skill Job Executive Initiative empowered women with confidence, skills & new career paths.



On 12 October 2025, the State Yoga Centre in Ranchi witnessed a truly inspiring moment. 137 young women were felicitated for successfully completing the Retail Sector LMS Training Program, part of the Skill Job Executive Initiative - a collaborative effort between The Art of Living Social Projects, the Retailers Association's Skill Council of India (RASCI), and the Indian Retail School (IRS). The initiative aims to equip women - especially from remote areas - with practical skills, confidence, and career opportunities.

The ceremony was graced by Hon'ble MP Smt. Mahua Maji (Rajya Sabha) and Smt. Aruna Dixit, Member of the Jharkhand IPS Wives Welfare Association, who applauded the participants for their dedication and drive to shape independent, successful futures.

Smt. Mahua Maji specifically praised The Art of Living Social Projects for going beyond meditation and yoga to empower young women from remote areas through skills, confidence, and career opportunities.

The project trained 1,000+ candidates between June and September 2025 - covering interview skills, communication, job readiness, and balancing earning with education. Many graduates are now employed at leading organisations in Ranchi - including Bata, Starbucks, and Ayudha Calling Center - thanks to the dedicated efforts of the project team.

This initiative isn't just about jobs - it's about confidence, self-reliance, and a brighter tomorrow for Jharkhand's young women.

SAIL signs MoU with The Art of Living to Enhance Employee Well-being, Leadership Belongingness

Bengaluru, September 2025 - Steel Authority of India Limited (SAIL), a Maharatna CPSE, has entered into a landmark partnership with The Art of Living through its outreach arm, Vyakti Vikas Kendra India (VVKI), to bring structured programmes on emotional resilience, mindfulness, and holistic growth to one of India's leading Maharatna PSUs.

The occasion was blessed by Gurudev Sri Sri Ravi Shankar, who inspired the initiative with his vision of holistic growth, belongingness, and harmony at the workplace.

The Memorandum of Understanding (MoU) was signed at The Art of Living International Centre, Bengaluru, by Shri Sanjay Dhar, Officiating ED (HR-L&D), MTI on behalf of SAIL, and Br. Pragyachaitanya, Chairperson, VVKI on behalf of The Art of Living, in the presence of Shri K.K. Singh, Director (Personnel), SAIL.

Through this collaboration, SAIL employees will have access to structured programmes focusing on emotional resilience, mindfulness, empowerment, and leadership - equipping them with tools to manage stress, enhance productivity, and nurture a culture of belongingness at the workplace. These programmes are designed to align personal well-being with organisational growth, creating a motivated and future-ready workforce.

This MoU marks a significant step in taking holistic well-being programmes deeper into India's leading PSUs, strengthening both individual excellence and the collective spirit of growth.



SAIL signs MoU with The Art of Living to boost holistic wellbeing among employees



Blessed by Gurudev Sri Sri Ravi Shankar, who inspired the initiative with his vision of holistic growth, belonging & workplace harmony

Empowering Young Minds: The Art of Living Free Schools

Far from city bustle, where roads fade into narrow tracks and electricity is scarce, classrooms of The Art of Living Free Tribal Schools come alive with laughter, learning, and discovery. Often located over 30 kilometres from the nearest road, these schools are bringing education within reach for children who once had little hope of attending school.

Learning here goes beyond exams. Each day begins with yoga, pranayama, Sudarshan Kriya, and meditation, building focus, calm, and confidence. Alongside academics, students explore sports, music, dance, and creative activities, growing into resilient, well-rounded individuals. Teachers are the heartbeat of these schools. Trained in modern teaching methods and community outreach, they guide students and families, conduct health and hygiene awareness camps, and ensure children remain in school.

Support extends beyond classrooms. Students receive uniforms, stationery, meals, and medical check-ups, while transport via buses or bicycles ensures regular attendance. Solar-powered classrooms, libraries, computer labs, and sports facilities open doors that were once unimaginable in remote areas.

Collaborations with corporate and community partners, such as PNB Housing Finance Ltd. and the Pahel Foundation, have brought solar power, computer labs, and better transport. Across 35 government schools, upgrades include toilets, clean drinking water, STEM labs, and welcoming classrooms. Since 2012, libraries in 19 states provide thousands of books in 11 languages.

The results speak volumes: 100% board exam success, zero dropouts, over 90% daily attendance, and 48% girls, many of them first-generation learners. Stories of achievement abound - students topping district exams, excelling in archery and football, and receiving prestigious fellowships, reflecting the transformative power of these schools. Each success impacts entire communities. Families dream bigger, villages gain confidence, and education becomes a foundation for a brighter future. What started as a small effort in remote corners has grown into a movement, turning distant dreams into thriving, promising realities.



Children begin their day with gratitude at The Art of Living Free Schools, nurturing values alongside education

Latur Blooms Again: Recharging Land, Livelihoods, and Life

Since 2013, drought-prone Latur, Maharashtra, has witnessed a remarkable ecological transformation. Inspired by Gurudev Sri Sri Ravi Shankar and led by Shri Gomare Mahadev, The Art of Living Social Projects began a river rejuvenation initiative that has grown into a holistic mission combining water conservation, large-scale tree plantations, natural farming, and climate-resilient fodder cultivation. Over 5 lakh saplings have already been planted, with another 2 lakh planned.

Initially focused on reviving dying rivers, the project expanded to restore biodiversity and empower local communities, particularly farmers. Native, medicinal, herbal, and fruit-bearing trees - including custard apple, guava, mango, and sweet lime - have been planted, reducing soil erosion and improving farmer incomes. Fodder cultivation on 200 acres ensures livestock nutrition and climate resilience, supported by irrigation, soil conservation, water management, and fencing to secure high sapling survival rates.

The plantation strategy works with nature, using flowering plants to attract birds, bees, and pollinators for natural regeneration. Seeds passing through birds often sprout better, helping barren lands recover. Small ponds provide year-round water, while animal droppings are converted into Jivamrut, a traditional bio-fertiliser that enriches soil and supports biodiversity, in alignment with Vedic farming practices.

The plantation model boasts a 100% survival rate, exceeding government benchmarks. Key collaborations include Atlas Copco, Maharashtra Animal and Fisheries University, the Maharashtra Forest Department, and State Bank of India, supporting large-scale ecological restoration and climate-resilient plantations.

On World Environment Day (5 June 2025), The Art of Living Social Projects planted 2,000 saplings at DIAT Pune, as part of a broader plan to develop model plantations in Vidarbha and Pune. The Pune Ashram also nurtures sustainable model farms cultivating avocado, mango, and guava under the Youth Leadership Training Program.

What began as a river revival in Latur has grown into a holistic mission, restoring degraded lands, boosting rural incomes, and building climate resilience. As trees take root, birds return, livestock thrives, and communities unite - offering a regenerative vision for rural India.

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

- <https://dhunt.in/129yq0>
- <https://share.google/GpEqX91wjfPbwqjXE>
- <https://www.prnewswire.com/in/news-releases/sail-signs-mou-with-the-art-of-living-to-enhance-employee-well-being-leadership-belongingness-302547404.html>

Dharma Sthambha Yojana

Gurudev's vision is realised via two transformative pathways: empowering individuals through personal development and catalysing social change with large-scale community initiatives. These efforts work in harmony to build a stronger, more sustainable nation.

At the heart of this mission is the Dharma Sthambha Yojana (DSY), which connects socially responsible individuals to impactful service projects. By directing financial contributions toward initiatives like water conservation, education and women's empowerment, DSY transforms generosity into lasting change - driving national progress and sustainability.



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