

A Glimpse into the Service Projects of the Art of Living Worldwide

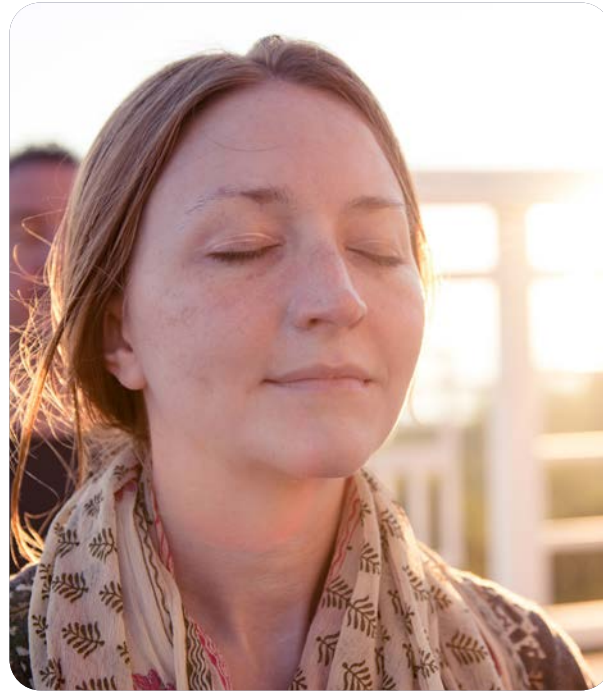
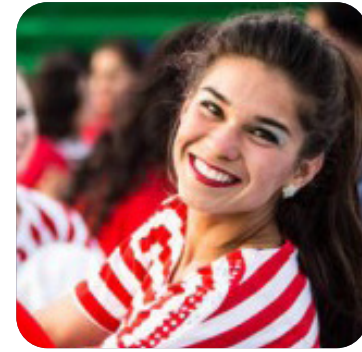


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Letter From Our President



Dear Friends,

Every decade poses its own obstacles and hurdles, and the 2020's are no exception. The COVID-19 pandemic has challenged every country in the world, and all strata of society. Millions have been affected physically, and billions more have been

impacted mentally and emotionally. Across the globe, stress levels are at an all-time high.

For over 40 years, the Art of Living Foundation has worked diligently to give people tools to relieve stress, bolster mental health, and build resilience through evidence-based techniques and training. Our signature technique, SKY Breath Meditation, has shown remarkable results in stress reduction in more than 100 independent, peer-reviewed studies.

When I began volunteering with Art of Living more than 20 years ago, I had no idea the organization would grow to become one of the largest volunteer-based NGOs in the world. The journey has been nothing short of amazing, and Art of Living's mission is more crucial now than ever.

We strive to give individuals the tools they need to maintain robust mental wellness and resilience, and we look forward to collaborating with more and more people worldwide to make this vision a reality.

Sincerely,

A handwritten signature in black ink, reading "Rob Trombold". The signature is stylized and cursive.

Rob Trombold
President of Art of Living, USA

Our Mission

We believe that **a stress-free, violence-free society begins with an individual's ability to manage their own mind**, and the Art of Living and IAHV offer powerful tools backed by science toward this end.

The Art of Living is a nonprofit, educational, and humanitarian organization that helps individuals bolster their mental health, relieve stress, and build resilience through evidence-based techniques and training. Since its inception in 1981, the Art of Living has touched the lives of millions of people in 156 countries, and has inspired the cooperation of tens of thousands of active volunteers worldwide.

The Art of Living works in partnership with the International Association for Human Values (IAHV) in offering tailored mental wellness and resilience programs for veterans, healthcare workers, police officers, students, prison inmates, teachers, at-risk youth, and more. AOL & IAHV also work in disaster mitigation, education, environment, skill development, renewable energy, river rejuvenation, sanitation & waste management, and women's empowerment.



Global Impact

500+
MILLION lives touched

700+
THOUSAND students educated

5.6
MILLION people served in trauma relief

12+
MILLION followers across social media platforms

7.4+
THOUSAND extremists transformed

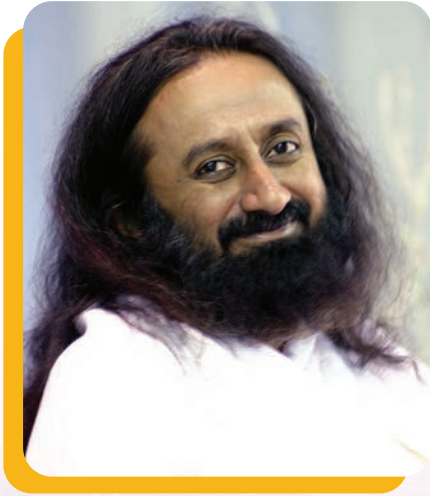
800+
THOUSAND inmates reached

49 rivers & tributaries rejuvenated

**MY
VISION**
— IS A —
*Stress-Free,
Violence-Free*
world

**GURUDEV
SRI SRI RAVI
SHANKAR**

Gurudev our Founder and Inspiration:



Gurudev Sri Sri Ravi Shankar is a global humanitarian, spiritual leader, and peace envoy. Gurudev has been teaching breath-based meditation techniques for health and happiness for more than 40 years. His approach blends ancient Vedic wisdom with modern sensibility for a new paradigm of leadership and living—a stress-free, violence-free society.

Through Gurudev's programs, millions of people worldwide have found peace and resilience in the face of adversity, learning not only how to excel in their own lives, but also how to become powerful agents for social change.

Gurudev has inspired a wave of volunteerism and service, resulting in one of the largest volunteer-based organizations in the world, with more than 30,000 teachers and over one million volunteers engaged in service projects in 156 countries.

Standing for Gandhian values of non-violence, Gurudev has also mediated and progressed negotiations for peace in conflict-stricken areas such as Sri Lanka, Iraq, Venezuela, and Colombia.



Evidence-Based Practices

Millions have taken Art of Living courses, and experienced the benefits of practicing the SKY Breath Meditation technique, developed by Gurudev:

Let's look at what the research says.

In total, **more than 100 independent studies have been published in peer-reviewed journals confirming a comprehensive range of benefits**, including reduced levels of anxiety and depression, better sleep, and enhanced brain, hormone, immune, and cardiovascular function.

100+ Independent Studies

on SKY Breath Meditation (SK&P)
published in peer-reviewed journals

“Shows promise in providing relief for depression”



“The easy breathing technique that can lower your anxiety 44%”



“Improved immune cell counts within as little as 3 weeks”



“The fastest, most efficient tool for mental health”



Research Highlights

Immune Cell Count



INCREASE

in lymphocytes in 6 weeks & remained in normal range

Stress Hormones



REDUCTION

in serum cortisol in 2 weeks

Life Satisfaction



INCREASE

within 1 week

Key Benefits from the Literature:



3x

Increase in deep sleep

Sleep:

A 2006 study found that SKY practitioners spent about **triple the amount of time in deeper sleep** (stages 3 and 4), compared to an age-matched control group.



41%

Complete remission

Anxiety:

In 2012, a study found that 41% of participants with generalized anxiety disorder achieved **complete remission after 4 weeks of practicing SKY**. In another study, practitioners reported a 23% decrease in everyday anxiety.



70%

Remission rate in depression in 1 month

Depression:

A study published in 2000 found that SKY significantly reduced major depressive disorder **as effectively as antidepressant drug therapy without any side-effects**.



5x

Immune cell increase

Immune Function:

A 2012 study showed that SKY **significantly increased immune cell (lymphocyte) count by more than fivefold** compared to the control group.

Yale Study Finds SKY Practitioners Experience Greatest Mental Health Benefits

The Yale Child Study Center and the Yale Center for Emotional Intelligence recently conducted a study testing three skill-building training programs on 135 undergraduate subjects for eight weeks, and measured results against those of a non-intervention control group.

They found that SKY Breath Meditation was the most beneficial for overall mental well-being. Following the SKY sessions, students reported improvements in depression, stress, mental health, mindfulness, positive affect, and social connectedness.

Researchers say evidence-based resilience training like SKY Breath Meditation can address the overburdening of campus counseling centers, while simultaneously giving students tools they can use for the rest of their lives to improve and maintain their mental health.

“Now that I have these techniques to help me, I would say that my mentality is a lot healthier. I can devote time to studying and not melting down.”

— Davornne Lindo,
Yale student and track athlete

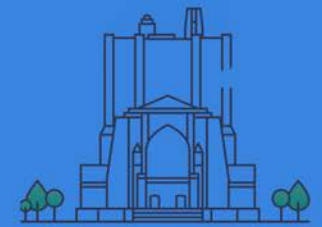




Mental Health Study at Yale

SKY Breath Meditation

SKY showed significant improvements in 6 mental health & psychological thriving outcomes



8 weeks, 200 participants



4 groups



MBSR
Intensive training program for mindfulness



SKY Breath Meditation
Breath meditation, service, and social connection



Emotional Intelligence
A systematic approach to social-emotional learning



Control
A control group with no intervention

1st Large-Scale
Randomized Control
Trial (RCT)

on mental Health on Campuses

Gold standard

More than any other group,
SKY Breath Meditation showed significant benefits



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

— Travis H.
U.S. Marine Corps



Resilience Training

for Veterans, Active Military, and Their Families

Members of the armed forces and their families make the ultimate sacrifice for our country, and we aim to give them the ultimate care in return.

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

Case Study:

Stanford Study Finds SKY Decreases Markers Of PTSD

Post-traumatic stress disorder (PTSD) affects about one in five veterans, with symptoms including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts and emotions. Returning vets suffering from PTSD have extremely high suicide rates, and traditional treatments such as medication and therapy are not always effective.

However, a study conducted in 2019 by Stanford, and published in the *Journal of Traumatic Stress* found that SKY Breath Meditation is a powerful ally in aiding veterans with recovery.

21 veterans from Iraq and Afghanistan participated in the SKY Breath Meditation training, and were assessed before, during, one month after, and one year after the program. The results showed statistically significant decreases in PTSD markers, anxiety, and respiration rate sustained after one year.

8k+

U.S. veteran participants to date



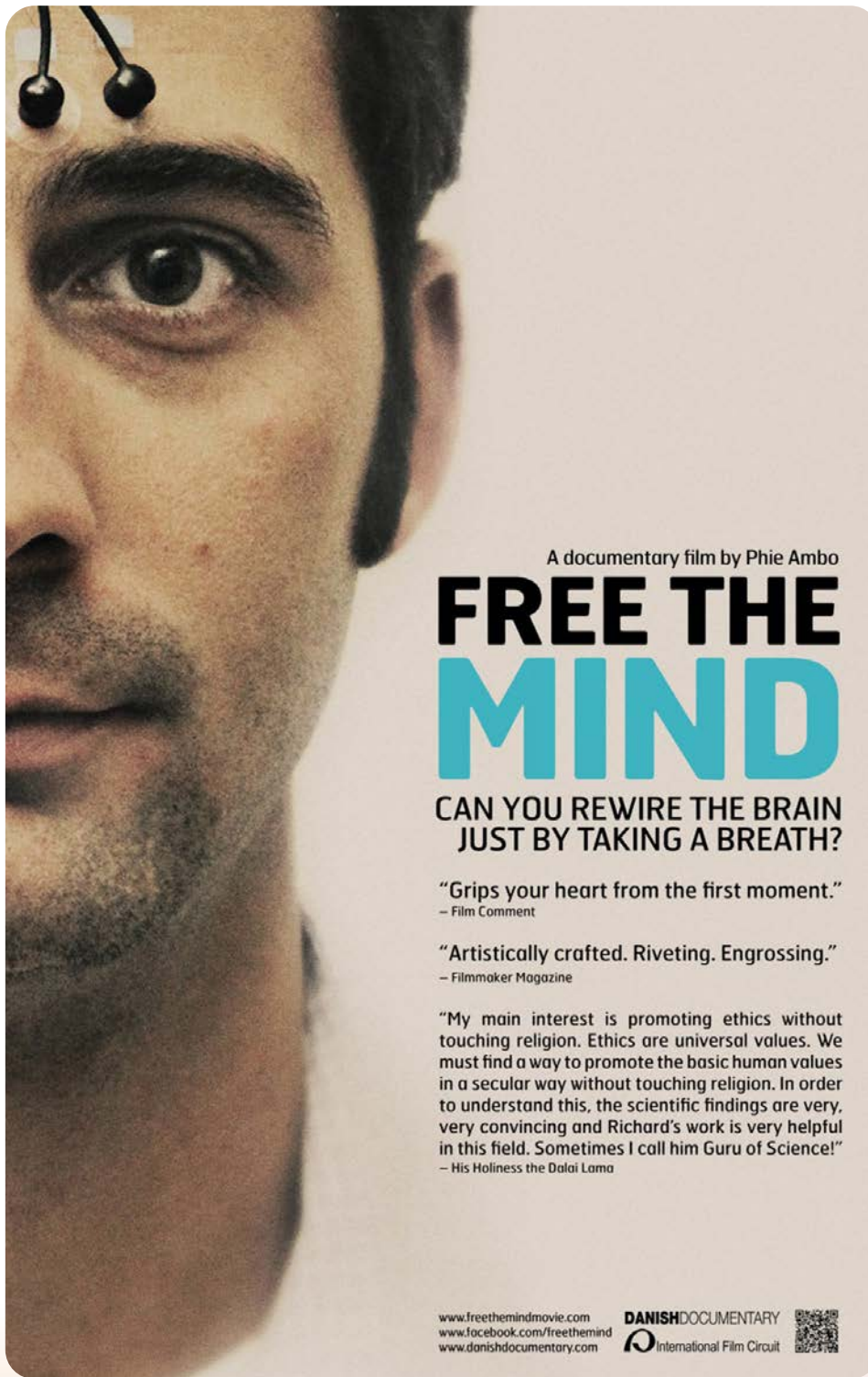
Featured in award-winning documentaries *Almost Sunrise* and *Free the Mind*

30
CITIES

across the U.S. offering the program



Featured in *Time*, *Newsweek*, *The Chicago Tribune*, and *US News*



A documentary film by Phie Ambo

FREE THE MIND

CAN YOU REWIRE THE BRAIN JUST BY TAKING A BREATH?

"Grips your heart from the first moment."
- Film Comment

"Artistically crafted. Riveting. Engrossing."
- Filmmaker Magazine

"My main interest is promoting ethics without touching religion. Ethics are universal values. We must find a way to promote the basic human values in a secular way without touching religion. In order to understand this, the scientific findings are very, very convincing and Richard's work is very helpful in this field. Sometimes I call him Guru of Science!"
- His Holiness the Dalai Lama

www.freethemindmovie.com
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www.danishdocumentary.com

DANISHDOCUMENTARY
International Film Circuit



Featured in the Acclaimed Documentaries *Free the Mind* and *Almost Sunrise*

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

Free the Mind

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

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

- Marco Chown Oved, *Toronto Star*

Almost Sunrise

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

*“Exploring the ramifications of that tragic state of affairs while introducing a concept dubbed ‘Moral Injury,’ *Almost Sunrise* makes for powerful viewing.”*

- Frank Scheck, *Hollywood Reporter*



Healthcare Providers

Relief for Healthcare Workers and Institutions

On the front lines of the COVID-19 pandemic, millions of healthcare workers risk their health to maintain ours. They face incredible physical, mental, and emotional challenges, with 76% reporting exhaustion and burnout.

Our Healing Breaths self-care and resilience program for healthcare professionals helps improve their quality of life and mental health, and addresses the impact of burnout.

We work with healthcare institutions and insurance companies to solve provider burnout issues and promote a culture of well-being. Our evidence-based techniques reduce clinical anxiety and cortisol levels, while increasing mental health and life satisfaction.

This means more resilience for our healthcare workers, and less burnout & turnover for institutions. Healthcare workers are the true heroes of this pandemic, and nobody deserves peace of mind more.



The Research

Stress Resilience

27%

INCREASE

resilience to COVID-19 stress in 6 weeks

Life Satisfaction

29%

INCREASE

in 6 weeks

Deep Sleep

218%

INCREASE

in REM sleep

Anxiety

41%

REDUCTION

Achieved remission in 4 weeks

“(After the course) I was feeling better than my baseline, I was able to cut my blood pressure meds by a third.”

— Dr. Robert McGregor,
Chief Medical Officer,
Akron Children’s Hospital



The Impact

5k+

Healthcare professionals benefited since 2016

20+

Healthcare institutions served since 2016

\$100k+

Raised to provide PPE to institutions

Hope in the Opioid Crisis

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

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



Case Study: Ashtabula Study Finds SKY Aids in Recovery from Addiction

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

Scientific measurements were made using Short Form Health Survey (SF36), Perceived Stress Scale (PSS), and Behavior and Symptom Identification Scale 24 (BASIS 24) questionnaires.

Compared to baseline, the behavioral and psychometric parameters used in the measuring show:

**Substantial improvement
in BASIS-24 total score**

**Social
Functioning**
INCREASED



**Emotional
Well-Being**
IMPROVED





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

— Joe J.,
Ashtabula participant

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

— Ginger,
Ashtabula participant



Physical Functioning 
INCREASED

Stress Severity 
DECREASED

Ashtabula, Ohio

Relieving Stress on Campus

In the current high pace, high stress university environment, students report more depression and suicidal ideation than ever before in history. Students are studying hard, but unfortunately, learning to manage their own minds isn't part of the curriculum.

Our on-campus program bridges this gap by offering stress reduction and resilience training designed to help students, faculty, and staff achieve their highest potential.

More than **127,000 students on 101 university campuses** have participated in our programs, leading to happy and mindful campus communities where students, faculty, and staff thrive and lead with clarity of mind, resilience, purpose, and belonging.



127k **101**
Students Campuses

After Participating in our Campus Program:



99% of students report improvement in mood



95% of students report increased energy



90% of students report they are better able to manage multiple responsibilities

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

— Director, Wellness & Health Promotion Services, Stanford



127,000+ Students



101+ Universities



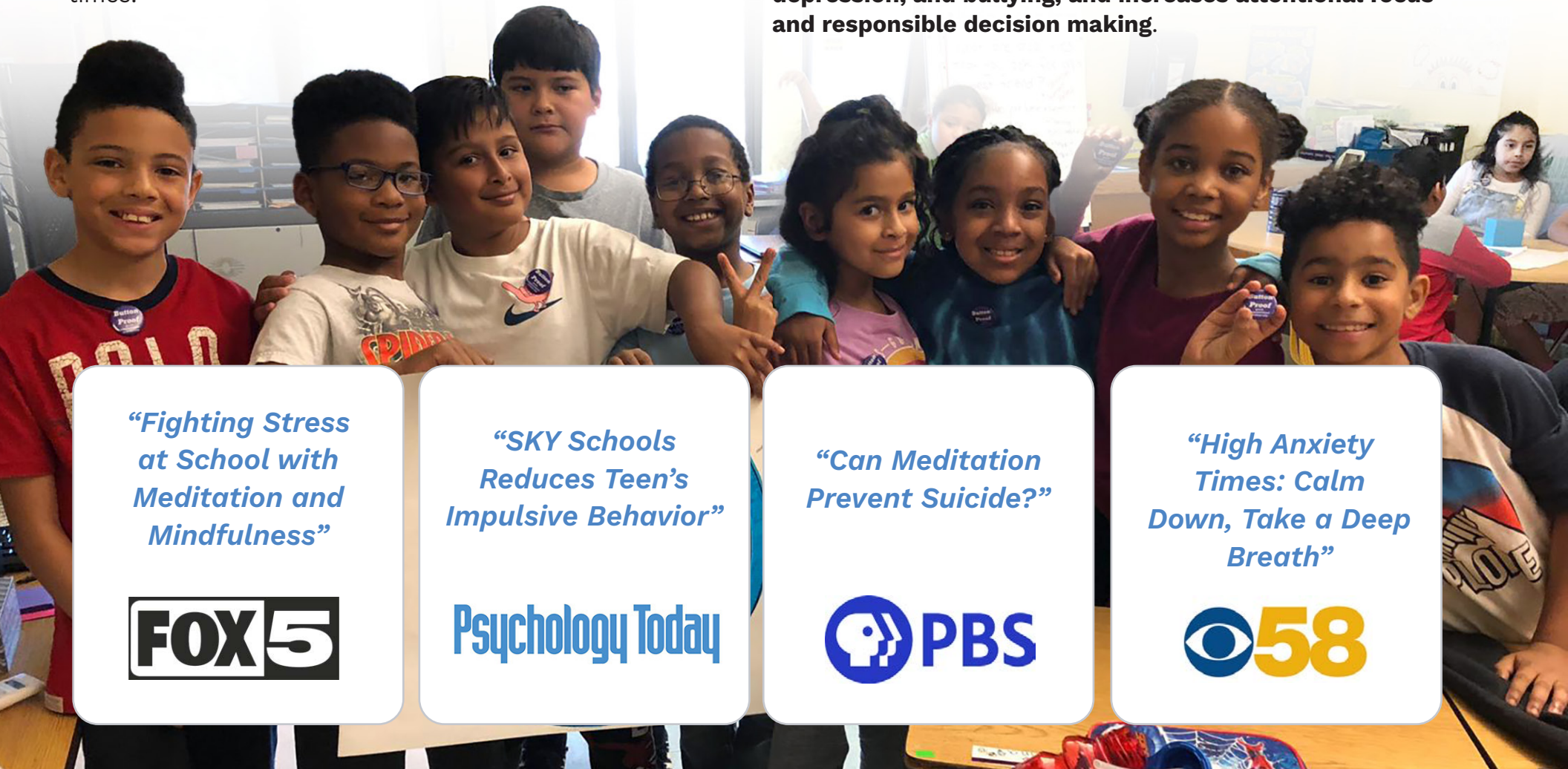
Empowering Children K-12

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

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

Over the past 17 years, more than 120,000 students at 225 schools across the U.S. have participated in our program and learned to manage stress and make more responsible choices.

Independent research by Claremont Graduate University shows that the **SKY Schools program reduces anxiety, depression, and bullying, and increases attentional focus and responsible decision making.**



“Fighting Stress at School with Meditation and Mindfulness”



“SKY Schools Reduces Teen’s Impulsive Behavior”



“Can Meditation Prevent Suicide?”



“High Anxiety Times: Calm Down, Take a Deep Breath”



Results Among Students



77% report increased resilience



70% report increased emotional regulation



70% report reduction in perceived stress

Results in Schools



800% increase in students on honor roll



90% reduction in violent infractions



80% reduction in suspensions

120k

Students

225

Schools

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

— Dr. Mario Santos, Principal, East Side High, Newark, NJ



SKY Schools Case Study Finds Statistically Significant Improvements in Six Focus Areas

When SKY students at five geographically distinct schools were asked about their experience, they reported statistically **significant improvements in all six focus areas**: mood and feelings, calm state of mind, focus and concentration, anger and frustration, ability to sleep and stress and worry.

In a post-course assessment of 18 SKY Schools nationwide in 2017, **up to 81% of the 7,333 students surveyed showed significant improvement in the same six focus areas.**

Case Study Areas of Focus:

- mood and feelings
- calm state of mind
- focus and concentration
- anger and frustration
- ability to sleep
- stress and worry



Case Study: SKY Schools Key Statistics*

48-79%

of students reported feeling more calm and relaxed



48-75%

felt better able to manage stress



41-81%

felt better able to focus



41-78%

reported overall feeling better and happier



41-75%

felt better able to manage emotions



42-64%

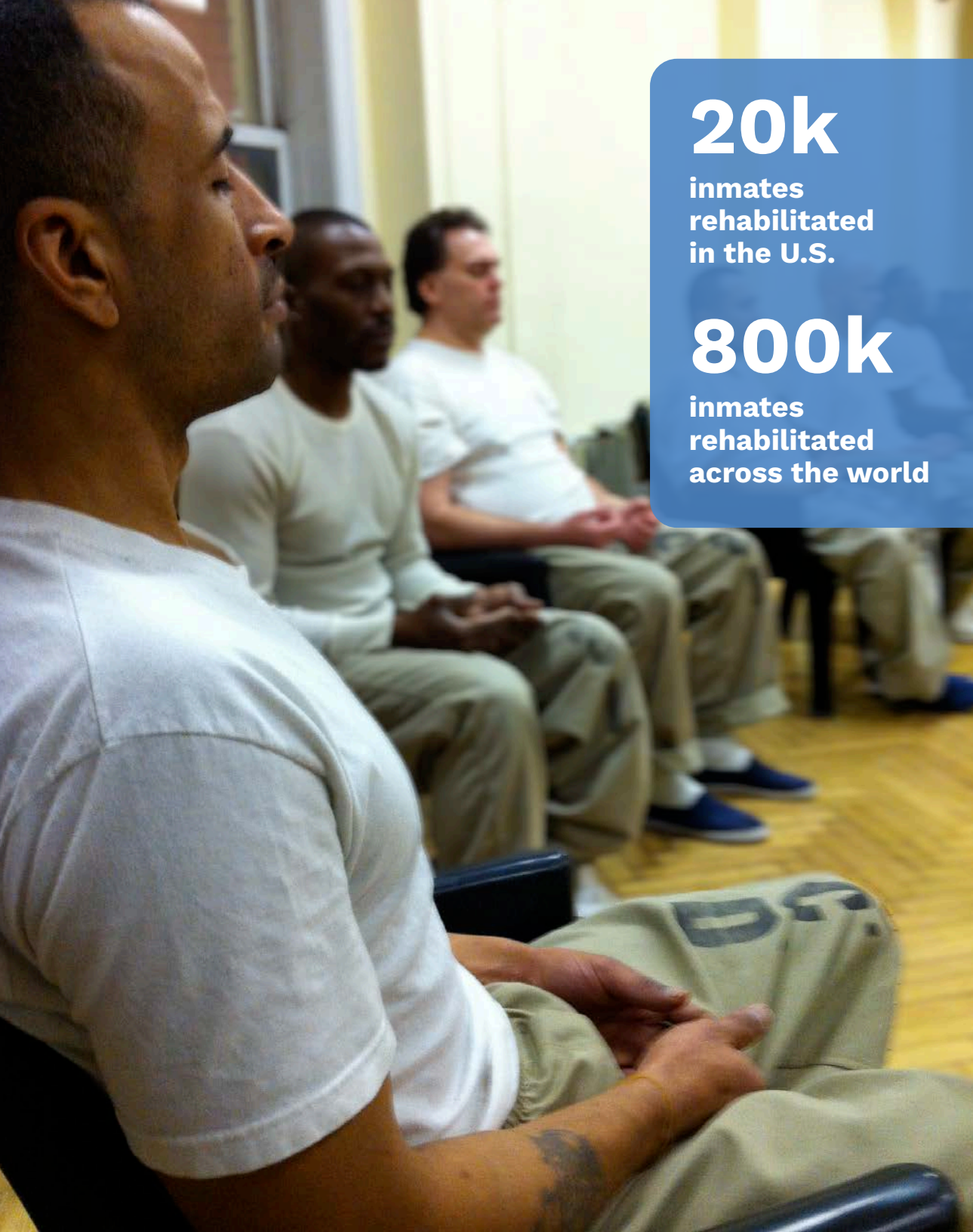
reported a better quality of sleep



* Results vary by school and the range is presented here

“I learned how to release stress and how to solve problems without violence.”

— Student, Walt Disney Magnet School, Chicago



20k

inmates
rehabilitated
in the U.S.

800k

inmates
rehabilitated
across the world

“*Inside every culprit, there is a victim crying for help. If you heal the victim, the culprit within disappears.*”

— Gurudev

Study Showed

Recidivism
Rates
DECREASED



Fights
DECREASED



Incident
Reports
DECREASED



Rehabilitation in Prison

One of the biggest challenges faced by our prison system is the rehabilitation of offenders. Since its inception in 1992, our prison program has helped more than 20,000 inmates across 17 states to manage stress and trauma, and begin the process of true rehabilitation.

Our program goes to work on the root of the problem: individual stress; transforming the mindset, attitude, and behavior of offenders.

Independent research shows **our prison program has been successful in dramatically reducing offender recidivism rates**, effectively breaking a cycle of violence that often goes back generations.



Lancaster Case Study Finds SKY Reduces Violence Among Inmates

In 2001, a study was conducted by the Lancaster Violence Alternative Program in LA county to investigate the effects of SKY Breath Meditation on violent youth offenders.

The participants were between the ages 13 and 18, and were all previously convicted of violent crimes including murder and rape. After completing the SKY program, the **youth offenders showed a 38% reduction in fights, a 23% reduction in disciplinary removal, and a 21% reduction in facility incident reports.**

Indianapolis Case Study Finds SKY Dramatically Reduces Recidivism Rates

Recidivism rates for SKY program graduates at the Indianapolis Reentry Education Facility (IREF) for the years 2009 through 2015 show an impressive 14.6% recidivism rate. This represents **a 61% reduction from the state average**, suggesting that SKY Breath Meditation is extremely effective in offering true rehabilitation.

Cultivating Peace in our Cities

Urban violence is a major issue that negatively affects the lives of millions of people nationwide. Stress from the pandemic has heightened the tension, with homicide rates across U.S. cities almost 30 percent higher in 2020 than in 2019. Our Cities4Peace initiative actively promotes peace and social cohesion in cities grappling with violence.

We empower community stakeholders including social justice activists, former gang members, and law enforcement officers with evidence-based breathing and meditation techniques. Upon graduation from our program these leaders become “Ambassadors of Peace”, and begin conducting peace workshops in their own communities.

Case Study: George Mason University

George Mason University School of Conflict Analysis & Resolution undertook an independent research evaluation of our most recent program in Los Angeles. Here is a brief summary of the impact that our program had on participants:

- Deepened understanding of and commitment towards nonviolence.
- Learned profound tool-kit of meditation techniques and wisdom for enabling transformation on a daily basis.
- Improved leadership capacity to promote compassion and nonviolence within the community.

Participants Reported

Energy & Happiness

82%

INCREASED

Ability to Stay Focused

91%

INCREASED

Clarity of Mind

96%

ENHANCED

Ease of Social Connections

87%

INCREASED

Remaining Calm in Challenging Situations

91%

INCREASED

Effectiveness in Personal & Professional Life

84%

INCREASED

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

— Andre Vickers, Gang Intervention Activist, LA



Art of Living Centers in North



100k+

participants in our courses
for the general public

The Art of Living Retreat Center nestled in the beautiful Blue Ridge Mountains of North Carolina

America



Art of Living offers programs to many subsets of the population in need, but what if you don't belong to any of these groups? Our core programs have actually been transforming lives for the general public for over 40 years.

We have beautiful centers in Washington D.C., Los Angeles, Montreal, Texas, as well as our 380-acre flagship retreat center in North Carolina that make our programs available to everyone all the time.

Courses are offered regularly online, in local neighborhoods, and at these beautiful locations. We welcome you to participate.

"A 380-acre sanctuary at the tippy-top of the Blue Ridge Mountains"

The
Washington
Post

"I was noticeably less stressed when I headed home...Best of all, I learned that I can conquer my social anxiety"

Prevention.

Named to USA Today's Annual Top Ten Wellness Retreat List 2018- 2021

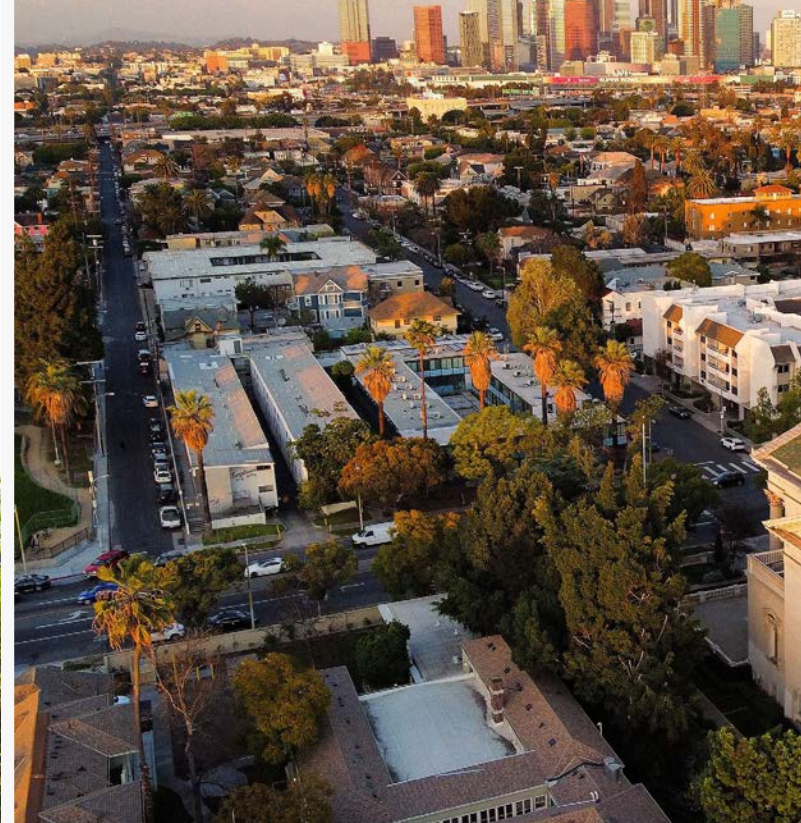


"Vast open spaces, outdoor activities, with yoga and meditation set against scenic backdrops. The perfect spot to get away from it all."

Reader's
Digest



Washington, DC



Boone, NC



Los Angeles, CA



Uvalde, TX



Quebec, Canada

Creating First Generation Learners & Breaking the Chain of Poverty

“If I had stayed back in (my village), I would have been married at a young age. Instead I got an education, and now I feel I can achieve something in life.”

— Ridalin Lyngdoh, graduate from the Art of Living school in Bangalore, India

Our programs provide free physical, mental, and emotional education to more than 70,000 children at more than 700 schools in underserved communities worldwide. Special emphasis is given to developing confidence, leadership, interpersonal skills, and human values. **Most of the children in our program are first generation learners who go on to break the chain of generational poverty.**

70k+ students are being provided free education

700+ schools across India

90% of students stay in school, compared to India's national average of 37%





Empowering Women Worldwide



Through our programs, more than 111,000 women in developing nations have been empowered with mental, economic, and vocational training to help combat gender discrimination and elevate them into leadership positions in their communities.

Global Highlights

111k+

women received training in valuable vocational skills

5k+

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

72k+

adolescent girls trained in menstrual health and hygiene workshops

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

— Gurudev

Caring for Our Environment



Whether it's rejuvenating rivers, planting trees, or providing sustainable sources of energy, Art of Living is dedicated to caring for the environment and our mother earth.

Rejuvenating Rivers and Fresh Water Supplies

The health of our waterways often reflects the health of our society. Art of Living is committed to reviving rivers and other water sources, and so far has **rejuvenated 49 rivers throughout India to the benefit of more than 34.5 million people.**

49+ Rejuvenated Rivers

12k Villages Benefited Across 4 States

Karambur Case Study: Filling Freshwater Wells for the First Time in 10 Years



In 2014, the director of Art of Living's River Rejuvenation Project visited his home village of Karambur, Tamil Nadu and found nearly all the wells dry. The health of the villagers was suffering, and so were their livelihoods.

In cooperation with the women of Karambur, a plan was piloted to build recharge wells in hopes of restoring the village's fresh water supply.



Over the next 100 days, the all-female team of volunteers dug five large pits they then converted into recharge wells with supplies and instructions from the River Rejuvenation team.

Within three months, there was moderate rainfall, and the village rejoiced as they saw fresh water filling their wells. For the first time in 10 years, the people of Karambur had easy access to fresh, potable water, and farming cycles tripled.



The model was so successful that it was implemented all across Tamil Nadu.

Providing Solar Power

Our solar electrification initiative has benefited more than 165,000 people across 720 villages in India, by equipping rural schools with solar electricity, and training more than 5,000 young people to become energy technicians.

165k people in 720 villages benefited

5k+ young people trained to become energy technicians

Planting Trees for the Future

With a mission of engendering environmental sustainability, our programs have facilitated the planting of more than 81 million trees in 36 countries worldwide.

81m trees planted in 36 countries



Offering Waste Management Solutions

Art of Living has helped build **18 waste management plants** in India that collectively process more than four million kilograms of waste each year. The floral/wet waste is then converted into organic compost, which is sold to sustain the projects.

1k waste pickers in 15 states, trained in waste segregation

18 waste management plants built



Training Organic Farmers

We provide a three-day training in the basics of chemical-free farming to small farmers, and then offer ongoing mentorship to help them sustain their natural farming efforts.

2.2m farmers trained in organic farming across 22 states in India



“Kindling compassion and care within ourselves kindles deeper connection to, and care for the environment. That is why I consider spiritual awakening as a vital part of any environmental care campaign.”

— Gurudev

Cultivating Self-Reliant Rural Communities

With the goal of uplifting human values in rural communities to engender social and economic self-reliance, our programs have administered 165,000 free workshops reaching more than 5 million people.

Our development model includes empowering rural communities with skill development and leadership training, strengthening local governance, and providing health and hygiene, and stress management workshops.



“We underwent training for “Solar PV Installer”. Now in partnership we run our own Solar Tech Company, “Sri Sri Solar Solutions”, with 7 branches across Maharashtra...”

— Tushar Mahajan
& Mayur Chadhari



Global Highlights

230k

youth trained in various vocational skills since 2010

90k+

health and hygiene camps conducted, benefiting 7+ million

27k+

medical camps organized, benefiting more than 500k people

Combating COVID

During the early days of the pandemic our efforts focused on dispersing personal protective equipment, building COVID care centers, and providing stress reduction workshops to front-line workers to address rising mental health challenges.

In 2021, we expanded our efforts, raising funds and procuring critical

equipment like oxygen concentrators and ventilators, and distributing them to hospitals and COVID care centers.

In the United States and abroad, we offered SKY Breath Meditation-based stress management workshops to front-line healthcare workers to combat overwhelm and burnout.



Global Highlights

\$15m in relief material provided worldwide

2k beds created at seven new COVID care centers

220k units of PPE donated worldwide

“Patients were admitted here with low oxygen levels, but at that time, we did not have the facility to cater to that. Now that oxygen concentrators are provided by the Art of Living, it will bring relief to patients.”

— Dr. Mohammed Ibrahim,
Medical Officer, Primary
Health Centre, Nagpur
Maharashtra

Providing Relief in Times of Trouble

In response to natural and man-made disasters, Art of Living collects and disperses funds and goods for immediate material care, as well as offering trauma relief and stress management programs to those in need.

Global Highlights

Stress Relief

5.6+ million people benefited worldwide from stress relief workshops

Ukraine Crisis

32,000 meals provided and 5,875 refugees accommodated during the 2022 crisis in Ukraine

2004 Tsunami

\$1 million worth of aid distributed to 75,000 people after the 2004 Indian Ocean tsunami.

9/11 USA

1,000 people affected by 9/11 in the US benefited from free trauma relief programs

Syria Conflict

16,000 children and youths affected by the Syrian conflict in Lebanon and Jordan benefited from trauma relief and resilience programs

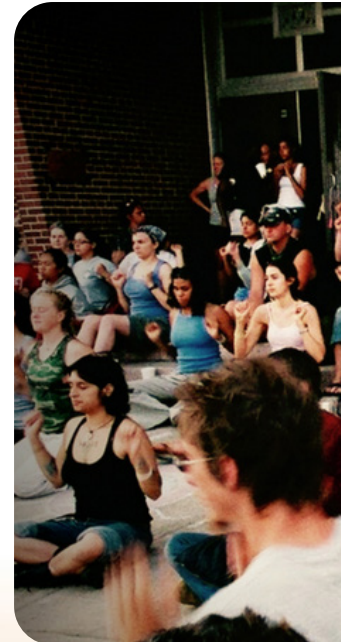
2015 Nepal Earthquake

\$700,000 worth of relief materials distributed to 150,000 people after the 2015 earthquake in Nepal, and 30,000 people also benefited from trauma relief workshops



2006 Hurricane Katrina

2,600 people affected by Hurricane Katrina benefited from trauma relief programs





“We only knew death and despair. Now we can smile. This is the greatest gift that the Art of Living has given us.”

— Shafiqur Rehman,
trauma relief program
recipient



Fostering Peace and Harmony Amid Conflict

We believe enduring peace can be achieved not merely by addressing the external conditions and systems of conflict, but also by attending to the mental and emotional needs of all those involved.

To this end, we foster peace through dialogue and strategic initiatives that engage multiple levels of government, business, and humanitarian organizations.

Our conflict resolution initiatives have been effective in countries across the globe including the U.S., Colombia, Iraq, Kosovo, Sri Lanka, India, and Venezuela.

Global Highlights

Gurudev served as mediator in the 500-year-old conflict in Ayodhya, India, helping to settle the dispute without acrimony between the aggrieved parties

Rehabilitated more than 7,400 armed extremist insurgents in India

Trained hundreds of “Ambassadors of Peace” to reduce violence in American cities

Nearly 100 youths from warring ethnic groups in Cote D’Ivoire completed our Youth Leadership Training Program and became advocates for peace



CIONAL
E CUBA



“Sri Sri Ravi Shankar and the Art of Living are heralds of peace in a world tormented by conflicts and violence”

— Juan Manuel Santos, Former President of Colombia and recipient of the 2016 Nobel Peace Prize

Spotlight: **Conflict Resolution in Colombia**

Gurudev played a central role in brokering peace between the Revolutionary Armed Forces of Columbia (FARC) and the Colombian government, ending a bitter 52 year conflict.

After meeting with Gurudev in June of 2015, FARC shocked the world by announcing a unilateral ceasefire and a new commitment to the Gandhian principles of nonviolence.

World Culture Festival

United We Celebrate



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

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

Past attendees include heads of state, diplomats, dignitaries, spiritual leaders, singers, dancers, and artists of all kinds.

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

The next edition in this global event series is slated to happen in the U.S., and we invite you to be part of the celebration!

Join us as we host festivities in more than 25 cities across the US in October 2022, culminating with a grand finale festival in early 2023.

Global Highlights

6m+

more than 6 million attendees from across the globe

45k+

performers hosted from diverse cultures and backgrounds

25k+

religious and spiritual leaders attended, from all faiths and traditions



World Culture Festival:



United We Celebrate



WCF 1 Bangalore, 2005

Attended by
2 million people



WCF 2 Berlin, 2011

Attended by
60,000 people

WCF 3 New Delhi, 2016

Attended by
3.75 million people



WCF 4 U.S.

Join us for the largest
celebration of diversity in
history!



Let's Connect

We believe that **a stress-free, violence-free society begins with an individual's ability to manage their own mind.** And with our evidence-based stress management and resilience programs offered to every segment of society, we work to make this vision a reality.

No matter who you are or where you are, mental well-being and resilience are available to you.

If the offerings detailed here interest you, or if you have ideas for potential partnerships, we would love to connect.



A large crowd of people is gathered for an outdoor event, with the sun setting in the background, creating a warm, golden glow. The text "Let's Think BIG together!" is overlaid on the image.

Let's **Think BIG** together!



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