

40 Years of AMRITA YOGA

| Report 2022





Preserving Yoga Culture

Sri Mata Amritanandamayi Devi, affectionately known as Amma, sustains Her utmost teaching that selfless service with compassion is the foundation of all other spiritual practices. Through Her many activities, Amma upholds the ancient tradition of Yoga as the recipe for a healthy life as well as inner and external purity. With an aim to equip oneself with essential knowledge, tackle life situations, and build a personality and a discriminative mind, based on Amma's teachings, the Mata Amritanandamayi Math (MAM) initiated yoga activities for ashram inmates in 1980.

Inspired by Amma, monastic residents and trained volunteers of MAM, began teaching Amrita Yoga from the early 1980s, and people from all walks of life have been initiated into Yoga, to lead a peaceful, harmonious, and complete life. Since the early days, Yoga was part of daily life at the Amritapuri ashram and through MAM's ashram branches, institutions, international centres and dedicated volunteers, **more than 73,00,000 people** across the globe have participated in Amrita Yoga and Integrated Amrita Meditation programs.

Both Amrita Yoga and Integrated Amrita Meditation embody traditional **hatha yoga** practices enabling an integrated approach to promoting complete wellness. Thus, the instructions focus on **therapeutic yoga**, psychosomatic and holistic health, and meditation. Ayurveda and yoga are

priceless boons from the **Guru Parampara** that the world has received from the ancient rishis of Bharat.

Since the 1980s, the Mata Amritanandamayi Math has reached out to many across India and the world through several free programs and training. Small children, teenagers, young adults and others have benefitted from the Math's outreach. Our programs have reached out to schools, universities, small and large industries, villages, tribal communities, urban environments, prisons, police forces, army, paramilitary and other armed forces in addition to the spiritual retreats that have infused yoga across the masses.

Through MAM's 150 + centres in India and global centres, 65 Amrita Vidyalayam and other schools, Amrita Vishwa Vidyapeetham University, Amrita Hospitals, Amrita Yuva Dharma Dhara (AYUDH), Amrita SeRVe villages program, balakendra and other units, specialist trainers teach Amrita Yoga and Integrated Amrita Meditation to people belonging to all age groups – in schools, universities, industrial organizations, corporates and the like. The units have also led International Day of Yoga celebrations since its inception on June 21, 2015. Amrita Yoga had been the official co-organizer of the IDY celebrations in the past, along with the Indian Embassies in Denmark, Chicago and Norway.





MATA AMRITANANDAMAYI MATH

AMRITAPURI, KOLLAM, KERALA

The Mata Amritanandamayi Math's humanitarian programs are multifaceted and aimed at helping the needy and inspiring compassion and a sense of oneness with our fellow human beings, whatever their background. The programs strive to alleviate the burden of the world's poor by providing the five basic needs—food, shelter, healthcare, education and livelihood wherever and whenever possible. We are especially focused on helping to meet these needs in the aftermath of major disasters.



1 Crore Meals
Served Annually



300,000
People Housed



47 Lakh People
Provided with
Free Healthcare



55,000
Scholarships for
Education



2 Lakh
Women Empowered
with Jobs



1 Lakh
Pensions for
Elderly



₹ 500+Crores
Donations for
Disaster Relief



10 Lakh
Trees Planted
Worldwide



13,500
Women's Self-Help
Groups Seeded



Amma - Sri Mata Amritanandamayi Devi

Founder, Mata Amritanandamayi Math

Founder, Amrita Hospitals

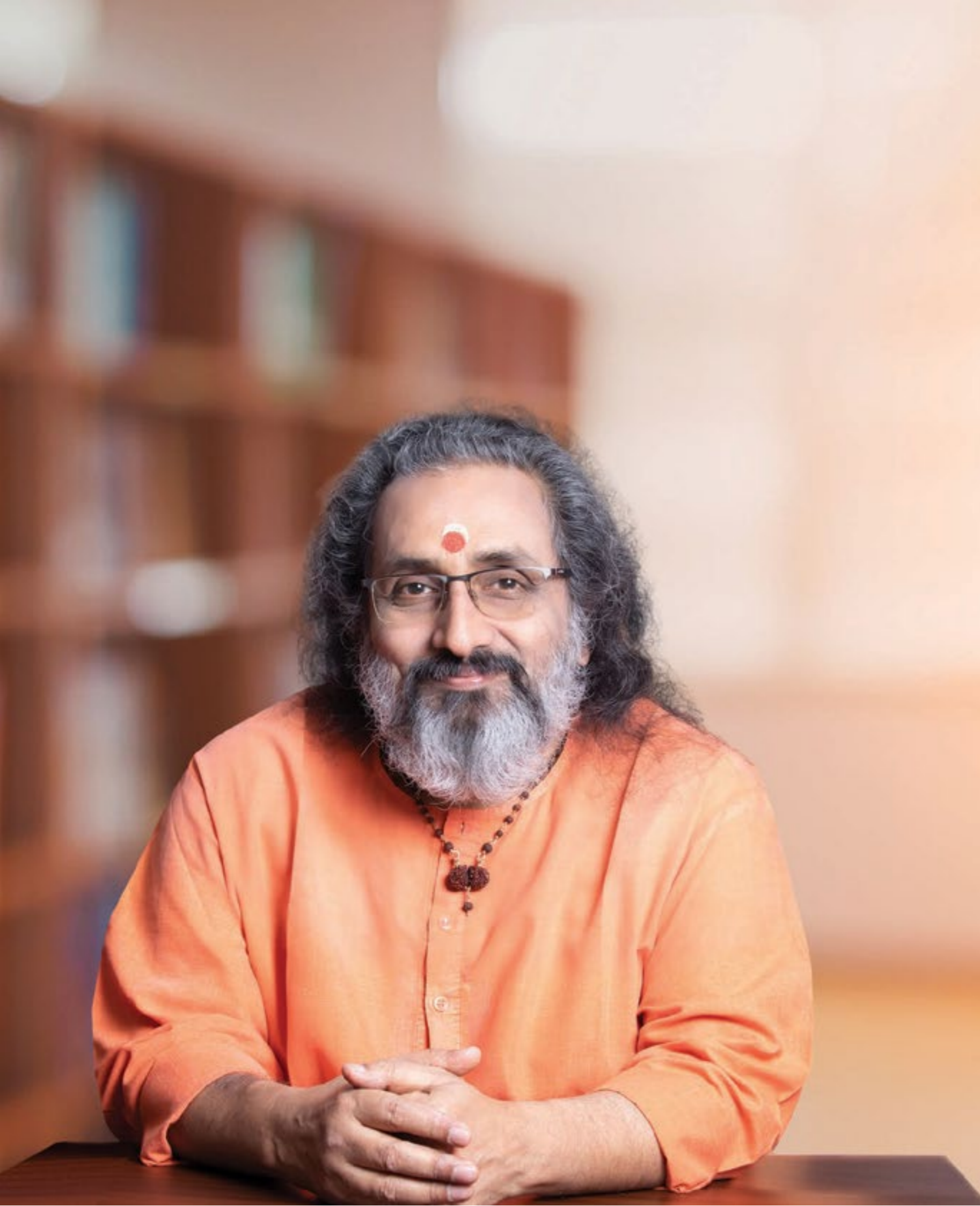
Chancellor, Amrita Vishwa Vidyapeetham (Amrita University)

Spiritual leader, humanitarian, and visionary Sri Mata Amritanandamayi Devi, known throughout the world simply as “Amma”, has served the world community for decades, imparting wisdom, strength and inspiration. Through her extraordinary acts of love, inner strength, and self-sacrifice, Amma has endeared herself to millions and inspired thousands to follow in her path of selfless service.

Truly a citizen of the world, Sri Mata Amritanandamayi holds free public programs throughout India, Europe, the United States and Australia, as well as Japan, Sri Lanka, Singapore, Malaysia, Canada, Africa and South America. In her talks, she offers words of wisdom and guidance on both personal fulfilment as well as the most pressing matters of our time. From climate change to terrorism, cross-cultural tensions to poverty and women’s rights, Amma’s observations invite each of us to get involved in the process of rebuilding a concerned and caring society.

To this day, Sri Mata Amritanandamayi concludes her programs by embracing each person attending the event. Far from a brief book signing or walk along the rope line, these personal, one-on-one meetings take up the vast majority of Amma’s time. Amma has given this motherly embrace, known as her darshan, to more than 40 million people worldwide. She has been known to give darshan for more than 22 hours without interruption. The most personally accessible spiritual leader alive today, Sri Mata Amritanandamayi may well be on a first-name basis with more people than anyone else in the world. When people pour out their hearts to Amma, she offers them emotional solace, spiritual guidance, and concrete solutions to their problems. Receiving Amma’s embrace, many feel inspired to offer selfless service to those in need. In this way, this simple yet powerful act as a mother’s embrace - has become both catalyst and symbol for the growing international network of humanitarian initiatives that is Embracing the World.

Amrita Yoga and Integrated Amrita Meditation has helped over 73 lakh people since 1980s originated from Amma’s Sankalpa, which was prompted by unconditional love and an attitude of service to the world.



Foreword

When addressing the 3,500 Amritapuri Ashram residents on the occasion of the 2022 International Day of Yoga, the 21st of June 2022, Amma said, "One of the most invaluable gifts Bhārat has given to the world is yoga. According to scientists, human beings use only a fraction of their innate physical and mental capacities in life. People use iPads and smartphones, but still they only use a small percentage of these gadgets' inbuilt features. This is how it also is when it comes to the utilisation of mental and physical capacities. Yoga is the way to awaken our inborn capacities and attain the ultimate state of perfection."

It was in the late 1970s and early 1980s, under Amma's direction, that myself and Amma's other first batch of disciples began practising traditional yogāsanas and prāṇāyāma. Gradually thereafter, when devotees visited the ashram and asked to learn some yoga, we also taught them appropriate aspects. Later, a series of āsanās, etc, was taught outside the ashram through classes offered to the interested public.

This lineage of teaching has only continued to flow forth like a river over the past four decades. It spreads not only within the ashram to the brahmacārīs and brahmacārīṇīs and to the lay devotees in India, but is also taught to the students attending the various educational institutions of the Math, including the six-campused Amrita Vishwa Vidyapeetham and the 64 schools of Amrita Vidyalayam primary-secondary school system. Furthermore, through Amma's centres the world over, we are teaching yoga in the Americas, Europe, UK, Australia, Japan, Singapore, Malaysia, Middle East, etc. Then there are the classes we have provided to India's paramilitary forces and to prison inmates as well. In total, more than 73,00,000 people have been uplifted and helped along the path of physical and mental refinement that is yoga through Amma's love and compassion.

This following report is an endeavour to present the 40-plus-year journey of Mata Amritanandamayi Math's efforts to spread this "invaluable gift that Bhārat has given to the world." As Amma said in the conclusion to her 2022 International Day of Yoga address, "Let us all strive together to nurture and popularise yoga, which is an invaluable skill taught to us by our ṛṣīs. Let the practice of yoga benefit the entire world. Let divine grace be with us in this effort."

Swami Amritaswarupananda Puri
Vice-Chairman
Mata Amritanandamayi Math

IMPACT BY
THE NUMBERS



Yoga by ashram
monastics and residents,
spiritual programs,
retreats 1980-2022
Participants **31,73,124**



Amrita University
2003-2022
Participants **1,18,575**



Amrita Vidyalayam Schools
2006-2022
Participants **31,60,673**



Yoga in Amrita SeRve
villages 2018-2020
Participants **1,41,798**



Yoga courses and
training in India
Participants **2,96,558**



Yoga courses and
training outside India
2017-2022
Participants **5,300**



Yoga through Integrated
Amrita Meditation (IAM)
courses 2003-2022
Participants **2,89,926**



International Day of
Yoga celebrations
2016-2017
Participants **71,161**



Yoga for Prison
inmates 2018-2022
Participants **39,028**



Amrita Yoga Retreats
2010-2017
Participants **3,747**



Yoga for children-
Amrita Bala Samskriti
Kendra 2015-2022
Participants **11,242**



Training for Armed
forces, paramilitary &
Police forces
Participants **26,075**



Amrita Silent Retreats
2010-2017
Participants **10,638**



Post Tsunami Camp
for children 2005
Participants **10,000**

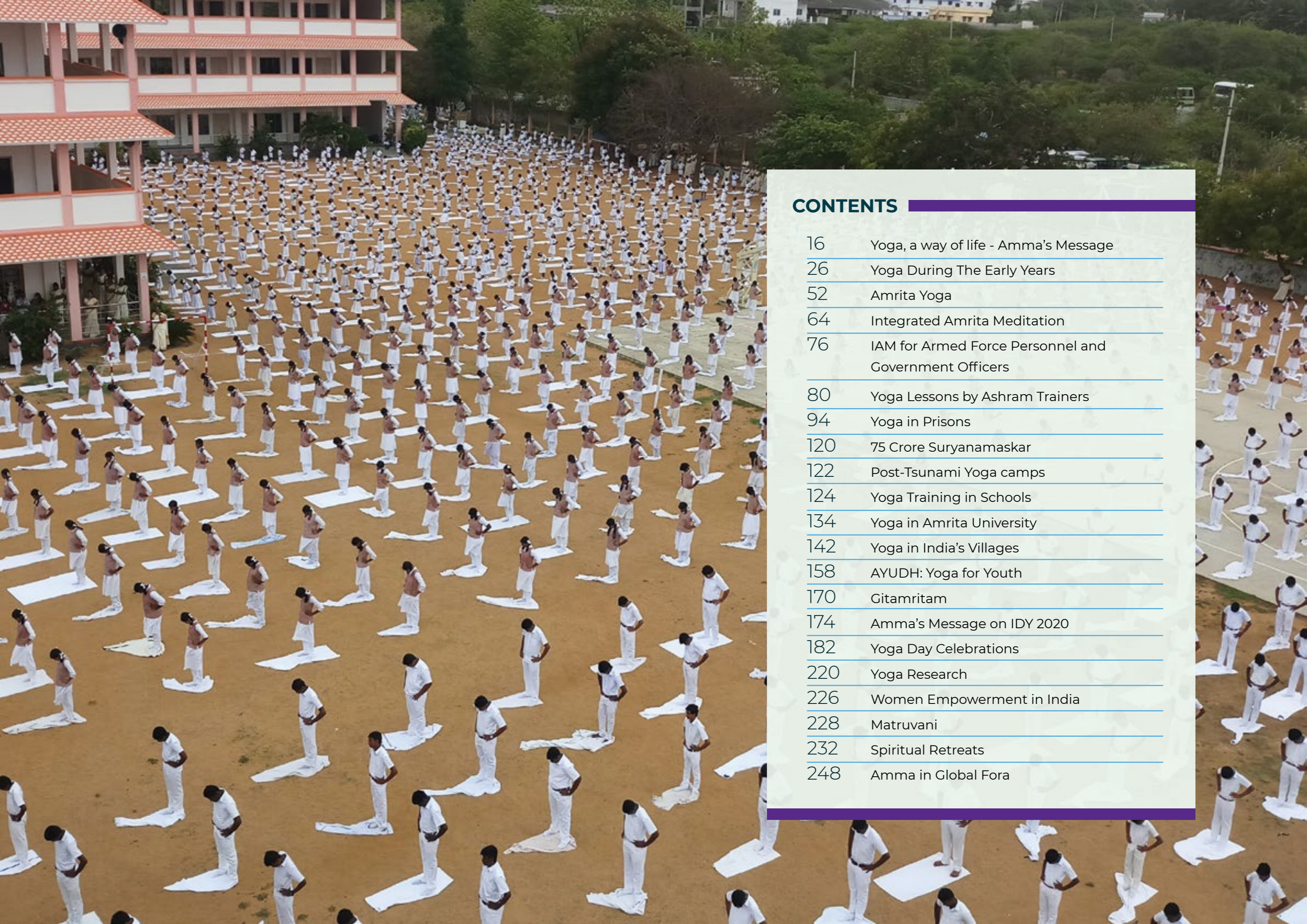


Yoga at government-
aided Schools
Participants **5,017**

Total 73,62,862







CONTENTS

16	Yoga, a way of life - Amma's Message
26	Yoga During The Early Years
52	Amrita Yoga
64	Integrated Amrita Meditation
76	IAM for Armed Force Personnel and Government Officers
80	Yoga Lessons by Ashram Trainers
94	Yoga in Prisons
120	75 Crore Suryanamaskar
122	Post-Tsunami Yoga camps
124	Yoga Training in Schools
134	Yoga in Amrita University
142	Yoga in India's Villages
158	AYUDH: Yoga for Youth
170	Gitamritam
174	Amma's Message on IDY 2020
182	Yoga Day Celebrations
220	Yoga Research
226	Women Empowerment in India
228	Matruvani
232	Spiritual Retreats
248	Amma in Global Fora



Amma's Message on International Yoga Day 2021

Yoga, A Way of Life

Today is the International Day of Yoga. Yoga is the ideal discipline for supporting our physical and mental well-being as well as our spiritual growth. Today, with the world staggering under the weight of the COVID pandemic, this ancient practice is growing in importance and practicality. **Yoga, which increases the efficiency and subtlety of our body, mind and intellect, is a great blessing for those treading the path of spiritual discipline.** It influences every aspect and plane of life, encouraging creativity and practical skill.

The word yoga means “unifying” or “connecting.” But what are we connected to now? We are connected to the people, objects, and situations of the external world. We have yet to be able to establish a connection with our True Self or God. Until we establish this connection, we will not be able to experience true peace. Yoga is the process of establishing this internal connection. If we succeed, our connection with the world will also improve.

Most people today own a smartphone. There are many useful apps on these smartphones. However, in order to connect with the world, we have to insert a SIM card. Moreover, the phone should be within the range of a cell tower. Without these, your smartphone will not work. Our life is also like this. Even if we have the apps



of food, clothing, shelter, wealth, a good family, friends and a good education on the phone of our life, we still need the SIM card of the mind to establish a connection with God. Only then can we experience lasting peace and happiness. Cell-tower range is not the same everywhere, and some areas have poor connection. We all know this. However, the range of God is all-pervading all the time. There is no place where God has limited range. The root cause of all of our problems is that the SIM card of our mind is not working properly. Yoga is the process by which the mind is made to work properly and to connect us to God.

Yoga helps us to find the true source of peace and happiness, which is within us. At present, we are searching for this peace and happiness in the external world. Living life mechanically, getting married, having children, going to work and so on – eventually gives rise to dissatisfaction. To relieve this dissatisfaction, we rely on

small pleasures such as going for movies, going out to eat and so on. Amma also encourages such small pleasures because they are also needed. For example, if someone's wife is unhappy, Amma often asks him to take her out shopping or to go out for dinner and to talk to her and comfort her. Many women find pleasure in such small things. However, the happiness from such things last only a week or two. Then, if these activities are not repeated, it only leads to more unhappiness.

Once a man asked his friend, “Is there any way to remember my wife's birthday?” His friend replied, “Oh, that's easy. Just forget it once. Then you'll never forget it again!”

The friend had once forgotten his wife's birthday, and he had paid for it with a huge fight. What's more, the wife was unwilling to let go of it and kept bringing it up all the time, constantly referring to it, “Oh, you didn't remember my birthday! I mean so little to you!” This had led to more fights, and eventually they had broken up.

Many couples have broken up over such little things. Couples have broken up because the husband never took the wife out shopping. Amma knows that although such pleasures are temporary, they are also needed. So, Amma doesn't deny their value. However, if couples understand the core spiritual principles, they will be able to remain happy whether they indulge in such activities or not. Amma has seen this with many of her children. Many of them even set aside the money they used to spend on frivolous shopping to help the poor. But no one should give up shopping because Amma said this! It may lead to more breakups because not many people really understand the fundamental spiritual principles. Due to this, Amma feels that it is good to maintain such small pleasures as a support for family life. However, my children should strive to understand the underlying principles. If you do so, you will not resort to breaking off relationships over such trivial things.

Today we are trying to attain peace and happiness through the external world. Amma remembers a story. A young man was sitting on the shore of a lake looking at the water. Suddenly at the bottom of the lake he spied a log with a necklace resting on it. Thinking a careless bather must have lost it, he immediately jumped in the water to retrieve it. But when he did so, the water became muddy and he couldn't find the necklace. He climbed back to the shore and waited for the mud to settle. After a while, the water cleared. Again the young man jumped in, but again the water became muddy and he couldn't find the necklace. Searching for the necklace like this, he became exhausted. He tried again and again—jumping in the water,



feeling around for the necklace and then returning to the shore. Finally, he became very alert, and tried to pick it up with great skill and attention, without overly disturbing the water. However, he still failed. He became dejected. He thought of asking for someone's help but then thought that they would only claim the necklace for themselves. Eventually, an old man came to his side and asked him, "Son, what's the matter? You've been sitting here since morning. You haven't even gone home to eat."

The young man said, "There's a necklace on the bottom of the lake. But whenever I get into the water to retrieve it, the water becomes muddy and I can't find it. Can you please tell me a way to get it?"

"Where did you see it, son?" asked the old man. The young man indicated the place. The water had cleared by then. The old man saw the necklace and stood there looking at it. Then he looked up and saw the branch of a tree extending out over the lake. In fact, the necklace was hanging from this branch and was merely being reflected in the water. The old man pointed up at the branch and said to the young man, "Son, look up there. The necklace is not in the water at all; it's hanging from that

branch. See it? It is just its reflection that you see in the water." Just like the young man in the story, we believe happiness lies in the external world and we become exhausted trying to grasp it. There is nothing wrong in pursuing external happiness, but we have to move forward realising the true nature of the object. Otherwise we will become dejected.

Amma reminds you that when you go out for a picnic, you do not forget your home or that you have to return to it. As such, you enjoy the picnic and have fun, but then happily return to home. A bird goes in search of food but never forgets its nest. In the same way, if we live with an understanding of the underlying spiritual principles we will develop a mind that is able to accept all situations and has the strength to move forward. Just as we experience satisfaction after filling our stomach, we will feel content with life at all times. Like the still waters of a calm lake. We will be able to maintain mental equipoise, and the mind will become still. What is important is to understand the underlying spiritual principles that govern life.

Man's love is mostly need based. We keep hens for their eggs. If they stop laying eggs, they are

sold to the butcher. The same is the case with cows. We keep them for the milk. If they stop giving milk, we sell them to the butcher. But think of all the love we showered on them till then! What about racehorses? The attention given to their upkeep is phenomenal; they are given excellent stables. They are fed the best fodder. They are provided with health supports and exercise, and given so much love and affection. However, if the racehorse breaks a leg, it is immediately shot and killed. Because man knows that any further expense spared on it is a complete loss for the owner.

We never contemplate on our losses in life, even though our life is teetering on the edge of loss. We are continuously creating debts and entering into unprofitable ventures. To counter this, we have to understand the underlying principles.

When living in a rented house, we know deep down that it is not really ours. We may enjoy living there. We may even buy new furniture and improve the decor, but we never forget that we are living in a rented house and that we may have to leave it at short notice. No matter what we do, we should always be prepared to leave; we should always maintain this awareness.

Yoga is not simply learning different āsanas and mastering them. Real yoga is exercising control over our thoughts and mind, which currently are actually controlling us. Unfortunately, today, people associate yoga only with physical yoga exercises. This results in people as well as society losing out on the real wealth that this illustrious science can impart. It is like using an expensive cell phone just for its flashlight.

Practising many different āsanas and being able to bend the body in all possible ways is not the only purpose of yoga. This is only one among its many benefits. We should be able to bring not only the physical body, but also the mind and our likes and dislikes under our control. This will help us to accept every adverse situation with equanimity. This is what Lord Kṛṣṇa indicates in the Bhagavad-Gīta, when he says: *samatvam yoga ucyate*—"Equanimity is yoga."

Amma remembers a story. In an āśram, there lived a man who had practised yoga for many years and was incredibly flexible and had tremendous body control. He was also quite proud of his achievement. Every morning, he would practice yoga at a particular place. One day, when he arrived for his morning practice, he saw that someone else had taken his spot and was practising yoga on his yoga mat. He became furious. He was a senior resident of the



āśram and had been there for years! “Who does he think he is?” he fumed. Finally, he said, “Hey! I’ve been doing yoga on this very spot for many years now! Where do you get the nerve to take my spot and do yoga here? You are my junior by several years!” His voice had risen to a shout, and the guru overheard his rant. The guru came down and enquired with another disciple what had made his senior disciple so angry. Then he spoke to the senior disciple, “Even after so many years with me, you have failed to understand the basic principles of yoga. Your body has become very flexible, but your mind and ego have become as rigid and hard as a tree trunk. Even wood can be made pliant by heating it. Even when building boats, the hull is curved in this way. But I don’t see even that much effect of yoga on you.”

One does not become a yogī simply by being able to bend down and touch one’s toes. To become a yogī one has to be able to touch and know one’s True Self. We should be able to touch people around us with our love and compassion. It is only then that one becomes a true yogī.

Some people ask Amma if there are age limits when it comes to starting yoga. One can start learning yoga at any age. However, children should be taught only a few age-appropriate āsanās. This is because their bones and body are still growing. Some āsanās such as the Sūrya Namaskāra [Sun Salutation] can be taught even

at a young age. Many of the other complex āsanās should be taught only after the child is past 14 or even 18.

In fact, every action should be transformed into yoga. Do every action with awareness. Every movement should be done with awareness. When you move a cup, you should be aware of watching it being moved. When you move a pen, be aware of the action as though you are watching it being moved. You should have the same awareness as if you were standing near a fire. We will be very careful near an open fire. Do every action with such heightened awareness.

Right now, our state is such that we have a battery pack and the connecting wires, but the circuit is not closed due to a loose-connection. **When we do every action with śraddha [alertness and attention], this śraddha will lead us to bodham [awareness].** Śraddha is the switch that turns on bodham. Bodham is like a light removing the darkness of ignorance. It is also the light that puts an end to our suffering. When we are unhappy, if we investigate the cause of our unhappiness with bodham, we will be able to pull it out by its roots and destroy it.

A devotee visiting an āśram would always tell the guru about his troubles at home. “I’m always unhappy. People hurt me all the time. I don’t feel like living any more. I can’t even sleep.” For a long time, the guru advised the

devotee. However, there was no change in him. He continued to complain that he was fed up with life. One day, when it was time for this devotee to arrive, the guru climbed up a tree and began hugging a thorny branch. He started to scream and shout. The devotee passing that way heard the guru’s screams and looked up at the tree. “How strange!” he thought, “Guruji is hugging the thorny branch himself and crying!” “Someone help me! Someone help me!” screamed the guru. The devotee shouted back to the guru, “Guruji, what are you saying? Why are you screaming?” “Oh, it’s hurting so bad! These thorns are killing me!” the guru continued to scream. “Oh, Guruji, what foolishness is this! You are hugging the tree yourself. Isn’t that why the thorns are pricking your flesh and hurting you? Let go of the tree and jump down now. It’s not that high. You can easily jump down!”

The guru stopped screaming and said to the devotee, “So, this is what you would advise me to do? But isn’t this the same thing I have been telling you to do? Have you ever listened to me? You are the one who gives value to the hurtful words of people around you, making yourself unhappy. Don’t give importance to their words. Listen to them only as you would listen to their criticism of some other person. Or think that they are the words of a mentally unbalanced person. Awaken this attitude within you. Do you understand me?” asked the guru. “Yes, I understand! I understand!” replied the devotee.

“Alright, if you have understood, I will come down,” said the guru, and he jumped down from the tree.

The dancer is not separate from the dance. In the same way, we each play the roles of the tragic character, the comic character, the loving character, the compassionate character, the angry character, and so on. After the play is over, we remain as our own self. We should bring a similar awareness into our life.

The underlying reason for unhappiness is our mamata [attachment]. We become excessively involved in our relationships, and thus we become deeply affected and miserable when problems arise. This can even lead to people committing suicide over trivial things. On the other hand, there are so many people in this world who have faced overwhelming obstacles and surmounted them. There are many people who have lost both hands and both legs and yet manage to live productive lives.

Right here in the āśram, we have a Western devotee named Purnima. She can barely move her hands, and her legs cannot move at all. She is completely confined to her wheelchair. Even so, she travels with Amma on all the Indian and Western tours. In her wheelchair, she travels through India, Europe and North America with Amma. She does not waste a single moment and is always engaged in a seva wherever she



goes—whether it is stringing garlands or rolling the prasād packets. Moreover, she always has a smiling face. With this attitude, she brings joy to others as well. There are people like Purnima who are able to live joyfully. If we contemplate on their lives, we will be able to transcend our feelings of worthlessness.

At present, our mind is controlling us, and we are its servants. This is how we become beggars. We should turn the tables and take control of our mind. Consider chocolate. You can see that some children simply love chocolate, while others throw up if they eat it. Similarly, a smoker loves his cigarettes, while his wife may be allergic to it and hates the very smell. If the object was the source of happiness, it would have given equal happiness to everyone, irrespective of person, place or time. This proves that happiness depends on the mind alone.

We call all the different paths as yoga: karma-yoga [the path of action], jñāna-yoga [the path of knowledge] and bhakti-yoga [the path of devotion]. This means everything should culminate in yoga—“coming together” or “union.” Achieving internal stillness and silence is the real principle behind yoga. In this state, the body, mind and intellect become perfectly aligned. This exercise is essential for us. It benefits us in all possible ways. If we practice yoga with an understanding of the underlying scriptural principles, it will certainly lead us to grasp the truths proclaimed in the scriptures: tat tvam asi [“You are That”] and aham brahmāsmi [“I am Brahman”]. For this, however, it is necessary to study the scriptures. That is when it becomes real yoga.

This will make us aware of what is nitya and what is anitya—what is permanent and what is transient. Someone who has a degree in agriculture will be able to easily identify any infestation in the crop and prescribe remedies. In a similar way, if we proceed with proper understanding of spiritual discipline, we will be able to perform every action with awareness and live entirely in the present moment.

Amma remembers a story. Once a mahātmā came upon an old woman. The old woman said to the mahātmā, “I attended your talk the other day about spiritual discipline. You said we should do every action with awareness and complete attention. You also said we should keep the mind focused on the present moment. I’m old, and unfortunately my body and mind are not under my control any more. Will I be able to practice such a spiritual discipline at my age?”

“Why not?” the mahātmā replied with a smile. “Tell me, where are you going now?”

“I am going to fetch water from the well,” the old woman replied.

“Well, you can start right away,” said the mahātmā. “As you cast down the bucket into the well and draw up the water, practise awareness by focusing on your breath. Be aware of your breath—every inhalation and exhalation. Repeat this every day when you are drawing water from the well. When you cast the bucket down and when you draw the water up, practise this mindful breathing. Gradually, this awareness will spread to the other activities you do. Then, you will always be able to live in the present moment.”

We have nothing else but the present moment. As Amma always reminds you, even our next breath is not in our hands. The discernment we practise in the present moment determines our real lifespan. Our real survival depends on this.

A man at the top of a staircase calls out to his friend, “Wait for me. I’ll join you in five minutes.” As he comes down the steps, he has a heart attack and collapses dead. If we were truly in control of ourselves, this would not have happened. Hence, all that we have with us is the present moment.

Most people show great enthusiasm to attend classes and learn yoga. But after a few days, they drop the practice. This is what is usually seen. Take care to continue your practice without



letting your enthusiasm wane. Just as you wash your plate after every meal, just as you wash your dirty clothes before wearing them again, the practice of yoga should become a routine part of our life. When we stop our spiritual disciplines such as yoga, meditation and other practices, the mind becomes beset with many undesirable thoughts—even more so than before. Such spiritual practices purify the mind. If we leave freshly tilled soil without planting seeds in it, a lush growth of grass and weeds will soon overrun it. Similarly, undesirable thoughts will grow unchecked in such a mind with even greater strength than before. Thus, it is important to awaken and sustain the interest and alertness to continue our spiritual practices.

Many people are able to continue their practice of yoga because they are focused on the goal of being trim and beautiful. If we maintain the goal of self-realization or liberation, we will likewise be able to control our negative thoughts and maintain our spiritual disciplines.

In truth, we need to be “living yoga,” not “doing yoga.” This means that we should understand the fundamental principle of yoga. Here, the focus is not merely on physical beauty but on the beauty of the mind. When our focus changes to increasing the beauty of the mind, we become people who give beauty to the world and make the entire world beautiful. Physical beauty has limitations. People have married and divorced even the most beautiful women in the world. When beauty is merely external and there is no beauty in the person’s actions, the marriage will end in divorce, even for a world-renowned beauty. Therefore, it is important to understand the underlying spiritual principles of yoga. This will enable us to make the world around us beautiful as well.

Many people consider yoga a mere exercise routine. However, yoga is a practice that needs to be performed with complete awareness. When yoga is performed with complete awareness, it becomes meditation. When yoga is done in this way, we will receive all the benefits of yoga—physical, mental and spiritual.

In reality, the term yoga means doing all our actions with perfect awareness. If we practice this, then even our idle moments will be filled with the light of awareness. If we want to cultivate internal peace, we should adopt a lifestyle that is appropriate for it. This is where the yamas and niyamas—the “dos and don’ts” of spiritual living—find relevance. These rules bring discipline and values to our life. This is why it is essential to practice the yamas and niyamas along with yoga. They help us attain mental purity. When practiced along with yogāsanas [the physical exercises] and prāṇāyama

[breath control], they lead us through the steps of dharāṇa [one-pointed concentration] and dhyāna [meditation], until we reach the experience of samādhi [realization].

In yoga, dharāṇa is the practice of making the mind one-pointed. If one is able to achieve undivided concentration through this practice, we will be able to keep our mind on one object, without letting thoughts distract us. This state is called dhyāna—meditation. Whatever be the type of meditation we adopt, the final goal is to achieve complete concentration. The form of the worshipper’s favorite deity is only a tool to achieve this. When a toddler begins to walk, it holds the wall and other objects to take each step. Meditating on a deity’s form is like this. In the beginning, to achieve concentration one needs such support. When we are learning to swim, we first enter the water with a swimming float or vest or someone to hold on to. It’s impossible to learn swimming without first entering the water. We use the swimming float to stay above water at first, but once we have learned to swim, we go into the water without the float. Similarly, in the beginning, the form of the deity and other such props are required. Once concentration is gained, one will not need an external form to meditate. Finally, one becomes That. Like an ice-cream cone, both the cone and the ice-cream are sweet. Sweet on the outside and sweet on the inside! This is why



Lord Kṛṣṇa is glorified as being sweet all over. The bhajan “Adharam Madhuram” describes Bhagavān as sweetness all over—in form, word and action. In the end, everything flowing from such people to others is also sweet.

Whatever role an actor takes on, the person who acts remains the same. In the same way, God is only one—the unending bliss, the indivisible ātmā. Just as water can change its form to ice, the supreme power can take any form or be without attributes. However, everything is just parts of that One. All the multiplicity we see has emerged from that One. We have to learn to see this unity in the diversity around us and the diversity inherent in the Oneness. We have to meditate on the form of our favourite deity with this attitude. Generally, people feel towards their favourite deity more than towards any others. Have the understanding that your favourite deity is indeed the supreme consciousness that pervades creation. Different people are drawn to different deities, like Lord Kṛṣṇa, Lord Śiva, Lord Muruga, etc. Today security guards are employed to protect and guard buildings and houses. In olden days, every home would have a small temple, called a kāvu, a small house-pond and a shrine for the guru. They had specific gods they ritually worshipped, and these gods were their security. Whatever they did, they first offered their prayers to these gods. According to their culture, every tribe, clan and community had a specific form and concept of God, and

they would meditate on that form. This is how the many forms of the one God came into being. Every bhāva [expression] has an influence on us. For example, when we see someone smiling, we also feel like smiling back. A sad expression also makes us sad. In the same way, the mantra of a smiling god-concept is different from the mantra of a fierce god-concept. Thus, different representations of God have different mantras depending on their concept and expression. While they are all the same at the fundamental level, these different faces show the myriad expressions of the same God. This truth has to be grasped first before we start meditating on the form of our favourite deity.

A geography teacher displays the small globe on the table and points to it to make his students understand the huge earth. Similarly, we visualise the entire universe in the limited form of our favourite deity. Within that universe, we also see ourselves in that form. “The substratum of all the names and forms in the universe is the ātmā—the Supreme Self... I am the embodiment of the ātmā and everything is within me.” Practice your meditation with this understanding. Just as salt thrown into the ocean dissolves and merges into it, the individual soul merges into supreme consciousness. In this way, when all thoughts cease and the mind becomes still, one enters the state of samādhi. In this state, meditator, meditation and object of meditation become one. The mind merges

into pure consciousness in the state of samādhi. Then, pure consciousness alone remains. This experience is supreme peace.

Amma remembers a story. One day, Goddess Pārvatī said to her holy consort, Lord Śiva, “When you wander around as a monk seeking alms, I’m left all alone here. Besides, when you enter into the samādhi, you forget the entire world and its sorrow. But I am not like that. I cannot bear the pain of separation from you. So, I beseech you to teach me the art of entering samādhi at will.”

Lord Śiva agreed. He asked Pārvatī to sit in lotus posture, close her eyes and turn her mind inward. Devī obeyed and became immersed in meditation.

“What do you see now?” Śiva asked Pārvatī. “I see your enchanting form, Lord!” replied Pārvatī. “Go beyond that form, Pārvatī,” instructed Śiva. Pārvatī obeyed.

“What do you see now?” asked Śiva. “I see light,” replied Pārvatī. “Transcend the light, Pārvatī,” instructed Śiva. Pārvatī obeyed.

“Now?” asked Śiva. “I hear only the sound Om,” replied Pārvatī. “Go beyond that,” instructed Śiva. Pārvatī obeyed.

“What do you experience now?” asked Śiva. There was only silence. Pārvatī Devī’s mind and

individuality had dissolved away. There was no one left to hear or answer the question. She had reached the state of samādhi, where neither the body, mind nor intellect could enter, where she merged into Śiva. It was a state where there were no two—only One.

The energy and enthusiasm generated in us through the daily practice of yoga is very high. In its ultimate state, we will be able to see everything in this world as embodiments of the ātmā—the Supreme Self.

All that we have with us is the present moment. So, remain cheerful in the present moment. Think good thoughts, speak good words and do good deeds. Teach the mind to infuse the attitude of reverence into your words, actions and glances.

No matter how hard we may put forth effort, it is grace that ultimately brings the light. May this light of grace shine on my children, both internally and externally. May grace bless my darling children.

|| om lokāḥ samastāḥ sukhino bhavantu |



YOGA DURING THE
EARLY YEARS





Swami Pranavamritananda Puri used hatha yoga asanas as techniques that allow modulating and using gross elements to control subtler elements; the teachings of these early classes were focused towards enabling practitioners attain better control of their body and mind during sadhana. The classes were held mainly for the then residents of the ashram and a few visitors who had come to meet Amma.

First Yoga classes at Mata Amritanandamayi Math May 1980



Swami Pranavamritananda Puri
Yoga practice has been a part of Sadhana (spiritual practices) since the Amritapuri Ashram began. Swami Pranavamritananda Puri (then known as Brahmachari Venu) initiated yoga classes for the then ashram residents at the Mata Amritanandamayi Math with the first classes in the last week of May 1980. He had been previously trained in hatha yoga and conducted classes for the first of ashram residents under Amma's guidance. In these early lessons,





Free Yoga training sessions at Mata Amritanandamayi Math, Palakkad





Mata Amritanandamayi Math's first Yoga training and outreach to the masses

Swami Prajnanamritananda Puri
1985 - now

Official yoga training and therapeutic yoga outreach began at the Amritapuri ashram, and Swami Prajnanamritananda Puri (previously Brahmachari Damodaran) taught classes focused on psychosomatic and holistic health. The Swami held yoga camps for groups, young and old. Since 1985, training and yoga therapy outreach has been conducted outside the ashram. The first event was in Kollam city with around 60 people in attendance at the Kollam Thangammal Kalyana Mandapam (a marriage hall in Kollam, Kerala). The Swami held classes at Amritapuri, Vallickavu, Kayamkulam, and Kollam and then extended to Kuthuparambu and Koyilandy in the north and to Thiruvananthapuram in the southern ends of Kerala within ten years.

During 1985-90, he held **yoga training camps for specific diseases** like hypertension, diabetes, and asthma. The second event in the capital city of Kerala, Thiruvananthapuram, was based at the Hotel Prashanth. Swami Prajnanamritananda taught more than **300** yoga enthusiasts in 1987-90 and **200 participants** in 1993-94 at various locations within Kerala.

In the early 90s, Swami held yoga training classes for the Amrita Industrial Training Institute (ITI) students. As part of yoga-based therapy, courses had focused on asthma, hypertension, diabetes, and digestive diseases. There was training on 5-6 asanas for some mildly depressive patients. Yoga classes also were held for children aged 5-12 to help promote overall growth. Exclusive Yoga



Chikilsa Shibirarm (therapeutic yoga camps) were held at various locations across Kerala. In May 1999, training events were organized at the Mata Amritanandamayi Math's Delhi ashram for a week. The Swami also held classes in 2017-18 reaching out to the **lowest strata** and impoverished regions including some remote villages.



The total number of participants from Swami's programs for yoga was a little more than 600, with most of the yoga programs having 25-60 people per session. Swami Prajnanamritananda Puri recalls that the yoga therapy camps were smaller and had 30 participants at each session.

Performing Yoga with Awareness
MAM's Yoga during the early years. (1980-1990)



Swami Brahmananda Puri

Swami had initially assisted Swami Prajnana mritananda Puri in organizing yoga classes at Amritapuri and locations within Kerala. Swami Brahmananda Puri also conducted yoga classes for training the then brahmacharis at the ashram. He also held yoga lessons and classes for younger ashramites and some visitors in the early years of the ashram.



Gretchen Kusuma McGregor

As indicated by Amma, Gretchen Kusuma McGregor from the United States of America offered yoga training to women renunciates and brahmacharinis in the mid-1980s. In her book titled "In the shelter of Her Arms", she recalls how she arrived in 1983 and how she became among the earliest yoga trainers for the ashram residents. The book was published on November 9, 2014, and is available on Amazon and in ashram bookstores.



Swamini Ateendriamrita Prana

(Previously Brahmacharini Virajamrita Chaitanya) conducted classes for women brahmacharinis and renunciates in the late 1980s.

The Amritapuri ashram, along with other ashram centers across India have offered regular yoga and meditation courses since the 1990s. Many international visitors came to Amritapuri, especially during the months of August, September, December and January the peak months for yoga classes and retreats. Sanyasis, Brahmacharins and residents of Amritapuri ashram travel across India to various towns to conduct Antar Yoga, a special retreat that focuses on various elements including yoga and meditation. They also travel around the world for almost three months every year to conduct talks, yoga and meditation symposiums. These sessions are offered to the public. The yoga activities were conducted free of cost to the participants.



Yoga for Peace and Relaxation
Classes, training, and community building (1990-2004)



Br. Nirvanamrita Chaitanya

Joining the ashram in the 1980s from his job as a police officer, Brahmachari Nirvanamrita Chaitanya (previously Brahmachari Devadas) started **teaching yoga** as instructed by Amma to individuals, communities, and to groups across Kerala.

- In July-August 1990, 58 participants were trained by Br. Nirvanamrita Chaitanya.



Brahmachari
Nirvanamrita
Chaitanya had
taught yoga
to **15,288**
participants in
Kerala over
these **15** years.

- In Nov-Dec 1990, yoga classes were held at Parappanangadi, Kundara for 52 more participants.
- In June-August 1991, 242 people attended yoga classes at Trivandrum, Ernakulam, and Koothuparamba. In Oct-Nov 1991, 62 participants were trained at Parappanangadi and Peroor.
- In 1992, 266 participants were trained in yoga at Ernakulam, Trivandrum, Anikkad (Kottayam), Oachira, and Palakkad.
- 433 people attended the yoga classes of Br. Nirvanamrita in 1993 held at Vatakara, Parappanangadi, Trivandrum, Koothuparamba, Ernakulam and Palakkad.
- In 1994, he introduced yoga classes for 1268 participants at Kalpatta, Koothu-paramba, Kannur, Ernakulam, Trivandrum, Kunnamkulam, Cherthala, Ettumanoor, Kollam, Payyannur, Angamali, Tripprayar, Quilandy.
- In 1995, 302 participants were trained at Thalassery, Kannur, Ernakulam, and Trivandrum.
- In 1996, 359 were trained at Kodakara, Ernakulam, Tanur, Koothuparamba, Kozhikode, Quilandi.
- In 1997, yoga classes at 18 places involved 1156 participants.
- In 1998, 2350 were trained in one-day camps at 18 locations and 529 were trained at 8 locations within Kerala.
- In 2001, Br. Nirvanamrita also trained 194 participants at public events at Amrita Institutions in Kochi, Ernakulam, Kozhikode, Kodungallur, and at Kenchira and Pulpally.

1990-2001

- Br. Nirvanamrita Chaitanya's Classes at various locations outside the ashram, 6242 participants were trained on yoga within Kerala.



2001-2004

- Several yoga training camps by Br. Nirvanamrita Chaitanya were held from 2001-2004.
- In 2002, **yoga camps** were held at Amrita Vidyalayam (school) campuses at Kollam, Haripad, Tiruvalla, Ernakulam, Kodungaloor, Palakkad, Kozhikode, Vadakara, Kannur, Koothuparamba, Talassery, Mananthavady, Pulpally totalling 5830 participants and 54 days of 2-hour sessions.
- Amritapuri ashram and ashram centers also offered other courses including yoga and meditation. Trained western residents at MAM had offered yoga courses to visitors at the ashram and abroad.
- Several **2-hour session courses** were held at Schools and University campuses for health and better attention.





Yoga Classes and training in the first two decades
How Ashram's Sanyasis established the yogic path (1980-2022)

Swami Amritaswarupananda Puri

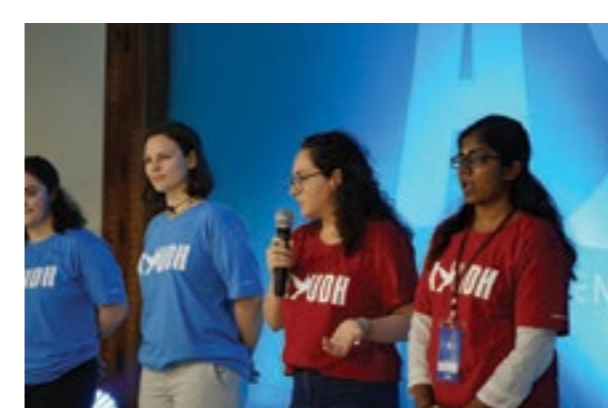
Swami Amritaswarupananda recalls his yoga tutoring began at the age of 12 and that he had learned yoga and avidly practiced it before completing his secondary school. During the early ashram days, the Swami used to wake up at 2 am and perform yoga. During the weekdays, when there would be Devi Bhava and Krishna Bhava, Swami recalls his routine consisted of a bath, meditation, and yoga that would go on until 6:30 am. The yoga routine on most days was cyclic asana practices with warmup exercises, Surya Namaskar, Paschimottanasana, Vajrasana Cakrasana, Sarvangasana, Pranayama, and many others.



As a yoga life coach, Swami Amritaswarupananda personally trained many residents and visitors at the boys hostel building in the ashram in 2003. Over the years from 2003, he taught nearly 5000 residents and visitors for various yoga and IAM courses, teaching and instructing fresh beginners and conducting train the trainer programs. He recalls how Amma had created the IAM technique in 3 modes, a regular version, a shorter version for corporates, and one for young people and school and college students. In 2003, Swami Amritaswarupananda initiated Amma's Integrated Amrita Meditation Technique, first for Ashram brahmacharis and brahmacharinis, then through many sessions at Amrita Vishwa Vidyapeetham and other places. His programs led to the diffusion and formal release of the Integrated Amrita Meditation, a simple, powerful, free-of-cost technique for peace and relaxation.



Through direct sessions and retreats, Swami Amritaswarupananda Puri has taught yoga and IAM to more than 8500 individuals.





Yoga Classes and Training in the USA

Tours and Retreats in the 1990s (1990-2000)

Swami Ramakrishnananda Puri

Swami Ramakrishnananda Puri, one of the senior disciples of Amma, has been offering retreats and programs with yoga as part of his early programs across the globe. He met Amma in 1978 and came to live at Amma's ashram in India.

He has traveled around the globe with Amma since Her first world tour in 1987. During most of the retreats and programs in 1990-2000 in the United States, all his programs involved a yoga training session for all attendees.

Nearly 4000 participants attended and were trained on yoga at the spiritual retreats.

Swami Ramakrishnananda is a warm and inspiring presenter who has dedicated his life to sharing Amma's message of love and service to humanity. He has written many books about his experiences with Amma. Some of them are *Racing Along the Razor's Edge*, *Eye of Wisdom*, *The Blessed Life*, *Ultimate Success*, *The Secret of Inner Peace*, and *The Timeless Path*.







Yoga Classes and Training in India, Japan, Singapore, Malaysia, and Indonesia (1990-2022)

Swami Purnamritanananda Puri

Swami Purnamritananda Puri is the general Secretary of the Mata Amritanandamayi Math and a senior disciple of Amma, Sri Mata Amritanandamayi Devi. For more than 30 years, he has been relentlessly engaged in the spiritual and humanitarian activities of the Math that Amma envisioned and initiated.

He has traveled all over the world, conducting Satsangs, Bhajans, Meditation programs and spiritual and personality development camps to bring about the spiritual upliftment of not just individuals but entire societies. in Bali, Indonesia, and Singapore.



Swami Purnamritananda has also visited Japan, Singapore, Indonesia, and Malaysia over the years to conduct programs. Since 2003, he has also taught courses on Integrated Amrita Meditation. Since the 1990s, Swamiji has reached out to people of all ages – from very young children to seniors, guiding them to remain ever-focused on the transformative journey of spirituality. He led yoga and meditation classes in Bali, Indonesia, and Singapore.

Swami Poornamritananda was invited as a guest speaker at the Bali International Interfaith Youth Program 2015. This was the 3rd interfaith program held in Bali. Representatives from many religions spoke on this occasion.



Swami Purnamritananda Puri
leading IDY celebrations at Bali, Indonesia





OUR YOGA TRAINING

Amrita Yoga

150 +
Centers
Worldwide

7362862
Trained
Participants

141798
Villagers have
been involved

3176932
School Children

114557
Amrita University
students



www.amritayoga.com

Yoga training classes were also conducted in **89**
Schools and **72** Colleges across India



Director's Message

Amrita Yoga® isn't just about the asanas—it's much more. It's about aligning with our true Self. If yoga were only about aligning parts of the body, anyone with perfect bodily alignment would be Self-realized. Alignment is an inside-out approach. Aligning to the inner presence enhances the panchakoshas (five layers of the body described in the yoga scriptures) and is the actual alignment.

Amrita Yoga® supports us in establishing a positive and harmonious lifestyle. The practice moves us beyond the asana and breath into stillness and our innate silence by utilizing breath, chanting, and awareness. This experience of attunement extends into our family life and resonates with everything in creation. Oneness becomes part of our day, something we experience, not an unattainable ideal.

Amrita Yoga® has a long history of outreach, serving communities globally. Our curriculum is rooted in Sanatana Dharma and inspired by the living example of Amma and Her teachings. We are committed to upholding Amma's example of love and selflessness and bringing India's rich and ancient yoga tradition to future generations. We continue to offer yoga as an essential tool to experience the innate happiness within us.

Among the many blessings of Amrita Yoga®, for which we thank Amma, we are most grateful to each of our precious volunteers for their selfless service. Amrita Yoga® could not have grown to what it is today without them. We are all so fortunate to have Amma's presence and guidance. She is our Mother and Adiguru (first teacher).

Brahmacharini Shobhana



Amrita Yoga

Yoga Training and Outreach by Mata Amritanandamayi Math

Formalised in 2004, Amrita Yoga® is a school of yoga directly formed from Amma's sankalpa prompted by unconditional love and an attitude of service to the world. With a holistic approach to well-being, our focus lies on awareness

with heart-centered intention with the goal to transcend a physically-centered asana practice by including the four paths of yoga.

Amrita Yoga was appointed in 2015 by the Ministry of AYUSH, Government of India and the MDNIY to help coordinate the promotion, propagation, and execution of all IDY activities in India and worldwide. Any organization wanting to celebrate the International Day of Yoga can contact Amrita Yoga for support to celebrate this special day.

Programs are offered for adults, youth and children, corporate sectors apart from conducting events across the world on International Day of Yoga. Amrita Yoga Retreats are open to all levels of practitioners. Inspired and guided by Amma, our yoga practices are not just about technique but heart-centered awareness.

The director of the outreach program is Brahmcharini Shobhana. Details are also available online <https://amritayoga.com/> Yoga training at Mata Amritandamayi Math



OUTREACH

AMRITA YOGA FOR SCHOOLS AND COLLEGES







Swami Gurupadasritananda Puri's yoga training sessions for students of Amrita Vishwa Vidyapeetham





Br. Mitramrita Chaitanya's
Yoga training sessions

Halkida, Greece



St. Petersburg, Russia



Vienna, Austria



Frankfurt, Germany



Moscow, Russia



Yoga Journal Conference Moscow 2017



Barcelona Yoga Conference



Barcelona Yoga Conference



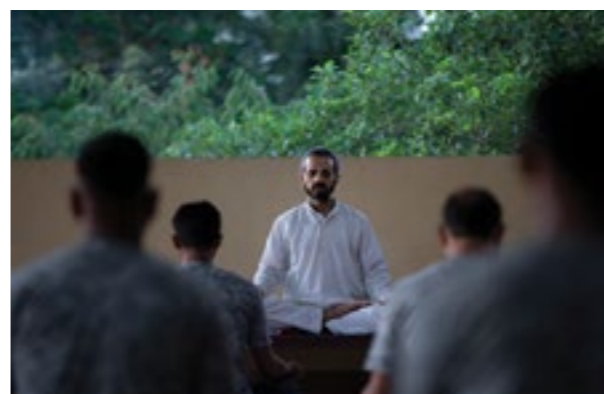
Yoga Journal Conference Moscow 2017



OUR YOGA TRAINING

Integrated Amrita
Meditation Technique





mental control—this is what IAM Meditation offers. IAM Technique® is not only taught to individuals visiting or staying at the ashram, but also to organizations throughout the world, including corporations, education institutions, and correctional facilities. In July 2007, MAM undertook the massive project of teaching

IAM Technique to India's 2.5 million paramilitary personnel, in addition to teaching the technique in many business corporations, such as Infosys (one of the premier software companies of the world), BSNL (Bharat Sanchar Nigam Limited – a giant public sector undertaking Indian Telephone Industries), IIM (Indian Institute of Management – the premier management institute of the country). Students of various Universities have also been introduced to this technique.

IAM is a simple combination of yoga, pranayama, and meditation that takes just 20 minutes a day. It is a meditation technique for modern days. The technique is a synthesis of traditional, time-tested methods suited for the current mental conditions, time constraints, and needs of modern man. Trained by Swamis, Swaminis, Brahmacharins, and ashram renunciates, IAM is taught as a mastery of the mind technique, free of charge, in all parts of the world. "Spiritual knowledge is the birthright of humankind and that to charge for meditation classes is like charging a baby for breast milk. That is why **Amma's meditation technique is always taught for free**", says Amma.

breathing exercises, and concentration exercises which include sound and visualization methods, and takes just 15 to 35 minutes/day. The core principles of yoga and meditation are based on the integration of the body and mind, and on maintaining a deep state of relaxation at all times. These two core principles, among others, are important building blocks for the IAM technique.

IAM is ideal for people of all ages and all faiths, as Yoga is neutral, as far as faiths, and religions are concerned. IAM modules are designed as age-specific, to cater to the lifestyles of children, youth, adults, and seniors.

Amma says, "The remote control of our mind should rest firmly in the palm of our hand." Imagine one with such mental control. Emotions, ideas, and memories are at his beck and call. If anger comes, he can change the channel. The same with jealousy and greed. He can recall any past event, like reversing a DVD. If he wants ideas, he only needs to turn to the "idea channel" and a stream of creative ideas will flow forth. No more staring at the blank screen of writer's block. Total and complete



Integrated Amrita Meditation Technique

The Integrated Amrita Meditation (IAM) technique, initiated by Amma in 2003, focuses on integrating the body, breath, and mind as a single entity. IAM is a combination of yogic stretches for relaxation, deep, rhythmic



OUTREACH

IAM FOR SCHOOLS AND COLLEGES

Over the years, since 2003, more than 500 trainers have been regularly offering training sessions and refresher courses at several schools and colleges across the country. Some of these outreach programs are in collaboration with Ayudh, the youth wing of Mata Amritanandamayi Math and facilitated by Amrita Vishwa Vidyapeetham. Here are select activity listings from our past programs.

Indian Institute of Technology, Bombay – IITB

The workshop was attended by 40 participants comprised of Ph.D. and M.Tech. students. Though some had exposure to yoga, all participants wanted to learn an efficient meditation technique that can help them in their hectic schedule to overcome stress in daily life.



Khalsa Girls School, Amritsar

IAM session was conducted for over 350 students of Khalsa Girls School, Amritsar. The session was organized with the support of the AYUDH Amritsar chapter. The training session was well received by the students and the management. The attendees also participated in organic farming at Khalsa College planting oranges, sugarcane, and pulses.



Bloomz International School, Goa

Our trainers delivered IAM stress management training for the students and teachers of Bloomz International School (BIS), Margao – Goa. Over 60 participants benefitted from the training.



D.A.V Public School, Shimla

More than 300 students of D.A.V Public School, one of the largest schools in Shimla, had IAM training. The students showed involvement and enjoyed their participation during the training.



Government Degree College, Dharamshala.

More than 75 students participated and learned the Integrated Amrita Meditation technique.

Dayanand Public School, Shimla.

More than 200 students attended the session.



Deshbandu Girls College, Kolkata

At Deshbandu Girls College in Kolkata, an IAM session was held and 27 people, including teachers and students attended.

Wilfred College, Jaipur.

The session was organized by the Department of Psychology on the topic, "Happiness and well-being" where more than 30 professors attended and learned the technique. Understanding the importance of IAM in the present scenario and the college management organized the workshop on a Sunday. Attendees expressed that they felt very relaxed and would practice the session regularly.



IAM stress management workshop was conducted exclusively for the management students of Taxila Business School, Jaipur.

The three-hour workshop attended by 40 students was organized by a team from the Office of Youth Empowerment, Amrita Vishwa Vidyapeetham, Amritapuri campus. The participants opined that IAM would be the perfect tool to manage both physical and mental stress if practiced regularly. Research proves that IAM brings down the levels of stress hormones within just 48 hours of practice.



Kendriya Vidyalaya, Jakhoo hills, Shimla.

More than 700 students of Kendriya Vidyalaya participated in the IAM training session at Jakhoo hills, Shimla.

Rashtriya Military School, Chail.

More than 300 students and army officials of Rashtriya Military School participated in the workshop that was conducted at the Chail cricket ground, the world's highest cricket ground. This workshop at Himachal included relaxation exercises and meditation training focused on improving the physical and mental strength of the practitioners.

BMS institutions, Bangalore.

As part of their Orientation program and academic curriculum, BMS institutions at Bengaluru had IAM training with our IAM training team, and 220 first-year students attended the sessions.



Stress management workshop for the teachers in CMS School, Pune.

Two sessions at CMS School in Pune were conducted where 80 teachers participated.

DJ Sanghvi Engineering College, Vile Parle, Pune.

A workshop was conducted for 50 professors from various departments. The participants reported that they enjoyed the workshop, and that it clarified some of their queries and that they enjoyed the peaceful experience towards the end of the training.

Amrita Vidyalayam, Durgapur.

Brahmacharini Niseema, conducted refresher sessions for teachers and students of Amrita Vidyalayam based at Durgapur. Over 25 students from class 10 attended the refresher course

held on 20 June. The refresher course for teachers was held on 15 June 2019 where 35 teachers attended.

Genius Public School, Panchkula.

More than 80 students took part in the workshop held at Panchkula.



Rajiv Gandhi National University of Law (RGNIL).

20 students and some staff members from the Rajiv Gandhi National University of Law participated in the workshop conducted at Patiala.



St. Stephen's School, Chandigarh

More than 200 students at Chandigarh's St. Stephen School attended the session on IAM. The School students attentively listened to the instructions and had their queries about the technique and postures clarified after the training session.



Punjab Public College of Nursing, Bathinda (Punjab).

70 students participated in learning IAM at the session held at Punjab Public College of Nursing. The nursing students were enthused to know that within just 48 hours of the IAM practice, the effects of integrated yoga meditation could be perceived through variations in the stress hormone levels.

IIT Bhubaneshwar, Odisha.

Over 65 students from multiple streams attended the training session conducted by certified IAM instructors from the Office of Youth Empowerment (OYE), Amrita Vishwa Vidyapeetham, Amritapuri campus.

School students in Haryana.

More than 350 students participated in the workshops conducted at the various schools including DAV school – Pundri village, Jairam Vidyapeeth Sanskrit college – Kurukshetra and DSP school – Jagadhri.



RGP Gujarati Professional Institute, Indore.

There were more than 60 participants in the session conducted by certified IAM instructors from Amritapuri.



Shifaly International School, Ludhiana.

There were more than 150 students who participated in the session. Most of the students shared how they felt before and after the sessions.



Amrita Vidyalayam, Kolkata

More than 30 students and 60 teachers attended the training session at Kolkata's Amrita Vidyalayam where they learned on how regular practice of IAM helps them improve their focus and willpower. The participants shared their experiences with each other and most of them committed to practice IAM regularly.

IAM FOR COMPANIES AND INDUSTRIES

ONGC, Mumbai (Oil and Natural Gas Corporation Limited).

The senior managers and executives of the Oil and Natural Gas Corporation Limited took part in an IAM training program designed to alleviate stress. The general consensus from the audience was relaxation, with some of them feeling more energised than before.



Reliance Industries Ltd, Mumbai

A team from the Office of Youth Empowerment, Amritapuri organised an IAM Stress Management Leaders Workshop for the managers, researchers, and professionals of Reliance Industries Ltd, Mumbai. The session was conducted in 2 sessions for 105 employees. Most of the senior management team remarked about IAM being a unique and profound tool for mind management. Employees mentioned that they felt a tangible release from the emotional stress and burdens.



Integra Software Services Pvt Ltd, Pondicherry.

An exclusive IAM leaders' workshop for managers at Integra Software Services Pvt Ltd, Pondicherry was held and was attended by 15 managers of Integra, one of the top 10 Digital Content Services companies in the world. Some of them mentioned that they could feel an

inner silence. They strongly felt that sparing 20 minutes daily for IAM practice would help them reduce their stress and anxiety.

Bharat Petroleum Corporate Ltd (BPCL).

An exclusive IAM Stress management leaders' workshop was offered to the managers and engineers of the Jaipur corporate office of Bharat Petroleum Corporate Ltd (BPCL). Over 45 senior management employees participated in the three-hour workshop. All of them unanimously opined that regular practice of IAM would definitely help them tune to oneself.

Calcutta Nair Service Society (NSS)

25 attendees who participated in the IAM training expressed their happiness and calmness they felt after the practice at the session held for Nair Service Society in Kolkata.

FICCI, Delhi

Over 150 employees from multiple departments at the Federation of Indian Chambers of Commerce & Industry took part in the workshop conducted by Brahmachari Harshamrita, certified IAM instructor from Amrita Vishwa Vidyapeetham, Amritapuri campus.

The participants said they loved the workshop and the technique as it made them relaxed and stress free. The participants thanked Amma for gifting them with this unique technique and for her selfless efforts to help mankind in all ways possible.



Emami Cement Ltd, Panagarh, Durgapur.

As part of International Yoga Day 2019, a team from Amritapuri offered IAM stress management leaders workshop for the engineers of Emami Cement Ltd, Panagarh, Durgapur. More than 35 engineers from various departments participated in the workshop. The attendees expressed their gratitude to Amma for giving them an opportunity to learn and start practising IAM, commemorating the special occasion of International Yoga Day.



Amrita hospital, Faridabad campus

The session was attended by more than 150 participants including the youth who were part AYUDH, employees and staff at Amrita Hospital's Faridabad campus.



OMNEX India Pvt. Ltd, Chennai

A team from the Office of Youth Empowerment (OYE), Amrita Vishwa Vidyapeetham, Amritapuri campus offered Integrated Amrita Meditation technique for the managers of OMNEX India Pvt. Ltd, Chennai. The session was attended by over 60 managers including Mr. Arun Kumar, Director and Vice President Global Operations. All the participants mentioned that the training was very simple but highly effective in not only relaxing but energising the minds within just 20 minutes.

OMNEX is a global training, consulting and software development company headquartered in USA and operations in more than 35 countries. The company has won many prestigious awards for their commitment to Quality, Leadership, Technology and Innovation in the continuous search for Excellence.



Insolation Energy Pvt. Ltd, Jaipur, Rajasthan.

Over 60 employees from various departments participated in the workshop organised by a team from the Office of Youth Empowerment (OYE), Amrita Vishwa Vidyapeetham, Amritapuri campus. All the participants found the training extremely helpful to relax in their daily hectic schedule. Some expressed their opinion that it helped them develop a positive attitude towards life and decided to practice daily and experience the benefit of IAM. Most of them requested for a refresher session.

AVANTEL Limited, Visakhapattanam.

The session was conducted by certified IAM instructor, Brahmachari Mokshamrita Chaitanya (formerly Br. Amit) from Amritapuri with the support of AYUDH Visakhapatnam team. Over 35 employees from the hardware, communication and company management departments participated in the training program.

Avantel is at the forefront of innovation in satellite communication. Avantel's esteemed customers include ISRO, Indian Navy and National Institute of Ocean Technology.



The workshop was conducted for over 72 DRDO Scientists and doctors by Brahmachari Mokshamrita Chaitanya. The participants carefully listened to the meditation technique and it's proven benefits after the five-year long research at Amrita Institute of Medical Sciences (AIMS), Kochi, and experienced the effects towards the end of the session. Most of them said it was surprising to know that the stress levels would come down in just 20 minutes of practice.



Indian Medical Association (IMA), Ludhiana.

More than 30 doctors from varied specialisations took part in the training. The doctors saw themselves relax their body and mind preparing their body and mind to fall into the meditation phase. After the training, most of them expressed how different they felt within just 20 minutes. Research has proven that stress hormone levels in the body come down within just 48 hours of IAM practice.



YASH Technology, Indore.

There were more than 25 employees across all departments who took part in the training. The participants were all smiles after the training and said they felt very relaxed and stress-free after the meditation phase. The members were also introduced to various projects and activities conducted by AYUDH, the international youth wing of Mata Amritanandamayi Math.



Pimpri-Chinchwad Municipal Corporation, Pune.

The attendees were feeling calm and focused and more aware of themselves and their thoughts at the end of it. They expressed the sentiment that IAM is so easy to perform but the results of it are immense



Rexaware, Pune.

Rexaware, a customer-oriented, state-of-the-art IT Solutions Company in Pune was delighted to introduce its employees to the IAM meditation technique.



M.A. Centers and Embracing the World global charities.
 >500 instructors have covered 40 countries in 6 continents

IAM Technique® to India's 2.5 million paramilitary personnel, in addition to teaching the technique in many business corporations



IAM FOR ARMED FORCE PERSONNEL AND GOVERNMENT OFFICERS



IAM training session for Police officers in Chandigarh



IAM training session for Reserve Bank of India (RBI), Bhopal



IAM training session for Bhopal Police Control Room (RBI), Bhopal



IAM at Fort William, Kolkata for Army officers. Room (RBI), Bhopal



Integrated Amrita Meditation Stress management workshop / IAM Training for Indian Government Officials

Sl. No.	Workshop offered to	Number of Participants
1.	2nd IRB officers, Sakoh, Himachal Pradesh	100
2.	Sashastra Seema Bal (SSB) Central Armed Police Forces, Shimla.	40
3.	Police Training Academy, Delhi	1500
4.	CRPF camp, Jalandhar	150
5.	Central Armed Police Forces, Chandigarh	250
6.	State police force, Chandigarh	350
7.	Control Room officers, Bhopal Police	35
8.	Indian Army, Dharamshala Cantt	200
9.	Indian Army officers, Fort William, Kolkata	10
10.	Indian Navy officers, Kochi Naval Base, Ernakulum, Kerala.	100
11.	Airports Authority of India	40
12.	Forest officers, Durgapur, Kolkata	1220
13.	Reserve Bank of India (RBI), Bhopal	39
14.	Salaulim water treatment plant, Goa	25



IAM stress management workshop held at Dharamshala Cantonment



IAM sessions at the CRPF camp, Jalandhar



IAM Training for the Paramilitary at Badhwa, Rajasthan



IAM training session for the Indian Navy officers at the Kochi Naval Base in Ernakulam, Kerala



IAM training at Ghaziabad by Br. Yoga Chaitanya



YOGA LESSONS BY ASHRAM TRAINERS



Swami Nijamritananda Puri's yoga training sessions



Br. Harshamrita Chaitanya's yoga training sessions





Swami Atmananda Puri's yoga training sessions in Australia and New Zealand





Br. Ramanandamrita Chaitanya's yoga training sessions in the USA



IAM sessions by Bri. Amritatmika Chaitanya, Bri. Vageeshamrita Chaitanya, Bri. Niseema, Br. Mokshamrita Chaitanya & Br. Vivek Vijayan





Swami Dayamritananda Puri, Executive Director of MA Centers has been offering retreats and courses for more than 20 years in US, Canada and South America.



Bri. Sandramrita Chaitanya's yoga training sessions in Europe

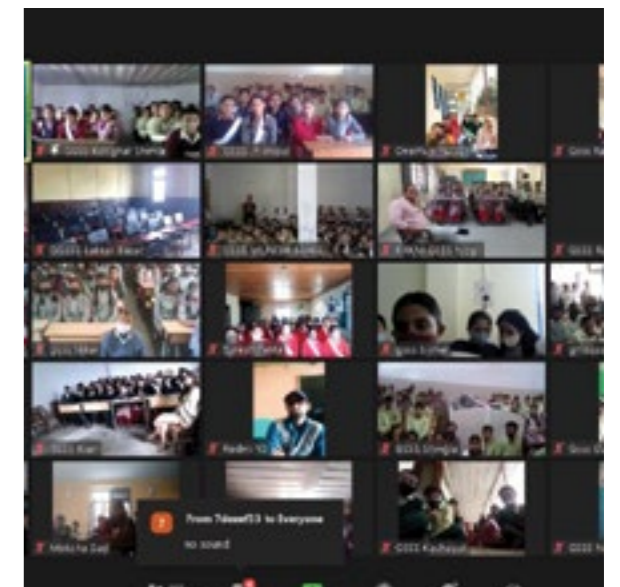


Sean Ferguson has conducted yoga classes and retreats for over 13 years.





Shri Narinder Anand and Smt. Shweta have also taught across several states in North India including Haryana and Punjab.





Swamini Amritajyothi Prana's yoga training sessions in France



Teaching yoga and meditation
to people in prisons and jails
in India and abroad

YOGA IN PRISONS

Someone faces pressures that create a wildfire of anger, frustration or desperation and they take it out on another. Often acts of crime include the element of substance abuse as a form of escapism. It was Amma's resolve to help uplift such people. In collaboration with state and local governments, our volunteers have traveled to prisons and jails in India and abroad to teach thousands of inmates Amrita Yoga and Integrated Amrita Meditation Technique (IAM).

39028

Participants

162

Jails



Prisoner rehabilitation

Yoga sessions for the incarcerated

A fraction of a second is what it takes to create a wildfire of anger, frustration, or desperation for someone who faces pressure as they take it out on another. Often acts of crime include the element of substance abuse as a form of escapism which ends up in having the individuals in jail. Overcrowding and other conditions in several jails have also led to stressful conditions for inmates as well as jail officials. Several countries have increasingly adopted yoga training for jail inmates to help people who have a history of complex, interpersonal trauma overcome their personal issues. India has traditionally adopted rehabilitation programs for prisoners involving yoga and literacy efforts. Amma's intervention through Yoga and IAM has positively impacted the daily lives of incarcerated women and men across the world. Countries like India, the United States, Italy, and Spain have introduced yoga and IAM classes for the prisoners in aid to help them relieve their stress. Via these practices,

they learn breathing with awareness, self-analysis, and emotional control.

In 2018, Amrita Vishwa Vidyapeetham (University) and the Mata Amritanandamayi Math launched a training program, the largest project in Kerala to train prisoners in yoga and meditation programs. The program was extended to the jails in Tamil Nadu and other states throughout the country. The programs were led by Brahmacharini Preethi, Brahmacharini Bhavani and Shri. Narinder Anand at various locations.

Amma's yoga and IAM trainers currently provide training in Central, District, Sub-Jails, and Sub-Jails in Kerala, Tamil Nadu, and other states. In addition to the incarcerated inmates, prison staff is also being trained in yoga. **More than 39,000** people, including incarcerated men and women, have already been introduced to yoga asanas.

YOGA SESSIONS FOR THE INCARCERATED IN KERALA

In collaboration with the Department of Prisons and Correctional Services, Government of Kerala, Mata Amritanandamayi Math and Amrita Vishwa Vidyapeetham have been conducting Yoga and Meditation training camps across the state. The largest initiative is in Kerala where



Inauguration function and Yoga training- Women's Prison, Trivandrum

instructors have reached more than **21,000 inmates** in all the **56 prisons** and correctional homes, including central prisons, district prisons, sub-jails, and special sub-jails spread across the state.

The program was inaugurated at the Women's prison in Thiruvananthapuram by the **DIG (Prisons) S. Santosh** on May 28th, 2018. **Swami Gurupadasritananda Puri** of the Mata Amritanandamayi Math presided over the event. Mr S. Santosh DIG of Prisons said, "Prisoners, who commit violent crimes often struggle with negative emotions. Yoga and meditation give them a sense of calm, peace, and balance that can benefit both their mental and physical health. Regular meditation has helped inmates reduce negative emotions, build skills to manage stress, increase self-awareness, focus

on the present moment, and become more patient. Prisoners continue to practice yoga and meditation much after their training sessions".

President's Medal for Meritorious Service

Mr. S Santhosh, Deputy Inspector General of Prisons (Headquarters) who had supported the organization of the yoga sessions in Poojapura Central jail and other jails in Kerala was awarded the President's medal. **DIG Santhosh had indicated that his coordination of yoga sessions with the Amrita University team had contributed to the award.**



Trivandrum

In Trivandrum districts, the training courses were conducted in all the prisons including Central jail, Open prison, District jail, women's prisons, Sub jail, and Special sub-jail under the supervision of Brahmacharini Preethi.



Yoga training- District Jail, Trivandrum



Yoga training- District Jail, Trivandrum



Swami Sivamritananda Puri at Poojapura Jail



Training courses at Special sub-jail Neyyattinkara



Closing ceremony and Certificate distribution at District Jail, Poojapura

Date	Location	Trainers	Total Participants	Online/Offline
31-05-2018	Central Jail, Poojappura	Bri. Preethi, Ms. Jyothylekshmi	1146	Offline
03-11-2021		Ms. Dhanya	34	10 days
02-04-2018	Open Prison, TVM	Bri. Preethi, Bri. Dheeramrita Chaitanya	615	Offline
04-03-2022		Ms. Anu	16	10 days
28-05-2018	District Jail, Poojappura	Bri. Preethi, Ms. Jyothylekshmi	778	Offline
18-02-2022		Ms. Anu	58	7 days
30-03-2019	Women's open prison, TVM	Bri. Amayamrita Chaitanya, Ms. Sreelekshmi	201	Offline
17-02-2021		Ms. Anu	4	10 days
01-04-2019	Sub Jail, Attingal	Bri. Preethi, Ms Radhika	843	Offline
28-05-2018	Women's Prison, TVM	Bri. Amayamrita Chaitanya, Ms. Sreelekshmi	552	Offline
05-11-2021	Central Women's Prison & Correctional Home, Attakulangara	Ms. Dhanya	28	10 days
19-06-2019	Special Sub Jail, Neyyattinkara	Bri. Preethi, Ms. Jyothylekshmi	546	Offline
28-05-2018	Special Sub Jail, Kunjalumoodu	Bri. Preethi, Ms. Radhika	814	Offline

Kollam

Amrita Vishwa Vidyapeetam conducted yoga training courses at jails in the Kollam district, including the District Jail and Special Sub-Jail. A monthly training course for District Jail was initiated on July 7th, 2018 and was carried out until the commencement of the COVID-19 pandemic. The yoga training was attended by **608 participants instructed by Brahmacharinis, Preethi and Swapna.**

Just after the training course in the district jail, a yoga training session was held at the special sub-jail on July 18th, 2018. **Brahmcharini Suni trained 596 participants.**



Alappuzha

Monthly training programs were conducted in the District jail and Special sub-jail in the district of Alappuzha



Training programs in District jail, Alappuzha

Towards the end of 2021, a 7-day training program was conducted at District jail under the supervision of Ms. Dhanya and at Special Sub Jail, Mavelikkara, under the supervision of Shri. Vinod Kumar.

Kottayam

Amrita Vishwa Vidyapeetham along with the Govt. of Kerala had conducted training programs in the jails of Kottayam including District Jail, Sub jail, and Special sub-jail.



Yoga training programs in District jail, Kottayam



Yoga training course for District Jail, Special sub jail

Pathanamthitta

A 3-day yoga training program starting on July 11, 2018 was conducted at the district jail in Pathanamthitta and 51 inmates were trained for the course.

Date	Location	Trainers	Total Participants	Online/Offline
01-07-2018	District Jail, Alappuzha	Bri. Preethi, Mr. Sreejesh	325	Offline
08-12-2021		Ms. Dhanya	24	7 days
25-07-2018	Special Sub Jail, Mavelikkara	Bri. Abhivandyamrita Chaitanya, Mr. Jyothikumar	387	Offline
11-11-2021		Mr. Vinod Kumar	19	7 days

Date	Location	Trainers	Total Participants	Online/Offline
16-08-2018	District Jail, Kottayam	Bri. Nishtamrita Chaitanya, Ms. Soja	397	Offline
07-09-2018	Sub Jail, Pala	Bri. Viragamrita Chaitanya, Bri. Dheeramrita Chaitanya	240	Offline
15-08-2018	Special Sub Jail, Ponkunnam	Bri. Shyamapriyamrita Chaitanya, Mr. Anandhu	441	Offline
08-01-2022		Bri. Neelima	18	7 days

Idukki

At Idukki jails including District jail, Sub jail, and Special sub-jail, the yoga training and courses were started by the end of 2018 and early 2019.

327 participants from the District jail, Thodupuzha were trained by Brahmacharini Viragamrita Chaitanyawhich started on December 15th, 2018

On 18th December 2018, **434 participants** from Sub jail, Peermade, were trained by Brahmacharini Viraktamrita Chaitanya and on 18th January 2019, Brahmacharini Viraktamrita Chaitanya and Shobhana initiated the class at Special sub-jail, Devikulam where **316 participants** showed up for the training course.



Yoga training- District jail, Thodupuzha



Yoga class Special Sub jail, Devikulam

Ernakulam

The most number of yoga training courses were conducted in the prisons of Ernakulam district which included borstal schools, district jails, sub jails and special sub jails. A 7-day training program was also conducted on 16th, January 2018 under the supervision of Mr. Sukumaran and 24 inmates attended from the sub-jail at Aluva.



Yoga training courses at District jail



Training programs at the Borstal school

Thrissur

Prisons in Thrissur including Central prison, Women's prison, District jail, Sub jail, and Special sub-jail were given yoga training courses in 2018 by instructors from Amrita Vishwa Vidyapeetham. From November-December, 2021 onwards there have been 10-day yoga training programs conducted throughout the jails of the district.



Yoga Training – Central Prison Viyyur



Yoga Training – District Jail, Viyyur

Date	Location	Trainers	Total Participants	Online/Offline
06-06-2018	District Jail, Ernakulama	Bri. Smiji, Mr. Sukumaran	697	Offline
30-10-2019	District Jail - Women	Bri. Preethi, Mr. Sukumaran	67	Offline
12-10-2018	Sub Jail, Ernakulam	Bri. Gurupadamrita Chaitanya, Mr. Sukumaran	442	Offline
13-06-2018	Sub Jail, Mattancherry	Bri. Gurupadamrita Chaitanya, Mr. Sukumaran	294	Offline
06-06-2018	Borstal School, Ernakulam	Bri. Devikripamrita Chaitanya, Mr. Sukumaran	725	Offline
13-06-2018	Sub Jail, Aluva	Bri. Smiji, Mr. Sukumaran	366	Offline
16-01-2022		Mr. Sukumaran	24	7 days
12-10-2018	Special Sub Jail, Muvattupuzha	Bri. Preethi, Mr. Sukumaran	410	Offline

Palakkad

Jails in Palakkad district had training courses that started in the mid-2018s and also 7-day training programs that started from 2021 onwards.



Yoga Training – Women's Prison, Viyyur

Date	Location	Trainers	Total Participants	Online/Offline
27-06-2018	Central Prison, Viyyur, Thrissur	Bri. Prabhavamrita Chaitanya, Mr. Subhash	402	Offline
21-11-2021		Ms. Dhanya	35	10 days
27-06-2018	Women's Prison, Viyyur	Bri. Dheeramrita Chaitanya, Mr. Subhash	434	Offline
07-11-2021		Bri. Prabhavamrita Chaitanya	22	10 days
27-06-2018	District Jail, Viyyur	Bri. Preethi, Mr. Sreejesh	587	Offline
09-11-2021		Prabhavamrita Chaitanya	17	7 days
04-07-2018	Sub Jail, Chavakkad	Bri. Preethi, Bmi Ateetamrita Chaitanya	270	Offline
20-11-2021		Mr. Subhash	13	7 days
04-07-2018	Sub Jail, Viyyur	Bri. Prabhavamrita Chaitanya, Mr. Subhash	369	Offline
07-11-2021		Bri. Prabhavamrita Chaitanya	19	7 days
04-08-2018	Special Sub Jail, Irinjalakkuda	Seethalekshmi, sreejesh	150	Offline
13-12-2021		Mr. Subhash	19	7 days

Date	Location	Trainers	Total Participants	Online/Offline
17-09-2018	District Jail, Palakkad	Bri. Neeragamrita Chaitanya	391	Offline
15-11-2021			65	7 days
17-09-2018	Special SubJail, Chittur	Bri. Neeragamrita Chaitanya	298	Offline
02-03-2022			8	7 days
30-10-2018	Sub Jail, Alathur	Bri. Sreepadamrita Chaitanya	585	Offline
29-10-2018	Sub Jail, Ottappalam	Bri. Sreepadamrita Chaitanya	397	Offline
18-11-2021			20	7 days



Yoga training & Classes - Sub-jail, Alathur

Malappuram

Starting in 2018, inmates at different sub-jails and special sub-jails in Malappuram were given yoga training. A 7-day training session was also conducted by Ms. Padmaja for prison inmates during November 2021-January 2022.

Kozhikkode

At Kozhikkode jails including District jail, Sub jail, and Special sub-jail, the yoga training courses commenced in 2018.

Date	Location	Trainers	Total Participants	Online/Offline
28-11-2018	Sub jail, Perinthalmanna, Malappuram	Bri. Preethi, Bmi Haripriyamrita Chaitanya	305	Offline
17-01-2022		Ms. Padmaja AT	30	7 days
28-11-2018	Special Sub jail, Manjeri	Bri. Haripriyamrita Chaitanya, Deepa	58	Offline
04-01-2019	Sub Jail, Ponnani	Bri. Niramayamrita Chaitanya	284	Offline
29-11-2021		Ms. Padmaja AT	15	7 days
04-01-2019	Sub Jail, Tirur	Bri. Niramayamrita Chaitanya	264	Offline
18-11-2021		Ms. Padmaja AT	15	7 days

Kasargod

In Kasargod district, a monthly yoga training courses were held at all jails, including the district jail, open prison and the special sub-jail. Seven day and 10-day training courses were conducted by **Brahmachari Vedavedyamrita Chaitanya** at the end of 2021 and the beginning of 2022.



Kannur

On May 12th, 2018 training courses in Kannur started at a Special sub-jail which was supervised by Bindu. Toward the end of 2021, the pandemic had subsided, and the training programs were conducted for 7 or 10 days.



Waynad

During October 2018, the Training course at Sub jail, Mananthavady, and Special sub-jail Vythiri was conducted by **Brahmcharinis Veditamrita Chaitanya and Sreepoojitamrita Chaitanya** which had 459 and 294 participants respectively. On 20th January 2022, there was a 7-day online training program for members of Sub jail, Mananthavady where 16 members attended.

Date	Location	Trainers	Total Participants	Online/Offline
13-11-2018	District Jail, Kozhikode	Bri. Preethi, Bmi Swapna	1011	Offline
28-12-2021		Bri. Swapna	62	7 days
13-11-2018	Special Sub Jail, Kozhikode	Bri. Preethi, Bri. Swapna	373	Offline
18-11-2018	Sub Jail, Koilandy, Kozhikode	Bri. Preethi	160	Offline
18-11-2018	Sub Jail, Vadakara	Bri. Abhijnanamrita Chaitanya	155	Offline

Date	Location	Trainers	Total Participants	Online/Offline
09-11-2018	District Jail, Hosdurg, Kasaragod	Ms. Jincy, Bri. Yethiswaramrita chaitanya	689	Offline
09-11-2018	Open Prison, Cheemeni, Kasaragod	Bri. Preethi, Mr. Rajan	39	Offline
26-12-2021		Bri. Vedavedyamrita chaitanya	12	10 days
20-12-2018	Sub Jail, Kanhanghad, Kasaragod	Bri. Preethi, Mr. Rajan	304	Offline
17-01-2022	Special Sub Jail, Kasargod	Bri. Vedavedyamrita Chaitanya	38	7 days

Date	Location	Trainers	Total Participants	Online/Offline
21-10-2018	Central Prison, Kannur	Bri. Nirlepamrita Chaitanya, Mr. Devadas	204	Offline
25-10-2018	Women's Prison, Kannur	Bri. Nirlepamrita Chaitanya, Ms. Divya	574	Offline
22-12-2021		Ms. Divya Kammath	9	10 days
21-10-2019	District Jail, Kannur	Bri. Nirlepamrita Chaitanya Mr. Devadas	198	Offline
22-10-2018	Sub Jail, Kannur	Bri. Preethi, Bmi Samaradhyamrita	84	Offline
25-10-2018	Special Sub Jail, Kannur	Bri. Nirlepamrita Chaitanya, Mr. Devadas	519	Offline
23-11-2021		Ms. Divya Kammath	15	7 days
28-05-2019	Special Sub Jail, Thalasser	Bri. Samaradhyamrita, Mr. Shaijan	162	Offline
20-11-2021		Bri. Samaradhyamrita	13	7 days

YOGA SESSIONS FOR THE INCARCERATED IN TAMIL NADU

Tamil Nadu's biggest program to teach yoga to jail inmates, initiated by the Mata Amritanandamayi Math in 2019, has **touched the lives of over 5,500 prisoners**, both male and female. Trained Amrita volunteers have been teaching prisoners techniques such as breathing with awareness, self-analysis and emotion control in the form of Amrita Yoga and Integrated Amrita Meditation Technique (IAM Technique). The Amrita Volunteers reached out to more than 5500 inmates in Tamil Nadu Central prisons, spread across Tamil Nadu. The session started off with a brief introduction and invocation, followed by Yoga practices, ice-breaking games, philosophic discussions, and MA-OM meditation. The sessions were concluded by chorus chants of the universal prayer for world peace and happiness Lokaha Samastah Sukhino Bhavantu. Brahmacharini Bhavani had been the coordinator for all the sessions conducted in the state of Tamil Nadu.

The batch size of prisoners for training varied from **50 to 120 inmates**. **The participants were trained for three days for 2.5 hours daily in the offline program**. Even a year after the first session, many prisoners have maintained a daily practice and found mental and physical health benefits. The inmates were taught the 20-minute version of the IAM Technique to reduce their stress levels.

The session also included an invocation, philosophical discussions, and chanting of universal prayer for world peace and happiness. They were given a certificate of participation. The sessions were held at the following locations



Jail inmates of Tamil Nadu attending yoga sessions conducted by Mata Amritanandamayi Math

Chennai

Amrita Vishwa Vidyapeetham conducted yoga training courses at all jails of Chennai district which included the Central prison and a Special prison for women under the supervision of Brahmacharini Bhavani. During the pandemic, online training sessions were initiated on August 23rd 2021, where a total of 46 members attended from Central prisons of Puzhal.



Trichy Central Prison (Trichy)

On June 13th, 2019, the Trichy Central Prison and Special Prison for Women inaugurated a one-week training session of IAM. Smt. K. Jeya Bharathi, DIG of Trichy Range led the event, and among the officers in attendance were Sri Senthil Kumar, Superintendent; Smt. Rukmini Devi, Superintendent for the women's prison; and Sri Samsath Khan, welfare officer. Sri Kameshwaran, Smt. Shanthi Mohan, and Sri Rao Anandan represented Amrita. There were **265 participants from the central prison and 200 women participants** from Special prison. Along the same lines as Chennai, Trichy prisons also had online training session on 23rd August, 2021.



A one-week training session in IAM inaugurated at Trichy Central Prison and Special Prison for Women

Date	Location	Total Participants	Online/Offline
13-09-2019	Central Men's Prison, Trichy	365	Offline
23-08-2021		133	Online
13-09-2019	Special Prison for Women	200	Offline
23-08-2021		140	Online
03-09-2021	Borstal School, Ariyalur	7	Online
	Special Sub Jail, Trichy	30	
	Sub Jail, Musiri	15	
	Sub Jail, Lalgudi	25	
	Sub Jail, Karur	10	
04-09-2021	Sub Jail, Maanparai	5	Online
	Sub Jail, Perambalur	28	

Pudhukottai

On June 13th, 2019, in Pudhukottai Borstal School, a one-week training session in IAM was inaugurated. Smt. K. Jeya Bharathi, DIG of Trichy Range presided over the function. Other officers, including Smt. M. Aandal, Superintendent and Dr. Saravanan, Medical Officer were also present. Swami Yogamritananda Puri represented the Mata Amritanandamayi Math, and Dr. Manoharan and Dr. Thilagavathi attended on behalf of Amrita Vishwa Vidyapeetham.



Inauguration of IAM training session in Pudhukottai Borstal School

Coimbatore

Inmates from women's and men's central prisons in Coimbatore were given yoga training. The training started on September 4th, 2019 for which **320 women and 480 men** attended. Later in October 2019, 80 participants from the Government Observation Home were given training classes.



Yoga training given to inmates of Coimbatore Central Prison

Date	Location	Total Participants	Online/Offline
04-09-2019	Coimbatore Central Prison (Men)	480	Offline
23-09-2021		265	Online
04-09-2019	Central Special Prison for Women	320	Offline
23-09-2021		138	Online
14-10-2019	Government Observation Home (Juvenile Welfare)	80	Offline
25-08-2021		156	Online
25-08-2021	Sub Jail, Pollachi	274	Online

Madurai

On 27th August 2019, the yoga training classes were initiated in both the men's and women's central prisons with **530 men and 720 women** participants.

On August 23rd, 2021 Madurai prisons including Central Prisons and Sub Jails of Usilampatti, Thirumangalam, and Melur had an online training session where 114 participants were present



Yoga training given inmates of Central Prison, Madurai



Yoga training given inmates of Women's Central Prison, Madurai

Salem

On 6th September 2019, 300 men and 60 women participants from central prison attended the yoga training classes taught by Brahmacharini Bhavani.

During the pandemic, the central prison for men was the first in Salem to attend an online yoga training session with 190 inmates on August 23rd, 2021. This was followed by **542 inmates** from District Jail, Attur, Borstal School, Sangakiri, Sub Jails at Namakkal, Tiruchengode, Paramathi, Dharmapuri, Harur /Aroor, Hosur and Special Sub Jail, Krishnabgiri attended the training session on 3rd September, 2021. Later Sub Jail, Rasipuram also conducted a training program, on June 6th 2021 where 43 members had participated.



Yoga training given inmates of Sub Jail, Salem

Tirunelveli

At Tirunelveli Amrita Vishwa Vidyapeetham conducted yoga training courses at all jails which included Central prison for men and a Special prison for women under the supervision

of Brahmacharini Bhavani. Two hundred and fifty men from central prison and 40 women from special prison attended the training course which commenced on 16th September 2019

Prisons including Central mens prison at Palaya mkottai, Borstal School at Nanguneri and womens sub-jail at Kokkirakulam of Tirunelveli had an online yoga training session in August 2021 where **315 men** from Central Men's Prison, Palayamkottai, 32 inmates from Borstal School, Nanguneri and 37 women from Women's Sub Jail, Kokkirakulam, attended the session

Vellore

On 21st September, 2019, participants from central prison for men and special prison for women attended the offline yoga training classes and on 23rd August, 2021 the online classes were initiated many of the sub jails in Vellore district and the courses were taught by **Brahmacharini Bhavani**.



Yoga training given inmates of Central Prison, Vellore

Cuddalore

In Cuddalore, the training courses were mostly done in online mode with only the central prisons having a session conducted offline before the pandemic.

Other districts

All throughout Tamil Nadu, there were online training programs initiated in August 2021. Forty four inmates of District Jail and 118 inmates of Sub-Jails, Veda sandor and Palani at Dindugal, 21 inmates of District Jail and Sub-Jail of Aruppukottai at Virudhanagar, 42 inmates of Sub Jail at Tirupur, 6 women inmates of Sub Jail, Paramakudi at Ramanathapuram, 8 inmates of Sub Jail, Sivaganga and 261 inmates of Central prison at Cuddalore attended the online session on 23rd August, 2021.



Yoga training given inmates of Women's Prison, Vellore

Date	Location	Total Participants	Online/Offline
21-09-2019	Central Men's Prison, Vellore	285	Offline
23-08-2021		185	Online
21-09-2019	Special Prison for Women	285	Offline
23-08-2021		151	Online
03-09-2021	Sub Jail, Ambur	106	Online
	Sub Jail, Arokkaabm	119	
	Sub Jail, Thirupattur	42	
	Sub Jail, Vaniyambadi	180	
	Sub Jail, Wallaja	170	
	Sub Jail, Gudiyatham	107	
	Sub Jail, Thiruvannamalai	195	
	Sub Jail, Chengam	109	
	Sub Jail, Polur	56	
Sub Jail, Vandavasi	26		

Date	Location	Total Participants	Online/Offline
30-09-2019	Central Men's Prison	320	Offline
23-08-2021		261	Online
30-09-2019	Central Special Women's Prison	120	Offline
03-09-2021	District Jail, Villupuram	58	Online
03-09-2021	Sub Jail, Cuddalore	390	
03-09-2021	Women's Sub Jail, Cuddalore	281	
03-09-2021	Sub Jail, Chidambaram	25	
03-09-2021	Sub Jail, Virudhachalam	136	
03-09-2021	Borstal School, Panruti	113	
03-09-2021	Sub Jail, Tindivanam	150	
03-09-2021	Sub Jail, Villupuram	100	
03-09-2021	Borsal School, Gingee	135	
03-09-2021	Sub Jail, Kallakurichi	15	
03-09-2021	Sub Jail, Thirukovillur	28	

On 25th August,2021, 44 inmates of Sub Jail, Nilakottai at Dindugul, 158 inmates of District Jail, Nagercoil, Sub-Jails of Kuzhithurai and Thuckkalai at Kanyakumari, 188 inmates of District Jail, Gobichettipalayam and Sub-Jails of Avinashi, Dharapuram, Palladam, Erode, Sathyamangalam at Tiruppur, 124 inmates of Sub Jail, Uthamapalayam at Theni, 36 inmates of District Jail, Peroorani,at Thanjavur, 28 inmates of Sub Jails of Coonor and Gudalur at Nilgiris, 30 inmates of Sub Jails at Thenkasi A total of 10 participants from Sub Jail, Sankaran koil at Tiruppur and Sub Jail, Kovilpatti at Thoothukudi attended the online training program conducted on 26th August,2021.

WORKING WITH PRISONS IN OTHER STATES

Yoga training sessions were offered to prisoners from other states like Haryana, Punjab, Himachal Pradesh, and Chandigarh during the period 2018-2019 under the supervision of **Shri. Narinder**.

In the state of Harayana, 2 jails were offered the yoga training course, one in Kurukshetra Jail for men and another in Jind jail. On November 1st, 2018, **270 participants** were given training at the Kurukshetra Jail of men. Later in January 2019, **200 participants** were trained from Jind jail

At Ludhiana Jail in the state of Punjab, the training session benefitted 50 inmates which commenced at the beginning of 2019

On April 1st, 2019, **150 participants** from Dhar-mashala jail and **100 participants** from Shimla jail in Himachal Pradesh attended the yoga training class conducted by Amrita Vishwa Vidyapeetham

Chandigarh Jail initiated the training classes just before the commencement of the pandemic in November 2019 with 50 participants attending the course.

REACHING OUT TO JAIL INMATES - YOGA COURSES AND TRAINING

Amrita University is offering courses and training programs for the incarcerated across different states like Kerala and Tamil Nadu. Trained Amrita volunteers teach jail inmates self-coping techniques such as breathing with awareness, self-analysis, and how to control their emotions in the form of Amrita Yoga and Integrated Amrita Meditation Technique (IAM Technique). More than 50 teachers have been trained and certified by the Mata Amritanandamayi Math for teaching the IAM Technique and Amrita Yoga to prisoners. Inmates are taught the 20-minute version of IAM Technique, which has been proven in studies to reduce stress

District	Date	Location	Total Participants	Online/Offline
Dindugul	23-08-2021	District Jail, Dindugul	44	Online
	23-08-2021	Sub Jail, Vedasandor	112	Online
	23-08-2021	Sub Jail, Palani	6	Online
	25-08-2021	Sub Jail, Nilakottai	15	Online
Virudhanagar	23-08-2021	Sub Jail, Aruppukottai	93	Online
	23-08-2021	District Jail, Virudhunagar	118	Online
Kanyakumari	25-08-2021	District Jail, Nagercoil	14	Online
	25-08-2021	Sub Jail, Kuzhithurai	98	Online
	25-08-2021	Women Sub Jail Thuckkalai	46	Online
Tiruppur	25-08-2021	Sub Jail,Avinashi	89	Online
	25-08-2021	Sub Jail, Dharapuram	81	Online
	23-08-2021	Sub Jail, Tirupur	42	Online
	25-08-2021	Sub Jail, Palladam	18	Online
	26-08-2021	Sub Jail, Sankaran koil	12	Online
Erode	25-08-2021	Sub Jail, Erode	159	Online
	25-08-2021	Sub Jail, Sathyamangalam	10	Online
	26-08-2021	Sub Jail, Sankaran koil	6	Online
	25-08-2021	District Jail, Gobichettipalayam	71	Online
Theni	25-08-2021	Sub Jail, Uthamapalayam	124	Online
Thanjavur	25-08-2021	District Jail, Peroorani	36	Online
Nilgiris	25-08-2021	Sub Jail, Coonor	7	Online
	25-08-2021	Sub Jail, Gudalur	21	Online
Thenkasi	25-08-2021	Sub Jail	30	Online
Thoothukudi	26-08-2021	Thoothukudi	13	Online
Ramanathapuram	23-08-2021	Ramanathapuram	6	Online
Sivaganga	23-08-2021	Sivaganga	8	Online

levels. The sessions also include an invocation, philosophical discussions and a universal prayer for world peace and happiness.

The Yoga training is open to all prison inmates, including remand prisoners (prisoners who are sent back into custody (or sometimes admitted to bail) to await trial or continuation of their trial). The batch size of prisoners for training varies from 50 to 120 inmates. There are different courses where the participants are trained for three days for 2.5 hours daily in

the offline program or for two hours daily for 15 days, consisting of yoga postures, meditation, discourses, and Q&A sessions. Trainees are given certificates of participation, which acts as a testament to their prison reform after their release from prison. Prisoners irrespective of their race, religion, caste, creed, or gender are welcome at the training camps. **Brahmcharini Preethi had led the programs in Kerala and Brahmcharini Bhavani led the programs in Tamil Nadu.**

OUTREACH PROGRAMS FOR THE INCARCERATED

The Amrita volunteers reached out to more than 150 prisons and Borstal Schools (Juvenile Detention Centres), including central prisons, district prisons, sub-jails, and special sub-jails spread across Kerala and Tamil Nadu with around 39028 participants. This program has touched the lives of over **23,565 prisoners** in over 1100 sessions in Kerala, over **14655 prisoners** in over 106 sessions in Tamil Nadu till now for both men and women inmates and 820 prisoners from other states in India. We have conducted online classes for 92 prisons in Tamil Nadu for over 8435 participants during this pandemic time

Rehabilitating lives - The numbers that matter
The largest initiative is in Kerala where instructors have reached more than 23,565 inmates in 57 institutions, including central prisons, district prisons, sub-jails and special sub-jails spread across the state.

Tamil Nadu's biggest programme to teach yoga to jail inmates, initiated by the Mata Amritanandamayi Math in 2019, has touched the lives of over 8435 prisoners, both male and female. The ongoing programme has been conducted in more than a dozen central prisons across the state till now, including in Chennai, Madurai, Coimbatore, Trichy, Pudukkottai, Vellore, Salem, Cuddalore and Tirunelveli. About 500 jail inmates were also trained online during the first two months of 2019, considering the pandemic situation.

TEACHING IAM TO PEOPLE IN PRISONS IN ITALY

Several IAM training sessions were offered free of cost to help rehabilitate and support the incarcerated in Italian prisons. They were offered as short-term courses with 10-25 participants per session.



Instructors Tiziano and Chiara from Tarviso, Italy offered IAM in Udine correctional facility.



Italy's Casa Circondariale, a prison in Udine was one of the places where IAM training was offered.

Date	Place	Beneficiaries	Number of Participants
05-04-2012	Udine Prison	2 courses for inmates	20
06-04-2012	Tolmezzo Prison	1 course for inmates, guards and educators	25
28-09-2012	Udine Prison	1 course for inmates	10
28-09-2012	Udine Prison	1 course for prison police and penal enforcement office	20
29-09-2012	Tolmezzo Prison	1 course for inmates	25
10-08-2013	Tolmezzo Prison	1 course for inmates	20
20-12-2013	Triste Prison	1 course for inmates	25

SPANISH PRISONS – OFFERING IAM TO PENITENTIARY CENTERS BY AMMA FOUNDATION IN SPAIN

In 2012, a program was started in cooperation with the "Quatre Camins Solidaris" Association of Granollers to develop weekly programs for the IAM-20 practice at the Quatre Camins Penitentiary Center in Barcelona. This program was started by our volunteers Priyanka and Vedamayi with the support of Amparo and Pedro who are educators at this Center.

The program was very successful with the prison inmates. In addition to the introductory courses, weekly practices were carried out with guided meditation courses. This weekly activity enabled many of the inmates to participate in other humanitarian aid activities within the prison itself and monthly visits to the Amma Center in Piera to do seva. They have also collaborated in the public programs of Amma's annual visits to Barcelona and have offered her gifts made by the inmates: poetry, paintings, sculptures and even interpreting songs that they have composed for the occasion. During the following years, other Spanish volunteers taught yoga in other cities: Javier in Santa Cruz de Tenerife, Divyanand in Segovia, Dhanya in Malaga and Priyanka, Vedamayi, Amparo, Pedro and Joel in Barcelona.

During the year 2021, several virtual meetings were held with all the Spanish volunteers, coordinated from India by Brahmacharini Bhavani who teaches courses in Tamil Nadu. At the end of these meetings IAM-20 teachers were

virtually trained, also organized a conference with swamis in India and instructors from India and Spain, which was a strong motivation to start the courses in a virtual way in Spanish prisons.

As face-to-face courses were made possible in prisons which were most preferred because it is closer to the participants. Thus, at the end of 2021, 8 instructors and 15 assistants of the IAM-20 technique were available. The Amma Foundation in Spain has been recognized by Penitentiary Institutions of the Government of Spain and the Regional Government of Catalonia. Currently weekly courses are taught in the prisons of Alhaurín in Malaga, Segovia, and the prisons of Brians-2 and Quatre Camins in the Barcelona area. At the Alhaurín de la Torre Penitentiary Center, the course is taught to groups of 15 women for two hours every Tuesday. In Segovia, a special group of men with intellectual disabilities is taught on Thursdays for two hours. And in Barcelona, both in the Quatre Camins and Brians-2 prisons on Saturdays from 10 to 12 hours at various men's modules. An induction course was also given in 2021 at Brians-1 women's prison. The number of students in each class is highly variable, depending on the circumstances of the Center, the volunteers adapt very well to the needs of the place and the moment. Photos of the Spanish prisons where IAM courses were offered:



Tenerife



Segovia



Quatre Camins (Barcelona)



Alhaurin de la Torre



Brians-2 (Barcelona)



IAM COURSES IN PRISONS IN THE UNITED STATES OF AMERICA

Recent research and records from the US suggest that most incarcerated women and men in the United States have faced one or often multiple traumas, including physical and/or sexual abuse, prostitution as a means of survival, and/or as a victim of sex or drug trafficking. Yoga and meditation are known as therapy for those living with complex residual trauma, and for whom prisons add trauma to their living conditions. Integrated Amrita Meditation with its combinations of hatha yoga and meditation steps have been provided as a solution to US prisons and nearly 5064 inmates have been trained on the practices. The practices vary from IAM20, Youth IAM courses to the participating inmates from prisons in California, Colorado, Texas, Minnesota, and Ohio.

Since 2003, volunteer Steve Schmidt had been spending his weekends teaching Amma's IAM Meditation Technique™ to groups of devotees throughout America, mostly in devotees' houses. Two months ago, however he entered a completely different teaching environment: the Santa Fe Juvenile Detention Home in New Mexico.

"We didn't really know what to expect," says Schmidt, a 60-year-old lawyer who has been a close devotee of Amma since 1987. "I mean these kids are part of a secured facility. They have all been sentenced by the Federal Court and have the potential to be in the facility until they are 21. But when we walked in the room on the first day, all of them were dressed in sweat pants,

sitting in a circle on yoga mats. They looked like they were really ready for it."

Currently, 25 detainees are enrolled in the program. Every week, Schmidt and his teaching mates, Jonathon Crews and Scott Voorhees, spend one hour guiding them through the technique and answering any of their questions.

"It's exciting to be able to do this," says Crews, a practicing therapist and long-time devotee of Amma. "These are kids who obviously got off on the wrong track. But as they are still young, they have a much higher capacity for rehabilitation than adult prisoners."

Schmidt agrees, "I see this as an opportunity to put a positive force in these kids' lives, an opportunity to make a difference in their lives and to possibly turn their lives around. They still have their whole lives ahead of them." Two groups of inmates are being taught the technique: the secured wing and the unsecured wing. Schmidt says the average age of the kids taking the class is 17, and that the majority of them are Native Americans.

Schmidt says that the detention-home authorities have been extremely open and cooperative: "The man coordinating this on the detention home's part told us that he thought the whole thing was very valuable. He told me, 'They need all the help they can get.'" Schmidt explains that currently the detainees have extremely regimented schedules in order to keep them busy. "As soon as they wake up, they

go to breakfast," he says. "But the detention-home authorities are considering adjusting and making time for the kids who learn IAM to meditate before they eat."

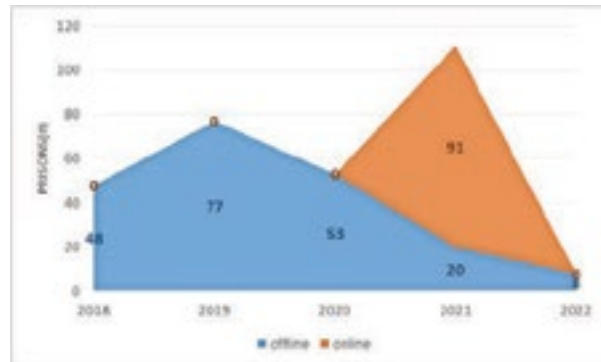
Recalling the first session back in June, Schmidt says the effect of the meditation on the kids was palpable. He says, "After we finished with the meditation the second time, there was a quiet that pervaded the whole atmosphere."

Teaching-mate Crews felt agrees: "Yes, they got so quiet. The first time we chanted 'Om,' there was a lot of goofing around and chuckling, but when we chanted it to conclude the class, they were really focused."

Schmidt says that the juvenile detainees claim improved energy and peace of mind since regularly practicing IAM.



Year	Participants (est)	Name of the Instructor
2006	640	Phil Hindmarch, Vidyasagar Gibbs, Scott Voorhees, Roger Fry
2007	800	Phil Hindmarch, Vidyasagar Gibbs, Scott Voorhees, Roger Fry
2008	550	Phil Hindmarch, Scott Voorhees, Roger Fry, Vina Parmar
2009	917	Phil Hindmarch, Scott Voorhees, Roger Fry, Niraga Ostrom
2010	1717	Phil Hindmarch, Virginio DeSantis, Sumana Williams, Niraga Ostrom, Cathy Morrissey
2011	2547	Phil Hindmarch, Virginio DeSantis, Sumana Williams, Niraga Ostrom
2012	2547	Sumana Williams, Phil Hindmarch, Niraga Ostrom, Cathy Morrissey
2013	312	Meera Ojjala, Sumana Williams, Niraga Ostrom & Cathy Morrissey
2014	3591	Meera Ojjala, Sumana Williams, Phil Hindmarch and Upasita Fullreader, Niraga Ostrom, Cathy Morrissey, Michael Mendenall
2015	2909	Phil Hindmarch, Meera Ojjala, Sumana Williams, Niraga Ostrom, Cathy Morrissey
2016	2754	Phil Hindmarch, Meera Ojjala, Sumana Williams, Cathy Morrissey
2017	3457	Phil Hindmarch, Arun Hejmadi, Pat Lyall, Sumana Williams, Niraga Ostrom, Cathy Morrissey
2018	2546	Phil Hindmarch, Sumana Williams, Niraga Ostrom, Cathy Morrissey
2019	2546	Phil Hindmarch, Sumana Williams, Niraga Ostrom, Cathy Morrissey
2020	1686	Phil Hindmarch, Sumana Williams, Niraga Ostrom



TESTIMONIALS VOLUNTEERS' FEEDBACK

From Brahmacharini Preethi

On the third day of a session in Kerala, an inmate cried throughout class and as soon as it finished, he came and shared his story. He had made a big mistake in life. During his tenure as president of a temple committee, members got into an argument, and upon leaving the meeting, he remained upset.

When he arrived home, his wife argued with him over a trivial matter, and he could no longer control his anger. He grabbed the nearest object and struck her so forcefully, that she died due to the blow. He was convicted, sent to prison, and both of his children became orphans.

The man has been in prison for 13 years, and his mother takes care of the children. He can work there to earn ₹7,000 per month to send home, but his mother is ill and bedridden. He doesn't know whether his children will be able to continue their schooling. He tearfully asked me to pray for his early release so that his children's future will not be ruined.

This prisoner is one of many I have met in these places where people who have been abused have acted out and are now drenched in grief. But I am also seeing the positive changes yoga and meditation bring to them.

Annual reports from the jails and prisons state that almost a year after starting their yoga practices, regular participants have lower rates of diabetes, blood pressure, cholesterol

and depression. The lifestyle and attitudes of the inmates have changed because they have found a way to reveal the pain and remorse tied up in their hearts.

From Brahmacharini Bhavani

"I recall a vivid experience that happened this year while teaching Integrated Amrita Meditation Technique (IAM) online to inmates in Tamil Nadu. One of the female prisoners who was on antidepressants said, "After practicing IAM regularly, my doctor reduced the dosage from three times a day to one.""

This clearly shows the ability that a consistent meditation practice can have on increasing our sense of well-being.

While pondering the question of whether stress can have such a negative influence on people, one of the prison's higher officials confided in us. She shared that she was unable to spend time with her family because of the stress of her job.

When asked about it, she said that just the week before, she had finished all the work for that day and planned to spend the weekend with her family. But during the night, she got an emergency call from the prison that one of the inmates had committed suicide. His family had visited him the day before, and that had created such severe stress that he took his own life.

That's when I understood that stress is not only unpleasant but can kill a person. At first, we thought that Amma's service was just about taking away stress and helping the inmates to feel good. But after this incident, we realized the shining truth that it is actually a life-saving

program. We as a team wholeheartedly thank Amma for being an instrument to serve and carry out this service to our brothers and sisters. "If you wish to serve, if you have compassion for people, if you have any love for the world, step forward bravely," says Amma.

When we look into ourselves, we can see that through serving others, Amma is also trying to set us free. She is trying to free us from the prisons of our own minds—from our thoughts and identities—thus liberating us to true freedom, our true nature.

From Brahmacharini Swapna

Three of us women went to a sub-jail for men in the Ernakulam district of Kerala. The warden warned us saying, "The people here are not your usual prisoners, but the most notorious criminals in the state. You need to be careful. You can decide if you want to teach the class or not."

We replied, "It's a government decision, so we will definitely teach the class."

The warden went to each cell telling the prisoners that only those interested in learning yoga should come out and take part. To our surprise, no one came. The warden decided to announce the call more strictly, and about 30 prisoners arrived, though very angry as they were forced to participate.

But instead of being afraid, I was completely transformed. I looked straight into their eyes and spoke to them lovingly. Initially they were not ready to cooperate, but after a while, everyone became silent and started to listen carefully.

I felt the difference in their facial expressions and started with yoga asanas followed by meditation. At the end, I saw their faces turn from the initial looks of anger to expressions of gratitude in their eyes. They told me that they felt peaceful and some of their burdens were removed from their hearts.

On another occasion, a prisoner remarked, "I have been to all religious centres of India but no God has heard my prayers. I never received peace from anywhere. Through this class, I could feel a peace and happiness which I have never experienced before."

This has been expressed by many of the prisoners. We all know that the inmates of jails are the ones who suffer the most in life. If we can give them peace of mind - even just for a moment - that also brings good will to us and illumines our path.

From Brahmacharini Smiji

One day, Amma called me to the stage where she was giving darshan. My heart was beating fast as I went to her, but when I heard her words, it stopped beating altogether.

"A few among you should go and teach yoga in jail. There are many very sad prisoners there. You must go and speak words of peace and solace to them," she instructed.

In many of Kerala's jails for men, women have never entered the inner halls and corridors, so Amma's assignment was a surprise for me as a female yoga teacher. Some of the convicts have committed extremely heinous, cruel acts.

The first time we arrived at a prison, even the police seemed afraid for our safety as they allowed the prisoners inside the training hall. But I did not feel any fear. I have always felt the strong presence of Amma with me.

During a feedback session in Kerala, a young prisoner shared, "I am very active in politics, and in fact, I work for my party. When I used to hear about the ashram and Amma, I used to think of both in a very derogatory manner.

"But I now realize that it is not so because until we landed in jail, there were many

people to support our acts of destruction and violence. There were many friends who seemed to genuinely love us.

"But once we landed in jail, they have never even once come our way. But Amma, who has never even seen us, thought kindly of us and held these classes for our sake. I offer great thanks to Amma."

Smt. Shweta Anand

We went to Kurukshetra in Haryana to conduct yoga and meditation sessions, and the first class was in a women's prison. The jailor was very interested, even though he didn't know much about Amma.

"Please be careful with this one prisoner. She is very notorious and I am afraid she may cause problems during the session," he said and then left us with just one female guard inside the hall. The prisoners were of all age groups and dispersed throughout the space. Some were confused, some were busy talking and some were not really interested. Without talking too much, we played a video of Amma giving darshan.

Slowly, slowly the prisoners were drawn to watch, like nails to a magnet. They started trying to find the best spots to see the screen. Some of them were holding their babies in their laps. Some started hiding tears behind their shawls. Some started smiling.

We began class but as we instructed the women to lay down, one of them continued to sit. We asked her what was wrong and she replied, "I am allergic to dust. I cannot lie on the ground." We were a bit surprised, but when the session ended, the same woman came to us smiling and said, "I would really like to meet Ammaji and want to continue practising this meditation."

She went to the table where we kept some of Amma's books for distribution and she happily took Amma's biography, along with some other titles, saying, "I will definitely read these books."

While still talking with her, the jailer arrived and shouted at the woman, "Go back and sit in your place."

He took us out of the hall and explained that the woman was the one about whom he had warned us. In a single night, she committed seven cold-blooded murders in her family. This included her parents, her siblings and a three-month-old baby.

She was a well-educated woman, and the plot was carried out with her boyfriend for the sake of property while she was just in her twenties. She received the death penalty, but it was later changed to life imprisonment.

The jailor said, "Drugs and alcohol are becoming common among the people. Drugs are given to the youth to make them commit the crimes. By the next day, they don't even remember that they have done anything wrong."

Shri. Narinder Anand

I was sent to teach meditation in Ludhiana Central jail. It is one of the biggest jails in Punjab, spread across more than 100 acres with thousands of prisoners in it.

Crossing multiple big doors with huge locks, we entered the premises. One of the guards with a big stick in his hand was accompanying us. Thousands of prisoners were roaming inside freely, watching us as we walked.

We heard loud screams and saw dust flying in the air from a nearby cell which had huge walls on all four sides. The guard told us that this cell

was specifically for hardcore militants and drug dealers. They were fighting inside and were never let out in open.

We entered the program hall. Hundreds of prisoners, especially the young ones, were already seated with guards standing on all sides for safety purposes. They started looking at us in an aloof way, wondering what was going to happen and who are these people?

We opened our display and everyone's eyes went straight to Amma's photo. After the first yoga pose, the whole environment changed. It was pin-drop silence in the hall.

At the close of the session, meditation ended with prayers for world peace and all the prisoners, with eyes closed and hands folded, chanted from the bottom of their hearts. As we showed Amma's darshan video, we started to hear sobbing. Hearts were opening up. Many were trying to hide their tears.

The head jail master was surprised at the response from the prisoners. It was as if they had received darshan from Amma - her loving embrace, her warmth, her love. It was like time had stopped, and none of them wanted to leave the hall. As we folded our display and walked out, they kept looking towards us as far as they could see.

It was like Amma says, "Even a hardcore criminal has a soft heart. Pure love is the best medicine for the modern world. Love can heal wounded hearts. Love is the answer and love is the way."



INMATES' FEEDBACK



"I was very disturbed prior to attending the yoga class. I was unable to contact anyone, and my family was also distressed as a result of my situation. All of this made me sad. I used to fail miserably at controlling my thoughts and feelings despite my best efforts."

Yoga and meditation are without a doubt the most important lessons I've learned during my time in prison. It forced me to learn and practise maintaining a positive outlook on life. These sessions taught me a lot about life. Now both my mind and body are at ease. I'm still addicted to drugs, but I'm trying to cut back, and this place is turning into real correctional home."

- Inmate 1



"People make mistakes as a result of various circumstances in their lives. I used to be angry and tense all the time, but after attending this yoga class I realised how a person should live in society and how one can contribute to society. I also realised the significance of yoga in one's life. I was able to manage my emotions and anger. Mentally and physically I am happier and more energetic. I made the decision to try to be a better person."

- Inmate 2



"After this class I noticed a significant decline in my sadness. I began to have a more positive outlook on how my life would be when I left here. I have confidence in my ability to control negative thoughts. Since 2016, I've been suffering from memory loss, but I'm starting to feel like I'm regaining my memory. When I used to call my sister I would always cry, but that has decreased since attending this class. When my sister sees me relaxed, she says she feels the same ways. Because of this class, I am able to go through this transition."

- Inmate 3



"This class, in my opinion, should be offered to the current generation. I like to brag about how much my mental illness has subsided. My life would have been different if this class has been available when I was a kid. I have been able to stop taking my antidepressant medications. I have learned that knowledge is the most valuable asset. Everyone is always thinking about the past and future, but I am focused on the present. My ambition is to become a good person until the end of my life."

- Inmate 4



"The yoga session was fantastic. I gained a lot of knowledge. I'd like to use what I've learned in this class in my daily life. We really it in places like jails where mental and physical strength and calmness are required. I'd like to suggest that yoga be included in the educational curriculum. With better minds and bodies we can produce a better generation."

- Inmate 5



"In our cell there are 10 to 15 people. We were always fighting and arguing with each other. We all sat together after the first class and discussed the topics that has been covered. It was the first time in my life that I had a three-day stretch of uninterrupted sleep. As a result, we'd like to have more of these sessions."

- Inmate 6



Snapshots from virtual Suryanamaskar performance led by Br. Mokshamrita Chaitanya of AYUDH India



AYUDH India encouraged all children of Bharat Mata to be part of this great initiative. As children of Bharat Mata, the origin of the ancient wisdom of the Rishis, the sacred land that taught meditation and yoga to the world-it is our dharma to contribute our share of Suryan amaskarams for the successful completion of this noble cause.



75 Crore Suryanamaskar

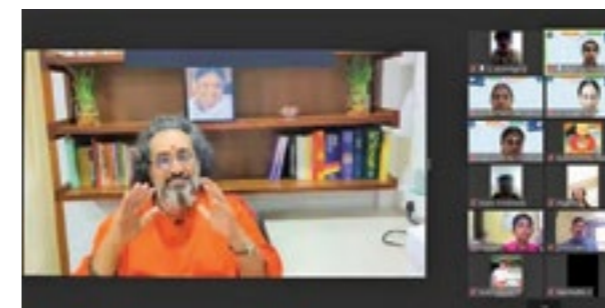
Yoga practitioners join 75 Crore Surya Namaskar Project - Azadi Ka Amrit Mahotsav

Mata Amritanandamayi Math celebrated the Sankalpa Purti Divas to mark the formal closure of the 21 day Surya Namaskara Project. This Yajna was a successful culmination of efforts from 100+ ashram centers across the world, 100+ Amrita institutions, 500+ AYUDH India chapters from across 27 states, and a global involvement of Amma's devotees, followers and other people from 193 UN member countries - taking it to the total of 500,000 participants.

Apart from residents of Amritapuri, Amma's children across the globe also joined the event. Everyone performed one complete cycle of Surya Namaskar in the presence of Amma and

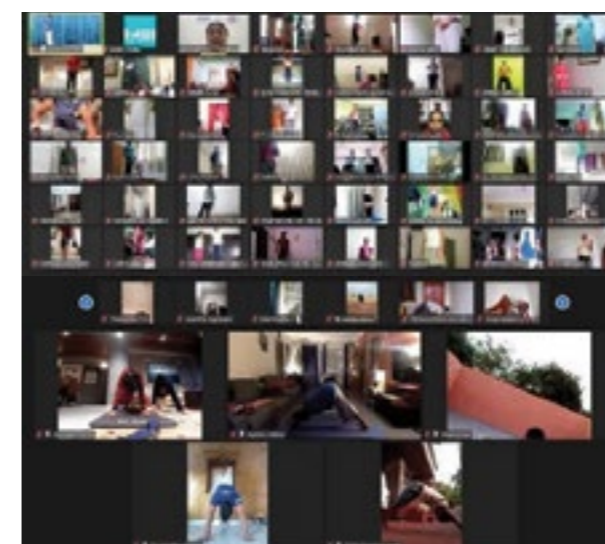


joined in the final offering towards the successful completion of the 21-day Yajna on the Sankalpa Purti Divas.



Swami Amritaswarupananda Puri addressing the participants of Azadi Ka Amrit Mahotsav

Br. Mokshamrita Chaitanya from AYUDH National Coordinating Team led the guided practice session with a interactive demo sessions by AYUDH members. The concluded with interactive sessions on importance of Suryanamaskar practice on daily life and its benefits to the participants.





Amma is the real wealth.” Observing the children, one could clearly see that their interest and curiosity in spiritual matters had been stirred. Amma’s words uplifted and inspired them. “Everybody wants to become the king of the village, and then they all fight. You have to become the king within. Serve everyone selflessly, then you become a real king,” she explained. Amma added that the potential to accomplish this lies within everyone, but that it is up to each individual to invoke it.

Yoga classes were an integral part of the camp. Classes were held for all the children in the Amritapuri ashram’s main auditorium.

Children’s rehabilitation Post-Tsunami Yoga camps for 10000 children

In April and May of 2005, after the 2004 Indian Ocean Tsunami, Amritapuri flooded once again, but this time with children, not water. Two five-day camps were held and attended by approximately 10,000 children from the Alappuzha and Kollam districts of Kerala.

The camps included classes in yoga, spoken English, Sanskrit, and personality development and were aimed at stimulating the children’s minds in positive ways in order to help them overcome their traumatic experiences. The camps also included lively spiritual question-and-answer sessions with Amma.

The children were simply in love with Amma. It was as if she were both their mother and one



among them at the same time. Amma joked with them, inquired about their feelings and family situations, encouraged them to express themselves, and held them tightly in her arms. She asked them probing questions to spark their intellects with regard to spiritual matters, and also offered illuminating answers to their questions about their own culture. By the time the camp ended, it was clear that Amma had come to live in their hearts. In the words of 12-year-old Kannan from Alappad, “we lost everything in the tsunami. And then Amma gave us everything back. In addition to that, we also got Amma.



3160673

Participants

65

Schools

Amrita Vidyalayam

Yoga training in schools emphasizes the yogic tradition of every object and living being in creation and thus adds harmony with nature inside and out.





Namaskarah in a rhythmic tone imbued with values from the epic Ramayana. Children practicing yoga tends to be creative, aware, self-confident, able to manage stress, and much more to stay balanced for the rest of their life. Yoga sessions for teens (ages 13-17), mostly with the class of 12th-grade students, included asanas and aims to empower teens by guiding them to apply Amma's teachings and about managing emotions, cooperative efforts, teamwork, and compassion towards others.

3280247 primary school children in India have undergone Amrita Yoga classes in Amrita Vidyalayam Schools and Ashram Centers throughout India and in other reputed Indian schools.

Yogasanas were introduced to kids and young children (primary school) children between ages 3-7 in a playful way using storytelling, games, songs, dance, and nature-based activities to make it fun and joyful. Interaction with nature and the environment brings kids to a more relaxed state of mind which in turn fosters a healthy body and balanced outlook on life. Yoga practices for pre-teens (Ages 8-12) focused on boosting their self-confidence. Pre-teens are trained for advanced movements and asanas along with rhythmic breathing exercises. For example, they learned the traditional Surya



Empowering children with yoga

Amrita Vidyalayam schools across India.

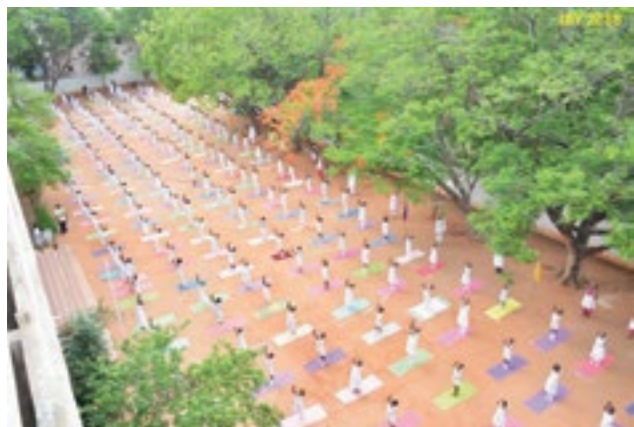
Yoga has been integral to health and physical education at all Amrita schools. To Build resilience and inculcate good values early in their lives, students of Amrita Vidyalayam are trained in Yoga and Meditation as a part of the curriculum. As we recognize that today's students and teachers are facing a world that is unpredictable and often overwhelming, hatha yoga practices are part of all Amrita Vidyalayam schools. We empower the children to build the resilience needed to manage physical, mental, and emotional stress and conquer learning impediments. Through Mata Amritanandamayi Math, the -parent organization, a variety of yoga and yoga-meditation programs for school



students were offered to help children to be self-sufficient, build their self-esteem and enhance their creativity, paving the way for a life of lasting happiness.

Yoga training in schools emphasizes the yogic tradition of every object and living being in creation and thus adds harmony with nature inside and out. This approach in the current education system integrates universal values from a young age to establish a future of hope, peace, and social engagement.









Amrita Vishwa Vidyapeetham

Yoga is taught to all first years of undergraduate and postgraduate students at Amrita University campuses.

First introduced as non-compulsory course at Coimbatore before receiving the University status, Yoga is now taught a component of our cultural education course. All campuses now celebrate International Day of Yoga

114557

Students





COIMBATORE

AMRITAPURI

KOCHI



MYSURU

BENGALURU

CHENNAI



AMARAVATI

FARIDABAD - DELHI



Yoga in Amrita Vishwa Vidyapeetham

Integrating yoga into university education emphasizes providing a healthy life, mentally, physically, and spiritually by adopting holistic development of education. Under Chancellor Sri Mata Devi's guidance, yoga classes and training were part of all Amrita institutions including the University since its inception. Amrita Yoga in university education empowers young people to contribute to a peaceful and sustainable world, thereby nurturing them into compassionate leaders with a sense of tolerance, solidarity, and global responsibility. Amrita Yoga classes are regularly offered at the hostels of girls and boys as an optional practice every morning. Built into the curriculum, all undergraduate first year students learn yoga through a one credit course.

1,14, 557 students have been trained at Amrita University through our yoga programs.









141798
Villages

23
States in India

SeRve is also trying to help villagers understand their inner strength to attain true self-reliance. In this objective, SeRve has also been training people on yoga, meditation, and spiritual practices.

AMRITA
SeRve
SELF RELIANT VILLAGE
Transforming Rural India

AMRITA SeRve
YOGA IN INDIA'S VILLAGES



Empowering India's Villages

Amrita SeRve was launched during Amma's 60th birthday celebrations on September 27, 2013, and ushered in sustainable development in 108+ villages across India. Our work is aligned with United Nations Sustainable Development Goals. Since then, we have focused on areas in which to begin a series of changes that starts from basic needs and then leads to a state of true empowerment. Amrita SeRve's vision is to empower individuals in rural communities with the skills they need to live in communities that are prosperous and self-reliant.

Since 2013, the research centres of Amrita University have worked hard to ensure that Amrita SeRve meets its goals for health and education. The WNA Center helped implement water distribution networks while AMMACHI Labs built toilets. Amrita CREATE is providing

curriculum and training support for the tuition centres that have been started all over the country. All this work was supported by skilling, yoga, meditation, and other programs aimed at empowering individuals and their communities.

The programme has attracted many dedicated young men and women, who are now living in our villages and serving.

Outreach includes teaching women, youth, and children, a system of simple yoga asanas and meditation for daily practice. Youth from the villages are also being trained in Amritapuri to become yoga teachers. In addition, they also conduct cultural awareness classes, teach how to live in harmony with nature, and organize village-level sports events and camps for children and youth. Andhra Pradesh, Bengal, Bihar, Chhattisgarh, Goa, Gujarat, Haryana, Himachal Pradesh, Jammu, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Odisha, Punjab, Rajasthan, Tamil Nadu, Telangana, Uttar Pradesh, Uttarakhand states are included in the outreach. Addressing the more subtle aspects of Self-Empowerment, Amrita SeRve facilitates regular yoga and meditation sessions and encourages the preservation of local traditions and rituals, including religious festivals, Poojas, and devotional singing. By celebrating together as a community and appreciating the joyful moments of life, worries are put aside and peace of mind is attained.

YOGA & MEDITATION IN THE VILLAGES

As part of the empowerment, Amrita SeRve is **reviving India's traditional culture in the villages** with yoga and meditation. The aim of these yoga and meditation activities is to connect with the inner being, thereby realizing one's inherent strength and reaping numerous health and vitality benefits. Participants share that regular practice has resulted in greater self-confidence and organization of their day-to-day lives. Each yoga session started and ended with a prayer and short meditation. A sequence of Surya Namaskar and simple asanas were practiced with breath awareness. Health workers and village coordinators were trained to facilitate these simple yoga asana sessions for children and SHG members. Yoga sessions were held everywhere: on rooftops and fields, at home or under the trees, in school classrooms or verandas, in playgrounds, local community centres, parks, or any other suitable place. Amrita SeRve is currently active delivering programs in Gudipadi Cheruvu (Andhra Pradesh), Kalinagar (West Bengal), Hadiyabad (Bihar), Deurbal (Chhattisgarh), Malcopon (Goa), Nani Borvai (Gujarat), Kanti (Haryana), Indpur (Himachal Pradesh), Pandori (Jammu), Devgain (Jharkhand), Byse (Karnataka), Kom-

alikuldi (Kerala), Juna Katthiwada (Madhya Pradesh), Guptapada (Odisha), Maira (Punjab), Harirampura (Rajasthan), Sadivayal (Tamil Nadu), Kodur (Telangana), Sarai Nooruddin and Nagla Chandi (Uttar Pradesh) and Dunda (Uttarakhand).

SELECT HIGHLIGHTS OF OUR YOGA-RELATED ACTIVITIES

International Day of Yoga - Kodur, Telangana

During International Day of Yoga, Wednesday, June 21, 2017, Yoga classes along with awareness marches and sessions were organized for villagers at Kodur, Telangana. For the rest of the year, yoga asana and meditation practices were taught to the communities on a daily basis, and it is clear that the return to this gift from our heritage is awakening a passion in the people. For the villagers, it helps instill a sense of calm and peace during a time of great challenges in daily life—things like access to proper nutrition, clean water, available education, and stable income. Upon calling people to the class, be they women, men, or children, the students came quickly. For them, they do not need trendy off-the-shelf "yoga clothes". They simply begin in saris, suits, school uniforms, and pants alike. International Day of Yoga, is a reminder

to recall that the seeming differences between nations, religions, and traditions are only on the surface. This day is another opportunity to dissolve all these seeming differences, which is the highest goal of yoga practices. In Ratanpur, a village in Bihar has been historically split via caste differences—people joined together to celebrate the true meaning of yoga. About 80 children participated for the training and provided tar paulins and mats so that everybody could fit in. 20 women also participated and did yoga and some of them who were shy sat around the hall. By the finishing time, it was around 200 people there in the little community hall, as people kept joining during class.

Children were trained to perform Surya Namaskar and some standing asanas along with breath awareness and meditation. Women were given training for simple and relaxing asanas with meditation at the end. Many of



International Day of Yoga - Kodur, Telangana

the Musahar children, who often do not wear clothes, were sent there by their mothers with shirts and pants on. The smallest ones were about 2 – 3 years old. Mothers also came with their tiny infants. After two sessions of yoga, Nand Kishore (the Amrita SeRve coordinator in Bihar) gave a talk about yoga and we sang a bhajan. Some women and children also lead songs of their own tradition, which was very touching. One of the women appeared to be in a very devotional mood, which was likely from the meditation and Satsang.



International Day of Yoga - Nani Borvai



Swami Jnanamritananda Puri guiding children in Amrita SeRve villages

YOGA KIDS LOVING SCHOOL

Thursday, August 3, 2017, Nani Borvai, Gujarat.

Yoga classes are now a regular part of the day in schools across our villages. Children are learning how to stretch, twist and instill peace in their hearts. In fact, at last count, almost 300 kids were registered. It can be a jump to convince students and parents that it is worthwhile to invest time in the study of asanas and meditation. This is time that children can use for their studies. However, the fact of the matter is that as little as 20-30 minutes a day can actually support and increase a child's physical and mental faculties to the point where it can improve their grades. Of course, as is natural for children, they have a lot of fun in class as smiles spread across their faces. But the surprising thing is that they also attain meditation concentration very easily once they are properly trained on how to focus.



Village Coordinator Kajalbhen teaches yoga to children in Nani Borvai, Gujarat.

4TH INTERNATIONAL DAY OF YOGA CELEBRATED IN UNITY

Thursday, June 21, 2018.

International Yoga Day 2018 was celebrated on Thursday across the world, including the villages of Amrita SeRve. More than 1,200 adults and children from 35 villages in 18 states, came together to enjoy the celebrations along with their global brothers and sisters. To honor the annual event and to bring about awareness and recognition of yoga, staff from Amrita SeRve, AMMACHI Labs, and Amrita CREATE, as well as internship students from Amrita University's Live-in-Labs program (Amrita Center for International Programs – ACIP), and in Odisha including Amrita Vidyalayam, held a total of 24 events across the country. Although each event was unique in how the organizers

made yoga day meaningful for the participants, the general program was alike in each location. Festivities started with lighting the lamp to begin the program, followed by welcoming speeches from chief guests discussing the health benefits of yoga on body, mind, and spirit. They also shared how and when yoga day celebrations were initiated 4 years ago. Some events included discussing prominent role models in society and their views on yoga, such as our beloved Amma and respected Prime

Minister Narendra Modi. A guided yoga asana session was given to participants as a glimpse into the unifying world of yoga. In selected locations, once the yoga sessions concluded, bhajans were also led with the crowd joining in.



Zonal Coordinators Soumya and Sonam instruct the common asana practice for villagers of Juna Katthiwada, Muljipura, Havelikheda, and Golamba in Madhya Pradesh



Health workers Seema and Kajal Ben along with one demonstrating pupil leading through asanas in Nani Borvai village in Gujarat.



Students and staff from Amrita Vidyalayam Khorda supported the Amrita SeRve team at the event in Guptapada village, Odisha, with students and teachers.

YOGA IN GOLDEN RAYS OF LIGHT Monday, November 26, 2018

Yoga classes can be a better way to relax and rejuvenate after a laborious day of fieldwork. 15-20 women of Haridamada village in Odisha were gathered at health worker Sangeeta's home for a yoga and meditation session. Together they were developing a regular practice of completing Surya Namaskar and simple asanas before the sun has set. Health worker Sangeeta received the yoga instructor training in June and has evolved into a very dedicated student of yoga. She immediately started giving classes to children and included classes for Zonal Coordinators Soumya and Sonam instruct the common asana practice for villagers of Juna Katthiwada, Muljipura, Havelikheda, and Gola mba in Madhya Pradesh women shortly after. Actually, it is the women of Haridamada themselves who were calling Sangeeta to conduct the classes for them. The women were saying that they feel the benefits of regular practice: relaxation, rejuvenation, and ineffable peace of mind.

Tuesday, February 26, 2019

Ratanpur and Hadiyabad, Bihar, Yoga for Women in Ratanpur and Hadiyabad

Divanshi Devi, a 45-year-old mother in Ratanpur, Bihar, began a regular yoga practice with Amrita SeRve village coordinator and health worker Urmila Devi in January 2019. The health benefits of yoga along with the positive effect on one's lifestyle was well explained during this course. Later, she took leadership to raise awareness about the positive effect regular yoga practice could have on health. The women became highly interested and motivated. At first, only two or three women came to the yoga sessions, but soon other women expressed an interest in joining.

When Amrita SeRve started its work in Ratanpur, no one had ever practiced yoga before. Urmila explains that although "the women knew of yoga, they didn't have knowledge of asanas." Urmila was instructed in yoga at the Amritapuri ashram during her health worker training in February 2016. Since then she has taught yoga asanas to children at the Amrita

CREATE tuition center along with village coordinator, Nand Kishor. The children started a regular yoga practice, which they would talk about to their parents, thereby sowing a seed of love for yoga. The session started with the chanting of the sacred syllable OM three times. The class continued with Surya Namaskar (Sun Salutation) combined with breath awareness, followed by simple standing, sitting, and prone asanas in an easy-to-follow sequence. The asana practice ended with a nine-minute meditation.

Thirty-five-year-old Manju Devi, of Hadiyabad gave training for Prarambha Hanuman (lunge) and Balasana. She offered the rooftop of her house for practice sessions. Her four children also practiced regularly after they return from tutoring sessions at the tuition center. Surya Namaskar was a little tiring for beginners, rather the village women began feeling really good after the practice.



YOGA FOR THE NEXT GENERATION February 18, 2019. Hadiyabad, Bihar

Over 20 children of Hadiyabad and Ratanpur participated in the 'Surya Namaskar cum Pratibha Samman' program, a huge yoga event organized by Krida Bharati, the sports promoting wing of Rashtriya Swayamsevak Sangh in Ara, Bihar. About 15,000 school children came from 25 nearby villages to celebrate and practice yoga together. Amrita SeRve village coordinators Nand Kishor and Urmila Devi, along with Amrita CREATE tuition teacher Surendra Mishra, coordinated the trip to Ara. During the event, most of the participants performed Surya Namaskar for the first time.

However, the children of Amrita SeRve villages in Bihar were familiar with the asanas as a result of two years of diligent practice under the able guidance of Amrita



Urmila Devi (left) and Nand Kishor (green shirt on right) have been instructing yoga sessions over two years now in Hadiyabad and Ratanpur.



Vrikasana practice by village women in Haridamada village in Odisha

SeRve yoga instructors Urmila and Nand Kishor. Many dignitaries present spoke about the health benefits of the ancient practice of yoga, exhorting everyone to practice it daily. "Surya Namaskar is a complete exercise for the whole body," said Raj Chaudhary, National General Secretary of Krida Bharati.

YOGA FOR TODAY Saturday, June 21, 2019

In 2019, the International Yoga Day's theme is "Climate Action" and it was celebrated at the UN on 20 June as "Yoga with Gurus. On this day, women from Ratanpur practiced yoga regularly performed yoga training with their village coordinator Urmila Devi.



Yoga training for Women in Ratanpur

YOGA FOR MIND, BODY CONTROL AND PEACE

June 20, 2021, Maira village in Punjab, Dunda village in Uttarakhand

The yoga classes were conducted in such a way that, the teacher and the students are located in their own homes while having a connection via smartphones. During the latest lockdown, the yoga sessions were able to be organised like that. Participants of yoga sessions gather in one space and take turns to hold the phone to film the class and followed the teacher's instructions. Kajal, a 6th standard student from Punjab, mentioned her favorite asana as Vrikshasana, the tree pose as she felt her legs were becoming strong after practicing the asana. She also mentioned the benefits of asanas as: asanas were the exercise for body parts and muscles. Daily exercise helped in losing fat and having good sleep, while maintaining a balanced appetite and healthy digestion. Furthermore, asana practice gave mind and body control with inner peace of mind. Another girl, Vandana from the same village mentioned that her favourite is Paschimottasana, seated forward bend. Riya, from Uttarakhand, was a slightly older student and she has more experience in yoga. Her

mother has been teaching her. She mentioned that after doing Halasana, the back feels quite relaxed. She was also doing some simple Pranayama breathing at her home. Khushi's favorite asana was Ardha Purvottanasa because it was fun to look upwards. She practices yoga on the veranda of her house or on the outside when it is not raining.

Conducting the online yoga sessions during the lockdown period was challenging to the instructors. Yoga teachers Ashit (Odisha) and Subhadra (Uttarakhand), Neelam conducted online sessions which instantly became lively and joyous events. Children were eagerly participating in the class and by making sure everyone gets a turn, trainers managed to give attention to everyone. It has been noted that the online asana classes from a distance (between the states of Kerala and Uttarakhand there are several thousand kilometers) revealed some essential aspects. The children have developed a regular yoga practice, they know the theory and they are enthusiastic to talk about it. They have faith in the knowledge of their Indian cultural and spiritual heritage. This faith coupled with persistent practice is guaranteed to bring their lives to a full blossoming.



Thousands of school children following our yoga instructor on the stage.



Yoga training for Women in Ratanpur, Bihar



Yoga session for women from Ratanpur, Bihar with their coordinator Urmila Devi



Villages, Maira in Punjab & Dunda in Uttarakhand also had Yoga training









As part of the upcoming 75th Independence Day celebrations of India, Amrita Yoga team organized 80 Yoga camps in 14 districts of Kerala under the name "Azadi Ka Amrita Yoga"



Yoga in Amrita SeRVe villages





AYUDH

www.ayudh.in

YOGA FOR YOUTH



Forces from Amrita Kairali Vidya Bhavan and Amrita Vidyalaya Kaimanam took part in yoga training. Ayudh was led by state coordinator Brahmachari Vivek, Jitin (Lulu Mall) and Ayudh coordinators Shibin and Ratheesh Mundela led the overall programme.

AYUDH AMRITAPURI CELEBRATED IDY 2022

“Yoga is the union of body, mind and soul”. Br. Sivanandan led yoga classes for staffs focusing on yoga, the matrix of life on International Yoga Day, 2022



Yoga training by AYUDH Amritapuri wing during IDY- 2022 activities

The 8th International Yoga Day 2022 was celebrated on 21 June 2022 with the theme ‘Yoga for Humanity’ across the world with great enthusiasm. Yoga is helping people to stay energetic, have a strong immune system and achieve holistic health. Amrita Vishwa Vidyapeetham, Coimbatore Campus provided yoga classes for all the students, faculty members, non-teaching staff, research scholars and campus residents for the celebration of the International Yoga Day-2022 on Tuesday, 21st June 2022. This event was led by Amrita Darshanam-International Centre for Spiritual Studies, Coimbatore Campus along with the Department of Students Welfare and National Service Scheme (NSS).



AYUDH ORGANIZED 15 DAY ONLINE YOGA PROGRAM Monday, 7 June 2021 to Sunday, 20 June 2021

Enthusiastic AYUDH students from Himachal, Punjab and Chandigarh keeping the spark of Yoga alive in these difficult Corona times and

aware of the importance of spirituality in one’s day-to-day life, and about the importance of assimilating and putting positive values into practice. Along with other activities, AYUDH has been conducting yoga programs at different places to help establish on higher goals in life and deliver their creative potential so that youth can benefit for generations to come.

INTERNATIONAL YOGA DAY 2022 EVENTS ORGANIZED BY AYUDH

Mata Amritanandamayi Math, Ayudh Thiruvananthapuram unit and Lulu Mall jointly celebrated International Yoga Day, 2022

The Mata Amritanandamayi Math, the youth wing of Ayudh Thiruvananthapuram unit and Lulu Mall jointly celebrated International Yoga Day, 2022 on Tuesday. Musician Stephen Devassy inaugurated the event. In his message, Deacon of the math Swami Sivamritananda Puri said it is essential to make yoga a part of daily life and that its practice will help people do everything more effectively. Former Union Minister O Rajagopal, Lulu Mall operations manager Ranjith and Ayudh members Anila Diljith and Kumari Nandana were present during the event. Students and members of the armed

Youth and Yoga



Awaken Youth: Unite for Dharma

AYUDH or Awaken Youth; Unite for Dharma, founded on 1st September 1985 is the international youth movement of Mata Amritanandamayi Math. AYUDH has a strong presence across all countries and has been actively involved in inspiring youth in the path of selfless service and organise and engage them in nation-building activities. Through AYUDH branches and programs, Yoga and meditation is also offered for free across the globe.

AYUDH seeks to empower young people to integrate universal values into their daily lives and tries to make the younger generation



Snapshot of an online yoga class by AYUDH during lockdown period to cope up with stress

lockdown. Many of them joined Ayudh India's 15 Day Online Yoga program held from June 7-20, 2021, designed specifically for the Youths to cope up with the current stress.

Yoga training with specific focus on different yoga poses asanas that help the body, mind and soul heal and relax were given to participants of the events.

INTERNATIONAL DAY OF YOGA PROGRAMS IN VARIOUS VILLAGES OF INDIA

As part of efforts to promote the International Yoga Day. AYUDH with MAM provides free yoga and meditation training to the village people across India with an aim to make yoga as an integral part of lifestyle to tackle difficult situations in life. AYUDH has been conducting yoga training since 2015 as a vision to teach yoga asana to at least few people so that they could transfer the asana training to the other family members, relatives and friends.

Friday, 21 June 2019

The theme of International Yoga Day 2019 was "Yoga for Heart". On this day, AYUDH wing of MAM conducted events across the world where people come together to practice yoga, meditation, meetings and panel discussions to understand how yoga can be beneficial to those who suffer from lifestyle diseases and fitness disorders.



AYUDHians took part in the international yoga day activity conducted in Amritapuri ashram. Other individuals and CRPF officers also participated in the event.

YOGA TRAINING BY AYUDH AT VILLAGES

Yoga Training Programme at Trivandrum

Ayudh Trivandrum, Neyyatinkara chapter organised a yoga training programme. Br Sreejith attended the programme and spoke on the importance of physical mental harmony and about yoga.



AYUDH team providing yoga training with focus on physical and mental well being International Yoga Day in Thiruvalla

International Yoga Day in Thiruvalla

A public event was organised by AYUDH Tiruvalla on International Yoga Day on June 21, 2019. In the public meeting how yoga has been beneficial to enhance self-esteem, concentration and body awareness thereby dealing with daily life's challenges were discussed.



Yoga Training at Thalassery

A yoga training programme was organized by AYUDH for everyone present at the Thalassery Mata Amritanandamayi Math. The importance of yoga and meditation for the physical and emotional health of school children is focused in the yoga day training.



Yoga Training at Muvattupuzha

Yoga training at Muvattupuzha hospital sub-jail. Sampūjya Swami Jñānāmrtānandapuri, participated in the event.



International Yoga Day in Kottakal

AYUDHians in Amrita School organised International Yoga Day activity for everyone.



International Yoga Day in Idukki

Sampūjya Swami Jnanamritananda Puri blessed the event organised by the ayudhians for International Yoga Day.



Yoga training for participants at Idukki as part of IDY 2019

INTERNATIONAL YOGA DAY, 2019 EVENTS ORGANIZED BY AYUDH

International Yoga Day 2019 at Pune

Ayudh Pune Celebrated International Yoga Day 2019. Participants were given training for different yoga postures and the advantages of each postures in physical and mental well-being was explained in detail by the trained AYUDH members.



International Yoga Day 2019 at Pune

Ayudh Ahmedabad celebrated International Yoga Day on June 23, 2019.



International Day of Yoga 2019 - AYUDH Mumbai

AYUDH Mumbai Organized International Day of Yoga 2019 at M.A Math, Mumbai. The event that saw enthusiastic participation included an Amrita Yoga session.



IAM TRAINING

Friday, 6 May 2016

IAM is a simple combination of yoga, pranayama and meditation that takes just 20 minutes a day. It is a meditation technique for modern days. The technique is a synthesis of traditional, time-tested methods suited for the current mental conditions, time-constraints and needs of modern man. Amma's disciples teach the technique, free of charge, in all parts of the world. A training on IAM Technique was conducted for Ayudh members.



SESSION ON YOGA TECHNIQUES IN MADHYA PRADESH

Saturday, 5 March 2016 to Sunday, 6 March 2016

Session on general Yoga Techniques was conducted at Madhya Pradesh. The participants including men, women and children who attended the camp in these two days were told about the importance of Yoga in life and other health benefits.



YOGA SESSION FOR KIDS AND STUDENTS IN ODISHA

Monday, 22 February 2016 to Tuesday, 23 February 2016

School kids in the remote regions of Odisha were given training for ancient yoga postures to ensure personal attention among the kids and to improve their personality development in the future.



2015 NATIONAL TRAINERS CAMP FOR YOGA AND IAM

A national-level trainers camp was held in Amritapuri from Dec. 25th – 31st, 2015. Participants from all over India came to become teachers of the Integrated Amrita Meditation (IAM) Technique and Amrita Yoga. Individuals also learned how to lead youth groups and hold events as part of the Amrita Yuva Dharma Dhara (AYUDH).



AYUDH INTERNATIONAL

A national-level trainers camp was held in Amritapuri from Dec. 25th – 31st, 2015. Participants from all over India came to become teachers of the Integrated Amrita Meditation (IAM) Technique and Amrita Yoga. Individuals also learned how to lead youth groups and hold events as part of the Amrita Yuva Dharma Dhara (AYUDH)

AYUDH EUROPE

Annual retreats are held and programs involve yoga training. Nearly 300 attend the program held at MA Center, Hof Herenberg, Germany. This year, AYUDH Europe held the 2022 European Youth Summit (EYS) with 150-200 European youngsters on the theme "THE POWER IN YOUTH - recover, regenerate, revive" from June 28-July 3, 2022.



AYUDH AMERICA'S INTERNATIONAL YOUTH SUMMIT

**AYUDH Ripple Effect 2019 held
September 12, 2019 — Chicago, USA**

Over 175 youth from all over North, South and Central America gathered for AYUDH America's 6th annual international youth summit The Ripple Effect 2019, from July 31st - August 4th, at MA Center Chicago in Elburn, IL. These five days united young people from all walks of life, from students to young professionals, in an international summit emphasizing the theme "World Peace Through Inner Peace." Here youth learned to harness inner strength, self love, and awareness as the first steps in achieving a peaceful community through discussions with renowned leaders of social change, initiative building and project development workshops at the annual AYUDH Americas Youth Parliament, and activities emphasizing community, spirituality, service, and mindfulness. The days began with an emphasis on developing inner strength through Amrita Yoga, IAM meditation, and prayers for world peace before transitioning to a packed day of guest-speakers, workshops, and team-building activities integrated with a four day Youth Parliament, a forum for young motivated agents of change to implement the

United Nations Sustainable Development Goals while developing professional skills in project development, innovation, leadership, and project pitching.



AYUDH America event had Yoga and IAM training for all participants.



AYUDH Europe Youth Summit 2019



AYUDH Europe Youth Summit 2022





YOGA & MEDITATION: RECHARGE

Yoga is taught for self-development. Instructors make sure that the body and mind are aligned perfectly to the Ma-Om rhythm. Yoga instructions are delivered in a manner that makes it easy to follow, enjoyable and useful for the daily life of the participants.

Bala 2013 (started on 30-05-2013)

Yoga sessions were held in the morning and evening led by Gitamba. It was conducted outdoor or indoor, according to the weather conditions.



THE CAMP CATEGORIES ARE:

Gitamritam Bala – age 13-15 – 7-day camp

Gitamritam Yuva – age 18-23 – 7-day camp

Gitamritam Kalyan – under 35 years of age + within 6 years of marriage – 5- day camp

Gitamritam Nipun – for working professionals, under 35 years of age – 3 day camp

Gitamritam Samartha – those who attended at least any two camps (Bala/Yuva/Kalyan) and want to take Gita to the society – 5-day camp

Gitamritam Mananam – only for those who attended any Bala/Yuva/Kalyan camps, to dive deep into Gita, to stay and interact with a Sthitapranja – 5-day camp.



Learn Gita, Be Successful

Gitamritam is an annual residential Gita camp organized for the young to learn the Bhagavad Gita in a creative way. The Gitamritam camps have provided 2000 children and young adults with Yogatraining.

GITA FOR SUCCESS – YOGA FOR FITNESS

The main purpose of the camp is to make the youth aware of the glory of Bhagavad Gita, its message and the necessity of imbibing and practising its teachings in order to achieve success in life. All Gitamritam camps have Yoga classes and training.

MY LIFE, MY PASSION

During the camp, eminent guest speakers, from different walks of life, address how they attained their various goals in life, speaking about their dedication towards their goals, love for their goals, the obstacles they faced, and how they managed to overcome them.

Since 2012, under the leadership of **Swami Dhyanamritananda Puri**, Gitamritam residential camps for various age categories are held annually.



Yuva 2013 (started on 06-06-2013)

Yoga Nidra session by Brahmachari Harshamrita Chaitanya was there every day. Campers were made to sleep/relax consciously for 30 minutes. With simple instructions in the background of music made everyone relax totally



Gitamritam Kalyan 2014

A four-day Gitamritam Camp was held on 20-24 Nov 2015 at Amrita University Campus, Coimbatore. The participants began their day at 5:15 a.m. by twisting their body with hatha yoga and exercising their cheek muscles with laughter yoga. They were also taught the proper way to relax and sleep through Yoga Nidra. **Swami Samarpananda and Dr. Sripad** took the classes.



Gitamritam Nipun 2018

Gitamritam Nipun 2018 was a 4day residential camp for working professionals, under 35 years of age. It was conducted at Amrita University, Bengaluru campus in the month of November 2018. 'Life excellence' was the theme of the camp. Based on Gita slokas we explored, experimented and experience the concept of Bhagavad Gita. As part of the Nipun '18 camp, the sessions on Yoga and Yoga Nidra were conducted by eminent scholar **Dr. Sripad H. Ghaligi**





At the end of the string, tie a rope and at its end, a sharp saw. Then come below this building and let the bee fly up.”

The minister’s wife followed his instructions to the letter. She caught a bee and tied a silk thread around its hind leg. At the end of the silk thread, she tied a strong string. At the end of the string, she tied a heavy rope and at its end, a sharp saw. She made sure that when the bee rose to the air, it only had to lift the weight of the light silk thread tied around its hind leg, while the string and the rope lay coiled on the ground. Then she went to the building and let loose the bee.

On the 7th floor, the minister had set aside a small bowl of honey that had been on his food tray. He kept it on the window sill. The bee smelled the honey and flew higher and higher in search of it. It finally landed on the honey bowl. The minister caught the bee and pulled gently on the silk thread. Soon his hands fell on the string. He then pulled up the string, and in a few minutes his hands closed upon the rope. Drawing up the rope, he pulled up and grabbed the saw tied to it. He then sawed through two of the prison bars, tied the rope to another one, climbed out through the window and lowered himself to the ground. He fled with his wife and they soon regained their freedom.

The meaning of the word yoga is “coming together” or “joining.” **Yoga brings together our body, breath, mind, and awareness in the proper way.** If we can control our bodies, we will be able to control our breath. If we can control our breath, we will be able to control our minds. If we can control the mind, we will be able to rise to self-realization.

In this regard, Amma remembers a story. Once a king went on a hunting expedition. Deep in the forest, he chanced to meet the minister from a neighboring kingdom who had set out to spend a day in the forest with his wife. Unbeknownst to him, they had crossed the border of his kingdom and they were now trespassing on foreign soil. The king mistook him for a spy and ordered his soldiers to seize him and put him behind bars. The minister was held in a maximum-security prison on the seventh floor of a seven-story building. His wife was behind him in the forest, but the king had not seen her. She followed them and saw where they had imprisoned her husband. She then disguised herself and started walking around the building. All the windows were closed and bolted, except one window that was partially open. This was the room where the minister was imprisoned.

This is the way of yoga. It uses the gross elements to control subtler elements. Then using these subtler elements, it controls even subtler ones. In this way, it continues to control subtler and subtler elements. Our ancient rishis teach us that by gaining victory over the body, mind and intellect in this way, yoga can help us attain completeness.

Even if one is unable to achieve completeness, yoga still plays a great role in daily life. Perhaps most importantly, it can help keep us in good health. Yoga can help us purify our inner faculties, glands and nerves and promote their smooth functioning. Scientists have proven that the average man uses only a fraction of his physical and mental capabilities during his lifetime. However, through yoga, one can further awaken and develop those abilities.

For example, say we have a supercomputer at home. If we were to use the supercomputer to just store the grocery expenses and balance our household accounts, it would be a huge waste of its capabilities. With a supercomputer, one can effortlessly do work that would normally take thousands of ordinary computers. Or, consider the waste if we were to use an entire truck to

When the minister looked through the window, he saw his wife in disguise, walking around the building. He understood that she was searching for him. He quickly wrote something on a piece of paper, tied it with a weight, and threw it down. The wife swiftly picked up the note and read it. It said: “Keep going around the building. When it becomes dark, come and stand under this window after following these instructions: First, catch a bee and tie a silk thread to its hind leg. At the end of the silk thread, tie a strong string.



It has been five years since the United Nations started observing International Yoga Day. During this brief time, yoga as a practice has gained an astonishing amount of acknowledgment and popularity. Most nations have acknowledged that yoga boosts physical health and stimulates emotional and intellectual growth. Similar to Ayurveda, yoga is a priceless boon the world has received from the ancient rishis of Bharat.

Amma’s Message on International Yoga Day 2020

Yoga is a comprehensive way of life & dharmic values



transport to school just one child's schoolbag. But at present, this is how man is using his body and mind. Yoga is the path to awakening our infinite potential and realizing our inherent completeness, through the proper adjustment of the body, emotions and intellect.

In everyday life, too, yoga helps to increase our efficiency, health and happiness. In these modern times, when lifestyle diseases and mental illness are on the rise, the relevance of yoga continues to steadily increase. The average human lifespan has increased, aided by new medicines and treatment options. However, our health is declining due to poor lifestyle choices. Good health is not the mere absence of disease; it is the ability to work for long hours without tiring, having mental peace, a clear memory and a sharp intellect. Yoga is a practical system through which we can achieve this.

Many people ask what is unique about yoga when compared to other forms of exercise. Any type of exercise is good for the body and mind. However, what is obtained from yoga is far greater than mere exercise routines. Other exercise systems aim to reduce the fat in the body and tone the muscles through fast movement, but yoga relaxes every part of the body. At the same time, it channels our prana-sakti [life-force] in the right direction. Moreover, its health benefits extend to our internal organs, including our glands and nodes, helping them to function better and keeping them disease-free. It purifies our nervous system and increases our

mental strength and focus. It makes our muscles strong and supple. Yoga is more effective than any other exercise at reducing depression and maintaining cheerfulness.

Yoga asanas are done differently than other exercises. They are slow and require focus on the breath. Along with that, they require us to observe and be aware of every movement of the body. Through this, the mind can be made calm and an experience akin to meditation can be created. In this way, yoga equally benefits the body as well as the mind. But it has to be done with awareness. When raising your arm, you have to observe it being raised. You have to take it and place it aside with awareness.

Indian classical dance is also like this. Those dance forms express love for God. Each mudra [hand gesture] makes the mind subtler. It is also a kind of yoga. Such dance forms use different facial expressions to depict each emotion and mood. Every action is accompanied by a corresponding facial expression. For example, when the dancer is depicting a garland being made, there is a corresponding facial expression. Similarly, when the dancer is picking flowers. The dancer doesn't simply pluck the flower; the action is detailed and the face expresses its corresponding emotion.

Similarly, when doing yoga, one has to do it with complete awareness. When raising the leg, we inhale and when we lower the leg, we exhale. Our awareness is tied to our breath. In this



manner, not only does our body get its requisite exercise, but our physical beauty is enhanced as well. Other exercises reduce body fat, but yoga benefits both the body as well as the mind.

Programs such as the International Yoga Day certainly help spread awareness about the benefits of yoga. An overly busy lifestyle, lack of exercise and stress are the curses of today's society. It is important to exercise for at least 30 minutes every day.

In the past, everything we did was physical exercise. Early in the morning, the first chore was to sweep the yard. Next, we would feed the cows, carrying a large container full of feed. If the cow bolted, we would be pulled along, running behind it. We would till and gather grass, pound paddy, wheat and dried red chillies, and grind spices for cooking. We had to draw and carry water in pots and bring them home. We walked to school, which was quite far. To go to college, one had to walk all the way to Vavakkavu or Oachira to catch a bus. This was also exercise. The entire waking day was spent walking up and down and working. This exercised our bodies and exposed us to sunlight. All these have stopped now.

People who suffer clinical depression are generally lethargic and do not want to

exercise. This makes them even more reliant on antidepressants, and they may have to even increase their dosage. If they do not do physical work, their dependence on the medication increases. Moreover, as side-effects, their hands begin to shake and they become weaker and weaker. Some put on weight. They may develop eating disorders, sometimes eating the food of 10 people. Physical work could make them healthier.

In the past, people did not want to have bathrooms attached to their houses. They would have them built outside. Thus, we would have to walk outside to use it. Now that bathrooms are attached to our rooms, people find it hard to control the urge, even for a short amount of time. Our reliance on these comforts has cost us mental control. Similarly, we now always have the light on in our room. This has made our eyes weaker. We don't exercise our eyes. Then after a certain limit, we need glasses. Much of this is due to habit. Even if it is daytime, we turn on the light to read.

In the past, our elders would caution us to never stand or sit on a doorstep. They would cite the epics and say that this was the place where Lord Narasimha killed Hiranyakashipu, and hence it was an inauspicious place to sit. It would scare us enough so that we would refrain from sitting



there. The real purpose is different: If we sit in narrow entrances, people walking in or out can trip and fall. This is also one reason we touch doorsteps reverentially when we enter. Every such action has many meanings. This implies we should do everything with awareness.

When we were children, we could easily fall asleep even under the hot sun. We didn't need a fan or air-conditioning. Similarly, the kalari used to accommodate up to 200 people without a single fan. People used to fan Amma only out of their love. Then there came the fan and now air-conditioning. Now people have air-conditioned rooms, air-conditioned cars and air-conditioned offices. We don't even have to step into the yard; the car comes to our very doorstep. We walk straight from the room into the car, with one foot in the house and the other straight into the car. This is what people want. This is how lazy people have become. They hardly go outside. Hence, their exposure to pure air and sunlight keeps decreasing.

We are losing our mental and physical strength and making ourselves weaker and weaker. Now, when we are in a situation where we have to sit in the heat, it makes us agitated and stressed. The mind becomes restless.

Lack of sunlight makes our muscles weak. It also affects our bones. Try to sit in the evening sunlight for at least 10 minutes every day. Sunlight from either the rising sun or the

setting sun is good. Walking and yoga can be done during this time.

Many children own luxury cars in which their children go to the gym. They also spend a lot of money every year on the gym memberships. This may seem strange, but it's true. Amma is not saying gyms are not helpful or needed. Once, a woman was talking to her friend, "Well, my children go to the gym every day in the Mercedes." "Oh, how far is the gym?" asked the friend. "Around two kilometres," replied the woman.

This is how people show off their wealth these days. Instead, if the kids could have just walked the distance that it takes to reach the gym, they could have gotten exercise, and saved money and diesel. Where is our tendency to boast about our wealth leading us?

Our children are not going outside any more. Earlier they used to go out a lot, climbing trees, playing many outdoor games such as hopscotch, catch, hide-and-seek and so on. Now they sit and study indoors and then they go to the gym in the car. One set goes to the club, the other to the gym. There are many other things we can do. If we are prepared to walk to the gym, we will get exercise as well as save money. We could then use this money to buy schoolbooks, pens and other school supplies for underprivileged children.

If we were to walk to the gym, we would also get a chance to breathe fresh air and absorb some

sunlight. These are important for good health. Moreover, it will also help us save gasoline. We are fast depleting the earth's fossil-fuel resources. Moreover, by not driving we would reduce the amount of harmful fuel emissions we put into the atmosphere. If we were careful like this and also practiced yoga, our mind and body would get a new life.

In Finland, even the Prime Minister rides a bicycle. The Dutch Prime Minister is known for cycling to work. Many of the ministers in these countries ride bicycles. In Holland, there is always a riot of bicycles, like our villages used to have in olden days. For example, Kannan (a devotee living near Amritapuri ashram) owns both a car and a motorcycle. But when he comes to the ashram, he cycles the four kilometres. No diesel is wasted, plus he gets exercise and exposure to sunlight. So, three things are achieved simultaneously. Moreover, he also saves money. That's a fourth thing. What if each of us were to think like this? Bicycles are very good for our physical health, as well as for the environment. Amma feels that if we love ourselves and if we love Mother Earth, then we should ride bicycles when we only need to travel short distances.

In olden days, people used to either ride bicycles or walk. Bicycles first became motorcycles and now cars. There is a village joke that a new bride will initially be keen to do any housework, but this will soon change. In recent times, in the initial wave of new cars, modernisation and economic affluence, everyone wants cars and motorcycles, no one wants bicycles. Amma isn't

saying you shouldn't own motorcycles and cars. However, our excessive indulgence in physical comfort has been detrimental to our physical and mental health.

*kanakkeduthal perutha nashtam
manushya janmangal*

(Lines from a Malayalam bhajan)
If you evaluate it, human life is indeed a huge loss.

This human life has become a loss for us. Maybe you have a desk job in an office. But you should still be able to get at least a little exercise—even if you just plant some vegetables. That would be enough. This is why Amma goes late at night, at 2 a.m., to the rooftop terrace. I have cut sacks and filled them with soil and started a small kitchen garden. Since Amma is telling all of you to do this, Amma should also do it too.

If we break our leg and stay indoors for two months with the plaster around our leg, we will need prolonged physiotherapy in order to renormalize our circulation. If we don't get proper exercise, how will we move forward? We eat fatty foods, which decreases circulation. Soon we will contract all kinds of diseases. In the past, I have seen even 98-year old grandfathers wash their own clothes. They even used to sit crosslegged in padmasana when they did so. Today, people can't even bend their knees any more. Even Amma gives darshan sitting now. Since the human body is made of the five elements, if it is not given its due, it will



eventually start hitting back. Because I sit giving darshan for 17 to 22 hours, even though grace has blessed it to go on for so long, the circulation has decreased. Amma is able to continue like this because I walk in the room every day.

Nowadays everyone has started to teach yoga. But yoga is not meant to be taught like this. We have to understand that to teach yoga, one has to understand the level of the disciples and their physical, mental and psychological components. However, there are some simple asanas and practices that can be done by everyone. Amma's Ma -Om Meditation is one such practice. Manasa puja is another such practice that is not harmful to anyone. Likewise, some yoga asanas are not harmful. But there are others that have to be taught only after considering the rhythm and rate of the student's heart and evaluating them physically. Some asanas should not be taught to or practiced by everyone, such as the sirsasana. Therefore, one has to practice great care and caution in yoga—both the teachers as well the students. Sometimes people try to learn yoga from books or other places.

Once a man was learning to practice yoga through a radio programme. It advised him to first sit in an asana. He sat. "Raise one leg," it said. He raised a leg. "Place it over your neck." He placed it over his neck. "Raise the other leg." He raised the other leg. "Now place it over your neck." He placed the other leg also over his neck. There was a pause. The man sat with both of his legs hanging around his neck, hopelessly stuck. There was no sound from the radio. "How do I come out of this pose?" he wondered. Soon, the voice of the radio host came on the air, "Well, we hope you've had a wonderful session! How

to come out of the pose? To be continued in the next class. Join us tomorrow, same time, at Radio 38.7!"

This is what happens if we do yoga without proper guidance.

There is a difference between physical health and mental health. While the body needs exercise and movement to keep fit, the mind needs to remain still. However, in modern society, work requiring the body is decreasing and the thoughts and agitations of the mind are growing. This is harmful for the body and mind. Yoga is a scientific system that helps us increase the efficiency and agility of the body and the mind. Surya namaskara and other asanas, meditation and pranayama are all part of this. Through pranayama and other asanas, one can balance the body's prana-sakti [life-force] and through this, we can improve our health. In addition to this, yoga asanas and meditation relax the body and calm the mind and still its thoughts.

Right from childhood we have been taught how to use our mind to observe the external world and control it. But we haven't learned how to control our thoughts and still the mind. This is like knowing how to drive a car but not how to stop it. This will lead us to grave danger. It is just as important to know how to hit the brakes and safely stop the car as it is to know how to drive.

Many old-age homes in Japan use robots to bathe and take care of the residents. Imagine what would happen if the robot couldn't be turned off after giving someone a bath? It would just continue bathing the person continuously.



We are currently in a similar kind of a dangerous situation. So, we should try to relax our constantly running mind. Mental relaxation and stillness is the most valuable treasure. It is the source of all our talents and abilities. Meditation is the best way to achieve this relaxation.

Amma recalls an incident: Once a disciple requested his guru to initiate him into mantra. The guru told him to come the next morning, alone. The disciple arrived the next morning to receive initiation. The guru looked at him and said, "I asked you to come alone. Now come after some time." The disciple approached the guru after a little while. The guru again said, "No, I asked you to come alone!" "But I am alone," demurred the disciple. The guru replied, "No, you have brought along too many people." "I don't understand what you are trying to tell me," replied the disciple. "Your mind is full of thoughts and desires now. I asked you to come to me without them."

The way to get rid of the cacophony of thoughts in the mind is through meditation. There are many meditation techniques. People can choose the technique that suits them best. In these trying times, when coronavirus is threatening the entire world, yoga is even more relevant than ever. It is when humanity's immunity decreases that such diseases are able to take root in society. Yoga, on the other hand, is a good way to enhance our body's immunity.

For yoga to be effective and provide us with strong immunity, we also have to follow a proper diet. We don't need any exercise equipment to practice yoga. If even one person in the home learns yoga, they will be able to teach everyone else in the family. If everyone in the family practices yoga, the health of the entire family will improve. This will not only reduce the family's medical bills, it will also make their minds calm and increase their intellectual capacity and memory power. If everyone in the home practices yoga and meditation, the entire atmosphere of the home will be transformed. For this to happen though, the principle behind yoga has to be understood as well. Then, conflicts will decrease. Love and cooperation will increase.

If yoga enters the households of all the families in a village, the entire village will become healthy. Their standard of life will be uplifted. If the real principles behind yoga are understood and practiced, we will be able to imbibe many other values as well—for example, patience, forgiveness and forbearance. It will also help us develop the love within us.

A footwear company sent two salesmen to a remote village to do a market evaluation and

sell their footwear. The first salesman called up his boss that evening and said, "Sir, there's no chance we can sell any footwear here. May I come back today?" "Why?" asked the boss.

"Sir, the people here are so uncivilized. They literally live in dirt. So, no one will buy footwear to protect their feet from it."

Shortly, the boss received a call from the other salesman. "Sir, would you mind sending another shipment of footwear as soon as possible?" he asked. "Why?" asked the boss.

"Sir, the people here practically live in dirt. They are prone to many illnesses such as ringworm. I gave them some awareness lessons on how ringworms and other germs can get into their body and drain it of blood and reduce their natural immunity. Hearing this, they all want to buy our footwear. I have already exhausted the stock I brought with me. So, please can you send some more?"

This story is applicable to yoga also. We have to use our power of discernment. We have to proceed after understanding yoga's underlying principles. That is how we can imbibe and practice good values, good habits and behaviour. What we need to do next is to try and bring yoga to more people and more families. Let us try to do this together.

There is one more thing I would like to stress. **Yoga is not like an ordinary physical exercise routine that you practice for one or two hours a day. It is a comprehensive way of life that gives a high level of importance to dharmic values and principles. Yoga brings success in both material life as well as in spiritual life. Whichever spiritual path you pursue, yoga will definitely help you. Regardless of the country, human nature remains the same. Therefore, the practice of yoga can help one and all, irrespective of nationality or religion.**

May we be able to use this priceless wealth bestowed on the human race by the ancient rishis of Bharat in the right way.

|| om lokah samastah sukhino bhavantu ||



YOGA DAY CELEBRATIONS



International Day of Yoga

21ST JUNE 2022, AMRITAPURI

more effectively. Former Union Minister O Rajagopal, Lulu Mall operations manager Ranjith and Ayudh members Anila Diljith and Kumari Nandana were present during the event. Students and members of the armed Forces from Amrita Kairali Vidya Bhavan and Amrita Vidyalaya Kaimanam took part in yoga training. Ayudh was led by state coordinator Sevak Vivek, Jitin (Lulu Mall) and Ayudh coordinators Shibin and Ratheesh Mundela led the overall programme.



Yoga Day Celebrations with Ayudh Amritapuri

“Yoga is the union of body, mind and soul”. Br. Sivanandan led yoga classes for staffs focusing on yoga, the matrix of life on International Yoga Day, 2022.

Yoga is helping people to stay energetic, have a strong immune system and achieve holistic health. Amrita Vishwa Vidyapeetham, Coimbatore Campus provided yoga classes for all the students, faculty members, non-teaching staff, research scholars and campus residents for the celebration of the International Yoga Day-2022 on Tuesday, 21st June 2022. This event was led by Amrita Darshanam-International Centre for Spiritual Studies, Coimbatore Campus along with the Department of Students Welfare and National Service Scheme (NSS).



IDY 2022 ACTIVITIES

The 8th International Yoga Day 2022 was celebrated on 21 June 2022 with the theme ‘Yoga for Humanity’ across the world with great enthusiasm. At Amritapuri Ashram, people of all age groups participated in the yoga session in the presence of Amma.

Yoga Day Celebrations at MAM, Amritapuri

Led by Amma, university staff, students, alumini and others joined all at Amritapuri Ashram to perform Yoga all together as part of Yoga Day celebrations.



Yoga Day Celebrations at MAM, Thiruvananthapuram

Mata Amritanandamayi Math, the youth wing of Ayudh Thiruvananthapuram unit and Lulu Mall jointly celebrated International Yoga Day, 2022 on Tuesday. Musician Stephen Devassy inaugurated the event. In his message, Deacon of the math Swami Sivamritananda Puri said it is essential to make yoga a part of daily life and that its practice will help people do everything



International Yoga Day- 2022

Yoga is humanity's birthright. It is the path to find our union with the whole of creation! We are not alone in this universe; our lives are in an intricate dance with the sun, the moon, and all the other living and non-living beings. IDY is a reminder to recall that the seeming differences between nations, religions, and traditions are only on the surface. This day is another opportunity to dissolve all these seeming differences, which is the highest goal of yoga practices. People, on this day, practice together to experience **the Power of Harmony**—union with one's own body, breath and mind, and also union with all beings in the world. All of these are only to experience our innate potentiality, our highest purpose in life.

YOGA DAY CELEBRATIONS AT AMRITA VIDYALAYAM

Amrita Vidyalayam, Secunderabad

Yoga Day Celebration is for the well-being of every citizen physically and mentally. Yoga Day was celebrated in the school premises with more than 1200 students performing the various asanas.

Students of classes VI, VII, VIII, IX and X displayed the asanas on stage. Each asana was described and benefits were explained. Even the teachers had participated in the celebration enthusiastically. Keeping in mind the physical, emotional and mental stress that people went through because of the pandemic

It was an honor for Amrita Vidyalayam, Secunderabad to be invited by the Ministry of Defense, Govt Of India to participate in the International Yoga day Celebrations at Parade Ground. Vice President M Venkaiah Naidu was the Chief Guest for the occasion, Union Minister for Tourism, Culture and Minister of Ayush Mr G Kishan Reddy, Badminton Player PV Sindhu and actor Adivishesh participated in the celebration. Students of class IX along with their respective class teachers and school physical instructors participated in the celebrations at Parade grounds.



Amrita Vidyalayam, Thiruvananthapuram

Students and staff of Amrita Vidyalayam TVPM performed various yoga asanas with spirit of 'Yoga for Humanity' at school auditorium. IDY 2022 was celebrated in school in the presence of Chief guest Sanil.P.Anjali, State Convenor International Organisation (INO) Govt. Of India, MD in Yoga and Naturopathy Consultant, M.Sc Counseling Psychology (Applied Psychology) and Member of Indian Federation of yoga. Total of 100 participants including teachers and students participated in the event.

Amrita Vidyalayam, Kozhikode

The chief guest for the day was Mr. Janardhanan Kottemprom, Retired Art Teacher, Kendriya Vidyalayam, Kozhikode, Yoga Master, Sri. Raveendran Sir and the formal function presided by Swamiji Vivekamritananda Puri. Total of 450 Participants performed yoga asanas with the training of Sri. Raveendran sir.

Amrita Vidyalayam, Karwar

The chief guest for Yoga day, 2022 was Swami Yogamritananda Puri. Total of 100 students and teachers were participants of the event.



Amrita Vidyalayam, Nagapattinam

Chief guest of the event was Mr. K. Madhivanan, M.Sc., M.Ed., M.Phil., Chief Educational Officer, Nagapattinam District. Total 780 students participated in the event.



Amrita Vidyalayam, Ettimadai

IDY, 2022 was conducted by school organizer as two sessions. The event conducted was based on Yoga Display and Advanced Yoga Display. The Venue for session 1 was Sri Dharmalingeshwarar Temple, Madukkarai, Coimbatore. The duration of the event was 1 hour and total of 436 students from grade 9, 10 and 12 participated in the event.

The Venue for session 2 was School Premises, Amrita Vidyalayam Senior Secondary, Ettimadai, Coimbatore. The duration of the event was 1 hour and a total of 384 students from grade 4 and 5 participated in the event.

Amrita Vidyalayam, Rameswaram

On IDY, 2022, the chief guest was P.Arun Kumar, Manager Dhanalaxmi Bank, Rameswaram and total of 265 students participated in the event.

Amrita Vidyalayam, Koyilandy

Chief Guest for the event was Yogacharya Dr. Binu Sangar, International naturopathy

co-ordinator of Kerala and total of 412 participants including teachers and students participated in the event.

Amrita Vidyalayam, Thoothukudi.

On account of 'International Yoga Day' Amrita Vidyalayam, Thoothukudi took part in the healthy occasion. Honourable Chief guest was Smt.Dr.V.Kalaivani, Principal, Sri.N.Senthil Kumar, Yoga Master Sri.Parthasarathy, Head boy Muthukumar and Head girl Keerthi and started the occasion by lighting the lamp, followed by Dhyana Sloka by choir students. The mastering of Ceremony was carried forward by Smt.Rajanandhini. Welcome address was given by our Headmistress Smt.Subbulakshmi. Principal Sri.N.Senthil kumar honoured chief guest with a memento as a token of love and gratitude. Honourable chief guest hoisted the flag, students and teachers paid tribute to our National flag followed by pledge. Yoga prayer was chanted by Sri.Nagarajan. Amrita students energetically performed yoga in the ground and exhibited our school logo. The chief guest delivered fruitful words and insisted everyone to

lead a healthy life. The vote of thanks was given by our Vice Principal Smt.Preethi. Finally, the event came to an end by chanting Shanthi Mantra and National Anthem.



Amrita Vidyalayam, Pandalam

Chief Guest for the event was Shri. Devan K Menon, DLSA Pathanamthitta Secretary, Dist. Sub Judge. A total of 1700 students actively participated in yoga class in the school ground and auditorium.

Amrita Vidyalayam, Navi Mumbai

International day of Yoga 2022 was celebrated in Amrita Vidyalayam, Navi Mumbai. Variety of activities were planned for all the classes from Grade 1 to 12 as suggested by CBSE. 1300 students had actively participated in the program.

School administrator Brni. Sharanyamrita Chitanya started with the first session for Grade 12th and 8th students based on the International Yoga Day protocol as per Mata Amritanandamayi Math.

This was followed by a short spell of MA. OM. meditation. She then proceeded with Sukshma Vayama like neck, shoulder movements and trunk twisting. This was followed by asanas like Tadasana, Pada Hastasana, Vrikshasana, Badhakonasana, Ushtrasana, Bhujangasana, Supta Pavanmuktasana and Shavasana. The session ended with guided meditation and chanting of Shanti Mantra. All the students

felt relaxed and rejuvenated after the session. Guest Mrs.Laxmi Chinta, Yoga instructor for 3yrs from Yoga Vidya Niketan, enlightened the students of Grade 9th and 10th with the importance of yoga and demonstrated few asanas which the students performed as per the instructions. Grade 7 students performed Mass Suryanamaska, Grade 6 created Human Pyramid with Yoga Postures. The day ended with a Yoga session for the teachers by Brni. Sharanyamrita Chitanya. The Success of IDY 2022 at AV, Navi Mumbai campus goes to all the staff and students who have tirelessly worked.



Amrita Vidyalayam, Ottapalam

Chief guests were Dr. Aiswarya K.S, Sreejesh.P (Circle Inspector) and Unni Ushas (CI office incharge). All students and staff members of the school participated actively in the event.

Amrita Vidyalayam, Cheruthuruthy

Dr. Remya E, MD & PhD in Ayurveda - Kayachikitsa, PGDYN (POST GRADUATE DIPLOMA IN YOGA AND NATUROPATHY) was the chief guest of the occasion. She delivered the importance of yoga and breathing exercises in day to day life and had given yoga training and breathing exercise practice for the students of the school. All students actively participated in the event.

Amrita Vidyalayam, Davangere

As a part of IDY, 2022, a total of 1064 students from nursery to Class 10 and 43 teaching and office staffs participated in the yoga class sessions conducted at school level. Importance of yoga asanas were depicted and training sessions were provided by yoga instructors. 15. Amrita Vidyalayam, Kanyakumari

Swami Prasannamritananda Puri, Mata Amritanandamayi Math was the chief guest of the event. 1650 students participated in the event.

Participants were given training for different yoga asanas and the importance of yoga in improving the activities of daily life were well depicted to the participants.



Amrita Vidyalayam, Kanyakumari

Swami Prasannamritananda Puri, Mata Amritanandamayi Math was the chief guest of the event. 1650 students participated in the event. Participants were given training for different yoga asanas and the importance of yoga in improving the activities of daily life were well depicted to the participants.



Amrita Vidyalayam, Ahmedabad.

The Chief Guest of the function was Ms. Sangeeta M Thawani, Yoga Practitioner and Chief Yoga Trainer. She was awarded with Yoga Prachar Ratna by H.E Pandit Shri. Nawal Kishore Sharma, Respected Governor of Gujarat, India. She had given awareness on yoga activities and how yoga and meditation will help in attaining mental and physical well-being. Total 65 students participated in the event and got training on different yoga postures.

Amrita Vidyalayam, Bhubaneswar

As a part of IDY, 2022, A total of 726 members including students and Staffs participated in the yoga class sessions conducted at school level. Importance of difference yoga asanas and training sessions were provided to the students by yoga instructors.

Amrita Vidyalayam, Thalassery

All the students of the school actively participated in the IDY, 2022 celebration. The importance of yoga in maintaining balance of mind and body is well demonstrated to the participants by the yoga instructor and demonstrated few asanas which the students performed as per the instructions. Participants felt relaxed and rejuvenated after the session.

Amrita Vidyalayam, Kolkata

Amrita Vidyalayam, Kolkata, Principal, Priya Nair, led the IDY 2022 celebration at school level. Total 1200 students participated in the event to make the event a grand success.



Amrita Vidyalayam, Trichy

International Day of Yoga was celebrated in at school level with the presence of the chief guest senior yoga instructor Dr.T.Seshasayee, Associate professor (Retd)., Department of Philosophy, National College, Trichy. He addressed the gathering and spoke on the importance of yoga

in our life and various levels in learning yoga. Students of classes 5th to 9th performed mass 'Suryanamaskar' and demonstrated human pyramid using various yoga poses. The program concluded with Shanthi Mantra.



Amrita Vidyalayam, Chavakkad

IDY 2022 was celebrated at school level with the chief guest Dr. Haniny M Raj BAMS, FCCAP Director of Sahani Ayurveda Clinic and Counseling Center, Certified Counsellor, Trained Hypnotherapist Ayurveda Psychotherapist, and SUJI K S, Director of EKTHA Counseling and Remedial Training Centre, Yoga Trainer Msc. Apsy, CCLD, CDC, YTTC. Training sessions were given to all the students, teachers and staffs of the school.

Amrita Vidyalayam, Kodungallur

The 8th International Day of Yoga (IDY) was celebrated at school level with full enthusiasm from students and teachers. The Principal Swamini Gurupriyamrita Prana inaugurated the day by lighting the lamp. This was followed by a prayer with a synchronized chanting of hymns and speech by Principal. The school organized the activities including Talk on Yoga by Yoga Instructor, Yoga and Meditation sessions for School Management, Staff, Students, Mass Yoga Session, Mass Surya Namaskar display, Awareness on Benefits of Yoga, Performing Mass Yoga at some nearby historic Monument/ Iconic site., Rhythmic Yoga, Yoga logo making and Slogan Writing. Principal concluded the session as Yoga can help the students to cope up with their challenging emotions and thanked to the CBSE for implementing yoga activities in school.



Amrita Vidyalayam, Bangalore

The 8th International Day of Yoga was celebrated with great zeal and enthusiasm in Amrita Vidyalayam Bangalore. In the occasion, total 1407 students, 150 teaching and non-teaching staff attended the programme. The chief guest for the programme was T R Manjunath the gazette manager in Education commissioner office. He emphasized the importance of Yoga in our daily life. He stressed on the idea of sound mind in a sound body.

The yoga programme began with chanting of Omkara and was followed by warm up exercises and various asana in the school ground by Class IX and Class X students. A speech on yoga highlighting the history and importance of yoga was given by our students. After the official programme from 7am to 9 am mass yoga was performed by students from 1st standard to 8th standard in the school ground. School Principal thanked Prime Minister Shri Narendra Modiji for giving an opportunity for schools to celebrate the International Yoga day.

Amrita Vidyalayam, Tanur

The Chief Guest for the event was ND Vijayan, Retired Panchayat Secretary and preceptor of Heart fullness Meditation Centre. A total number of 200 participants took part in yoga day celebrations and practiced different yoga asanas with support of yoga instructor,

Amrita Vidyalayam, Madurai

The Chief Guest of the event was Smt. Arivumani, Assistant Professor, Vethathiri Maharishi yoga and meditation center, Madurai. 240 students from different classes participated in the event. Students were given training for different yoga asanas and breathing practices for improving the overall well-being of their mental and physical health.



Amrita Vidyalayam, Edappally

Sri.P.Vijayan (IPS), I G of Police was the chief guest for the occasion. The students were trained for warm up exercises and all participants were taught for various yoga postures. Students performed sitting and standing asanas, importance of these were explained simultaneously.



Amrita Vidyalayam Senior Secondary, Tirupur

8th International Yoga day was celebrated at Amrita Vidyalayam Senior Secondary School, Tirupur with great enthusiasm. The programme was inaugurated symbolically by lighting the lamp followed by Amma's Dhyana Slokah . Srimugi of Grade X A accorded a cordial welcome to the chief guest Shri R.K Nair, The Manager of Exports and Imports, Hero Fashion, Tirupur and his wife Smt. Premalatha Nair. Akila. A of Grade V A conveyed a general speech on the significance of Yoga . 1200 Students from class IV to class XII demonstrated the asanas .Principal addressed the gathering and the chief guest's motivational speech on the importance of yoga inspired everyone. Vote of thanks was proposed by Tharshika. E, the school head girl. The program ended successfully with Shanthi mantra.

Amrita Vidyalayam, Changanassery

Chief guest of Yoga Day was Sri.Gireesh Konaad, Union President SNDP Union Changanassery. Total of 120 students participated in the event. Students were trained for different yoga asanas and importance of each asanas were explained in detailed to the participants.



Amrita Vidyalayam, Mananthavady

International Yoga Day, 2022. Chief Guest was Justin Baby (Block Panchayat President). As part of the celebration, yoga demonstration classes were conducted for the students of the school with the help of yoga instructor



Amrita Vidyalayam, Mangalore

International Day of Yoga was celebrated at the school level with the presence of the chief guest Dr. Araty Shetty, Principal of Amrita Vidyalayam Mangalore. Total 314 students participated in the event. Chief guest motivational speech was on importance of yoga and attracted the student community. Students were instructed to perform various yoga asanas and importance of each asana in maintaining physical and mental health were explained to them. Chief guest's motivational speech on the importance of yoga inspired everyone



Amrita Vidyalayam, Belgavi

Chief guest of the event was Dr, Prasanna Kulkarni, Major Ex Served Indian Army as officer during 1998-2003. Mr Kulkarni sir presently working as Dentist and yoga teacher from last 15 year's. He encouraged students to practice regular yoga to remain fit and improve concentration.

Amrita Vidyalayam, Manjeri

Amrita Vidyalayam, Manjeri and Mata Amritanandamayi Math, Manjeri together conducted International Day of Yoga 2022 at school. Swamini Varadamrita Prana, Head of Mata Amritanandamayi Math Manjeri, Dr Ravikumar, Yoga coordinator and Principal BriHaripriyamritha Chaitanya inaugurated the function by lighting the lamp. 150 students and 12 teachers participated the event and performed different Yoga asanas on that day at school premises.



Amrita Vidyalayam, Erode

Total 530 students participated in the event and given training to different yoga postures and meditation sessions

Amrita Vidyalayam, Durgapur





International Yoga Day- 2021

21 Jun 2021, Amritapuri Ashram

The International Yoga Day 2021 was celebrated based on the theme "Yoga Education and Research". Several lectures were organized in this regard and eminent academicians were invited to offer lectures on the topic. The lecture series was organized in association with Indian Council of Philosophical Research (ICPR), New Delhi, which funded the events. Due to the pandemic constraints all the lectures were conducted on various online platforms.



International Yoga Day- 2020

21 Jun 2020, Amritapuri Ashram

Yoga revitalises the mind and body. In children, yoga helps to increase flexibility and fitness, and maintain a balanced attitude in day to day life. International Day of Yoga was celebrated on June 21st to inculcate the benefits of yoga in our students. The theme of this year International Day of Yoga is 'Ghar Ghar me Yog' which signifies the importance of staying at home and practice Yoga with family while observing social distancing. Staying at home kept away from contagious Coronavirus and Yoga helped keep the family in good health.





Amma leading Yoga asana practices during IDY 2019.



Yoga day celebrations 2019 at Amritapuri

"Yoga is not just physical movement, like going to the gym and exercising," Amma explained. "Rather, it is yet another way to know God, the infinite power we truly are. Yoga is meditation. Just like meditation, performing yoga with awareness will help us go deeper and deeper into our own Inner Self. If physical exercises are like swimming on the surface of the ocean, proper yoga practices are like diving deep into the ocean. The experience has a totally different dimension to it. The difference is like a caged bird versus a bird flying in the sky, enjoying the vast expanse."



International Yoga Day- 2019

Participants attending Amma's Santa Fe retreat were treated to a special yoga session with Amma. Amma led Amrita Yoga sessions on IDY 2019. In Her message, Amma said "Yoga is the means of realizing the infinite potential within by properly training and integrating body, mind, and intellect."



21 Jun 2019, Amritapuri Ashram



**YOGA DAY CELEBRATIONS
AT AMRITA VIDYALAYAM**

Amrita Vidyalayam, Manjeri



Amrita Vidyalayam, Juinagar Navi Mumbai

Around 1300 students from Amrita Vidyalayam, Juinagar Navi Mumbai participated in the International Day of Yoga on June 21st, 2019 at both the Ashram and school premises. The programme began with the traditional lighting of the lamp by Principal Brni. Rekha and the guests, followed by a prayer and the beautifully composed "Yog Geet". The school was privileged to have Shri Sahebodin Ramprasad Das an experienced Yoga teacher from Yoga Vidya Niketan, Vashi, as the Chief Guest, who was accompanied on the stage by Br. Avyayamrita Chaitanya and Suja teacher- the school's Yoga teacher. The guests were welcomed with a flower sapling, in consonance with today's environmental call.

Swami addressed the students and in his profound speech dwelt upon the benefits of Yog Vidya for all. Shri Sahebodin Ramprasad Das, followed the IDY protocol and each class participated in a 25 minute session. Teachers also actively participated in the yoga asana demonstrations. Das ji was thankful to Amrita Vidyalayam for inviting him this year too and struck an instant connect with the students. He also made a point to mention the enthusiasm he sees in the students motivates him a lot.



Amrita Vidyalayam, Mangalore



Amrita Vidyalayam, Mananthavady



Amrita Vidyalayam, Kolkata



Amrita Vidyalayam Kodungallur



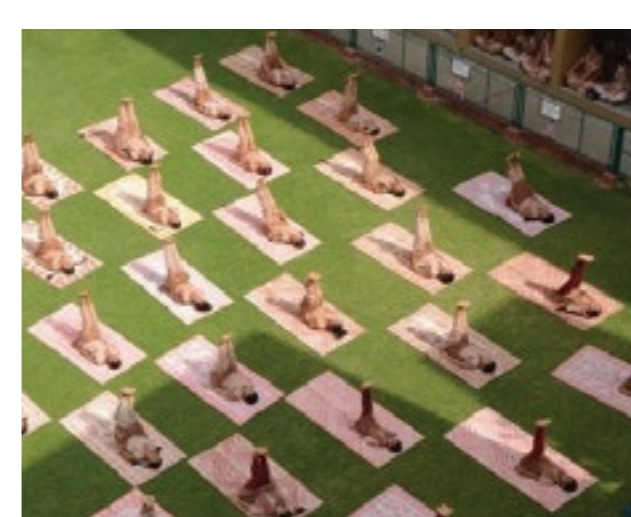
Amrita Vidyalayam Durgapur



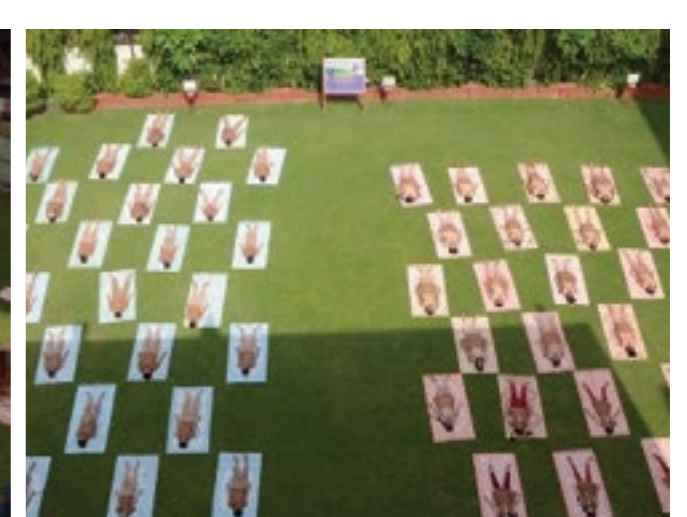
Amrita Vidyalayam, Kanhangad



Amrita Vidyalayam Kodungallur



Amrita Vidyalayam, Kanhangad





Amrita Vidyalayam, Changanacherry



Amrita Vidyalayam, Chavakkad



Amrita Vidyalayam, Chavakkad



International Yoga Day- 2018

On June 21st 2018, International Day of Yoga was celebrated the world over.

On June 21st 2018, Amma led the International Day of Yoga celebrations from Santa Fe(USA). Amma initiated Yoga practices during her program and speaking on the occasion Amma said "Yoga is the means of awakening the infinite strength within, by training the body, mind and intellect properly, and of realizing one's full potential. Yoga helps us become more efficient in worldly life. It enhances our health, sense of well-being, and sensitivity to values." in her message.

Amma observing International Yoga Day during her programs in Santa Fe, New Mexico. 'Amrita yoga' was observed during the International Yoga Day under the guidance of Amritanandamayi Math on 21st June 2018. Dr S. Karthikeyan District Collector Kollam inaugurated the event and Swami Turiyamritananda Puri presided over the function. The yoga exercises were conducted under the guidance of Yogacharya Br. Gurudas Chaitanya which had several participants including devotees of Amma, Amrita university students, Amrita Vidyalayam Students, CRPF jawans, police staff and other well-wishers.



The service of Amritanandamayi Math in promoting Yoga for the last 30 years is not only attracting those from India alone, but also from foreign countries as well, commented S.Karthikeyan, during his speech.

B. Vinod, Asst. Commissioner of Police Karunagapally and Swami Njanamrithananda Puri of Math distributed certificates to all those who participated in the Yoga exercise. This year, the M.A. Math and affiliates at more than 120 locations and including projects and education centers worldwide participated in the International Day of Yoga with a total of almost 9,000 participants. (This does not include the more than 50 Amrita Vidyalayam schools throughout India.)



**YOGA DAY CELEBRATIONS
AT AMRITA VIDYALAYAM**



Amrita Vidyalayam, Pandalam



Amrita Vidyalayam, Ahemedabad



Amrita Vidyalayam, Puthiyakavu



Amrita Vidyalayam, Pandalam



Amrita Vidyalayam, Puthiyakavu



Amrita Vidyalayam, Thiruvananthapuram



Amrita Vidyalayam, Thrissur



Amrita Vidyalayam, Wayanad



Amrita Vidyalayam, Cheruthuruthy



International Yoga Day- 2017



Amma held IDY 2017 from M A Center at Elburn, Illinois. Amrita University campuses celebrated. Amma instructed the gathering and guided everyone in meditation and celebrated at 350 locations across the globe



Amrita University Coimbatore campus faculty members practising asanas on IDY 2017.



Amrita Vidyalayam Secunderabad on IDY 2017



Amrita Vidyalayam Pune on IDY 2017

YOGA DAY CELEBRATIONS AT AMRITA VIDYALAYAM



Amrita Vidyalayam Mysuru students performing IDY 2017



Amrita Yoga team trained Nalandha School students at Cumbum, Tamil Nadu on IDY 2017.



Amrita Vidyalayam Mananthavady students on IDY 2017



Amrita Vidyalayam Nallampalayam Coimbatore students on IDY 2017.





Amma commemorating IDY 2016 with yogasana from Santa Fe, USA



In 2016, the Mata Amritanandamayi Math had partnered with the Government of India's Ministry of AYUSH to plan, promote and celebrate International Yoga Day. In 2016, Amrita Vishwa Vidyapeetham University campuses at Coimbatore, Kochi, Amritapuri, Mysuru and Bengaluru celebrated with yoga asana sessions. 55+ Amrita Vidyalayam schools throughout India participated in the second annual event, along with more than 150 MA Centers and Amrita institutions worldwide.



International Yoga Day- 2015

In her message on the very first International Day of Yoga, Amma said "The purpose of Yoga is for our inner well-being. It does not belong to any particular faith or religion. It was passed on to us by the ancient seers for the well-being of humanity. Yoga helps us to reconnect with nature and eventually become one with God."



Amma was at Santa Fe (USA) for International Day of Yoga. During the Q&A of a spiritual retreat, Amma led everyone in asana classes in honor of the day's celebrations. Mata Amritanandamayi centers in countries in Europe, North and South America and Australia organized yoga sessions for the IDY celebrations.

The main hall in the Amritapuri Ashram was full in the morning as a Yoga classes were conducted to celebrate the day. More than 1000 participated in this yoga celebration, including children, youth and old aged.



International Yoga Day- 2016

The second International Day of Yoga was on Tuesday, June 21, 2016, all of Amma's centers and institutions worldwide hosted free yoga sessions.

Amma, Sri Mata Amritanandamayi Devi was at Santa Fe (USA) on June 21, 2015 and addressed "Today is International Day of Yoga. Previously, people did not need to have a special day for performing yoga because it was part and parcel of their lives. Unfortunately, now we need a special day to remind us to perform yoga, just as we need a day to remember our mother and father." In the olden days, people would wake up in the morning, bow down to mother Earth, and then, facing the sun, chant prayers and perform Surya Namaskarah. Today, in many countries,

six or seven people out of ten have vitamin D deficiency from lack of exposure to sunlight. It is postulated that vitamin D deficiency may be one of the precipitating factors for Alzheimer's disease and other types of dementia. Some may argue that even people with normal vitamin D levels get Alzheimer's disease. This is true, but studies have shown that a majority of people with this condition have a vitamin D deficiency. It is also thought to be a cause of depression, a higher incidence of which is found in countries that have less sunlight.

**YOGA DAY CELEBRATIONS
AT AMRITA VIDYALAYAM**



Amrita Vidyalayam students performing Yoga on IDY 2015., Ahmedabad



Swami Purnamritananda Puri addressing yoga participants at Bali.



Amrita Vidyalayam students performing Yoga on IDY 2015



Swami Shubamritananda on IDY 2015 at an event in Italy.





YOGA DAY AT AMRITA HEALTH SCIENCES CAMPUS

The first International Day of Yoga was celebrated at Amrita Health Sciences Campus create awareness among students about the importance of Yoga. Dr. Prathapan Nair, Principal, Amrita School of Medicine delivered the welcome speech. In his speech, Dr. Prathapan observed that the International Day of Yoga is coming at a crucial time. "The science of Yoga has great significance now, like never before. Today we are very advanced in terms of science and technology, but we lack peace and harmony in the world. It is very important that we develop an inner awareness, so that we may experience every other being as a part of ourselves," he pointed out. Dr. Prathapan Nair then distributed the cash awards to the winners of the essay competition conducted in connection with the International Day of Yoga celebration. The topic of the essay was "Yoga in day-to-day life". Students from the 2013 MBBS batch, Ms. Athulya Balagopal, Ms. Meenu C. Nair and Ms. Chalsy George shared the first, second and third prizes respectively.

Dr. Anand Kumar, Professor and Head, Department of Neurology then explained the interconnections between heart, head and lungs and the importance of 'Pranayama' (controlling of the breath) in maintaining the subtle harmony between them.

The students present in the hall were then encouraged to do some simple Yogasanas in the standing positions like Thadasan, Vrikshasan,

Thrikonasan, etc. following the yoga instructor, Sri Ramesh Babu, who demonstrated them on the stage. Dr. Rajeev R. Warriar, the co-founder of Sree Rudravilasam Vaidyasala, Ayurvedic Hospital & Research Center at Thrippunithura, Kerala, was the chief speaker on the occasion. He explained in a simple manner the eight-fold path of Ashtanga Yoga as expounded by Maharshi Pathanjali. "The word "yoga" literally means union. Yoga does not mean twisting of the body, holding of the breath or doing some other circus. The word "yoga" is a comprehensive term which includes the concepts of excellence in action, equanimity in attitude and cessation of thoughts. Yoga is universal and is the most profound exploration of the very mechanics of life which is far beyond any caste, creed and religious distinctions."The program concluded with an inspiring demonstration of Sooryanamaskar and other classical yoga postures by a group of young boys and girls from the Amrita Vidyalayam, Ernakulam followed by National Anthem.

YOGA DAY AT AMRITA SCHOOL OF BUSINESS, COIMBATORE

Yoga enthusiasts joined together at Amrita School of Business (ASB) on 21 June, 2015 to mark the first International Yoga Day. As many as 192 countries joined hands to celebrate the day around the world. ASB ensured the celebrations to reach beyond its borders by making the celebrations open to public.





International
Day of Yoga
WORLDWIDE



IDY celebrations at MA Center, San Ramon, CA, USA



Children from Amrita Watoto Boma Children's Home, Kenya, Africa performing Yoga on IDY



Yoga Research at Amrita Vishwa Vidyapeetham

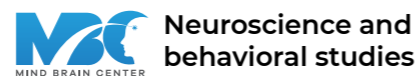
Research on yoga and meditation have unprecedented proliferation in the 21st century, because of its great interest in yoga's health utility and societal benefits. Several practitioners see personal benefits to regular practices including yoga and meditation for stress relief. Studies have led to research in the role of traditional methods such as IAM on diabetes patients at our Amrita Hospital, Kochi. The studies have been in collaboration with Physiology, Endocrinology and Biostatistics.

Amrita Vishwa Vidyapeetham's School of Medicine, Amrita Institute of Medical Sciences' research clinicians have been and are actively studying the effects of yoga roles in relaxation and medical benefits in regular, and long-term practitioners.

Studies have investigated behavioral adaptation and "wellness" behind practitioners and non-practitioners. As an effort to understand causality and functional connectivity changes

induced by holistic stress-relieving techniques related to Amrita Yoga and Meditation methods, the University had commenced experimental studies and models based on electrophysiological signals on yoga and meditation practitioners and non-practitioners.

Studies on brain functional connectivity analysis, vitamin D deficiency, obesity, reducing stress and modulating cholesterol conditions, musculoskeletal problems, yoga roles in reducing epilepsy, neuroimaging and yoga communication, and clinical psychology studies, robotic interventions are ongoing at Amrita University.



Studies have shown the personal benefits to regular practices including yoga and meditation for stress relief. With that evidence, as an effort to understand functional connectivity changes induced by holistic stress-relieving techniques related to Amrita yoga/ Meditation, Amrita Mind Brain Center conducts ongoing experimental and model-based studies with surface EEG signals on yoga and meditation practitioners and non-practitioners to characterize unique EEG signatures in functional integration of mind-body practices (Yoga/Meditation).

Amrita Mind Brain Center, a recently established multidisciplinary research center has been working on brain mapping methods and yoga

studies. With student interns, preliminary studies have been reported as proceedings from international Scopus-indexed conferences.

In a study to understand the neural correlates associated with static (Swastikasana and Vajrasana) and dynamic yoga (Surya Namaskar followed by Savasana) postures, a study using surface-based EEG technique was conducted among 70 healthy subjects randomized into three groups as control, experimental group 1 and group 2. As a reference for analyzing the effects of yoga, three cognitive tasks, namely digit letter substitution task, visual perception task and word memory task, were also accustomed to the participant's post-EEG recording. Preliminary results on spectral analysis related alpha rhythms changes suggesting an increase in attention and beta rhythms increased as attributed in rhythmic learning. A t-test correlate also



Yoga training for the experimental group (students of Amrita School of Biotechnology)

indicated that there may not be critical gender-based variations to these functions after yoga-meditation-based practices expanding possibilities in using techniques for stress reduction and wellness.

With a focus on stress reduction using sustainable methods in context, another paper reports on

the analysis of biosignals for understanding the neural dynamics in human subjects practicing traditional relaxation techniques using electroencephalography (EEG) technique. The study was conducted among 20 healthy volunteering undergraduate students. Students were randomized as experimental



EEG-based studies on yoga practitioners as part of research at AMBC

group (N=10), provided yoga and meditation training for 8 weeks, and control group (N=10) with no experience on yoga or meditation. As a reference for analyzing the effect of relaxation techniques in daily

life activities, three cognitive tasks, namely, word memory task, psychomotor vigilance task, and steady hand-game task were performed by participants as a pre-EEG recording task. EEG recordings were taken for 160 seconds in eyes-opened relaxed state in a dimly-lit sound-proof environment. In experimental group, after practicing integrated yoga-meditation technique for 8 weeks, a post EEG recording was taken. Relating several



functional areas of the brain, cortical activation of the alpha, beta, theta and gamma rhythms in the frontal, temporal and parietal lobes of the brain with significant power spectral density variations in experiment group indicating diversity in brain patterns among week-1 to week-8 practitioners was observed. This short-term study indicates the plausibility of integrated yoga-meditation as sustainable relaxation techniques that can influence in improving the coordination in daily life tasks.

i. Dhanush Kumar, Akshara Chelora Puthanveedu, Mohan, K., Lekshmi Aji Priya, Anjali Rajeev, Athira Cheruvathe Harisudhan, Asha Vijayan, Sandeep Bodda, and Dr. Shyam Diwakar, "Signal Processing in Yoga-Related Neural Circuits and Implications of Stretching and Sitting Asana on Brain Function", in Proceedings of the 2nd International Conference on

Cybernetics, Cognition and Machine Learning Applications, Goa, India, August 29-30, 2020

ii. Rakhi Radhamani, Nijin Nizar, Dhanush Kumar, Pillai, G. Suresh, Prasad, L. Swapna, S. Sudheer, Kuniyil, M. Krishna Va, Sekhar, A. Anil, Kumar, V. Satheesh, Pillai, S., and Dr. Shyam Diwakar, "Computational analysis of cortical EEG bio signals and neural dynamics underlying an



integrated mind-body relaxation technique", in Proceedings of the Third International Conference on Computing and Network Communications (CoCoNet'19), Trivandrum, Kerala, India, Dec 18-21, 2019.

Philosophy and Yoga Darshanam at the School of Spiritual & Cultural Studies, Amrita University

Our ancient Seers considered the material and the spiritual world not as two separate realms, but as one. Thus, Indian knowledge systems cover a vast array of topics explaining all aspects of reality for benefiting a large section of society. They are the real-world application of conceptual theories and experiential practices, which can lead one to overall success in life. Dr. SVBKV Gupta of Amrita Darshanam, School of Spiritual and Cultural Studies based on his ongoing research published an article, "The Ocean of Yoga: An Unpublished Compendium Called the Yogārṇava". As a first academic study on this text, with the comparative analysis of existing literatures on yoga, the article suggests Yogārṇava as an early example of a yogic compendium that anticipates zIndia and Europe, SDM Centre for Interdisciplinary Research in the Humanities and Social Sciences (CIRHS), Ujire, Karnataka, October 26-27, 2018.

Biochemistry and Clinical



implications - Research

Multiple studies have happened at Amrita Institute of Medical Sciences, Kochi campus. Dr. Vandana Balakrishnan, Associate Professor, Department of Physiology, School of Medicine, Kochi aimed to study the short-term effects of Integrated Amrita Meditation (IAM) technique in anxiety and depression states and to have a better understanding on the underlying physiological

Dr. Harish Kumar, Head, Centre for Endocrinology and Diabetes has led several studies on health related benefits of integrated yoga and meditation on patients.



Research Article Impact of Integrated Amrita Meditation Technique on Adrenaline and Cortisol Levels in Healthy Volunteers

Rakhi Radhamani¹, Nijin Nizar², Dhanush Kumar³, Goyathri Suresh Pillai⁴, Lakshmi Swapna Prasad⁵, Seetha Sudheer Jitha⁶, Madhus Krishna Vannathi Kuniyil⁷, Abhishek Anil Sekhar⁸, Vanshuv Satheesh Kumar⁹, Shobhana Pillai¹⁰, Shyam Diwakar¹¹

¹Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ²Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ³Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁴Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁵Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁶Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁷Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁸Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁹Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ¹⁰Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ¹¹Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India

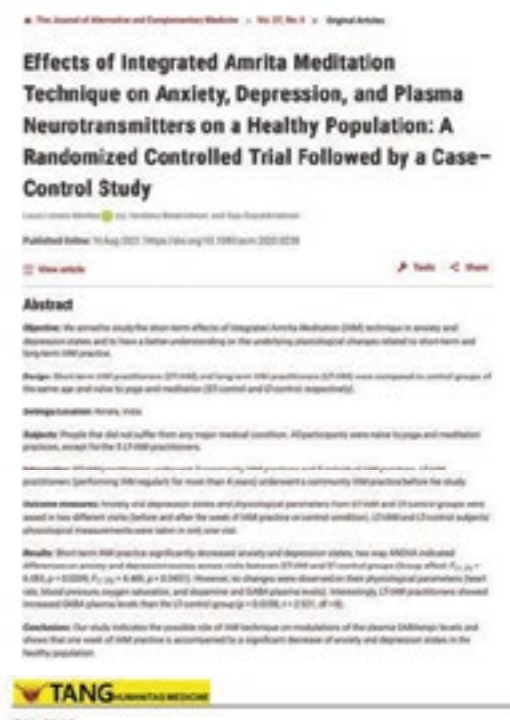
Abstract

Recent advances in brain computer interfaces (BCI) have brought paradigm shifts in psychosocial neuroscience research relating various levels of information abstraction in brain. Recent years have seen several neuro-electrophysiology studies on traditional and cultural stress reduction methods especially, related to short duration practices that use alternate workplace stress. With stress reduction using sustainable methods in context, this paper reports on the analysis of frequency for understanding the neural dynamics in human subjects practicing traditional relaxation techniques using electroencephalography (EEG) technique. The study was conducted among 20 healthy volunteers undergoing meditation. Subjects were randomized in experimental group (N=10) practicing yoga and meditation training for 8 weeks, and control group (N=10) with no experience in yoga or meditation. As a reference for analyzing the effect of relaxation techniques in daily life activities, three cognitive tasks, namely, word memory task, psychomotor vigilance task, and steady hand game task were performed by participants in a pre-test recording task. EEG recordings were taken for 100 seconds in relaxed state in a dark, dimly lit, sound-proof environment. In experimental group, after practicing integrated yoga-meditation technique for 8 weeks, a post EEG-recording was taken. Noting several functional areas of the brain, cortical activation of the α , β , and θ rhythms in the frontal, temporal and parietal lobes of the brain with significant power spectral density variations in experiment group indicating diversity in brain patterns among week-1 to week-8 practitioners was observed. This short-term study indicates the plausibility of integrated yoga-meditation as sustainable relaxation techniques that can influence in improving the coordination in daily life tasks.

Keywords: Integrated Amrita Meditation Technique, stress, relaxation techniques, biochemistry, electroencephalography.

changes related to short-term and long-term IAM practice. Short-term IAM practitioners (ST-IAM) and long-term IAM practitioners (LT-IAM) were compared to control groups of the same age and naive to yoga and meditation (ST-control and LT-control, respectively).

The study indicated the possible role of the IAM technique on modulations of the plasma GABAergic levels and shows that one week of IAM practice is accompanied by a significant decrease of anxiety and depression states in the healthy population.



Original Article Positive Impact of Integrated Amrita Meditation Technique on Heart Rate, Respiratory Rate and IgA on Young Healthy Adults

Subhishtha Vaidyan¹, Lakshmanan Suresh², Govindharaj K. Sreedhar³, Karimannur Ramesh Suresh⁴, Shresh Kumar⁵

¹Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ²Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ³Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁴Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India; ⁵Department of Physiology, Amrita Institute of Medical Sciences, Amrita Campus, Cochin 682 031, Kerala, India

Abstract

The objective of the current study was to find out the effect of Integrated Amrita Meditation Technique (IAM) on blood pressure (BP), heart rate (HR), respiratory rate (RR) and IgA. One hundred and fifty subjects were randomized into three groups: IAM, Progressive Muscle Relaxation (PMR) and Control. Baseline values were collected before giving the training for all the subjects and the IAM and PMR groups were given training for the respective techniques. HR, RR, and IgA were recorded at baseline, at 1, 4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52, 56, 60, 64, 68, 72, 76, 80, 84, 88, 92, 96, 100, 104, 108, 112, 116, 120, 124, 128, 132, 136, 140, 144, 148, 152, 156, 160, 164, 168, 172, 176, 180, 184, 188, 192, 196, 200, 204, 208, 212, 216, 220, 224, 228, 232, 236, 240, 244, 248, 252, 256, 260, 264, 268, 272, 276, 280, 284, 288, 292, 296, 300, 304, 308, 312, 316, 320, 324, 328, 332, 336, 340, 344, 348, 352, 356, 360, 364, 368, 372, 376, 380, 384, 388, 392, 396, 400, 404, 408, 412, 416, 420, 424, 428, 432, 436, 440, 444, 448, 452, 456, 460, 464, 468, 472, 476, 480, 484, 488, 492, 496, 500, 504, 508, 512, 516, 520, 524, 528, 532, 536, 540, 544, 548, 552, 556, 560, 564, 568, 572, 576, 580, 584, 588, 592, 596, 600, 604, 608, 612, 616, 620, 624, 628, 632, 636, 640, 644, 648, 652, 656, 660, 664, 668, 672, 676, 680, 684, 688, 692, 696, 700, 704, 708, 712, 716, 720, 724, 728, 732, 736, 740, 744, 748, 752, 756, 760, 764, 768, 772, 776, 780, 784, 788, 792, 796, 800, 804, 808, 812, 816, 820, 824, 828, 832, 836, 840, 844, 848, 852, 856, 860, 864, 868, 872, 876, 880, 884, 888, 892, 896, 900, 904, 908, 912, 916, 920, 924, 928, 932, 936, 940, 944, 948, 952, 956, 960, 964, 968, 972, 976, 980, 984, 988, 992, 996, 1000.

Keywords: Integrated Amrita Meditation Technique, stress, blood pressure, respiratory rate, IgA, meditation.

Yoga, education, and skilling

As part of the skilling program, researchers at the Amrita Multi-Modal Applications and Human-Computer Interaction (**AMMACHI labs**) studied exploring soft circuits as a medium to learn electrical circuit creation in embodied learning by combining it with yoga instruction. The paper was part of FabLearn Asia 2020, Bangkok, Thailand. January 10-12, 2020. Their approach to teaching kids yoga was to model a simple circuit where a perfect yogic posture would complete the yogic circuit and the lamp would be lighted when the circuit was complete.



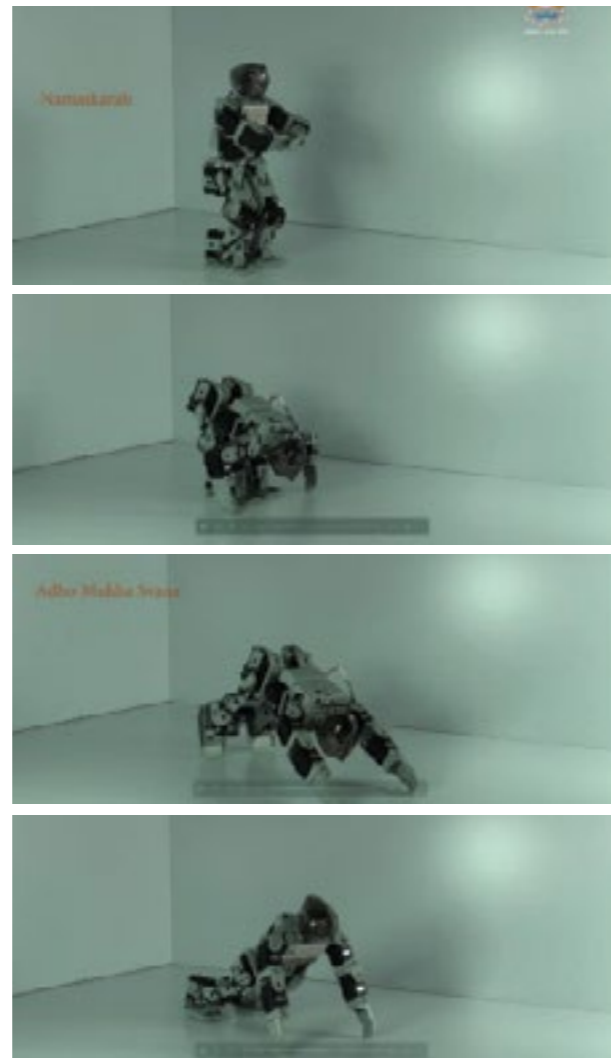
YOGA ROBOT

Led by Amrita professor, Dr. Ganesh Udupa, as part of the Robotics Club of the department of Mechanical Engineering, **Amrita School of Engineering, Amritapuri Campus**, a humanoid robotic instructor was developed to teach Surya Namaskarah and yogasana steps of the Integrated Amrita Meditation technique.

Targeting Robot-based Education

The robot was programmed to perform various yoga exercises such as IAM technique, Soorya namaskar, Amrita Yoga etc to teach students. The same can also be used for engineering education especially remote triggering virtual laboratory applications.

The team developed a control system to operate a humanoid robot enabling Dual-Tone- Multiple- Frequency (DTMF) technology of mobile phones for long range operations. The mobile phone with the operator acts as a transmitter and the one attached to the humanoid robot acts as a receiver and hence no additional communication devices are required. It extends the idea of the technology to control a more powerful device like humanoid robots to perform human like actions from large distances. The scientific part of the humanoid was published as Aswath S et al, Design and Development of Mobile Operated Control System for Humanoid Robot, Advances in Computing, 2013.





Women Empowerment in India Yoga courses taught by our women trainees

Alongside brahmacharinis, Swaminis and women residents of the Mata Amritanandamayi Math, the Center for Women's Empowerment and Gender Equality (CWEGE), a dedicated unit of Amrita Vishwa Vidyapeetham, addresses the issue of gender equality and mental health at the individual, household, and community levels.



While empowering on skills, trades, and more, Amrita University centers and teams including **Amrita CREATE, Amrita School of Sustainable Development, AMMACHI Labs, and CWEGE** have initiated programs in our adopted villages



and at the institutions to promote the wellbeing of women and empower physical, mental, emotional, and spiritual well-being. Through women trainers in villages, our programs also seek to promote them as positive role models at the community level.

Yoga and meditation are regular features of our programs at our 100+ Village Education Centers. Yoga and meditation have been incorporated into the daily routine in our skilling and empowerment programs in rural villages. The programs encompass the young and old women self-help groups and leaders a connection to the spirit, release their fears, and discover that they are all connected. Such activities initiate compassion-driven approaches that harmonizes both scientific knowledge and spiritual learning to create a sustainable tomorrow. Many women groups celebrated international day of yoga at their various locations this year.





Yoga in News



Matruvani

Harbinger of Peace and Joy

17 Matruvani is published in languages

9 including Indian languages

(Malayalam, Tamil, Kannada, Telugu, Hindi, Marathi, Gujarati, Bengali and Odiya) and English, French, German, Spanish, Italian, Finnish, Greek and Japanese.

Ashram's monthly that spreads the message of Yoga

Amma's messages, Yoga and spiritual satsang messages are shared through Ashram's monthly, Matruvani.

'Matruvani'—'Voice of the Mother'—is the flagship publication of the Mata Amrita nanda mayi Mission Trust. First published in 1984 on the auspicious occasion of Amma's Birthday with the aim of disseminating Amma's teachings to devotees, the magazine today is read by hundreds of thousands over the world. Currently, Matruvani is published in 15 languages, including 8 Indian languages (Malayalam, Tamil, Kannada, Telugu, Hindi, Marathi, Gujarati and Bengali) and English, French, German, Spanish, Italian, Finnish and Japanese



www.matruvani.org

This year's outreach is **74925** subscriptions as of June 2022. Total number of readers and outreach of Matruvani until now since its beginnings in 1984 is **3,81,26,450** readers.



Yoga camps for Matruvani Pracharak

The monthly, Matruvani from the Ashram is diffused through volunteers (pracharak) and annual events are conducted for coordinating pracharaks at Amritapuri. Annual camps have been regularly held for the pracharaks and yoga was part of the annual camps.

On June 13-14, 2015, 150 people participated at a camp that had Yoga training for all participants.





SPIRITUAL RETREATS



Swami Ajamritananda Puri has taught over 18000 individuals with IAM and Yoga



Spiritual Retreats

Spiritual programs, retreats, and Yoga by Ashram monastics 2005-15



Since the very beginning of the ashram, Amma and monastic disciples would visit houses, and event halls and offer spiritual programs and retreats for global peace and to help focus on the true purpose of human life. On a daily basis, Amma still gives Darshan (meeting each one individually) and conducts daily programs. Spiritual events and retreats organized by Mata Amritanandamayi Math involve meditation and yoga to intensify spiritual practices, allowing many to go deeper within themselves without the distractions from everyday activities. During such events, regardless of the size, the atmosphere always feels more intimate

and relaxed. Since 2005, 230 Swaminis, Swamis, brahmacharis, and brahmacharinis also offered yoga and meditation training as part of their house visits and spiritual programs. More than **437 events per year** were held across various parts of India and abroad with approximately 30 attending per session. Some spiritual programs had 300- 400 attendees. The cumulative estimate of these programs indicates that **30,15,300 participants** were offered yoga and meditation sessions.

Yoga Sessions across the World



Swami Shubamritananda Puri leading IDY 2016 in Italy



Swamini Ambikambikamrita Prana teaching Yoga in the USA



Swami Shantamritananda leading a class in Japan



Patrick Galoche & Amelie Galoche Koning from France have taught IAM technique to many in India and in Europe



IAM was also taught for children who learnt the integrated yoga-meditation from our trainers.











Darshan

The essence of Amma is experienced through her darshan—a heartfelt motherly embrace that Amma has dedicated her entire life to giving one and all. In Amma's presence, people pour out their hearts, share their hardships and seek guidance. It is in direct response to these problems that all of the charitable humanitarian programs of the Mata Amritanandamayi Math have risen. It is through the seemingly simple gesture of "Amma's hug" that a veritable renaissance of spirituality and service has been dawning in the modern world.

AMMA IN GLOBAL FORA





- 2006 Philosopher Saint Sri Jnaneswara World Peace Prize, Pune
- 2005 Mahavir Mahatma Award, London
- 2005 Centenary Legendary Award of the Int. Rotarians, Kerala
- 2002 Gandhi-King Award for Non-Violence, Geneva
- 2002 Karma Yogi of the Year, Yoga Journal
- 1998 Care & Share Int. Humanitarian of the Year Award, Chicago
- 1993 Hindu Renaissance Award, Hinduism Today



AWARDS BESTOWED ON AMMA

- 2021 Doctorate of Humane Letter from Kalinga Institute of Industrial Technology, Bhubaneshwar
- 2019 Doctorate of Humane Letters from Mysore University
- 2018 Award for the biggest contribution to Clean India Campaign
- 2017 Soldiers of Peace International Association's
- Commemorative Gold Medal for Peace" Toulon
- 2017 Medal of the Provence-Alpes-Côtes d'Azur Region, Toulon
- 2017 Hindu Ratna Award, Kerala
- 2015 Fashion4Development "Medal of Honor" New York
- 2014 Kavithilakam Pandit Karuppan Award, Kerala
- 2010 Doctorate of Humane Letters from SUNY, Buffalo, New York
- 2007 Prix Cinéma Vérité, Paris
- 2006 James Parks Morton Interfaith Award, New York,

AMMA in Global fora

AMMA

Over the past 30 years, Amma's voice has become much sought-after for its words of peace and wisdom, and every year Amma is invited to address dozens of international gatherings from the Parliament of World's Religions and events of various UN agencies, to government and academic-sponsored functions. At these events, Amma goes to the heart of the most pressing problems our world is facing, presenting clear analysis and concrete solutions. In recognition of her wisdom and life of selfless service, many organizations have offered Amma international recognition, and she has received dozens of awards and honors.



Global faith leaders meet at the Vatican in 2014



Interfaith Summit at Abu Dhabi



Award as the Largest contributor to Swachh Bharat Kosh (Clean Indian Campaign)

INVITED TALKS BY AMMA IN INTERNATIONAL EVENTS

- 2018: Interfaith Summit to Protect Children Online (Abu Dhabi)
- 2015: Summit of Conscience for the Climate, Paris, France (video message)
- 2015: UNAI Conference on Tech. for Sustainable Development (New York)
- 2014: Joint Declaration of Religious Leaders Against Modern Slavery (Vatican)
- 2014: Conversations on Compassion (Stanford University)
- 2013: 100 Birth Anniversary Celebrations of Sw. Vivekananda (New Delhi)
- 2012: United Nations Alliance of Civilizations (Shanghai)
- 2009: Inauguration of Vivekananda Int. Foundation (New Delhi)
- 2008: Summit of the Global Peace Initiative of Women (Jaipur)
- 2007: Cinéma Vérité Film Festival (Paris)
- 2006: James Parks Morton Interfaith Awards (New York)
- 2005: Rotary International, India (Cochin)
- 2004: Parliament of the World's Religions (Barcelona)
- 2002: Global Peace Initiative of Women Rel. & Spiritual Leaders, UN (Geneva)
- 2000: Millennium Peace Summit, UN (New York)
- 1995: Int. Celebrations at the 50th Anniversary of the UN (New York)
- 1993: Parliament of the World's Religions 100th Anniversary (Chicago)



Amma addressing the 2002 Global Peace Initiative of Women and Religious Leaders



Amma presents Gandhi-King award to Hon. President of Kenya, Mwai Kibaki



Dr. Jane Goodall presenting the Gandhi-King Award for Non-Violence to Amma





Amma at the inauguration of the Vivekananda International Foundation



At Stanford University in 2014



Amma to address United Nations Alliance of Civilizations in China

लोका : समस्ता : सुखिनो भवन्तु
Lokah Samastah
Sukhino Bhavantu



 **AMRITA**
VISHVA VIDYAPEETHAM
www.amrita.edu

 **AMRITA**
HOSPITALS
www.amritahospitals.org

 **AMRITA**
VIDYALAYAM
www.amritavidyalayam.org

 **AYUDH**
www.ayudh.in

 **AMRITA**
Serve
HELPING PEOPLE
www.amritaserve.org

Matruvani
www.matruvani.org

 **iam**
iam-meditation.org

 **AMRITA YOGA**
www.amritayoga.com

 **AMRITA**
Sree
www.amritasree.com



Everyone in the world should be able to sleep without fear, at least for one night.
Everyone should be able to eat to his fill, at least for one day.
There should be at least one day when hospitals see no one admitted due to violence.
By doing selfless service for at least one day, everyone should help the poor and needy.
It is Amma's prayer that at least this small dream be realized.

Amma (Sri Mata Amritanandamayi Devi)

Follow Amma
www.amma.org
www.amritaworld.org

Co-organizers



www.amritayoga.com



iam-meditation.org



www.amritavidyalayam.org



www.amrita.edu



Embrace Good Health
www.amritahospitals.org



www.ayudh.in

40 Years of AMRITA



Mata Amritanandamayi Math
Amritapuri P.O., Kollam, Kerala, India, 690546
Ph: +91 (476) 2897578 www.amritapuri.org
www.embracingtheworld.org

amritaworld.org
UPDATES ON AMMA'S INITIATIVES

To know more about our various initiatives, SMS or Whatsapp on +91-90721 20000
or mail to mail@amritaworld.org

© 2022 - Mata Amritanandamayi Math, Amritapuri, Kollam, Kerala 690525, India. All rights reserved. No part of this publication may be stored in a retrieval system, transmitted, reproduced, transcribed or translated into any language, in any form, by any means without prior agreement and written permission of the publisher.