



building
**inner peace
and resilience**

Leveraging four decades of expertise for the pandemic response.

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our biggest challenge **mental health**

INNER PEACE AND RESILIENCE: THE NEED OF THE HOUR

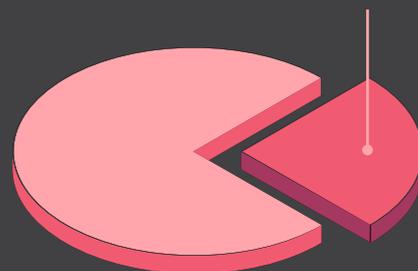


The global mental health crisis could cost the world \$16 trillion by 2030



Globally around 450 million people suffer from mental or neurological issues

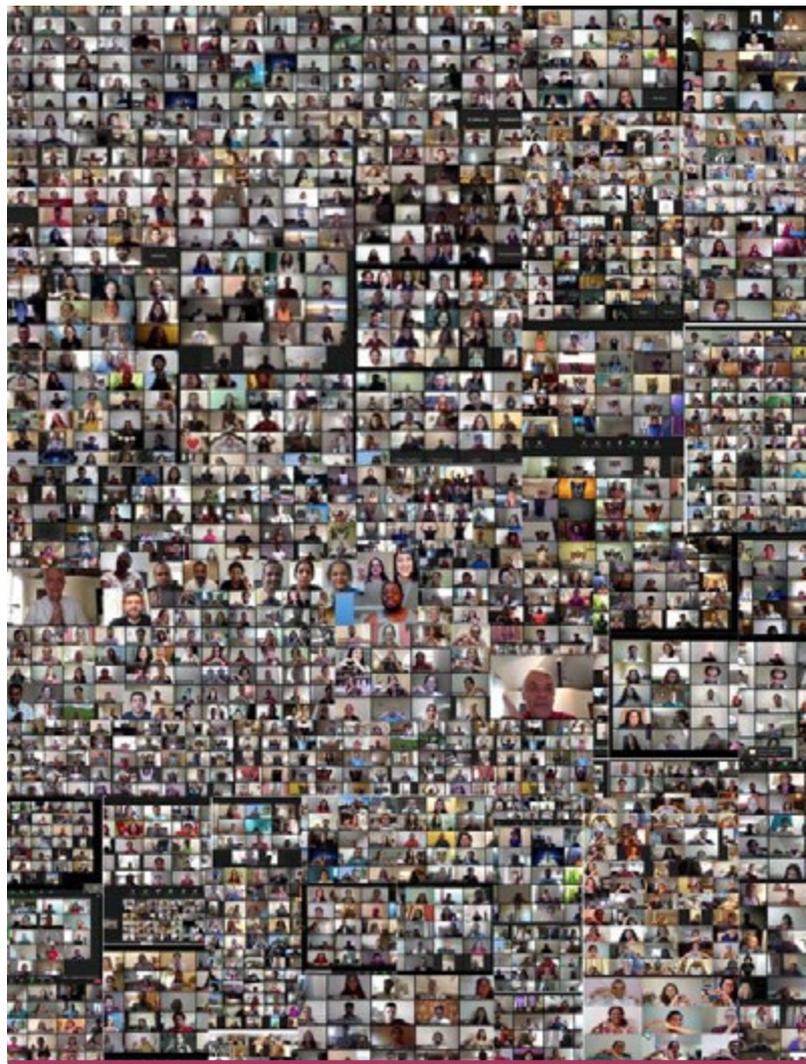
25% people affected by mental health issues



WORLD HEALTH ORGANIZATION MENTAL HEALTH STATISTICS

As the world reels from COVID-19, it is becoming clear that the aftershocks are here to stay for a while. As the pandemic continues to spread across continents, as countries respond to unprecedented challenges, as businesses prepare to face uncertainty and the economic fallout, as citizens endeavour to construct a new normal, the world is looking for insights and solutions to navigate the unknown.

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



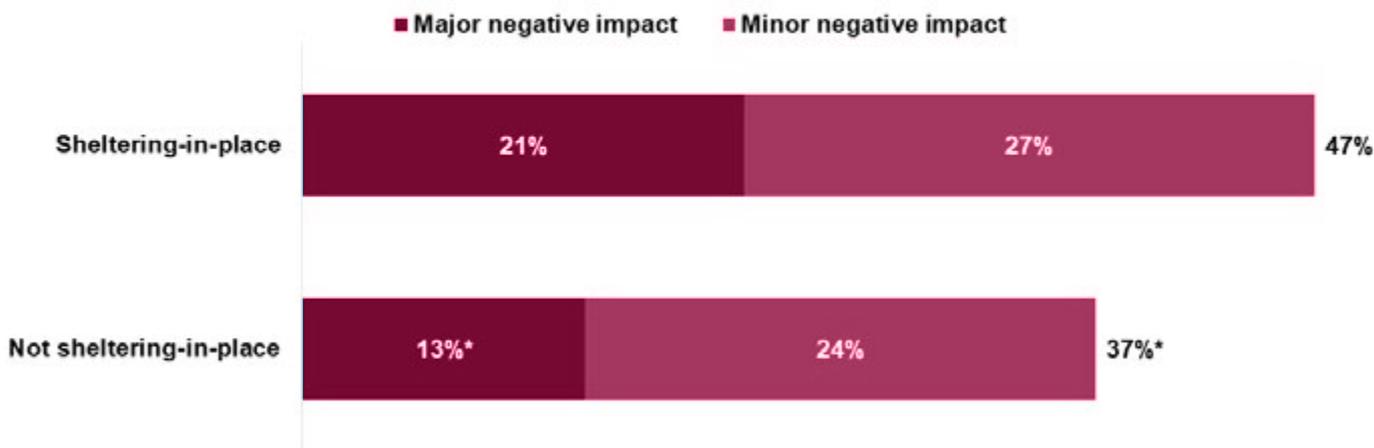
One predominant commonality: Mental health and Well-being

Fear, anxiety, stress, increased domestic violence, uncertainty and worry is clogging society.

With the pandemic, underlying mental disorders have only been compounded and we are seeing an increase in domestic violence, increased obsessive compulsive disorders, depression and other ills. Social distancing is also leading to social isolation.

Before the pandemic, WHO had declared that **one in four people had faced some kind of mental health issue** and that depression cost trillions to the economy.

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, Based on Sheltering-in-Place Status



NOTES: *Indicates a statistically significant difference between those sheltering-in-place and those not sheltering-in-place at the $p < 0.05$ level. Distribution may not sum to total due to rounding.
SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020).

World Health Organisation (WHO) on Mental Health

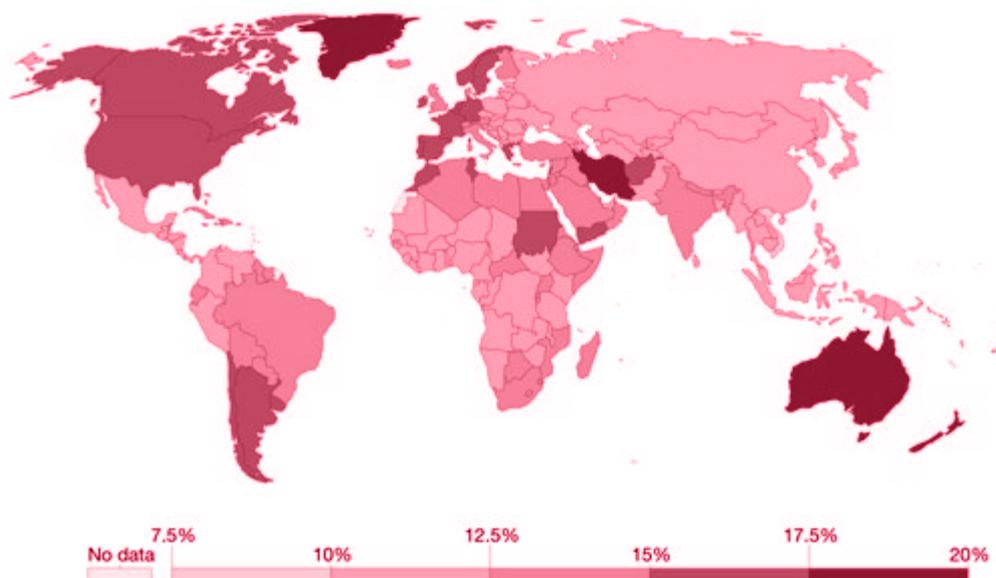
Mental health is more than the absence of mental disorders. Mental health is an integral part of health; there is no health without mental health.

- **One in four people** in the world will be affected by mental or neurological disorders at some point in their lives.
- **Around 450 million people** currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide.
- Depressive disorders are already the **fourth leading cause** of global disease burden.
- The global mental health crisis could cost the world **\$16 trillion by 2030**.

Share of population with mental health and substance use disorders, 2017

Share of population with any mental health or substance use disorder; this includes depression, anxiety, bipolar, eating disorders, alcohol or drug use disorders, and schizophrenia. Due to the widespread under-diagnosis, these estimates use a combination of sources, including medical and national records, epidemiological data, survey data, and meta-regression models.

Our World
in Data



WHO report says depression and anxiety are increasing during the pandemic

- A study in Ethiopia, in April 2020, reported a **3-fold increase** in the prevalence of symptoms of **depression**.
- Specific population groups like frontline workers are at particular risk. In Canada, **47% of health-care workers** have reported a need for **psychological support**.
- A study carried out with young people with a history of mental health needs living in the UK reports that **32% of them agreed** that the pandemic had made their **mental health much worse**.
- An increase in alcohol consumption is another area of concern for mental health experts. Statistics from Canada report that **20% of 15-49 year-olds have increased their alcohol consumption** during the pandemic.²

² <https://www.who.int/news-room/detail/14-05-2020-substantial-investment-needed-to-avert-mental-health-crisis>

Sri Sri Ravi Shankar offers a solution



The coronavirus pandemic has created a global crisis with far-reaching social, economic and spiritual repercussions. Our resilience during these challenging times will be tested not only by how we combat the spread of the virus but how we build back better and emerge stronger.

This report outlines how Sri Sri has been advocating and encouraging the advocacy around mental health and outlines the breadth and depth of engagement

Sri Sri has deployed a tried and tested non-denominational techniques that has worked for centuries and adapted to modern times.

Sri Sri's organization with a presence in **156 countries** and a network of over **30,000 trainers** alongside millions of volunteers have swung into action and this report outlines these results.

Yoga and Meditation as the solution: the SKY Campus programme



Sri Sri Ravi Shankar has revived tried and tested ancient breathing and meditation practices and has offered these techniques to millions over the last four decades.

In particular, university students have benefited immensely from the SKY techniques. The SKY Campus Happiness Program focuses on yogic breathing techniques and social connectedness to enhance stress management.

Below are some research publications in various ivy league journals.



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life



In a paper published by researchers from the [Massachusetts Institute of Technology, University of California-San Diego, Chopra Library for Integrative Studies, and Harvard University](#), experts explain the benefits that yoga and meditation have as an adjunctive treatment to the novel coronavirus.³

The [Harvard Medical School](#) recommends Yoga, Meditation and controlled breathing to help with coronavirus anxiety.⁴

³ <https://www.liebertpub.com/doi/10.1089/acm.2020.0177>

⁴ <https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>



A new study led by Michael R. Goldstein, PhD, Research Fellow in the Department of Neurology at [Beth Israel Deaconess Medical Center \(BIDMC, Harvard Medical Teaching School\)](#) found that the program that focused on yogic breathing - a meditative practice that involves slow and fast patterns of breath - [improved participants' ability to cope with stress, as measured by both self-report and heart rate data, compared to a workshop that focused on cognitive approaches to stress.](#)⁵



“A training program called SKY Campus Happiness, developed by the Art of Living Foundation, which relies on a breathing technique called SKY Breath Meditation, yoga postures, social connection, and service activities, was most beneficial. Following the SKY sessions, [students reported improvements in six areas of well-being: depression, stress, mental health, mindfulness, positive affect, and social connectedness.](#)”⁶



In addition to academic skills, we need to teach students how to live a balanced life.



Emma Seppälä, Ph. D

USA

Lead author and faculty director of the Women's Leadership Program at Yale School of Management.

⁵ <https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

⁶ <https://news.yale.edu/2020/07/27/improve-students-mental-health-yale-study-finds-teach-them-breathe>



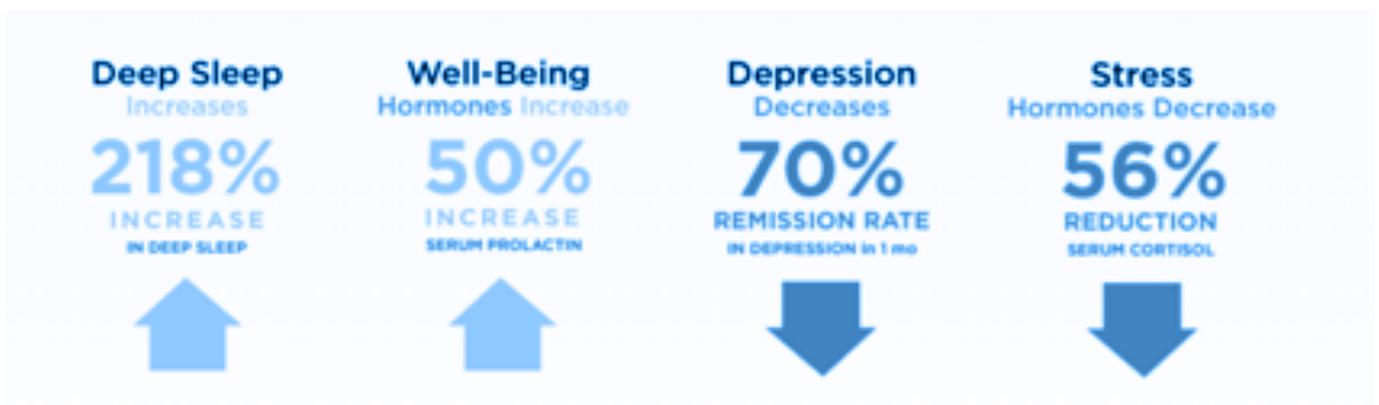
Another [Harvard Study](#) demonstrates how SKY shows greater improvements on a number of self-report measures, including perceived stress, sleep, social connectedness, distress, anxiety, depression, conscientiousness, self-esteem, and life satisfaction.⁷

It evaluated the efficacy of the Art of Living's SKY stress management practices with randomized controlled trials.



The Art of Living's SKY technique improved stress, sleep, social connectedness, anxiety, depression, distress, self-esteem, life satisfaction and conscientiousness above and beyond the cognitive group.

At the 3-month follow-up, the improvements in the SKY group were even stronger. In addition, the SKY intervention showed protection against anticipating stress.⁸



7 <https://www.tandfonline.com/doi/full/10.1080/07448481.2020.1781867>

8 <https://www.frontiersin.org/articles/10.3389/fpsy.2020.00590/full>



Approximately 70 studies have been published that show the Art of Living programme reduces levels of stress (normalizes cortisol - the “stress” hormone); supports the immune system; increases optimism; relieves anxiety and depression (mild, moderate and severe); increases anti-oxidant protection; enhances brain function (increased mental focus, calmness and recovery from stressful stimuli); thus, enhancing well-being and peace of mind.⁹



These studies offer insight into unique patterns of change between yogic breathing, acceptance-based approaches to stress management versus cognitively based approaches.¹⁰

“A yoga-based technique that targets healing and stress is gaining favor”

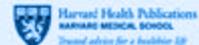
Los Angeles Times

Reduced Stress
Bio-Marker Levels

56% Drop in the major stress hormone cortisol

71% Reduction in blood lactate, in highly stressed police cadets

“shows promise in providing relief for depression”



Relieved depression in **67-73%** of study participants within one month.

Significantly reduces major depressive disorder as effectively as anti-depressant drug therapy, yet is free of unwanted side effects.

Also reduces everyday blues (non-clinical depression) by one third in four weeks.

“The Easy Breathing Technique That Can Lower Your Anxiety 44%”

Prevention

Reduced anxiety in **71%** of individuals for whom medication and psychotherapy treatments had failed.

Enhances the immune system.

Improved immune cell counts in apparently healthy individuals.
Improved immune cell counts in health compromised individuals.
Beneficial changes in our DNA which support an increased life span of white blood cells—our immunity cells.

Significantly reduced cholesterol, with no change in diet & in just 3 weeks even under stressful conditions

Improved cholesterol & triglyceride profile.

“many people reported better sleep, improved self-awareness, and even fewer PMS symptoms”

Prevention

3x the time spent in deepest restful stages of sleep.

Healthier blood pressure levels in both healthy and health compromised individuals.

Heart disease is one of the leading causes of death in N. America. Heart rate and blood pressure are two key indicators of heart function.

Practitioners showed healthier heart rate and blood pressure values.

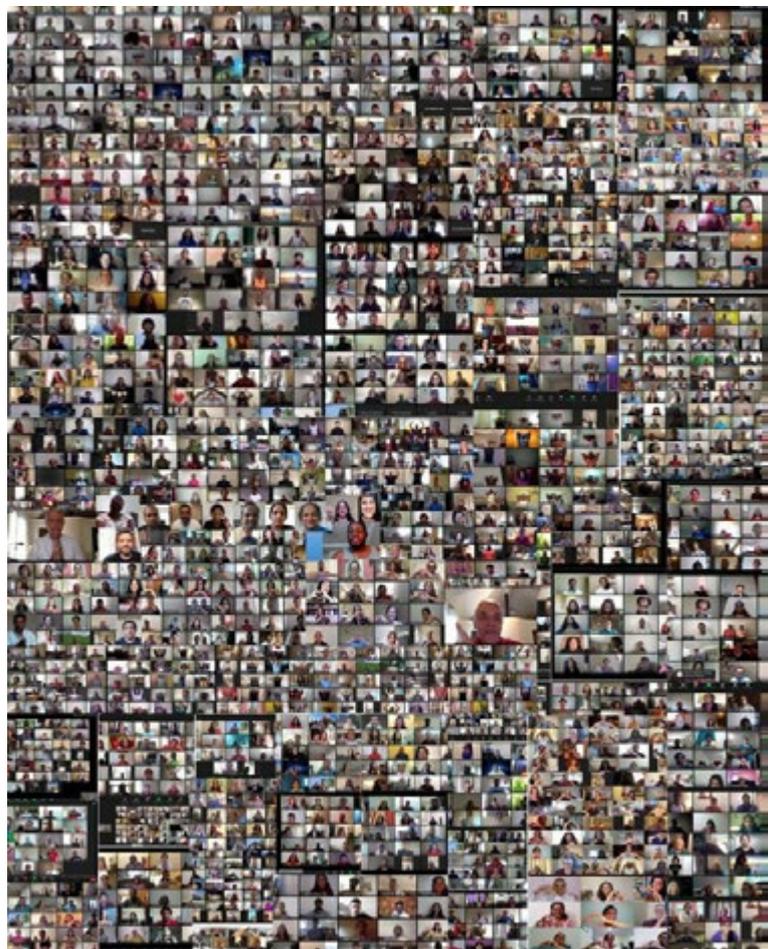
9 <https://www.research.artofliving.org>

10 <https://www.tandfonline.com/doi/full/10.1080/07448481.2020.1781867>

Building immunity in the body. Building resilience in the mind.

Online workshops have been conducted globally during the pandemic bringing relief and support to many. Countless healthcare professionals undergo free workshops around the world.

- **37,000,000** sessions of the meditation programmes with Sri Sri from across **144 countries**
- Over **55,000** undergo the workshop **globally**
- An advocacy outreach of several **millions** with over **400 media interventions and conversations**
- **7,000 people** from around the world delve into a weekend **silent retreat with Sri Sri**
- A pan-Latin America workshop brings over **1,250 participants form 22 countries**
- **3,200 participants** from across the US, including **health care professionals** attend the workshop and experience amazing results.
- Over **500 suicide prevention calls** attended and lives saved.



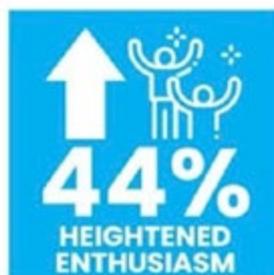
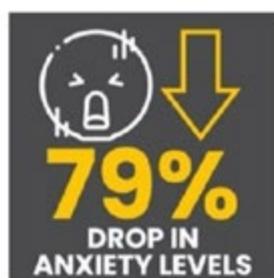
A World Bank sponsored programme is taught to over 53,000 students and brings impactful results

The Art of Living's Student Excellence and Training Program (SELP) is a World Bank sponsored program exclusively designed for educational institutions.

IMPACT ON STUDENT WELLNESS

Based on the above study, pre and post psychometric tests were conducted for the **53,000 SELP students**. The results of the tests were analysed and the following are the key findings:

PAN India
28 States | 171 Colleges | Students 53,460



Re-energising Medical Professionals

Art of Living Foundation, USA stood with all healthcare professionals during the global pandemic. All frontline workers received at no cost, our evidence-based breathing techniques to keep them resilient and strong on the front-lines.

The Art of Living received a citation from US Congressman Tom Suozzi, who represents New York's 3rd Congressional District including parts of Queens, Nassau and Suffolk counties, in recognition of the donation of much-needed PPE kits to hospitals and nursing homes across New York.



The medical fraternity shared their fears and worries in dealing with the pandemic and the relief they found after undergoing the Art of Living programme.

“

It feels so good to know that I have something that I can take with me....and it works!



Theiline T. Gborkorquell
USA
General Pediatrician

“

I recommend this course to everybody. Doctors, nurses, anyone who works here. Its so beneficial and will improve your mental health. In just 3 days I feel amazing!



Marian McEvilly, RN
USA
Anesthesiology

“

It is such a stressful time right now. It feels so good to be breathing well.



Alicia Tucker, MD, FAAP
USA
Attending Pediatrician

“

We are talking about burnout, secondary traumatic stress and fatigue. This has allowed us to gain the tools to combatting these. Thank you for what you are doing.



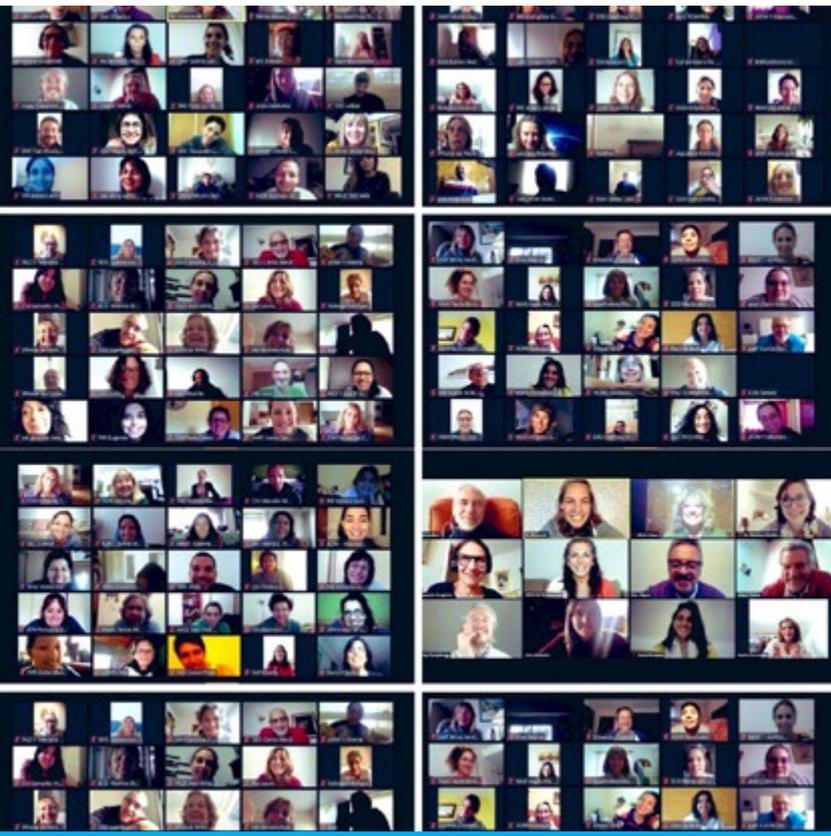
Dominique Charlotte Swilley, Ph. D
USA
Psychologist

“

This has enabled me to start my day in the right frame of mind, full of energy but in a calm state so I can focus on taking care of my patients.



Sean Oberholzer,
MBBS, FCASA
AUSTRALIA
Anaesthetist



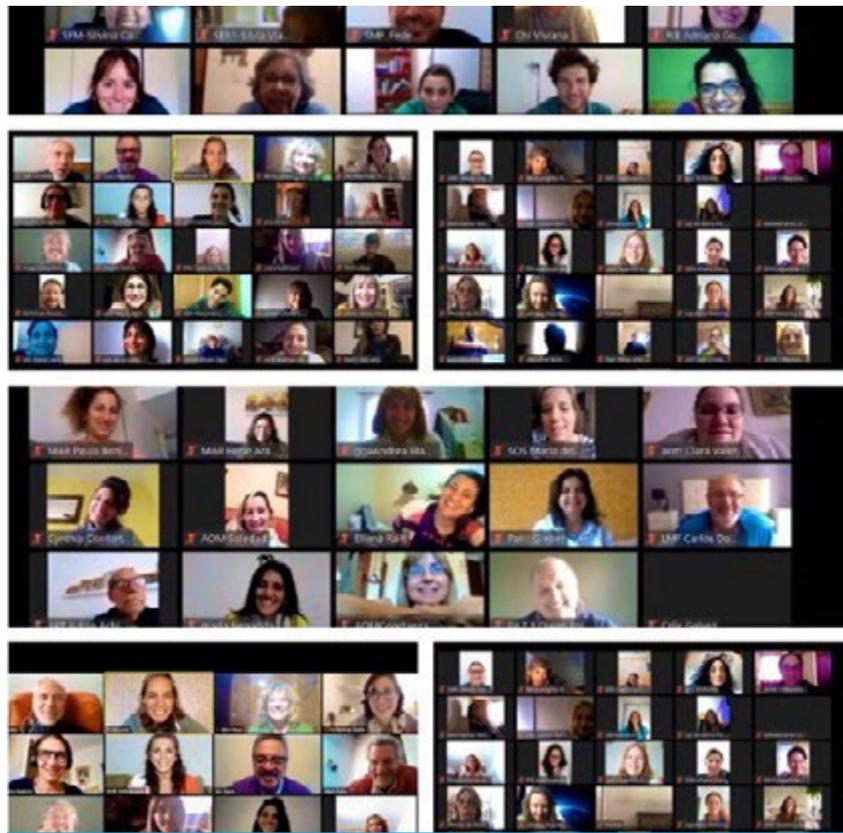
I arrived with all my curiosity and stress because of all we are going through during these days. It was not easy but we are overcoming it and this course gave us the serenity and calm to trust the Universe.

~ Alejandra, (Hospital Administrator), EQUADOR

To transmit that peace which we so much need to our patients who are also direct beneficiaries of it. Thank you very much to those who gave us the possibility and to Guru Ji and to all the instructors who were with us.

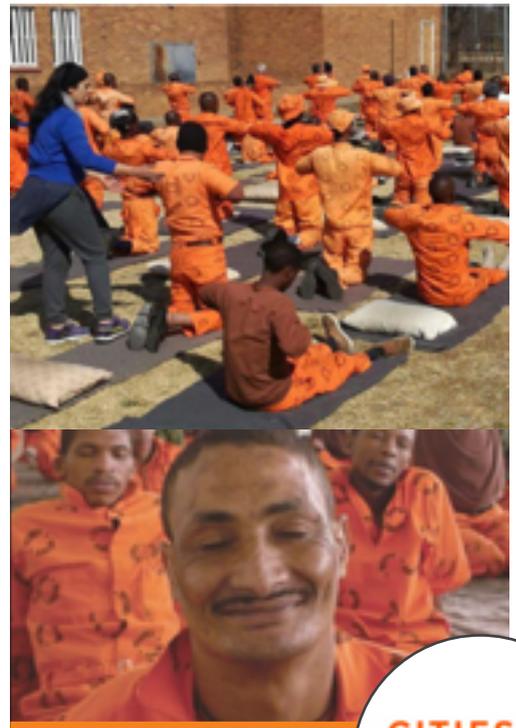
~ Soledad, (Surgeon), ARGENTINA

1750 doctors from Latin America have undergone this programme and it has been tremendously beneficial to handle their own mind and the anxiety they are facing.



The **SKY techniques** are being offered to first responders, such as police officers, firefighters, law enforcement officers, deputies, paramedics, emergency medical technicians, rescuers, military personnel and sanitation workers.

For the first time the SKY technique is taught **online** in a **prison in Brazil** during the pandemic.



impact



200% increase productivity at work



60% reduction in the use of ammunition



70% decrease in community complaints about police force abuse

Brazil

- **Over 2500 people in Police Departments** across 3 states
- **Over 1400** in other departments

United States of America

- **Over 4000 people** across 5 states

Argentina

- Over **2000 cadets** in the Police Academy



A technique that focuses on care. Care with the self and with society. When the police change their way of acting, society will see police officers more centered and calm.

~ Colonel Anselmo Brandão,
Bahia Police General
Commander, BRAZIL



Today the entire unit has done the course, and you notice the change in the organizational climate, today the unit is much lighter and more harmonious.

~ Marcus Vinicius Mesquita,
Lieutenant, BRAZIL

response to the pandemic

HIGHLIGHTS FROM OUR GLOBAL RESPONSE



It is during times when life isn't normal, when the future looks uncertain, when there is anxiety in the air; that is when one needs centredness; the skills to cope; and the ability and willingness to respond in service.

During the pandemic the Art of Living and IAHV swung into response, addressing the need of the hour and in countries across the globe volunteers responded to their community needs.

THE ART OF LIVING

IAHV
INTERNATIONAL ASSOCIATION FOR HUMAN VALUES

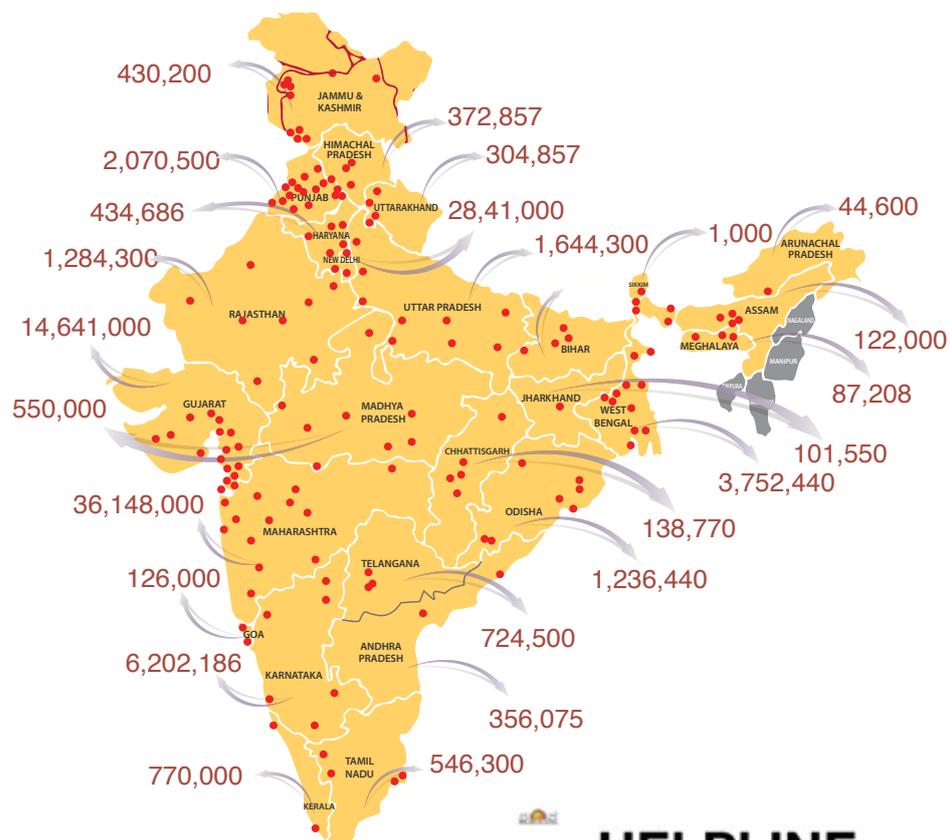
STAND WITH DAILY WAGE EARNERS

In this crucial time of the Corona Pandemic let us stand with our Daily Wage Earners who are the worst affected.

Support a family with 10 days of essential food supplies.
Sponsor a bag of ration @ ₹ 1000/-

#iStandWithHumanity
#FromU2Them

For more details: www.iahv.org/in-en/donate
+91 98202 98322 / +91 99865 56133



75,122,069
meals provided to over

2.5 Million
families as on May 13th, 2020

HELPLINE

We're here to help if you're feeling anxious and need someone to talk to.

Call us at 080-67612338
(9AM - 9PM)
#lockdownanxiety

Recognizing that the most vulnerable population during the Coronavirus lockdown would be the daily wage earner and migrant labourers, Sri Sri launched the campaign “iStandwithHumanity” on March 25th, days within the announcement of the lockdown.

In India there are an estimated 121 million daily wage labourers according to an ILO study. These people would be the most affected with the lockdown without food, shelter and the means to make a living.

Africa

- **Over 25000*** people benefited
- South Africa - **Over 3000*** people reached
- Kenya - distribution of supplies to **200** underprivileged families
- Uganda - **300,000 Uganda Shillings** donated for food with free regular online meditations.

Germany

- **Over 5000*** people benefited

Mauritius

- Over **300 food packets** distributed
- **500 families** provided groceries for 12 days

Latin America

- **Over 10000*** people benefited
- **115 people** in the first online trauma relief program
- Paraguay - **Over 3000*** people

Malaysia

- **Over 6000*** people benefited

Nepal

- Food supplied to **over 8,000 families**

Australia

- **Over 1000*** people benefited

United States of America

- Partnered with Children's national hospital to provide free workshops for all U.S. healthcare workers.
- Distributed **25,000 PPE** to healthcare workers in New York city and also helping people in financial distress.
- Raised funds to provide food and supplies to the daily wage earners in India.
- Conducting breathing and meditation sessions for public including school children and educators daily, multiple times a day, to deal with stress and anxiety in English and Spanish.

India

- **75,122,069 meals** & other essentials to over **2.5 million families**.
- Online Art of Living programs weekly. **Over 100 million impressions since launch** for Sri Sri's daily live meditation.
- Upgraded 7 government hospitals for COVID-19. Pune(3), Odisha(1), Bangalore(1) & Hyderabad(1).
- **9000 cloth masks** donated to TMC*1.
- Donated **7 swab booths** to PMC*2.
- Distributed **50000 PPE kits & N95 masks** to health workers.
- Weekly ration & marketing support for **300,000 tribal artisans** through TRIFED*3.

* estimated number (as of April 15, 2020) of people benefitting from various online sessions of yoga, meditation and other Art of Living and IAHV initiatives.

*1 Thane Municipal Corporation, Maharashtra, India

*2 Pune Municipal Corporation, Maharashtra, India

*3 The Tribal Cooperative Marketing Development Federation of India

outreach during pandemic

THIS DOSSIER IS A SAMPLE OF THE OUTREACH EFFORTS BY GURUDEV SRI SRI RAVI SHANKAR DURING THE LOCKDOWN.

impact



150+ live meditations
2,000,000+ people in every meditation



144 countries

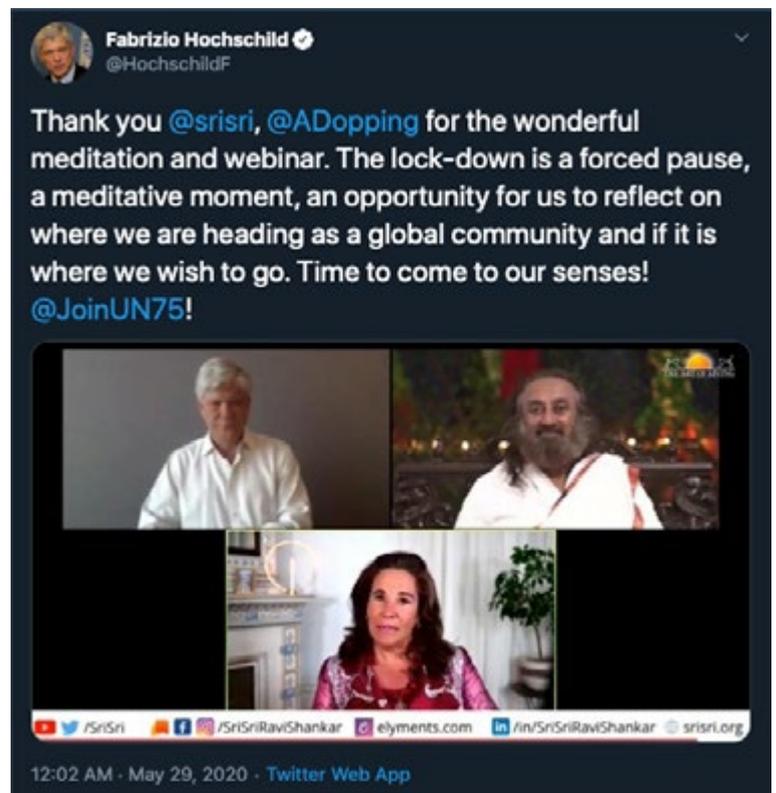


75,122,069 daily-wage workers fed

He has reached millions worldwide carrying a message of peace and hope. **Each of the sessions** has been viewed by an estimated **2 million people across 144 countries**. The sessions have been running non-stop, twice a day during the entire lockdown period.

From industry to influencers, from artists to artisans, leaders and labourers, have been joining every day. In particular the frontline workers and the medical community have taken solace and breathed a little easier lessening their phenomenal and unprecedented stress.

Fabrizio Hochschild ▶
 Under-Secretary-General
 Special Adviser on
 Preparations for #UN75



◀ **Rajesh Tope**
 Minister of Public Health
 and Family Welfare
 Maharashtra | Member
 of Legislative Assembly
 | Nationalist Congress
 Party Leader.

medical fraternity

SRI SRI HELPS THE MEDICAL FRATERNITY FIGHT BATTLE
EMOTIONAL STRESS WHILE FIGHTING COVID-19

impact



80,000 physicians,
40,000 medical students



37,000+ gynaecologists/
obstetricians



800,000
pharmacists

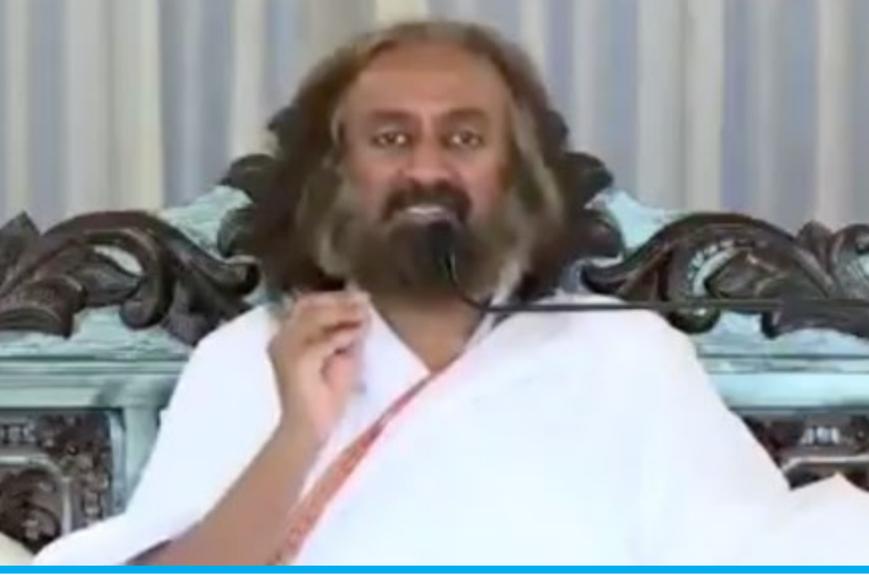
“

We are
with you.

~ Sri Sri Ravi Shankar

Very early on in the lockdown Sri Sri congratulates the entire medical fraternity acknowledging their service and urging them to take care of themselves.

He offered the availability of the entire **30,000 Art of Living teacher workforce**, making them available to help with stress and renew the enthusiasm and zeal for the efforts these essential services were taking on.



The doctors, medical workers and police who are taking care of our country - I appeal to them not to ignore their health, to do some meditation which will give them a lot of strength and boost their immune system.

~ Sri Sri Ravi Shankar

Addressing doctors who have been undergoing stress management techniques, Sri Sri applauded their courage, commitment and clarity of mind.

Sri Sri addressed the Medical fraternity:

- Physicians and Healthcare workers of America (AAPI) which represents a conglomeration of more than **80,000 practicing physicians and 40,000 medical students**. One in every seven people in the USA is touched by the care of a physician of Indian origin at any given time.
- The Federation of Obstetric and Gynaecological Societies of India (FOGSI) is the professional organization represents **258 member societies and over 37,000 individual members**.
- All India Organisation of Chemists and Druggists (AIOCD) is a representative body of nearly **800,000 members** engaged in pharmaceuticals retail and wholesale trade.
- Leading Doctors and Hospital teams from around the world join Sri Sri in conversation.

environment thought leaders

SRI SRI SPEAKS TO GLOBAL ENVIRONMENTALISTS
AND INFLUENCERS



Erik Solheim

NORWAY

*Former Executive Director of the
UN Environment Programme*



Rebecka Le Moine

SWEDEN

MP and environmentalist



Nicolas Hulot

FRANCE

*Former Minister of Ecology,
Journalist, writer, environmentalist*



Johan Rockström

SWEDEN

Professor, Environmentalist



Dr. Vandana Shiva

INDIA

Environmentalist



Jan Eliasson

SWEDEN

*Former Deputy Secretary-
General of the United Nations*

Each episode had around 2 million views across 144 countries

Sri Sri addressed environmental thought leaders at the World Forum for Ethics in Business; an organisation that showcases 14 years of global initiatives towards ethics in business, good governance and shared value.



“

Mankind has been living in harmony with nature for millennia. What removes harmony is greed. Earth has enough for everyone's need not for everyone's greed.

We have to focus on this inner phenomenon. Develop inner peace and resilience since the well-being of individuals and planet are interlinked.

~ Sri Sri Ravi Shankar

“

We have to transform ourselves out of this crisis.

~ Erik Solheim

“

We have been confronted brutally with our vulnerability and our common destiny. Man cannot exclude itself from Nature.

~ Nicolas Hulot

“

Over 150 years the only pathway for human development has been at the cost of the environment. Let us learn. Let us not bounce back to the un-resilient, vulnerable, pre-crisis situation we had.

~ Johan Rockström

africa meditates

IMEDITATEAFRICA CONTINUES WITH SPECIFIC FOCUS ON COVID TIMES



1.5 million
meditators



23 participating
countries

Sri Sri has been working tirelessly to address mental health issues in Africa. Continuing the series of Africa Day (May 25th) and Africa Month (May 2020); Sri Sri engages in an annual continent-wide campaign called “I Meditate Africa” (IMA).

“

We are really touched at what we do at a spiritual level, artist are your best partners, particularly at the level they keep all of us safe and they ensure our souls as a nation are kept intact.

~ Nathi Mthethwa,
Honourable Minister
of Sports, Arts
and Culture



Every action begins with a seed. That is intention. We have sown the seed for a prosperous and peaceful Africa. We now have to nurture this by our actions.

~ Sri Sri Ravi Shankar

”

A Lancet Global Health report says: Mental health problems appear to be increasing in importance in Africa.

Between 2000 and 2015 the continent's population grew by 49%, yet the number of years lost to disability as a result of mental and substance use disorders increased by 52%.

In 2015, 17.9 million years were lost to disability as a consequence of mental health problems.



Hon. Leela Devi Dookun

MAURITIUS

*Vice PM, Minister of Education,
Science and Technology*



Amb. Rudo M. Chitiga

ZIMBABWE

*Senior diplomat and
development expert*



Marlene Le-Roux

SOUTH AFRICA

*Co-founder, Women's
achievement network for disability*



Simon Kaheru

UGANDA

*Former director and chairperson,
Uganda Broadcasting Corp.*



Pearl Thusi

SOUTH AFRICA

*Actress, model, TV and
radio personality*



Prof. Fred McBagonluri

GHANA

*President and provost,
Academic City College*



Mary Khaemba

KENYA

*Director, Rehabilitation and
welfare, Kenya Prisons*



Prof. Salim Abdool Karim

SOUTH AFRICA

*Chair: Ministerial advisory
committee on COVID-19*



Manhar Mooney

BOTSWANA

*Businessman, entrepreneur
and philanthropist*



Prof. Adam Habib

SOUTH AFRICA

*Vice-Chancellor and Principal,
University of the Witwatersrand*



Ignatius Sehoole

SOUTH AFRICA

CEO, KPMG, South Africa



Dr. Adriana Marais

SOUTH AFRICA

*Physicist and founder
of Proudly Human*



Juliet Namuddu Nambi

UGANDA

*Directorate, Education
and social services*



Prof. David Norris

BOTSWANA

*Vice Chancellor, University
of Botswana*



Paddy Upton

SOUTH AFRICA

*Head coach, T20 cricket.
Professor, Deakin University*



Kumi Naidoo

SOUTH AFRICA

*African human rights and
environmental activist*

business confederations

WEATHER THE STORM AND RE-CHART THE COURSE.

impact



9100 direct and 300,000 indirect members of CII*



250,000 businesses and companies of FICCI*



62,000 members and 350,000 students of ICSI*

“

A recovery plan needs collaborative action.

Sri Sri has been helping business understand and cope with the new normal. The implications for businesses and for the workforce are manifold. In discussions with Business Associations Sri Sri has been addressing the twin challenges to economic and mental well-being.

* FICCI - Federation of Indian Chambers of Commerce and Industry
CII - Confederation of Indian Industry
ICSI - Institute of Company Secretaries of India



“

As leaders we need to keep staff morale high and we seek your guidance on how to keep morale high with a positive mindset. A pragmatic recovery plan is required for the future of people business and society.

~ Sandeep Singh, Chairman Karnataka, CII

“

In a difficult changing world, in a new and emerging scenario there is a deep sense of worry. How do we cope and what should guide our decision making as our decisions impact so many lives?

~ Sangita Reddy *President FICCI*

This pandemic is impacting the psyche of people. It has put fear in our psyche. This is going to impact our economy and our social life.

Invoke the self-confidence and valour in you. Make people self-reliant and allow them to honour that self-reliance.

~ Sri Sri Ravi Shankar

”

This is almost like a world war. In a war situation you don't think mine and others. You only think of collective action against the enemy. We need to come together.

Every crisis in the past has lead us to the innovation. We have to keep the hopes alive in people. We need to believe we can bounce back. Meditation is the solution. in all Corporates in all levels not only management people but in blue collar people too the importance of mental health and meditation is needed and understood.

~ Sri Sri Ravi Shankar

”

industry leaders

RE-IMAGINING A NEW FUTURE



David Frigstad

USA
Chairman, Frost and Sullivan



Punit Dalmia

INDIA
MD, Dalmia Bharat Limited



Anant Goenka

INDIA
Executive Director, Indian Express Group



Ajay Piramal

INDIA
Chairman, Piramal Group



T. V. Mohandas Pai

INDIA
Chairman, Manipal Global Education



Motilal Oswal

INDIA
Chairman and MD, Motilal Oswal Financial Services Ltd

Sri Sri speaks to a wide cross section of private and public sector C-suite business leaders urging them to act collaboratively; safeguard the interests of the SME and the MSME sectors while developing resilience against economic and mental disruption.

“

In trying times the Art of Living techniques can give you mental balance, sharpness of understanding, clearer perceptions. Meditations will give you better intuition and ideas and improve your innovative capability. ~ Sri Sri Ravi Shankar

“

One human tendency that is coming up now is to find someone or something to blame.

~ Anant Goenka

By blaming we are not finding a solution. Negative thoughts only brings your immune system down and as research has shown develops lesions in the hippocampus. Avoid this negative spiral and let us look for solutions.

~ Sri Sri Ravi Shankar

”

“

How can I stay balanced and equanimous and lead my people? (14,500 staff)

~ Ajay Piramal

Uncertainty has always been there. But the pandemic has forced everyone to face the uncertainty in life. Look within. Take some time for yourself. There is a force...a power...which is guiding you.

~ Sri Sri Ravi Shankar

”

**Anil Choudhary**

INDIA

*CMD, Steel Authority
India Ltd (SAIL)***Nalin Singhal**

INDIA

*CMD, Bharat Heavy
Electricals Limited (BHEL)***Pramod Agarwal**

INDIA

CMD, Coal India Ltd**Rakesh Kumar**

INDIA

*CMD, Neyveli Lignite Corporation
(NLC), Chairperson, SCOPE***Manoj Jain**

INDIA

CMD, GAIL (India) Ltd**Atul Sobti**

INDIA

*Director General, SCOPE,
former CMD, BHEL*

Reaching out to his viewers in his reflective style, Sri Sri Ravi Shankar infused anecdotes to reiterate that the biggest challenge was to remain positive in these times of crisis. He emphasized the importance of meditation for harmonizing body, mind and emotions and the importance of cooperation among all. He advised PSEs to skill the youth in the country, create employment opportunities and update themselves to be globally competitive.

Textile Industry

This industry has been hit with shortage of manpower, factory shut-downs and with domestic and international markets closed, the industry is facing anxiety, fear and it is taking a mental toll.



MSME sector has taken a big beating as you know these industries are suffering a lot.

~ Mr Surya K Gupta, Director and Adviser Raymond Ltd.



90% of my city is covered by the SME and MSME sector. Over 2 Million people from my sector are affected by the lockdown in the domestic market. How can I take care of this extended family?

~ Mr Surya K Gupta, Director and Adviser Raymond Ltd.



Covid has been tough and changed fundamentally the way we do business. This industry offers highest employers to the Nation. How do we quickly adapt amidst these challenges and come out as winners?

~ Ms Dipali Goenka, CEO and managing Director, Welspun India Ltd.



The future is yours. We need to re-infused trust, enthusiasm, faith in our workforce and the energy to restart again; giving them the dream of a more prosperous India.

We need to think ourselves as soldiers as we rebuild the economy. World is looking to India for inner strength. It is important to awaken the humanity in people's mind.

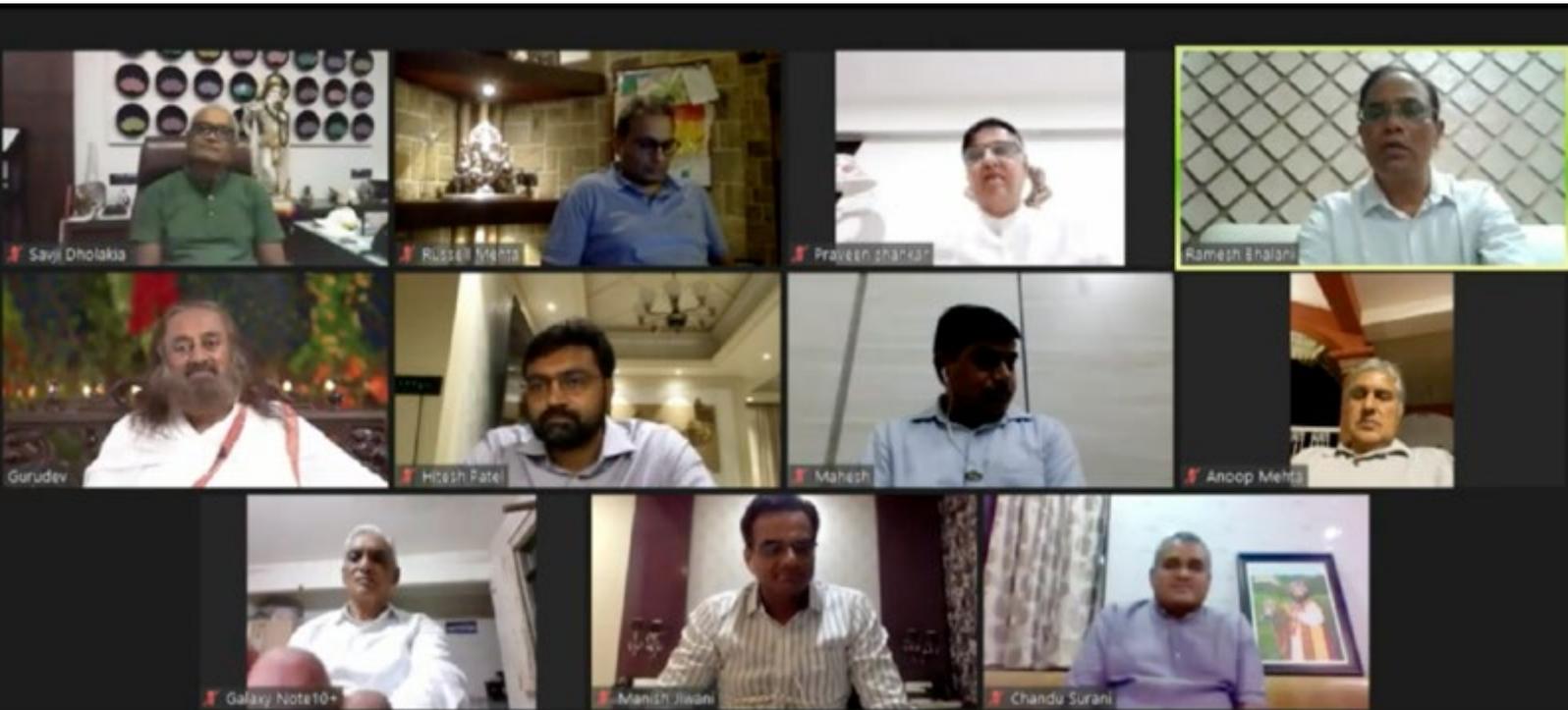
When they pay attention to human values then only there will be love, compassion, sense of belongingness for whole planet.

We have a 7 days training program that will not only provide them new skills but will make them strong from inside; and that in turn will help them work with new motivation and enthusiasm after the pandemic is over.

~ Sri Sri Ravi Shankar

The Diamond Industry

The Domestic diamond industry expects revenues to drop by 20-25%. The industry faces a loss in inventory value with a workforce struggling to cope.



“

The more a diamond is polished, its shine enhances. In life, the tough and challenging situations, brings out the shine in our personality.

~ Sri Sri Ravi Shankar

Tax Practitioners and Cost Accountants

ADVERSITY OR OPPORTUNITY: IT'S ALL IN THE MIND



The human race has the resilience to face any adversity and overcome it.

The future is definitely bright; this situation will bring about a great change in the society.

~ Sri Sri Ravi Shankar to Mrs. Nikita Badheka, National President, AIFTP



Will COVID-19 situation bring about a significant change in the lifestyle and attitudes of people?

~ Manoj Gupta

The change has already started being visible. People have started being more aware and have slowed down. From this, something wonderful will definitely emerge.

~ Sri Sri Ravi Shankar



In the present situation, business people are struggling to survive and finding it difficult without money. Please advise.

~ Mr. Vinay Kumar Jolly

This pandemic is extraordinary, nothing short of World War 3, When there is a war, people don't sit and cry and get depressed. They have to invoke the valour in themselves and take up challenges to overcome the situation.

~ Sri Sri Ravi Shankar



Travel and Tourism Industry

HITTING RESET: TRAVELLING INWARDS

Sri Sri addresses the members of Travel Agent Association of India giving hope and encouragement.



“ The travel industry is under high pressure at these troubled times. But we need to keep our hope & morale high; time will change soon.

~ Sri Sri Ravi Shankar

“ Do we run the risk of creating a cold and remote society with people moving online with less travel?

~ Ms. Rupinder Brar, *Additional Director General, Ministry of Tourism, Government of India*

Technology has been a boon during Covid times. But travel has always been there even when technology was evolving. Perhaps business travel can reduce but once we have a vaccine we will bounce back.

~ Sri Sri Ravi Shankar

“ World is poised at a juncture when we need a new direction.

~ Mr. Shreeram Patel, *Honorary treasurer, Travel Agents Association of India*

Just remember we are in a war zone. After a war we have to rebuild. We have great examples from the world..Germany. Japan etc. This is not a time for competition but one for co-operation. Let us move forward with this spirit...this is the mantra. Live and Let Live!

~ Sri Sri Ravi Shankar

Healthcare and Wellness

A GOVERNMENT EXECUTIVE PROGRAMME

Sri Sri motivates and equips the staff and management of Department of Pharmaceuticals, Ministry of Chemicals & Fertilizers, Government. of India on 'Mental Wellness'.

Government Executive Program (GEP) is the Art of Living's flagship offering for the Indian Government organizations - Central Government, State Governments, Subordinate Departments, Autonomous Bodies, Public Sector Undertakings, Armed Forces / Police Forces, and Training Institutes.

- 90% participants feel more energetic, free from stress and achieve greater mental focus and clarity.
- 90% participants report higher preparedness to take new challenges and improved efficiency and interpersonal relationships.
- 80% feel that the program creates a positive work environment, is likely to lead to more ethical behaviour and contributes to organizational growth.

You have excelled and achieved so much during these times making this department so vibrant.

”

~ Sri Sri Ravi Shankar, commends Dr. P D Vaghela, Secretary, Department of Pharmaceuticals



“

We have worked hard to ensure that we have no want or scarcity of any medication.

However, people are insecure, lonely and challenged. How do the people and country deal with this challenge?

~ Shubhra Singh, *Chairman the National Pharmaceutical Pricing Authority*

We are a resilient society. Mental health will be a big challenge in the coming years. In the last three days I have personally counselled over three hundred who wanted to commit suicide.

Our state of mind also contributes to our immune system. We have to meditate and practice breathing techniques that increase our immunity five-fold.

We have to change our lifestyles and adjust to the new normals.

~ Sri Sri Ravi Shankar

”

A HUMANITARIAN RESPONSE

Sri Sri has been engaging with leaders from the United Nations on the health and well-being of people and planet.

Mental Health and Well-being: Covid and beyond

“ I worked in many conflict areas and have also had my own challenges with mental challenges. I was diagnosed with PTSD and I am a daily practitioner of meditation and I would agree on its benefits.

~ Fabrizio Hochschild Drummond, Under Secretary General, UN

I have found in my 40 years of public service, how much meditation has helped and transformed lives. Breathing techniques and meditation is a key to mental well-being of people, which is an urgent priority for all nations.

~ Sri Sri Ravi Shankar

World Environment Day

“ We need to rethink the entire developmental model. This is a message Mother nature is sending us.

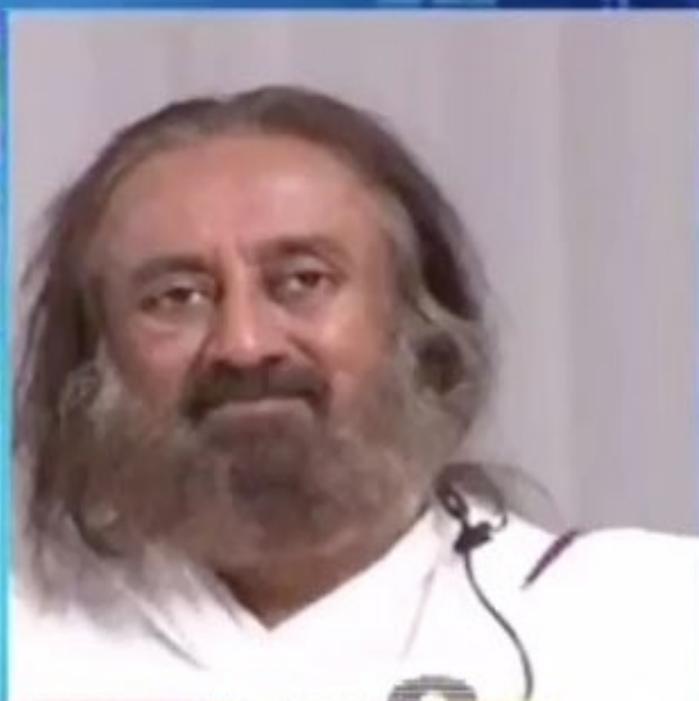
~ Dr Satya S Tripathi UN Assistant Secretary-General,
UN Environment Programme

We need to pay attention to our biodiversity. It needs to be protected and nurtured. I would ask everyone to plant more trees and reduce the use of plastic.

~ Sri Sri Ravi Shankar



DR SATYA S TRIPATHI



SRI SRI RAVI SHANKAR

European Mental Health Panel

“ The global situation on mental health was already grave before the pandemic. Some of the psychological effects of this pandemic are due to the infection and prevention measures being put in place.

~ Dr Dan Chisholm, WHO Europe

There is a lot of prejudice for mental issues and there is a stigma associated with mental illness. Come out, speak out and take help.

~ Sri Sri Ravi Shankar

”



social influencers

INFLUENCERS FROM AROUND THE WORLD



Ismael Cala

CUBA

TV personality



Luke Coutinho

INDIA

Health and Wellness Coach



**Bishop Dr. Marcelo
Sánchez Sorondo**

VATICAN CITY

*Chancellor of the Pontifical
Academy of Sciences and
the Pontifical Academy
of Social Sciences*



Bela Gil

BRAZIL

Renowned Chef



Suhel Seth

INDIA

*Founder and managing
partner, Counselage*



Indira Jaising

INDIA

Lawyer and Human rights activist

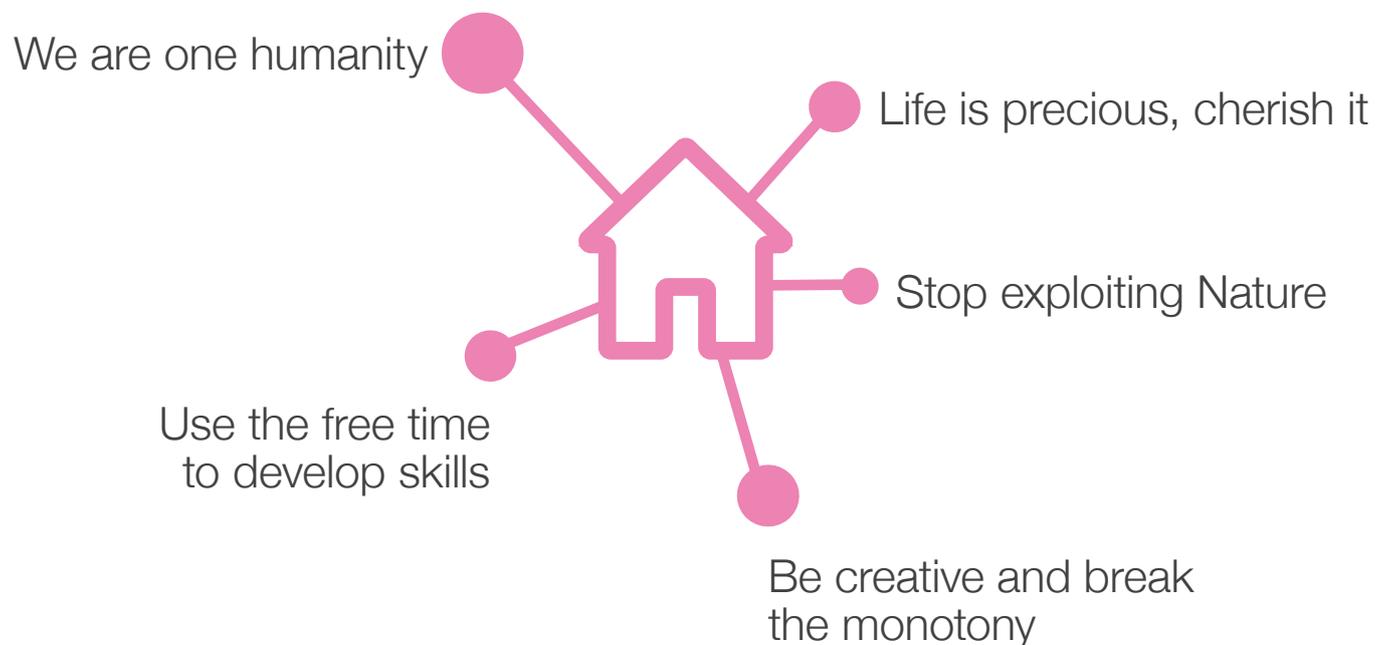
Sri Sri speaks with several influencers from around the world using this moment to face the opportunities and challenges and look for the silver lining in this crisis.

The learning emerging from this altered pace of life can leave us stronger, more confident and grounded for the time when we step out into the world again.



~ Sri Sri Ravi Shankar

Lockdown Lessons



For every innovation, you need both - intellect and intuition. Meditation sharpens your intellect and increases your intuitive ability.

~ Sri Sri Ravi Shankar

Sri Sri honors the tremendous work done by the Mayor of Bogota, in containing the COVID-19 cases in a city with a population of 8 million.



Claudia Lopez Hernandez
COLOMBIA, *Mayor of Bogota*



What is your main task these days?

Gabriela Herbestein
LATIN AMERICA, *National Geographic*

I am working to convert the crisis into an opportunity.



~ Sri Sri Ravi Shankar

Sri Sri discusses the resonance that exists between modern science and ancient scriptures with Prof. Dr. Thomas Hertog, a Belgian cosmologist and a key collaborator with Professor Stephen Hawking. They talk about pure consciousness, existence of multi-verses and the space-time continuum.



Prof. Dr. Thomas Hertog
BELGIUM, *Cosmologist*



What does trust mean when the world seems broken? What does trust mean when life itself feels so fragile? What does trust mean when everything feels shaken?

Barkha Dutt
INDIA, *Senior Journalist*

Trust is a quality of our consciousness. It's when we feel normal, connected. I feel connected with this universe and that one divine power with which everything moves and works. If you have trust in that one thing then you don't need trust in other things.



~ Sri Sri Ravi Shankar addresses the India Global Week 2020 on 'Reviving trust in an uncertain world'



heart to heart

INTERACTIONS WITH THE FILM FRATERNITY IN INDIA

Sri Sri's conversations with artists have been helping people connect and heal in a very special way.

He interacts with the film fraternity in India in a series called Heart to Heart. Film stars speak from their heart about their own lives, their quests and their everyday questions.



There is a debate between spirituality and religion. In very simple ways can you explain the difference to us?

~ Karan Johar, Indian film director, producer, screenwriter

Spirituality unites people. Our spirit is made up of joy, compassion, love, confidence. Anything enhances spirit is spirituality.

~ Sri Sri Ravi Shankar

”



What is my purpose in life? There is such a mystery about our existence.
Why are we here?

~ Rajkumar Hirani, Indian film director and editor

One who knows will not tell you. And one who tells you does not know. These are the questions that indicate the maturity of our intellect. And these questions take us deeper on the path of spirituality.



~ Sri Sri Ravi Shankar



I have never spoken to anyone so famous before this. I used to feel happy with trivial things in my childhood. As an adult I don't feel the same excitement and enthusiasm.

~ Kapil Sharma, Indian stand-up comedian, television presenter

Happiness is not in the ice cream or in the car. Happiness is within you. Look within. And a mature joy is in giving not taking.



~ Sri Sri Ravi Shankar



Lot of negativity in the air...at a time like this how to stay positive? How to deal with all the emotions that are surfacing?

~ Sonakshi Sinha, Indian film actress

It's like surfing. You have to ride the wave. Firstly, don't fight with your emotions. Emotions give life to you. Imagine a movie where there is no emotion, that the story will not be interesting. The movie that clicks is one with there are peaks of emotions. But don't forget the director. Allow emotions to come., express them but look behind: there is a faith that something good is going to happen. That faith will carry you along to where you want to go.

”

~ Sri Sri Ravi Shankar



I am not a conformist. I have faced a lot of disappointment in life in relationships. People fake things with me. Is there a lesson for me here?

~ Ekta Kapoor, Indian television producer, film producer and director

Your heart can never get damaged. It's like a diamond. Even if a diamond falls into muddy water; the mud doesn't stick. All tough times have made you deep and strong. And that gives you more skills. Let us not blame anyone in this world. Everyone has contributed to our strength.

”

~ Sri Sri Ravi Shankar

multi-cultural music

HEALING MINDS WITH MUSIC

Sri Sri speaks to artists and musicians bringing healing happiness and fun during the lockdown. Artists themselves are struggling with mental health issues and Sri Sri's conversations helped them relax and encouraged them in turn to heal society through music.

Shankar Mahadevan and Sri Sri explore the ways certain ragas or melodies affect the mind.



Can you explain what it means to have an out of body experience when I am engrossed in singing?

~ Shankar Mahadevan, Indian singer and composer

Many times, there is something in us which is just a witness. One is doing another is witnessing that things are happening. The witness consciousness in you awakens. Bathing in sound, you dissolve in the rhythm.

~ Sri Sri Ravi Shankar

”

In this gloomy period, artists play a great role in uplifting the spirit and keeping people in good humour.



Kala Ramnath,
Indian classical violinist

Sri Sri interacts with Kala Ramnath talking about the “Colours of the Mind”

Daler Mehndi sings songs from the Sikh tradition



Daler Mehndi,
Indian singer, songwriter, author and record producer

That which cannot be expressed in words. That which we are looking for, dawns when we meditate.

~ Sri Sri Ravi Shankar after a meditative music session



U. Rajesh,
Indian mandolin player in Carnatic classical music



Bombay Jayashree,
Popular carnatic vocalist from India



Salim Merchant,
Popular Indian music composer

Music is an integral part of our life. It keeps our spirits high and unites people of all religion, caste and community.

~ Sri Sri Ravi Shankar



Puranchand Wadali and his son,
Lakhwinder Wadali,
Sufi singers and musicians from India



Pandit Bhajan Sopori and his son,
Abhay Rustum Sopori,
Indian Santoor players from Kashmir, India

encouraging education

OPTIMISM DURING DISRUPTION



Dara Ghahremani, Ph D.

USA

Professor, University of California, Los Angeles



Emma Seppälä, Ph. D

USA

Stanford University, Yale University



Prof. Dr. X. Ben Wu

USA

Associate Dean for Faculty Affairs, Texas A and M University



Prof. Varun Soni

USA

Dean, Religious Life, University of Southern California



Prof. Dr. James Doty

USA

Professor of Neurosurgery, Founder, Center for Compassion and Altruism Research and Education, Stanford University



Dr. Bernadette Melnyk

USA

Dean, College of Nursing, Ohio State University

Sri Sri speaks to young students, teachers, professors, deans and educationists across the spectrum; providing hope and encouragement during a time of disruption and uncertainty.

Sri Sri's prioritised and underlined the importance of education in the world today giving teachers and heads of institutions the moral fortitude to continue inspiring their students.

Education is the foundation of any civilization. With right education, justice prevails, economy grows and righteousness flourishes. ~ Sri Sri Ravi Shankar



We have 50,000 students; I oversee 100 religious groups. In the last few years students were not asking me about meaning but meaninglessness; not about hope but about hopelessness and instead of asking me how to live they were asking me why should I live?

~ Varun Soni, University of Southern California
Vice Provost for Campus Wellness and Crisis Intervention and the Dean of Religious Life



When you have to control the smoke you have to control the fire. Feelings are like smoke...only a projection of what we are. No point in manipulating the smoke. We need to extinguish the fire. We must go to the source. Make yourself free from tension. Broaden your spectrum of perception.

~ Sri Sri Ravi Shankar speaking to top Universities from the US

speakers



Prof. Dhiraj Bora

INDIA

VC, Assam Science and Technology University



Prof. P. M. Khodke Ph. D

INDIA

Central Project Advisor, National Project Implementation Unit



Prof. V. Rama Sastry Ph. D

INDIA

VC, Dr. Babasaheb Ambedkar Technological University, Lonere



Prof. Tankeshwar Kumar

INDIA

VC, Guru Jambheshwar University of Science and Technology



Dr. Rajeev Tripathi

INDIA

Director, Motilal Nehru National University of Technology



Prof. Animesh Biswas

INDIA

Director, National Institute of Technology, Rourkela



Prof. Goutam Sutradhar

INDIA

Director, National Institute of Technology, Manipur



Prof. Rajiv Shekhar

INDIA

Director, Indian Institute of Technology, Dhanbad



Prof. K. K. Aggarwal

INDIA

Chairman, National Board of Accreditation



Dr. S. C. Sharme

INDIA

Director, National Assessment and Accreditation Council



Prof. Rajive Kumar

INDIA

Secretary, All India Council for Technical Education (AICTE)



Dr. Mrs. Pankaj Mittal

INDIA

Secretary General, Association of Indian Universities



Prof. Nageshwar Rao

INDIA

VC, Indira Gandhi National
Open University



Prof. Vinay Kumar Pathak

INDIA

VC, Dr. A.P.J. Abdul Kalam
Technical University, Lucknow



Prof. Parimal H. Vyas

INDIA

VC, Maharaja Sayajirao
University of Baroda



Prof. Ajay Kumar Singh

INDIA

VC, Sri Sri University

In the conversations Sri Sri speaks about the different facets of education and urges those teaching to reflect and introspect on what students need.

- Often we think information is education, but it is only one aspect of education.
- **Concepts** - Concepts are the basis for all research. You need to conceive in order to create.
- **Attitude** - An integral aspect of education is cultivating the right attitude. Proper attitude at the right time and place determines your actions and behavior.
- **Imagination** - Imagination is essential for creativity, for the arts. But if you get stuck in imagination, you may become psychotic.
- **Freedom** - Freedom is your very nature. Only with freedom, do joy, generosity and other human values blossom. Without freedom, attitudes become stifling, concepts become a burden, information is of no value and imagination becomes stagnant.

reducing recidivism

EVERYONE DESERVES A SECOND CHANCE



Hon. Mr. Sandeep Mehta

JUDGE
Rajasthan High Court, India



Hon. Mr. Vineet Kothari

JUDGE
Chennai High Court, India



Hon. Mr. Pritinker Diwakar

JUDGE
Allahabad High Court, India



Hon. Mr. S. G. Shah

JUDGE (FORMER)
Gujarat High Court, India



**Hon. Mr. Munishwar
Nath Bhandari**

JUDGE
*Member Administrative
Committee, India*



Hon. Mr. S H Vora

JUDGE
Gujarat High Court, India

Sri Sri talks about moving away from the language of prisons to correctional homes. He says, people should come out of these correctional homes as better human beings; and describes how the techniques help reduce recidivism.

In 20 years we have taught over **800,000 prisoners across 65 countries** with the aim of reducing recidivism. Inside every culprit there is a victim crying for help. We help identify that victim and heal those wounds.



We have pioneered skills training in prisons so there is vocational guidance and there is a road map for their rehabilitation.

Most of the prison inmates wish they had received these techniques and guidance sooner so their life could have taken a different turn. ~ **Sri Sri Ravi Shankar**

The Interior Ministry of Uruguay, South America has announced reduction of prison sentence for convicts if they take the Art of Living Programme.

Conviction is reduced by 20%.

Research results include reduced violence and aggression, improved physical and mental health, reduced substance abuse, more positive outlook, better coping strategies, and a general improved sense of wellbeing.

The Judges ask Sri Sri to conduct these programmes for a broader section of prisoners and discuss ideas for an overhaul and reform off the entire legal / prison system.



The Honourable Justices Mr. Bhandari and Mr. Vora speak about the challenges India faces as it ranks 129th in the Human Development Index and ask Sri Sri to intervene especially with children's rights.

Sri Sri discussed a two-pronged approach. To prevent crimes before they happen as this is not the culture of India. And secondly, when such crimes happen the need to take stringent action.

We need to train our young people in the values of non-violence with the right type of education and proper mindset. ~ Sri Sri Ravi Shankar



The Justices discuss the crime and shooting in video games and the negative outcomes of technology as well.

Our Indian values of respect for each other, compassion, honouring others; freedom for others; such values have to be re-initiated, they concluded.



Gurudev addresses inmates of the second largest prison in Mexico City, Reclusorio Varonil Norte.

In two of Mexico's biggest prisons, where incidents of violence have reduced drastically after the introduction of Art of Living's Prison Smart Program has led to zero prison crimes amidst an estimated 16,000 inmates – involved in drug trade and gang wars – in one year.*

Meditation before mediation can bring success. Meditation is the best solution for prevention of conflicts in the world. It nurtures a positive mindset, increases communication abilities, improves perception and resilience. ~ **Sri Sri Ravi Shankar**

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* <https://timesofindia.indiatimes.com/blogs/newshound-voices/tough-walk-in-death-land/>

timeline of conversations

1. **Mar 26** Luke Coutinho, *Health and Wellness Coach, INDIA*
2. **Mar 29** Mohandas Pai, *Chairman, Manipal Global Education, INDIA*
3. **Apr 2** Special QandA for mothers
4. **Apr 3** Asha Bhosle, *Renowned singer, INDIA*
5. **Apr 4** Federation of Indian Chambers of Commerce and Industry
6. **Apr 5** Physicians and Healthcare workers of America
7. **Apr 7** PHD Chamber of Commerce and Industry
8. **Apr 11** Anant Goenka, *Executive Director, Indian Express Group, INDIA*
9. **Apr 11** Economic Times India Leadership Council “Rewriting Leadership Norms”
10. **Apr 12** Young Presidents’ Organization
11. **Apr 13** Start-up Entrepreneurs
12. **Apr 14** Shankar Mahadevan, *Indian singer and composer, INDIA*
13. **Apr 15** Ismael Cala, *TV Personality, CUBA*
14. **Apr 16** Bhumi Pednekar, *Film actress, INDIA*
15. **Apr 17** “Humanity Against Intimate Terrorism” - A dialogue on domestic violence
16. **Apr 18** American Hotel Association
17. **Apr 19** Federation of Obstetric and Gynaecological Societies of India
18. **Apr 19** Bela Gil, *World Renowned Chef, INDIA*
19. **Apr 20** Lara Dutta and Kunal Kapoor, *Film personalities, INDIA*
20. **Apr 21** Prof. Pat Utomi, *Professor of Political Economy and Management Expert*

21. **Apr 21** Suhel Seth and Indira Jaising
22. **Apr 22** Yuvraj Singh, *Cricketer, INDIA*
23. **Apr 23** Education Conference - Vice Chancellors from various Indian universities
24. **Apr 23** Hema Malini and Esha Deol, *Film personalities, INDIA*
25. **Apr 23** David Frigstad, *Chairman, Frost and Sullivan, USA*
26. **Apr 24** Dr. Shiva Rajkumar, *Film personality, INDIA*
27. **Apr 24** Kala Ramnath, *Indian classical violinist*
28. **Apr 25** Rajhesh Vaidhya, *Renowned Veena player, INDIA*
29. **Apr 26** Shobhana, *Renowned Bharatnatyam dancer, INDIA*
30. **Apr 27** Ceramic Industry Leaders
31. **Apr 27** Drums Shivamani and Runaa Shivamani, *Renowned percussionist, INDIA*
32. **Apr 28** Vandana Shiva, *Environmentalist*
33. **Apr 28** Daler Mehndi, *Singer, songwriter, author and record producer, INDIA*
34. **Apr 29** Institute of Company Secretaries of India
35. **Apr 29** Karan Johar, *Film director, producer, screenwriter, INDIA*
36. **Apr 29** Srujan Lokesh, *Film and TV personality, INDIA*
37. **Apr 30** Juliana Paes, *Film personality, BRAZIL*
38. **May 1** Sangita and Sajjan Jindal, *Chairman and MD, Jindal Group*
39. **May 2** Confederation of Indian Industry (Karnataka, India)
40. **May 3** U Rajesh, *Mandolin Maestro, INDIA*
41. **May 3** Mika Singh, *Singer, INDIA*
42. **May 4** Erik Solheim and other EU Leaders on Environment
43. **May 5** The Gundecha Brothers, *Renowned classical singers, INDIA*
44. **May 5** Rajkumar Hirani, *Film director and editor, INDIA*
45. **May 5** KS Chitraji, *Renowned carnatic musician and playback singer, INDIA*
46. **May 6** Shayamal Vallabhjee, *Sports scientist and leadership coach, SOUTH AFRICA*
47. **May 6** Sonakshi Sinha, *Film personality, INDIA*
48. **May 6** “Celebrating The Spirit of Sports” - Indian sports champions

49. **May 7** Amity University - Day of Belonging
50. **May 7** Kapil Sharma, *Film and TV personality, INDIA*
51. **May 8** Chemists and Druggists - Shri J.S. Shinde and Rajiv Singhal
52. **May 8** Ekta Kapoor, *Producer and Director, Film and TV, INDIA*
53. **May 8** Health and It's Spiritual Dimension
54. **May 9** Mental Well-being of Students During and After COVID-19 Outbreak
55. **May 9** Sanjay Dutt, *Film personality, INDIA*
56. **May 9** Ajay Piramal, *Chairman, Piramal Group, INDIA*
57. **May 10** "Super Moms" - Mothers' Day interaction with mothers worldwide
58. **May 10** Vijay Prakash and Bombay Jayashree, *Popular carnatic vocalists, INDIA*
59. **May 11** Mental Health and Well-being in Universities
60. **May 13** Doctors and Medical Professionals
61. **May 14** "Agility in Body and Mind" - Canadian sports champions
62. **May 15** Gurdas Maan, *Regional classical singer, INDIA*
63. **May 15** "Sports: Quo Vadis?" - European panel discusses the future of sports
64. **May 16** Students Mind - Rajiv Gandhi University of Health Sciences
65. **May 16** Salim Merchant, *Popular music composer, INDIA*
66. **May 17** Luis Novaresio, *Journalist, ARGENTINA*
67. **May 18** Dr. GV Prasad, *MD and Chairman, Dr. Reddy's, INDIA*
68. **May 18** Gurinder Chadha and Lord Karan Bilimore, *UK*
69. **May 19** "Africa Innovates" - Role of meditation in driving innovation
70. **May 19** Nicolas Hulot, *Former minister of Ecology and environmentalist, FRANCE*
71. **May 20** Directors of National Institutes of Technology, India
72. **May 20** AIMA - Rebuilding spirits to rebuild the economy
73. **May 21** Monali and Shaan, *Popular singers, INDIA*
74. **May 22** "21st Century Skills For The Youth" with Dutch Panel
75. **May 23** Leading through Turbulent Times - Institute of Directors
76. **May 23** Africa Unites - Africa day interaction on rebuilding Africa

77. **May 24** Indian Textile Industry
78. **May 25** Conference of Village Heads from India
79. **May 25** SCOPE - CEOs of Public sector enterprises of India
80. **May 25** Luis Gallardo, Teresa Viejo, Dr. Rajagopal Raghunathan - World Happiness Fest
81. **May 26** Motilal Oswal, *Chairman and MD, Motilal Oswal Financial Services, INDIA*
82. **May 26** Punit Yadu Dalmia, *MD, Dalmia Bharat Limited*
83. **May 26** Diamond Merchants
84. **May 27** “Reshaping Higher Education” - Vice Chancellors of Indian Universities
85. **May 27** Luis Javier(Costa Rica), Fabricio(Mexico, Coca Cola CEO), Alexandra, *LATIN AMERICA*
86. **May 28** Pullela Gopichand, *National Coach for Badminton, INDIA*
87. **May 28** Fabrizio Hochschild, *Special Adviser to UN Secretary-General*
88. **May 29** Nitish Bharadwaj, *TV personality, INDIA*
89. **May 29** Vijender Singh, *Boxer, INDIA*
90. **May 29** The impact of the current pandemic on mental health
91. **May 30** Defense Research and Development Organisation
92. **May 30** Pankaj Advani, *Billiards and Snooker player, INDIA*
93. **May 30** Shekhar Mehta, *President, Rotary International, INDIA*
94. **May 31** All India Federation of Tax Practitioners (AIFTP)
95. **May 31** Dr. Subramanian Swamy, *Politician, Economist and Statistician, INDIA*
96. **Jun 1** Marathi Film fraternity
97. **Jun 2** Sri Puran Chand Wadali and Lakhwinder Wadali, *Sufi singers, INDIA*
98. **Jun 3** Nepal - Pandemic Crisis Management
99. **Jun 3** Pandit Bhajan Sopori and Abhay Sopori, *Kashmiri Santoor players, INDIA*
100. **Jun 4** Transdisciplinary Paradigms (SSU Behavioral sciences)
101. **Jun 4** The Indus Entrepreneurs (TiE)
102. **Jun 5** Nepal - Inspirational Leadership In Uncertain Times
103. **Jun 6** The Institute of Cost Accountants of India
104. **Jun 6** Ness Wadia, *Businessman, INDIA*

105. **Jun 7** Plastic Industry - "Turn Crisis Into Opportunity"
106. **Jun 7** Gaur Gopal Das, *Lifestyle coach and monk, ISKCON, INDIA*
107. **Jun 8** Ananya Birla, *Singer and mental health advocate, INDIA*
108. **Jun 10** PV Sindhu, *Badminton player, INDIA*
109. **Jun 13** Aanand L Rai, *Film Director, INDIA*
110. **Jun 15** Gabriela Herbestein, *National Geographic, Latin America*
111. **Jun 16** Impact of Behavioral Factors on Health and Wellness, *IRELAND*
112. **Jun 16** Claudia Lopez Hernandez, *Hon. Mayor of Bogota, COLOMBIA*
113. **Jun 18** Marathi Film and Theater fraternity
114. **Jun 19** "New World - New Thinking" with New Zealand panel
115. **Jun 19** Andy Kusnetzoff, *Journalist, TV host and producer, ARGENTINA*
116. **Jun 19** Badshah, *Singer, INDIA*
117. **Jun 20** Department of Pharmaceuticals, *Government of India*
118. **Jun 22** Travel Agents Association of India "Hitting Reset: Travel Inwards"
119. **Jun 22** Osteopaths
120. **Jun 24** "Moving From Crisis To Transformation In Education"
121. **Jun 30** Business, Service and Spirituality
122. **Jul 6** Science and Spirituality
123. **Jul 8** "To The Edge Of Time" - Cosmologist Prof. Dr. Thomas Hertog, *Cambridge, UK*
124. **Jul 9** Anupam Kher, *Film personality, INDIA*
125. **Jul 9** Barkha Dutt, *Senior Journalist, INDIA*
126. **Jul 19** Directors of Coaching Institutes, *INDIA*
127. **Jul 19** Sonu Sood, *Film personality, INDIA*
128. **Jul 20** Chess Grandmasters, *INDIA*
129. **Jul 23** High Court Judges - Panel 1, *INDIA*
130. **Jul 26** Varun Sharma, *Film personality, INDIA*
131. **Jul 28** ASSOCHAM Leaders, *INDIA*



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