

with humanity

**The Art of Living and IAHV's response to the
global Coronavirus pandemic**





singapore



kenya



malaysia



mauritius



indonesia

a global response

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

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





nepal



nepal



australia



sri lanka



March 20

sri sri's message

The Coronavirus is definitely a catastrophe for the world, but it doesn't have to mean the Apocalypse. Despite the dark clouds of gloom, silver linings are emerging bright enough to bring hope. This is what we need to focus on. This is a temporary phase of uncertainty. Mankind has fought against and prevailed over such threats before.

All of us need to be careful but there is no need to panic. On the other hand, let's not be complacent either. Accept this challenging situation and see how you can use it constructively. Perhaps, Nature wants everybody to slow down a little from the rush they are in.



iStandwithHumanity



STAND WITH DAILY WAGE EARNERS

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



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

#iStandWithHumanity
#FromU2Them



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

75,122,069 meals
to over **2.5 million families**
in India as of **May 13th**



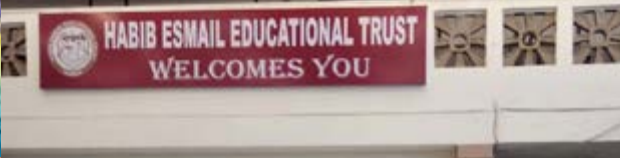
March 25

reaching people in need

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

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

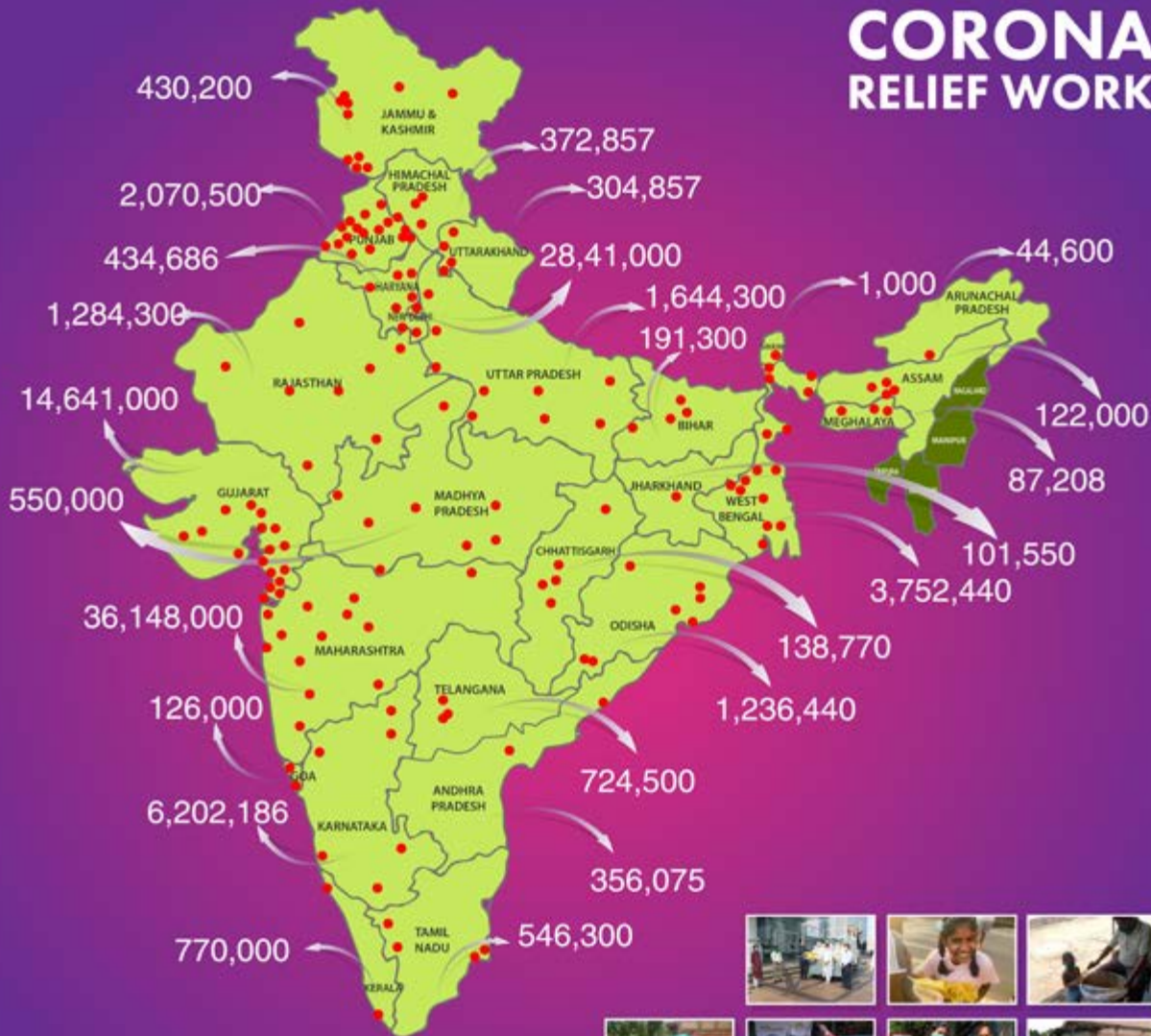








CORONA RELIEF WORK



Relief material provided
#iStandWithHumanity
#FromU2Them

75,122,069
Total number of meals provided to over
2.5 MILLION families as on 13th May, 2020

stand with daily wage earners

The “iStandwithHumanity” campaign had several leaders from the film industry, corporates along with those from the state and central government joining the effort. The advocacy reached millions of people across social media platforms and 75,122,069 meals were distributed to over 2.5 million families as on May 3rd and the work is ongoing.





2 meditations/day
guided by Sri Sri online since March 22nd

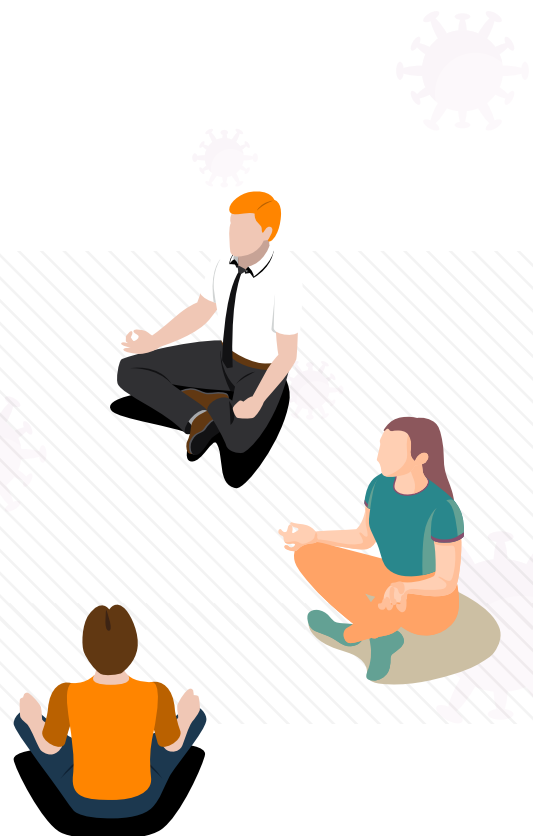
over 100 million
views since the lockdown

March 22

mental health

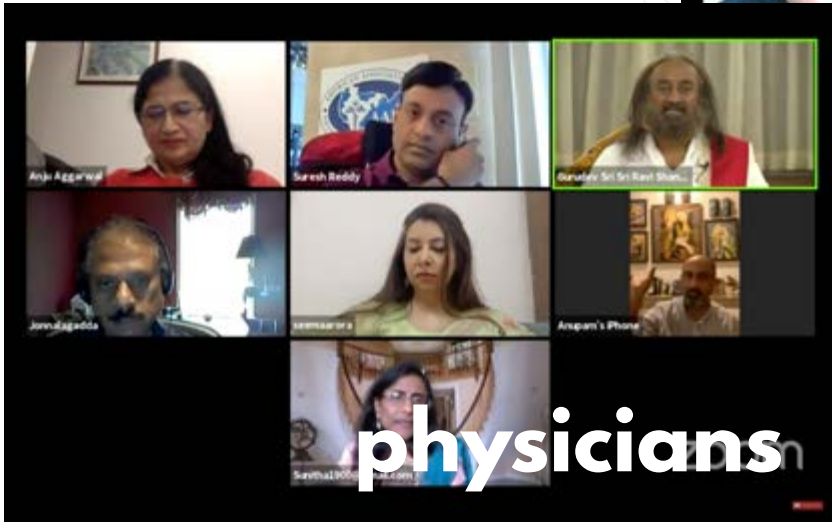
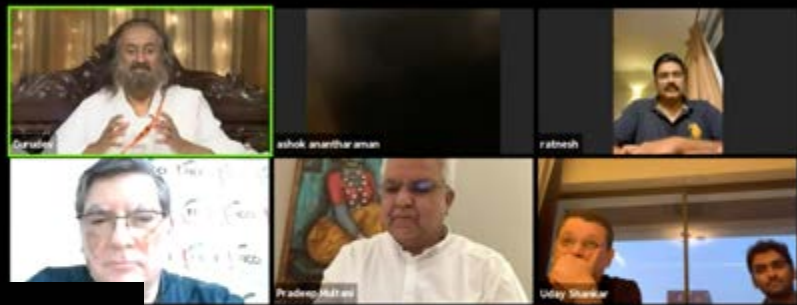
Sri Sri recognized that the fear and anxiety of the pandemic, the stress from the lockdown and isolation; and the uncertainty about the economy, jobs and future were affecting people's mental health and well-being.

Sri Sri immediately launched the **#WorldMeditates** campaign. Millions around the world have been reached on social and broadcast media through these efforts.

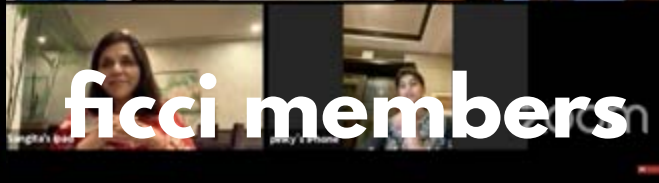




volunteers & teachers



physicians



ficci members



WFEB



entrepreneurs

mental health

Sri Sri spoke to different segments of society suggesting everyday solutions for lockdown; providing tips for health and immunity; guidance on leadership and working from home; strengthening relationships and taking care of children and teens. He also ran special sessions for healthcare workers and frontline responders around the world.





6
April

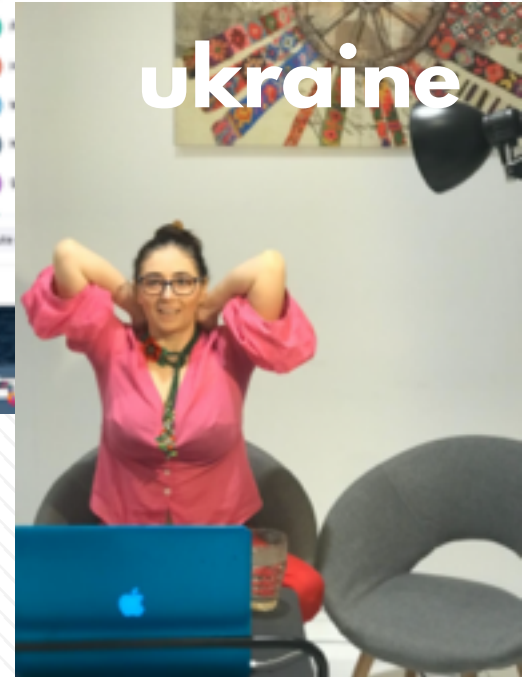
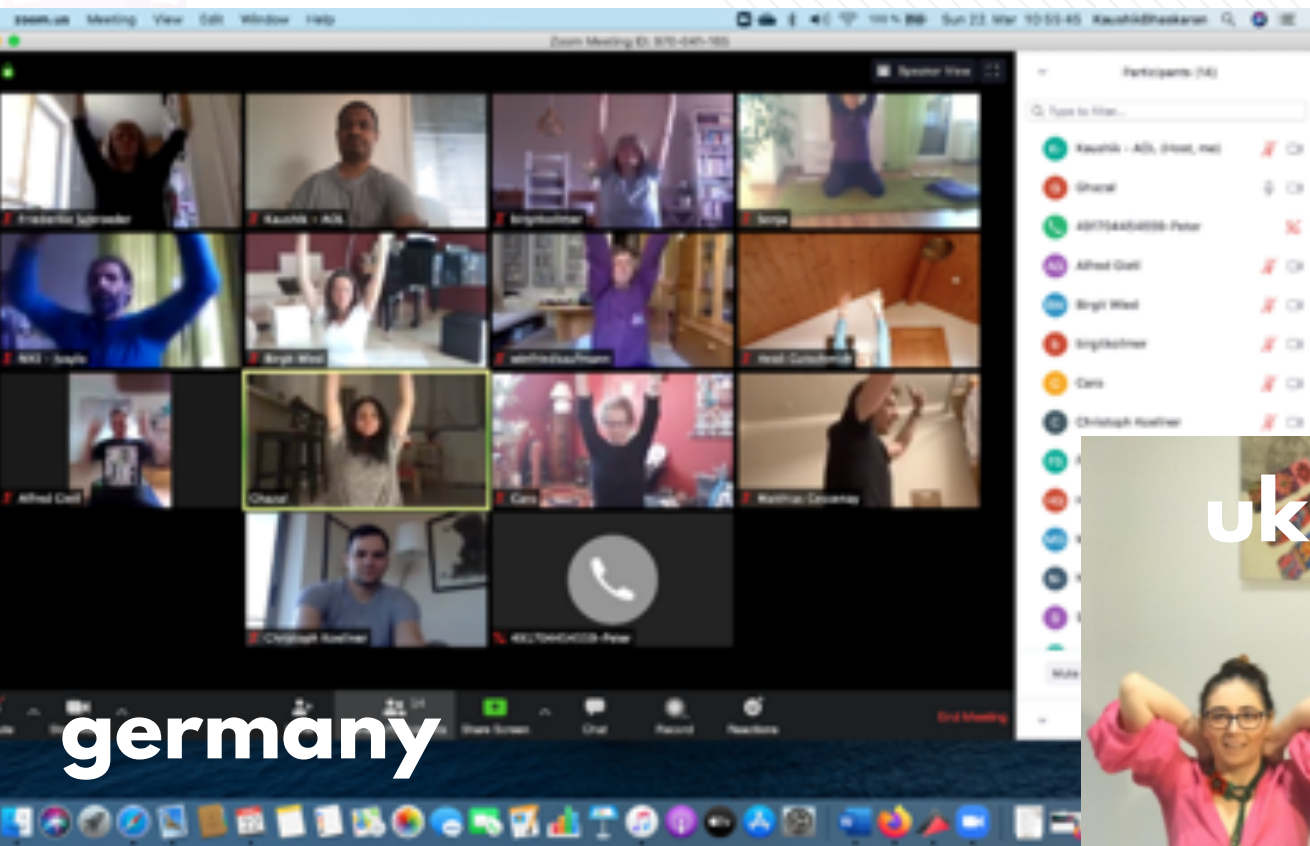
mental health

Fun activities provided a sense of relief

#WomenOnStrike #LetMenCook

Sri Sri challenged the men to cook and asked that the women go on a “cooking strike”. This challenge came as a break for the women who usually cook and a creative task for the others who usually don’t.





Over 1750 health care professionals are undergoing the Online Breath & Meditation workshop in Latin America

LO LOGRAMOS ENTRE TODOS!

LOS QUE NOS CUIDAN NECESITAN NUESTRA AYUDA

Ayudanos a seguir entregando Barbijos, Camisolines y Alcohol en gel.

DONA AHORA

011 2665 6903

EL ARTE DE VIVIR FUNDACION



115 doctors, nurses, psychologists, psychiatrists took the first online trauma relief program in Latin America

April 2

mental health

Specialized online courses

The Art of Living Happiness Program, which has been taught in person to millions across the world, has been adapted to a new online platform, accessible from anywhere. Initially offered to the busy healthcare providers, it was soon offered to everyone.

Trained Art of Living faculty have been conducting numerous online sessions to provide access to anxiety and stress relieving tools to people in the comfort of their homes.





Open Up In Lockdown

13 videos • 2,216 views • Updated today



Gurudev Sri Sri Ravi Shankar

SUBSCRIBE

- 1 **#1 TIRED OF THE LOCKDOWN?** EP1: Waiting For The Lockdown To End? Watch This | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 2 **#2 BORED OF THE LOCKDOWN?** EP2: If You're Not Bored, You're Not Intelligent! | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 3 **#3 THE BIG SECRET OF HAPPINESS** EP3: The Big Secret - What Makes You Tired? | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 4 **#4 SICK OF ARGUMENTS** EP4: A New Way To End Arguments | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 5 **#5 DO YOU LISTEN OR DO YOU JUST TALK?** EP5: Are You A Good Listener? | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 6 **#6 GENERATION GAP?** EP6: How To Connect With Your Younger Generation? | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 7 **#7 WANT A HAPPY FAMILY?** EP7: Know The Secret To A Happy Family | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 8 **#8 LOCKDOWN SCHEDULE FOR EVERYONE** EP8: What Do You Like - Old or New? | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar
- 9 **#9 WHY SO SERIOUS?** EP9: Why So Serious? | #OpenUpInLockdown | Gurudev Sri Sri Ravi Shankar
Gurudev Sri Sri Ravi Shankar

5
April

mental health

New series — Open up in lockdown

A new series of talks with practical tips by Gurudev Sri Sri Ravi Shankar to turn the most common challenges into assets to upgrade yourself during the lockdown.



Helpline for all Latin American countries
(especially, senior citizen)



TeEscucho

Por favor llámanos,
estamos para ayudarte

Somos voluntarios,
dando una mano al que lo necesite.



WhatsApp +54 9 11 6495 9797
www.elartedevivir.org

HELPLINE

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

Call us at 080-67612338

(9AM - 9PM)

#lockdownanxiety



April

mental health

Helpline

Trained counselors from the Art of Living sprung into action to combat the rising uncertainty and anxiety caused by the pandemic. Helplines were launched within days of the lockdown by the Art of Living where people with questions about the Covid-19 situation and those anxious about how it affects them could call and get authentic information and genuine guidance.



United States of America

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

*1 Thane Municipal Corporation, Maharashtra, India

*2 Pune Municipal Corporation, Maharashtra, India

*3 The Tribal Cooperative Marketing Development Federation of India

India

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

Outreach Impact

Africa

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

Germany

- **Over 5000*** people benefited

Mauritius

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

Latin America

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

Malaysia

- **Over 6000*** people benefited

Nepal

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

Australia

- **Over 1000*** people benefited

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



International Association for Human Values

No 6, Aradhana Enclave, Sector 13, R K Puram New Delhi 110066, India
e-mail: president@iahv.org, ramesh.raman@iahv.org

<https://www.iahv.org>