



**BREATHING** LIFE  
INTO  
**EDUCATION**



Today, every parent envisions that their child grows up to be a well educated and happy human being with good values.

How can we introduce and sustain the human values of kindness, compassion, caring and sharing into our education system? How can we ensure that the education will nourish the inbuilt virtues of a child and that every child will learn to be friendly and giving even in a competitive environment? Is education only about getting good grades so that one can secure a good job later- or is it about laying the foundation for long-term prosperity of the society as a whole?

Education must not only instill in students an appreciation for English, Mathematics and Science but also a respect for all people., cultures and traditions, as well as for the natural environment. A good system of education must instill self-esteem and creativity. It must include physical activity and practical tools to help students manage their mind and emotions.

It is time that we come together to identify ways and means of restoring the respect, honor and dignity to education. The need of the day is a broad-minded education accompanied by a warm and caring heart. It is of no use if one acquires a good education and then begins to look down upon others- or just engage in building wealth for oneself.

A well-educated person is one who is friendly and compassionate and is capable of selfless action. A complete education is one that empowers the individual to make their local community stronger and to make the world a safer and happier place to live.

## PROGRAM DESCRIPTION

The Art of Living programs were first implemented in Anand Niketan School, Ahmedabad, during June 2013, reaching out to 50 teachers. The program was then extended to cover 700 students from class 3 to class 12.

The YES! Program provided the students with skills to take the right decisions, overcome stage fear and nervousness. The students learnt to love themselves, learnt to share with others and handle problems with a smile, instead of a frown.

## STUDENTS QUOTES

“I am a human being now. It has helped me get rid of my negativity.”

**Honey Thakkar, Class 12**

“I am now more responsible and helpful. It has helped me in building a better relationship with my friends, teachers and parents.” **Pineal Katara, Class 12**

“The Art of Living has helped me boost my confidence and given me moral support. I discovered a new phase of my life.” **Swaraj Baid, Class 12**

“I had never imagined that four days would change my life. It has helped me a lot to keep my mind calm.” **Shreya Bandyopadhyay, Class 12**

“My experience of Art of Living has been life changing. It has helped me to overcome my fear. I feel more confident now.” **Prachi Patel, Class 12**



## PROGRAM DESCRIPTION

The ART Excel and YES! programs began in the year 2002 with 500 students and today it has developed into a full-fledged program with 3500 students practicing the breathing techniques everyday in the morning. This program has been incorporated as a part of our curriculum. The Middle Level comprising 1000 students from std VI to VIII practice ART Excel every morning. The Secondary Level (std IX & std X) and Higher Secondary Level (std XI & std XII) with a strength of 2500 students practice YES! Breathing techniques on a daily basis. Today there are 4 in-house Art of Living teachers in the school. The school has also moved to organise advance level courses for high school students.

## STUDENTS QUOTES

“The course keeps me fresh throughout the day. It keeps me out of worries.”

**K.S.Navya**

“My day begins very optimistically. It gives me enough confidence to face the busy day ahead.” **A.B. Navamithra**

“This course has helped me recognise myself and my talents. It has given a new meaning to my life.” **Deepa V.M**

“It rejuvenates me and gives me a spirit of enthusiasm.” **Srivaran**

“I've been practicing Kriya for 5 years now. I concentrate better and study more.”

**M.Kevin Akash**

“It reduces my temper and inculcates good and positive thoughts in me.” **Srikirubha**





## EDUCATOR QUOTES

It has helped to eliminate stress, improve health, expand awareness and resolve conflict. Sudarshana Kriya has been the key to understanding the enormous health implications. The related breathing practices lies in understanding the relationship between the breath, the mind, the body and the emotions. From the beginning the results have been immediate and profound as they continue to be.

In this cleansing process within myself of the stress and toxins, did I find great relief from the Temporal Mandibular Joint problem, which I have been suffering for the past 3 years and has helped me to rejuvenate the body.

**Mrs. R. Tulasi**  
Department of Social Studies  
Bharathi Vidya Bhavan  
Thindal  
Erode-9.

Life, which has been so burdensome and tedious, has now become interesting and meaningful. I realize that I've learnt the art of Time Management. I have become less emotional and learnt to accept and love people as they are. Because it is all, that makes life wonderful and worth living. I have been suffering from acute knee pain (both knees) for the past nine years, and pulled along only with the help of certain pain killing drugs. The regular practice of "Sudarshana Kriya" has reduced the pain to greater extent, even without medicine. I really feel, that this course is the best and once in a lifetime "investment", that one can ever make for 'oneself'.

**Mrs. P. Banumathi**  
Department of English  
Bharathi Vidya Bhavan  
Thindal  
Erode-9.





## WORDS OF APPRECIATION

As the President of Bharathi Vidya Bhavan Higher Secondary School at Erode, I am happy and proud to state that for the past many years our students have achieved wonderful laurels in academics, sports and extra-curricular activities. We have been getting outstanding results in the public examinations with many state ranks, year after year. In spite of all this, I somehow felt that there was something missing – some element which would make life a complete whole. It was then that I heard about the Art of Living program and instinctively felt that this program was the right answer to my quest.

Once convinced, we proceeded to initiate the then basic course in the year 2002 for 256 teachers. The next step was to initiate the students of XI std. 350 students attended the Young Adult Program and thoroughly enjoyed it.

The Art Excel was then introduced to VII and VIII std. The response was overwhelmingly positive – many reported immense health benefits, cure of chronic diseases, improvement in daily relationships and change of attitude leading to greater peace and happiness.

Now all the students from std VI to Std XII around 3500 students are initiated into Art Excel and YES Program. All the teachers (300) are initiated into the Basic course Part – I program. Apart from that all people working in the school the office staff, attenders, the school Bus & Van drivers and all the maids are initiated into the Basic course Part – I program.

The most important move is that we have now allocated one separate period everyday for all the students to do the Kriya at the school itself.

I am immensely thankful to Poojya Sri Sri Gurudev and to the various members of The Art of Living foundation who have made it possible for us to introduce these courses in our school. I sincerely feel that we have all been truly blessed.

With regards

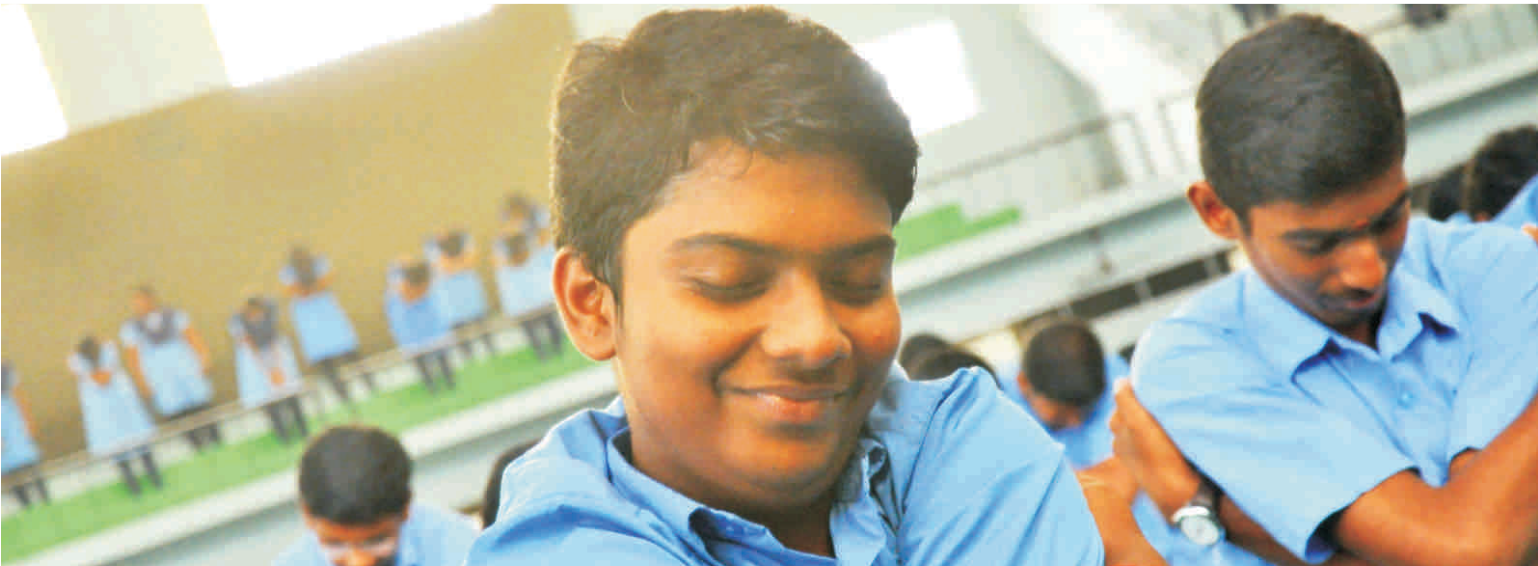
**Aruna Ramakrishnan**

President

**Bharathi Vidya Bhavan Higher Secondary School**

Erode

**Bharathi Vidya Bhavan**  
Erode, Tamil Nadu





## K.N Shah Modasa High School & C.G.Butala School, Gujarat

### PROGRAM DESCRIPTION

The YES! program at the K.N Shah Modasa High School and C.G.Butala School began during the summer of 2014 with 1200 students. At the end of the program students petitioned the school to keep the YES! practices as a part of their regular school day. All 1200 students, practice the YES! breathing techniques and concentration techniques on a daily basis for 15minutes.

The YES! Program now plans to cover another 5000 students.

The program provided students with study tips on how to increase concentration and memory, helped nurture self-esteem, develop team work, cooperation and other life skills.

### STUDENTS QUOTES

“I learnt to be relaxed and stress free.” **Pooja Patel**

“It made me forget about my problems.” **Kruti Parikh**

“My anger is less, I smile more.” **Mihir Shah**

“When I need a way to get rid of stress, I can use what I learnt in the YES! It doesn't take long.” **Riddhi Sheth**

“I was very happy after the breathing. I learnt to laugh off my anger”. **Khyati Soni**

“Today I feel like I have found myself.” **Akash Mehta**

“I can now do anything. Achieve any goal, if I really put my mind to it.” **Jagruti Patel**





## K.N Shah Modasa High School & C.G. Butala School, Gujarat

### EDUCATOR QUOTES

The students have felt so calm and relaxed after the program. Their attention span in class has gone up. Seeing the changes in student behaviour, we have included this program as a permanent fixture in our curriculum.

We have learnt the power breath, victory breath and expansion breath. It helps me be more relaxed and productive for the rest of my day. I take 20 minutes to myself to just breathe and reflect on myself and it has made a difference.

The students are thinking twice and instead of reacting, they are responding. This course is a very beneficial course and it should be conducted for every educator.

**Principal - Vinita Patel**



## PROGRAM DESCRIPTION

During August 2014, the Vyakti Vikas Kendra India, empanelled by CBSE conducted the Capacity Building Program in Life Skills and Mental Health and Adolescent Issues. 75 students of N H Goel World School, Chattisgarh, India witnessed it and gained benefits.

This program is aimed at developing soft skills of the students and make them aware of their inner potential. With unique and effective breathing techniques, yoga, Sudarshan Kriya and lots more, this program empowered the youth to face every setback with a smile and see every hurdle as a stepping stone.

## STUDENTS QUOTES

"I had lots of problem, got solution of all the problems." **Palak Bansal, Class 12**

"I had stage fear and concentration problem. Also less clarity of thoughts. After this, I overcame all the problems." **Mayank Goyal, Class 12**

"I was very restless. Now I am very peaceful." **Iknoor, Class 12**

"In four days I have learned so much that I wonder what will happen if I follow this lifelong!" **Nimish Agarwal, Class 12**





## EDUCATOR QUOTES

"Seventy two students of our school from class XII have undergone the Capacity Building Program in Life Skills and Mental Health and Adolescent Issues. Trainers from Vyakti Vikas Kendra India, empanelled by CBSE have conducted this program from 25th August 2014 to 28th August 2014 in our school premises. This workshop not only helped to develop in our students 'soft skills and the ability to manage stress but also taught them to live a healthy and prosperous life, be excellent leaders and team players and develop love, sharing and caring for society. We applaud the trainer 'Rajendra Singh Gandhi' for the way he has conducted the workshop for our students."

**Kalpana Chaudhary**  
Principal, N H Goel World School,  
Raipur, India

## PROGRAM RESULTS

This program had a remarkable impact on the youth who underwent it. They were much more relaxed and peaceful. They had found solutions to most of their problems and were now looking forward to life. Better concentration and improved confidence could be seen in almost every one. The students looked forward to many more such workshops as not just they enjoyed it thoroughly but it also simplified their lives and added more colour to it.





## PROGRAM DESCRIPTION

In the month of April 2013, a group of 1500 young girls experienced the YES! Program at Notre Dame Academy, Patna, India. This program unveiled a new way of living to the them. Not were they just learning some very basic yet vital life skills but were also enjoying every bit of it to the fullest. Meditation techniques, Sudarshan Kriya, Yoga, interactive games and activities, singing along sessions and an opportunity to share their real life teenage problems with the mentors who instantly guided them were some highlights of the program.

## STUDENTS QUOTES

"I can be myself now! I don't have to be pretentious." **Ritika Labh**

"The actual meaning of life, I know it now. Meditation is fun, everybody should do it."  
**Nilisha Kashvi**

"The exercise, the meditation and the games, everything was just amazing. We underwent a catharsis" **Shivani Devella**

"Usually my mind is running with so many thoughts. But this has calmed my mind"  
**Smriti Choudhary**

"I used to be very sensitive, get irritated very soon. But now its wonderful."  
**Akansha Jha**



## EDUCATOR QUOTES

"It feels as though there is more love in these children. A new outlook, a new mind and a new heart."

**Abha Choudhary, Teacher, Notre Dame Academy**

"This was a life changing seminar for the girls.

We have been receiving great reviews from them. As a matter of fact, they seem to be more focused now."

**Pushpa Jacob, Teacher, Notre Dame Academy**

## PROGRAM RESULTS

The Youth Empowerment Seminars was a life changing experience for the students. With their effective practical tools to fight stress, manage thoughts and control emotions, the Art Of Living faculty enriched the girls with a new outlook towards life. Improved grades, better relationship with their friends and family and a healthier mind and body was achieved by all.





## PROGRAM DESCRIPTION

Yes course 'Art of Living' was implemented for the first time in the academic year 2012 - 13 only for Std. X students. Their outstanding performance in academics, co-curricular activities as well as their changes in their behavior inspired the Std. IX students to do the Art of Living course. Then in the academic year 2013-14, Secondary teachers followed by the Primary teachers and even the parents volunteered. Good response from the parents who after completion of the course started motivating the other parents to take up the course.

The Art of Living course helped the children to develop a healthy respect for themselves and others. The simple breathing techniques taught in the program, which include Sudarshan Kriya, gave the children the tools to overcome negative emotions such as fear, nervousness, anxiety, frustration, jealousy, etc. easily.

The entire program is playful, effortless, engaging and fun, and all exercises and processes are designed specifically for this age group (8 to 13 years & 13 to 16 years)



## STUDENTS QUOTES

"Art of living course tells us to keep smiling. Just to live in the present and be happy." **Gauri Desale - V A**

"This course changed my life. I am a more disciplined person now."  
**Iskhuaku - V D**

"I learnt how to be calm and focussed. The breathing techniques have helped me to keep myself fit." **Saurav Vaze**





## TEACHER'S EXPERIENCES

“Saurav was a very hyper child. He used to say unwanted things. But after the 'Art Excel' course he has really improved a lot. Now he never tells lies and pay proper attention in the class.”

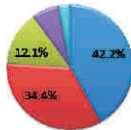
“Siddhi was a very quiet and shy girl. She was not confident in her work. Always quiet in the class and used to talk to a very limited set of friends. Now, after the course, I am really happy to see the rise in her confidence and improvement in studies.”

## PARENT'S EXPERIENCES

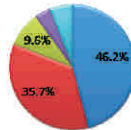
My son Aditya K. Parikh had done your Art of Living course and I am happy that he now has the confidence for his studies. He is more focussed and also gets good grades in class.

**Dimple Parikh**

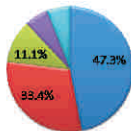
## IMPACT ANALYSIS



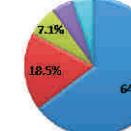
I Stay More Calm



My Focus Is Better



My Stress Is Less



My Stress Is Less

- 100% Better
- 75% Better
- 50% Better
- 25% Better
- No Change



## PROGRAM DESCRIPTION

Over 500 students of Scindia Kanya Vidyalaya experienced the YES! program in November 2013. It brought about a wave of happiness amongst the students and educators of the school. They not just learned the practical tools to manage their emotions and mind but also acquired the much needed human values of compassion, generosity, respect and love.

The YES! Program was an assortment of a variety of activities ranging from fun games to peaceful meditation and breathing techniques. The program had an exceptional impact on the overall social milieu of the school.

## STUDENTS QUOTES

"I learned how to control my anger and how to be relaxed even in the times of distress." **Shreya Goyal**

"I wish it could happen everyday. I would suggest everyone to do it at least once in their lifetime." **Shruti Sinha**

"The best workshop ever done! It made me realise who I am, I just loved it." **Priya Kapoor**

"Earlier I was distracted from my studies. Now I can easily focus and get good grades." **Riddhi Sahu**

"I am more optimistic, more enthusiastic and more energised now." **Ayushi Dixit**





## Scindia Kanya Vidhyalaya Gwalior, MP

### EDUCATOR QUOTES

"I had been very conscious of the fact that there is one dimension of the personality which was going neglected among young girls, which was spirituality. And I wanted all of them to see the hidden potential which they all possessed. The natural corollary was an Art Of Living Workshop because there is a crying need for value education. There is no lesson plan which can incorporate values the way Art Of Living's Youth Empowerment Seminar does. And I have seen for myself how the YES program engages students.

I knew that the AOL program was the next thing to do and I am very happy that they have taken the fish to water. The students are very happy about it." **Principal, Scindia Kanya Vidyalaya**

"After these five days, we can see a remarkable difference in the students. Even those who were initially avoiding YES! are now enjoying it a lot. They are applying the lessons learned here in the course in their lives. Instead of fighting, they now come forward, hug each other and apologise."

**Teacher, Scindia Kanya Vidyalaya**

### PROGRAM RESULTS

This program served as a complete solution to every teenage problem. The students really connected to this program and opened up easily. The spirits of the students were unlocked. And if the spirit is set free, there is nothing which the mind can not do and achieve. The students were brimming with enthusiasm and positivity after the YES! Program and certainly have a healthier body and a happier mind.





## SGVP - Gurukul School Gujarat

### PROGRAM DESCRIPTION

During August, September 2013, Vyakti Vikas Kendra offered 2 courses at The Swami Narayan International School and Swami Narayan Gurukul School in Ahmedabad, Gujarat. 300 students, ages 13-18 and 90 Gurukul teachers benefitted from these workshops.

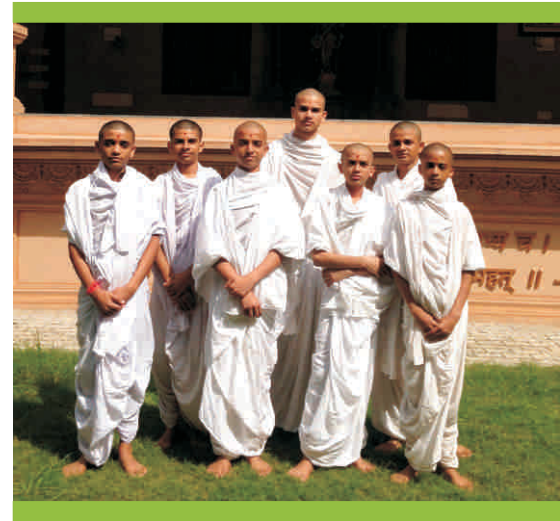
YES! provides youth with healthy strategies to manage their stress and emotions through yoga, targeted breathing techniques, life skills in conflict resolution, and life lessons on human values such as responsibility, respect, friendliness, kindness and enthusiasm.

### STUDENTS QUOTES

“After the yes course I felt so fresh and energetic. I concentrate better and am more focussed on my goals.” **Chirag Bhagat**

“There is drastic change in my nature and behaviour. I now live my life, 100%. “  
**Sanket Bhagat**

“I use to fight with everyone. After the YES!, my fights have turned in to friendship.”  
**Ravi Jani**



## PROGRAM DESCRIPTION

From the schools' inception in June 2004, more than 5000 students, parents and teachers have completed the Art of Living courses. 1000 students practice the Sudarshan Kriya in school daily.

These schools cater to slum children. So the students bring with them the problems and challenges of being first generation learners. The Art of Living courses helped them enormously to increase their academic capability, while at the same time, reducing their tendency towards violence, laziness and improving their physical, mental and emotional health.

## STUDENTS QUOTES

“During the Sadhana, I feel like I'm sitting in cold water, my mind is very clear and after Sadhana, I feel like learning more.” **Syed, class VII**

“I feel very good and healthy. I can read and write better and my memory improved.”  
**Pavitra, Class VI**

“Because of Kriya, my breathing has become very easy. I feel like doing my work with interest.” **Aishwarya, VI**





## EDUCATOR QUOTES

“Sudarshan Kriya helped me to overcome my stress and tension. I am very active without any irritation, there is balance in my mind, I can do more work now.” **Ms. Krishna Veni, Teacher**

“These programs helped everyone to maintain certain principles. The students are coming on time, able to concentrate more on studies and maintain their health also.”

**Mrs. Aruna Kumari, Head Mistress of IRS Republic School Fateh Nagar, Hyderabad**

“Class X has shown a remarkable improvement in their performance compared to the last year. The rate of frequent quarrels among students have come down. They are willing to share and help each other.”

**Mrs. Vasantha Kumari, Head Mistress of the IRS Republic School Balanagar, Hyderabad**

## PROGRAM RESULTS

Children found they no longer had headaches and stomach aches. They were able to learn long answers more easily. They could focus on their studies more easily and felt more energetic during the day. Teachers started smiling, became more patient with the children and willing to go the extra mile for them. The school atmosphere became calm and dynamic at the same time.





## CERTIFICATE OF APPRECIATION

IRS  
Republic School

3-112, Fateh Nagar, Hyderabad – 500 018. Ph: 23461610. E-mail: [irsfathenagar2011@gmail.com](mailto:irsfathenagar2011@gmail.com)

### Art of Living

Thank you for the opportunity to express the affect of the art of living on the students of our school.

It is aware that we have students from the special background and special environment. These students require different kinds of support to deal with the academics. One such big support they got from IRS is the art of living. After taking up the courses we found much difference in the attitude of them . We could personally see the change taking place in their behavior or academics of their inter-personal relations. It helped them concentrate on studies forgetting their violent background, back at home.

Even the teachers were benefitted very much in rendering their duties. They had to have much attention on these students as second parents. These courses helped them relieve themselves from day to day tensions or hassles and concentrate on helping these students.

(The courses started for the students of class X, initially in the year 2006-07. It started for the teachers even before in the year 2004-05. The daily sadhana started in the year 2010-11, for the classes VII, VIII, IX and X, for around 360 students out of 1000 strength ,of the school.)

On the whole we can say that it has changed the lives of our staff and students very much.



Aruna Kumari

Headmistress, IRS-FN





## La Martiniere Girls' College

Lucknow, Uttar Pradesh

### PROGRAM DESCRIPTION

The Art of Living programs were first implemented in La Martiniere Girls' College, during March 2012. Programs for students, teachers and parents have been conducted every year since, reaching out to 1756 students in 2013. The program has covered students and parents from Class 3 to 12. Programs have also been conducted for all the support staff in the school.

Teenagers were taught Sudarshan Kriya for a deeper detoxification of the body and mind. Daily practice prevents accumulation of stress, keeping away undue risk of illness and emotional confusions, and improving clarity in thought, focus on goals, creativity, teamwork and belongingness. Teachers experienced and learnt several tools to handle physical and emotional stress through yoga, meditation and team activities. A prayer room is now available in school, and teachers use it in one of their free periods to relax and meditate everyday. One teacher has also taken up the Art of Living Teachers' Training Program in order to support the school's efforts further.

Parents of students from Classes Lower Prep to 12 attended Parenting workshops (Know Your Child/Know Your Teen). Parents interacted in a brief workshop on knowing their child better and how to help her blossom as an individual.

### EDUCATOR QUOTES

“A good beginning - with more insight into improving the teacher pupil relationship. Scope for self improvement as an individual and as an educator.” **Ila Kapoor, LaMartiniere Girls' College**

“I carry back with me a wealth of knowledge and good memories.”  
**Vice Principal, Aashrita Dass, LaMartiniere Girls' College**

“It was very interesting and extremely well conducted. Mr Muralidhar is a born teacher and engaged all his 'pupils'. His communicative skills and commitment to making people's lives better is remarkable. The entire group supporting him showed interest and keenness in learning and teaching. A truly uplifting three days well spent.”  
**Principal La Martiniere Girls' College, Mrs F Abraham**

### PARENT QUOTES

“Enlightening, insightful and engrossing!” **Shrunkala Verma**

“Beautiful way to bring out the best in our children.” **Shoma Sinha**

## CERTIFICATE OF APPRECIATION



### La Martiniere Girls' College

P.O. Box 33  
Lucknow-226 001  
Telephone : 0522 - 3265624  
0522 - 3265626  
Email : lmgclko@gmail.com

Dated : 13<sup>th</sup> August 2014

Dear Anisha Sharma,

(Subject: Thank you Art of Living)

This is to thank you for conducting and coordinating The Art of Living workshops under the NOVICE Project for schools (Nurturing of Values in Children Every Day) at La Martiniere Girls' College, Lucknow since March 2013. It is a privilege to have these workshops as an imperative part of the school's co-curricular calendar.

It has been a pleasure to watch many of the staff members, students and parents recognize the value of using yoga for physical, mental and emotional health. At La Martiniere Girls' College, we work on our students' holistic personality development, along with honing them for academic excellence. In ICSE 2014 class 10, 196 girls passed with an average of 87.35% marks. In the ISC 2014 class 12, 176 girls passed with an average 89%, our all-time highest averages.

Along with academic excellence we are happy to build on our students' soft skills and ability to manage stress, live a healthy and prosperous life, be excellent leaders and team-players and sharing and caring for society.

The Art of Living has taken our students, staff and parents towards awareness of body-mind and productivity sync. Just as learning the alphabets is the foundation for future academic studies, we find that yoga being the language of the body and mind is equally important to know.

We applaud The Art of Living's team of teachers and Sri Sri Ravi Shankar for their loving care for a 'stress-free, violence-free society.'

Warm regards,

  
LADY PRINCIPAL & HONY. SECRETARY  
LA MARTINIERE GIRLS' COLLEGE, LKO.



## Education Linked Tribal Schools Project Maharashtra

### PROGRAM DESCRIPTION

The Education Linked tribal schools project works to improve quality of education in tribal schools of Maharashtra. We achieve this by setting up E-learning centers in schools, computer labs, conducting ART Excel and YES! programs for students, conducting Art of Living's LIVE course for teachers and other teachers training programs, conducting independent evaluation tests of students etc. The program is now functional in over 130 tribal schools in Ambegaon taluka of Maharashtra. More than 2500 students have completed the Art Excel and YES! programs and more than 130 teachers have completed the LIVE program.

### STUDENTS QUOTES

“Due to regular sadhana I feel very good and happy. I had some physical ailments, however due to these practices all my ailments have now gone and I get good sleep at night.” **Abhishek, class VII, ZP Saal**

“I felt very nice after doing Sudarshan kriya. Because of kriya my concentration in studies has improved.” **Shraddha, Class IV, ZP Kalewadi**

“Because of the course I understood how important is regular exercise for leading a good daily life.” **Sameer, Class III, ZP Ambedara**





## Education Linked Tribal Schools Project Maharashtra

### EDUCATOR QUOTES

“After doing Sudarshan Kriya I feel very cheerful and happy. I don't feel tiredness throughout the day. I feel oneness with everyone. Good thoughts come in my mind. Efficiency of work has increased. I feel a lot of grace.”

**Ms. Shaila Shingade, Teacher, ZP Saal**

“Due to the Art of Living programs conducted for our students, their capacity to study and grasp things has gone up. Also the children having health issues earlier have shown drastic improvement now.”

**Mr. Maruti Kodhavl, Head Master, ZP Dhakale**

“Children in our school practice children kriya and sing bhajans daily. Children practice Bhastrika, pranayam and yoga asanas and it has helped them a lot. These programs are very effective and we are getting good results from the practices.”

**Mr Chikhale, Head Master, ZP Ganeshwadi**

### PROGRAM RESULTS

Children practice children kriya everyday in all schools. The concentration level of students has gone up, their grasping capacity has gone up and teachers and children are more cheerful and happy. The overall quality of education has increased due to these programs and regular practice of Sudarshan kriya in schools by teachers and students.

**Khimji Ramdas Kanya Vidyalaya  
Shri Ramkrishna High School  
Sakarbai Khimji Ramdas Memorial School  
Mandvi, Kutch, Gujarat**

## PROGRAM DESCRIPTION

In month of August-2014 an introductory programme for the students of our three schools was organized. Over 3000 students participated in the YES! For Schools program. Beyond lowering stress and achieving greater focus, is that it awakens you to your deepest essence and higher human capacities. The students practice Sudarshan Kriya regularly in school and the difference is palpable. It helps them cope with stress and enables them to focus on their studies. I feel honored to support the work of YES! For Schools in our school community!

**Bharat R. Ved, Secretary, Khimji Ramdas Kanya Vidyalaya, Shri Ramkrishna High School and Sakarbai Khimji Ramdas Memorial School**

## STUDENTS QUOTES

“I can honestly say that this course was one of the best experiences of my life. I felt so much better about myself. I felt like I could get through any test, problem or obstacle and my self-esteem was definitely uplifted.”

**Rachita Patel, Student, Khimji Ramdas Kanya Vidyalaya**

“Overall, the YES! course has given me something that I can use for the rest of my life. I would absolutely recommend the class to everyone, specially my peers.”

**Parth Aiya, Student, Shri Ramkrishna High School**

“Everyday there seems to be something contributing to our level of stress and it seems impossible to relieve. The Art of Living has helped me a lot to relax and feel at ease with myself. People who take up the Art of Living will always lead in games, in school and in life.”

**Hiren Vora, Student, Sakarbai Khimji Ramdas Memorial School**





**Khimji Ramdas Kanya Vidyalaya  
Shri Ramkrishna High School  
Sakarbai Khimji Ramdas Memorial School  
Mandvi, Kutch, Gujarat**

## EDUCATOR QUOTES

“In a world of constant interruptions, I have found that my morning 20-minute breathing practice, learned in the Art of Living Course, to be a treasured moment of peace, providing focus and reducing stress throughout the rest of my day.”  
**Himanshu Jesrani, Teacher, Sakarbai Khimji Ramdas Memorial School**

“As the Trustee of Khimji Ramdas School at Mandvi, I am really grateful and proud to introduce this program in our school. I felt my children are happier, their concentration level has increased. After "sudarshan kriya" they felt calm, relaxed and more natural. The children now feel more belongingness with the teaching faculty.” **Anil Khimji, Trustee**

“I decided to have the YES! program in our schools to give the students a value based education which is the need of the hour. A sense of connectedness with spirituality is essential for a holistic education. I was 100% sure that the Art of Living was the only solution for my children. I have seen the results in my 2 other schools. It has helped children to be more focussed, dynamic and enthusiastic in their lives.” **Ajay Khimji, Trustee**



## Sacred Hearts Sr. Secondary School Dalhousie, Himachal Pradesh

### PROGRAM DESCRIPTION

The YES! For Schools program was introduced to all the hostel girls in our school in the year 2014. The program taught them to manage their emotions. The Interactive processes have encouraged pro-social behaviour, problem solving and co-operation. The program provided them with practical knowledge that increased their self-confidence and inner-strength. I strongly believe that this programs helps them make healthy choices when faced with life 's challenges. Seeing the changes and enthusiasm in the girls, I decided to give them 20 minutes daily to practice the Sudarshan Kriya. This has really helped the girls in their studies and handle their stress during exams.

**Sister Gemma, Educator and Former Principal, Sacred Hearts, Dharmshala**

### STUDENTS QUOTES

“The program dealt with such practical issues of our life. Was an eye opener. I feel like a power house of enthusiasm and energy now.” **Riya**

“The program encouraged dynamic discussions and taught me goal setting.” **Tanya**

“I feel so happy and calm now. This program gave me the strength to resolve the misunderstanding between my parents. We are all a happy family now. Thank you art of living for guiding me and reminding me of my strength.” **Karishma**

“This YES! program was a great success as its evident from the fact that the students have become more responsible, active and energetic. They jump out from their beds at 5am to go do the sudarshan kriya. We express our heartfelt gratitude to our principal Sister Sunita and our warden sister Gemma who made it possible for us to have this workshop.” **Gurupriya**





## Sacred Hearts Sr. Secondary School Dalhousie, Himachal Pradesh





## Rashtriya Military School

Bangalore, Karnataka

### PROGRAM DESCRIPTION

YES! For Schools is dedicated to providing youth with a healthy body, a healthy mind and a healthy lifestyle. We decided to do this for our 350 junior grade students in the year 2014. The students learnt how to manage their stress in a healthy way, they learnt to exhibit greater confidence and motivation to succeed in school and make healthy choices when faced with life's challenges. The success of this workshop inspired us to organise yet another one in the year 2015. This time 300+ students got introduced to advanced yoga techniques too. **Savita Kaushik, Art Teacher**

### STUDENTS QUOTES

“This course is not only going to help us now but for our entire life.”

**Cadet Raja Babu**

“From a bud I've bloomed into a beautiful flower. It has unfurled me from within.”

**Cadet Nishant**

“I feel very fresh. I would like to thank Sri Sri for guiding and helping children like us. This course was the best thing that happened to me in my life.”

**Cadet Chetan Sharma**

“My mind was wandering like the planets. Its not as still and bright as the sun. Brahmari pranayama has really made me so focused and still.”

**Cadet Aditya Arya**



## Rashtriya Military School Bangalore, Karnataka





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