



Certificates



STATE CAPITOL
P.O. BOX 942849
SACRAMENTO, CA 94249-0023
(916) 319-2023
FAX (916) 319-2123

DISTRICT OFFICE
1000 DE SAN ANTONIO, SUITE 319
SAN JOSE, CA 95113
(408) 277-1220
FAX (408) 277-1036

Assembly California Legislature



JOE COTO
ASSEMBLYMEMBER, TWENTY-THIRD DISTRICT

COMMITTEES
GOVERNMENTAL ORGANIZATION,
APPROPRIATIONS
ELECTIONS AND REDISTRICTING
JOINT LEGISLATIVE AUDIT
REVENUE AND TAXATION

December 16, 2009

Social Impact Exchange
122 E. 42nd St. 17th floor
New York, New York 10168

Dear Grant Reviewers:

The Youth Empowerment Seminar (YES!) Program's grant application to the Social Impact Exchange business plan competition has my full support. I believe that the program is meeting a critical need in our schools and making a difference. The program has been implemented in a number of high schools in my assembly district and I have heard only positive comments from administrators, staff, students and parents and I've had numerous requests for expansion.

As a former Superintendent of Schools for 18 years in 2 large urban districts, I have always been an advocate of initiatives that help students deal with the pressures and stresses of everyday life. Many of the students in my area come from homes with limited income and they are exposed to a wide range of social issues and never given the skill set to deal effectively with those issues. Because they don't know how to overcome these challenges they often engage in negative behaviors and end up in trouble at school and after school. The YES! Program staff has been effective in getting buy-in from school administrators and staff which is so critical to the success of any initiative. I've had several administrators contact my office to ask for help in identifying resources so that they could expand the program in their schools. They are convinced that it works.

They have indicated that the YES! Program has provided their students with strategies to reduce stress, violence, anxiety and depression. More importantly, students are taught skills that they can use throughout their life to maintain control of their situations. The program has been initiated at various levels in a variety of different schools, some schools engage all freshmen, others target their more challenging students but irregardless, the program positively impacts student behavior. Students have become more successful in school and in life. The results are immediate and significant. Decreases have occurred in disciplinary incidents, and grades and attendance have improved.

I encourage you to approve the YES! Program application so that we can expand their efforts in the schools they are currently working in and begin initiating programs at other schools. Your investment would reap many dividends throughout our community.

Sincerely,


Joe Coto
Assemblymember


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YES!
For Schools

Walt Disney Magnet School

4140 North Marine Drive • Chicago, Illinois 60613
773-534-5840 Fax 773-534-5714



Kathleen Hagstrom, Ed.D. - Principal
Geola Welez - Assistant Principal
Leonie Deutsch - Early Childhood Director
Donna May - Intermediate Level Director
Nancy Ryan - Upper Level Director
Thomas Montoya - Chief Engineer

October 1, 2009

Mr. Ron Huberman
Chief Executive Officer
Chicago Public Schools
125 South Clark
Chicago, Illinois 60603

Dear Mr. Huberman:

Thank you for your "thank you." Do you know what Aidan is wearing for Halloween yet? I might suggest a Disney character and he certainly is invited to our Halloween Carnival on October 30!

I heard a spokesperson for you speaking today about the tragedy at Fenger High School and how your goal was to create a sense of "calm" for Chicago Public School children. I am compelled to tell you about an incredible program that we are doing with our oldest students at Disney. I became aware of this program through a colleague that was doing her doctoral research at Stanford and she apprised me of the Y.E.S. program. The Y.E.S. program (Youth Empowerment Seminar) is designed to help students control their anger, focus their attention, relieve their stress and team build. I have never had a program that was so universally embraced by students and teachers. I did it as an experiment and have felt the need to expand it to all of my 5-8 grade students. I don't want to jinx myself but we have not had a suspension yet.

Disney is 80% minority and 70% poverty level. Our children are selected by lottery and they come from all over the city. They bring with them many problems and issues from their various communities. In spite of these dynamics our students have gone from 52% meets or exceeds to 87% in seven years. However, our percent of expulsions is about 16% per 100 students. I expect that with this new training that score will decline.

You know that I would love for you to visit Disney and that your schedule will probably not allow it. But perhaps you could send someone to view the Y.E. S. training next week. It really is impressive.

Loads of Good Wishes as you lead us to great heights!

Sincerely,

Kathy Hagstrom



THE NEWARK PUBLIC SCHOOLS
EAST SIDE HIGH SCHOOL

238 Van Buren Street

Newark, New Jersey 07105
Main Office (973) 465-4900

Fax (973) 465-4936

11/14/08

To Whom It May Concern:

It is with great pleasure that I write this letter of recommendation on behalf of the Youth Empowerment Seminar (Y.E.S.) program. The Y.E.S. program has provided our 9^h grade students at East Side High School in Newark, New Jersey with a comprehensive toolbox to manage their own emotions and stress as well as dynamically navigate through adolescence. The program has broadened our students vision of the world and has given them practical knowledge and skills needed to realize their highest potential.

The Y.E.S. program was extremely beneficial with removing the barriers that prevent our students from speaking freely to one another. During this experience, students were able to share their thoughts and feelings in a safe and nurturing environment. After only a few days of taking part in the program, faculty members could see a measurable growth in class cooperation and confidence. Furthermore, the students also gained insight into numerous techniques designed to improve health and well being. For example, the breathing techniques explored during the course really helped students relax and appreciate the world around them. Because of the program, the students are equipped with skills to reduce anger violence and depression, as well as improve focus, clarity of mind and concentration.

It is very gratifying to be associated with a student program that is dedicated and committed to affective needs of young men and women. I strongly urge you to please give the Y.E.S. program full consideration to work with your student population.

Respectfully,

Dr. Mario Santos
Principal



WILLIAM C. OVERFELT HIGH SCHOOL

"Academic, Personal, and Social Success for All Students"

1835 Cunningham Avenue, San Jose, CA 95122 Telephone: (408) 347-5900 . Fax: (408) 347-5915

Vito Chiala
Principal

Yovi Murillo
Associate Principal

Marcela Miranda
Associate Principal

November 5, 2009

To whom it may concern,

I am writing this letter in show of support for the Youth Empowerment Seminar (Y.E.S.) Program. I am a School Social Worker and mental health professional at W.C. Overfelt High School in East San Jose. My experiences with the International Association for Human Values and their Y.E.S. Program have made a significant positive impact on both the students here at the school and within my personal life, as well. It is an important program that I believe has made a positive impact on its participants.

I have been involved with the Y.E.S. Program since its inception within our school/district the beginning of last academic year (2008-2009). As a mental health professional, I was excited about the prospect of bringing in a program to address the emotional needs of our students. Having been at the school four years, I see a great need to address stress and its impact on our students. A large number of students, that has only grown this year, have mental health concerns, including depression and anxiety, which are greatly exacerbated by stress. As a result many of our students are underperforming, having behavioral problems, and some that are suicidal.

The Y.E.S. Program was implemented with two classes last year. These students were given both an opportunity to address and discuss social/emotional issues that are impacting them, but also given tools for stress reduction (breathing techniques) and cognitive restructuring. Many of the students who attended the class have learned effective ways to reduce stress, but also to perceive things differently, instilling greater confidence and allowing for improvement academically, as well as more satisfying and less conflicted relationships. The classes participating this year appear to be achieving the same effects.

I had the opportunity to participate in the yoga program designed for staff a little over a month ago. Similar to the students, the stress level for staff is also very high. I can attest that counseling teenagers, particularly with this population, can be quite stressful. Having been in this profession for many years, I can't emphasize enough the need for self-care and not only advocate it to both my clients and colleagues, but practice it in my own life. In addition to regular exercise and healthful eating, I have adopted the daily breathing practices and, as a result, feel more relaxed and focused throughout the day. It is the most recent tool I have to combat stress, and I have found it to be a very effective one.

In conclusion, I am clearly a proponent of the Y.E.S. Program and would like to see it continued and expanded to our entire 9th grade class, with the goal of providing training to all students within four years time. Research has clearly shown the effects of stress on brain chemistry, the results being anxiety, depression and other mental health disorders, in addition to a host of physical ailments. The Y.E.S. Program is another way that we can address the "whole" child, which is of necessity now more than ever.

WILLIAM C. OVERFELT HIGH SCHOOL

"Academic, Personal, and Social Success for All Students"

1835 Cunningham Avenue, San Jose, CA 95122 Telephone: (408) 347-5900 . Fax: (408) 347-5915

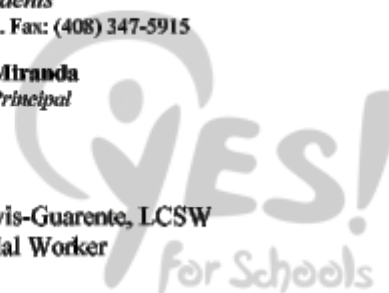
Vito Chiala
Principal

Yovi Murillo
Associate Principal

Marcela Miranda
Associate Principal

Sincerely,

Jeanine Davis-Guarente, LCSW
School Social Worker





Executive Committee

Carl Cookson
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Michael E. Fox, Sr.
Mark Jensen
Gordon Yamate

December 15, 2009

Liz Sills
Community Benefits/Health Manager
Kaiser Foundation Hospitals
275 Hospital Parkway, Suite 825
San Jose, CA 95119

Dear Liz,

I'm writing to support the funding request submitted to you by Youth Empowerment Seminar (YES!). Over the past year Silicon Valley FACES and YES! have developed a profound respect for each other. Although our missions are different they complement each other very well.

FACES' mission of "building an inclusive and caring community free of bias and bigotry" involves conversations among high school students about race, ethnicity, gender, and sexual orientation among other topics. These conversations are intense. The breathing technique taught through YES! provides a tool for these young people when they find themselves the object of bias and bigotry. It helps them deal with these experiences in a healthy and productive way.

FACES' incorporated the YES! program into our Common Ground program for incoming Oak Grove High School freshman in August. The evaluations confirmed the positive affect YES! had on the participants.

I hope that Kaiser Permanente will grant YES! the funding its requesting to enable the entire freshman class at Overfelt High School to benefit from this training.

Sincerely,

A handwritten signature in black ink that reads "Pat Mitchell".

Pat Mitchell, SFCC
Executive Director





Dear Principal, Educator, Athletic Director:

I am very pleased to recommend the YES! program offered by the International Association for Human Values. We offered the YES! program as a spring break and summer camp this year with great success at the Cedar Ridge Retreat & Conference Center in Vernonia, Oregon.

The YES! program empowers youth to realize their highest potential. It offers very effective tools and techniques to manage stress and emotions, as well as life skills to increase confidence and leadership training to inspire an attitude of responsibility.

Some of you may remember when I played for the Portland Trail Blazers from 1971-1980. Others may remember when I coached the University of Portland basketball team for seven years.

Both as a player and a coach, I realize that the best memories from that time in my life come from the moments when I, or my players, experienced the game in the 'zone'. The 'zone' is the moment when the emotions are in check, inspiring the game but not controlling the game, and the mind is present, thoughts are clear and relevant, in sync with what is happening on the inside, as well as with what is happening on the outside.

I would like to point out - without any hesitation - that our ability to manage our mind and emotions greatly impacts not only how we play sports, but also impacts how we succeed in life, and in a young person's case, how they succeed in school.

Whether you are on the court or in the classroom or in the community, the challenge for most people is to live life in the 'zone'. When we gain the ability to live life in the 'zone', whatever we do, success comes naturally. This ability is what the YES! program offers.

I firmly believe the YES! program offers tremendous benefits to a young person's life. I invite and encourage you to explore the YES! program, and I believe you will discover a program you'll endorse for the youth in your life. Once you have had an opportunity to evaluate this incredible program I ask that you bring it to the awareness of your colleagues, students and athletes at your school.

Sincerely,

A handwritten signature in cursive script that reads "Larry Steele".

Larry Steele



Vito Chiala
Principal

Yovi Murillo
Associate Principal

Marcela Miranda
Associate Principal



WILLIAM C. OVERFELT HIGH SCHOOL
"Academic, Personal, and Social Success for All Students"

1835 Cunningham Avenue, San Jose, CA 95122
Telephone: (408) 347-5900 · Fax: (408) 347-5915

East Side Union High School District

Don Moser, *Acting Superintendent*

November 2, 2009

To whom it may concern:

I am pleased to write this letter of support endorsing the work of the Youth Empowerment Seminar at W. C. Overfelt High School. YES! has been at Overfelt for more than one year working with targeted at-risk students. Our desire is to expand the program to work with the entire freshman class of more than 400 students allowing them to receive this vital training that will help them to be more successful in school and in life.

The majority of our 9th graders do not have skills to cope with negative pressures from the community. As a result, many of them experience increased violence, decreased focus, diminished self regard, as well as dangerous health and lifestyle choices. At no time in school do we systematically teach students how to cope with these stresses. The YES! program will provide students with strategies to reduce stress, violence, anxiety, and depression. Students will also have the opportunity to enhance health, fitness, and peace of mind.

We have provided the YES! Program to a limited number of our most at-risk 9th grade students and the results were both immediate and significant. As the students are learning to "breathe" they are also learning about human values. Through activities and thought provoking discussion they grapple with important concepts that broaden their perspectives. The stretching and breathing provides them with skills that they can use to decrease stress and increase focus.

I had a personal experience with a student who had been in the YES program for just a few weeks. Although only a 9th grade student, she was already well known for having a hot temper. I had been called to a class where she was being disruptive with a substitute teacher. As I called her out of class, she was clearly losing control and began using profanity and walking away from me. I asked her to stop and wait so that we could deal with the situation before it got worse. She continued to walk, and then she stopped and started to "breathe". I could tell she was using one of the breathing techniques she had learned in class earlier in the week. After a few moments she turned to me and said, "I am very upset right now. Can I have a few moments before we talk so that I can calm down?" This was a tremendous step for this student. She had both learned and implemented a skill that prevented a negative experience from escalating into something much worse.

By providing these tools and skills for all freshman at Overfelt, we will truly be able to change the climate of the school and the lives of many students. I believe this will translate into decreased disciplinary incidents, increased attendance, and increased academic performance.

Please do not hesitate to give me a call if you have questions.

Sincerely,

Vito Chiala
Principal





Jai Gurudev

Date: 20-08-2011

A team from **Art of leaving** with it's leader **Mrs.Shobha Kalyan**, conducted Yes course and Art excel course in our school.

Art Excel course was conducted from 1st of August to 4th for the age group of 8 to 13. It was a four day course (3 hours per day).

Yes course was conducted from 8th August to 11th August which was also a 4 day course.

Both the courses were wonderful and rewarding. We got a very good feed back from the students and parents. I would like to thank Shobhana and all her team mates whole heartedly for training our children all the skills and breathing techniques, which I hope will help them a lot in the coming years of their lives.

We were also offered a basic course, for teachers from 29th to 31st. this really took our teachers to a different level. Specially Sudarshana Kriya was a divine experience.

Our whole hearted Pranams to his holiness **Sri Sri Ravishankar Guruji** for providing this opportunity. We look forward to more sessions in the future.


Principal





SISHYA SCHOOL

(A Unit of Sishya Educational Trust, Hosur.)
Affiliated to the Central Board of Secondary Education, New Delhi

Thally Road, HOSUR - 635 109. (T.N.)

Phone : (04344) 266668, Fax : (04344) 265669,

Website : www.sishyaschoolhosur.org e-mail : sishya_hs@yahoo.com

JAI GURU DEVI!!!

It is indeed a pleasure to express our extreme satisfaction about the YES program conducted for our students of Classes IX to XII. Not only were the sessions well planned and executed but we at Sishya were amazed to witness the transformation of our young Sishyans as they unfolded each day with the programme. The students were able to shed their inhibitions and participate with full enthusiasm which facilitated their ultimate development at the end of the programme.

Coming at a time when the challenges of adolescence are often looked upon as impossible to decipher, both by teachers and parents, here is an opportunity for us to understand that with the right direction and understanding, students can certainly be moulded into responsible citizens to take this nation forward.

At Sishya, we have compulsory Yoga and Pranayama in the morning before the rigors of academic work begin for the day. This programme has now given us the right direction to move ahead with our programme.

Besides the concentration and focus on their academic work through the day, students will definitely experience the varied unique benefits that accompany this exercise.

We thank Ms.Shobana Kalyan for her dedication and concerted efforts to put the programme across in the most child friendly manner that has won the hearts of all students and teacher facilitators here.

This is all due to the Grace of the Guru and we humbly prostrate before Him and seek His Blessings in all our endeavours.

VASANTHI THIAGARAJAN

CORRESPONDENT AND PRINCIPAL





Sowing Seeds of Knowledge

AKKV

Aarunadu Matric. Hr. Sec. School

(Recognized by Government of Tamil Nadu)

Be The Best

No. 28, College Road, Annamalai Nagar, Trichy- 620 018.
Ph : 0431- 2762581, Fax : 0431- 2762579. Email : akkvschool@yahoo.co.in

Dr. P.SELVARAJ
CHAIRMAN

To

Vyakti Vikas Kendra
21 KM, Kanakapura Road,
Bangalore – 560 082.

TO WHOM SOEVER ITMAY CONCERN

This is to certify that Mr. Velu has come from Bangalore Art of Living. He conducted the course Art Excel & Yes on 22nd Sep.2012 to 25th Sept. 2012.

The students felt the course was useful to them. Students expressed that their confident level has increased. They are ready to take up responsibilities and commit themselves in it 100 % till they achieve success. They have realized some changes have taken place in them.

We have made this courses YES and Art Excel as part of our school curriculum and will conduct this course every year to the benefit of the students.

Every day / Weekly once we spend 15 minutes for Art Excel Sudarshan Kriya and 20 minutes for Yes Sudarshan Kriya.

Thanking you

Jai Guru dev

D. Anbaraj
PRINCIPAL
AKKV AARUNADU MATRIC
HIGHER SECONDARY SCHOOL
28, College Road, Annamalai Nagar,
Trichy-620 018.





OXFORD PUBLIC SCHOOL

(An English Medium School)

Dt. 30.9.14

TO WHOMSOEVER IT MAY CONCERN

The Art of Living course has helped me in every aspect of life – mentally, spiritually and physically.

Handling such a big responsibility as a principal, I could do much better and handle all situations easily.

I thought of sharing the same benefit to my teachers and students as well.

This course I applied in my school as I am a principal of Oxford Public School, Kandivali (W) Mumbai (India).

It 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.

For this innovation of AOL in our school, got a genuine recognition from the International Educators at Lucknow and was awarded International Education Innovator Award and was honoured with a trophy from Ms. Kiran Bedi,

My personal suggestion is that all other school should also benefit from this programme.

Regards,

OXFORD PUBLIC SCHOOL


PRINCIPAL

Sector No. 5, Charkop, Kandivali (W), Mumbai - 400 067. Tel. : 2867 2723 / 2867 9338



STATE CAPITOL
P.O. BOX 942849
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(916) 319-2023
FAX (916) 319 2123

DISTRICT OFFICE
3 DE SAN ANTONIO, SUITE 019
SAN JOSE, CA 95113
(408) 277-1220
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Assembly California Legislature



JOE COTO
ASSEMBLYMEMBER, TWENTY-THIRD DISTRICT

COMMITTEES
GOVERNMENTAL ORGANIZATION,
APPROPRIATIONS
ELECTIONS AND REDISTRICTING
JOINT LEGISLATIVE AUDIT
REVENUE AND TAXATION

December 16, 2009

Social Impact Exchange
122 E. 42nd St. 17th floor
New York, New York 10168

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As a former Superintendent of Schools for 18 years in 2 large urban districts, I have always been an advocate of initiatives that help students deal with the pressures and stresses of everyday life. Many of the students in my area come from homes with limited income and they are exposed to a wide range of social issues and never given the skill set to deal effectively with those issues. Because they don't know how to overcome these challenges they often engage in negative behaviors and end up in trouble at school and after school. The YES! Program staff has been effective in getting buy in from school administrators and staff which is so critical to the success of any initiative. I've had several administrators contact my office to ask for help in identifying resources so that they could expand the program in their schools. They are convinced that it works.

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Sincerely,

Joe Coto
Assemblymember

STATE OF CALIFORNIA
Division of Economic Policy





ZILLA PARISHAD, AURANGABAD
(Department of primary Education)

(Sudhakar Banate)
Primary Education officer


No.

Date :- 25th April, 2011

-: CERTIFICATE :-

This is to certify that Aurangabad Vyakti vikas Kendra, Bangalore have conducted Live workshop for Teacher of Sultanpur cluster head Tq.Khultabad, Dist-Aurangabad at Ellora Aurangabad.

Which is useful for teacher & Student. Hence certified.


Education officer (Pri.)
Zilla parishad,
Aurangabad

Office:- Aurangapura, Busstand Road, Aurangabad 431001 phone:-0240-2331571-73)





BELLAIRE SENIOR HIGH SCHOOL

5100 Maple Street
Bellaire, Texas 77401
713/667-2064

January 16, 2006

Ms. Denise Richardson
Program Director, Youth Empowerment Seminar (YES)
International Association for Human Values (IAHV)
Houston, TX

Dear Ms. Richardson,

I am writing on behalf of the students of Bellaire High School who participated in the educational workshops offered by the International Association for Human Values (IAHV). IAHV's Youth Empowerment Seminar (YES) and Science and Sustainable development workshops were conducted in Sep 2005 at Bellaire High School.

Overall the students were well engaged and gained a lot from these workshops. The participants were exposed to yogic breathing techniques that would help manage negative emotions and enhance productivity and creativity. In addition the workshops also provided tools to develop scientific temper and introduced students to concept of sustainable development.

With the increasing globalization in today's world such educational workshops around human values training are essential in developing leaders of tomorrow – with warm hearts, open minds, and scientific curiosity supplemented by a sense of caring for the planet.

We wish the program luck and hope that we continue this relationship in future.

Sincerely,

Arun Prakash
Faculty, Bellaire High School
Sponsor, Yoga Club





Aryaman Vikram Birla Institute of Learning


Date : 17th August, 2009

To
Shri Shri Ravishankar Vidya Mandir

We are pleased to extend our heartfelt thanks to Shreya for conducting the Art of Living Session for our teachers and parents. It was a great experience for us.

We look forward to such experiences in future.

Thanking you,


Principal





CSBA Golden Bell Recipient
Mathematics and Science

ANDREW P. HILL HIGH SCHOOL

A California Distinguished School

3200 Senter Road, San Jose, CA 95111-1399
A Health Professions Medical Magnet

Telephone: (408) 347-4100 FAX: (408) 347-4115
East Side Union High School District

Nov. 30, 2009

To Whom It May Concern,

Andrew Hill High School has been extremely fortunate to have the International Association for Human Values Youth Empowerment Seminar (YES!) offered to our students this year. I am writing this letter in support of the YES! program, and to share my thoughts about the YES! program.

The program has been well received by students in my Leadership class, which is a mixed group of 10th through 12th graders. With each week I am seeing more participation, as well as more focus and enthusiasm from my students. The YES! Program allows students the opportunity to work together, respect one another, and create a strong sense of personal, community and global responsibility both as a class and as individuals.

YES! offers a variety of tools to help cope with all the inevitable stresses that accompany real life. The different yoga movements and philosophies, combined with uncomplicated breathing techniques allow students affirmative options for channeling their fears, anxieties, stress, anger, frustrations and other real, tough-to-deal-with emotions. The students report that they are gaining new ability to stay calm, focused, and optimistic. The class discussions about sleep and healthier nutritional habits are also contributing to improved academic performance in school and positive changes in their personal lives.

We are excited about the International Association for Human Values' Course for Educators coming to our school early next year. I look forward to our staff benefiting from the de-stressing and focusing techniques both in the class room and in their personal lives. I enjoy interacting and collaborating with the YES! staff, whom I have found highly professional and committed to the well being of our students, staff and school community. It's an amazing opportunity to offer this program at our school and to see such positive transformations among our population and I cannot recommend it highly enough.

Sincerely,

Joshua Greene
MST/Student Support Services Provider & Teacher

Board of Trustees: Lan Nguyen, Frank Biehl, Eddie Garcia, Patricia Martinez-Roach, Manual Herrera
It is the policy of the East Side Union High School District not to discriminate on the basis of sex, age, religion, race or national origin, sexual orientation, or handicapping condition in its educational programs and activities or in the recruitment and employment of personnel.

Dan Moser
Acting Superintendent

Bettina Lopez
Principal

Noemi Ramirez
Associate Principal
Educational
Development

Hector Flores
Associate Principal
Administrative
Services

Joe Ortega
Head Counselor

Joshua Greene
Student Support
Services Provider

Keegan McLoskey
Director of Student
Activities





॥ ओम् ॥

Phone/Fax : 06326-222993 (O)
222839 (R)
9934476507 (M)

D.A.V. PUBLIC SCHOOL
SHERGHATI, Distt-Gaya, (Bihar) -824211

C.B.S.E. Affiliation No.: 330112

Co - educational English Medium Secondary Level School

Managed by :- D.A.V. College Managing Committee, Chitragupta Road, New Delhi-55

Ref No. _____

Date 02/12/10

To Whomsoever It May Concern:

This is to certify that a very intensive and emphatic programme regarding "Stress Free Teaching" for our teachers was conducted at our school premises under the aegis of "ART OF LIVING" by Shri Rajendra Bhaiya. Our worthy colleagues enjoyed the said programme a lot and appreciated the impeccable guidance and mellifluous voice of Shri Rajendra Bhaiya. It is worth mentioning that they were energized and felt stress free from the said programme. A list of our 30(Thirty) worthy colleagues who participated in the said programme is enclosed.

Wish him all the best.

Y. Prasad
(Y. Prasad)
Principal

Principal
D. A. V. Public School
Sherghati (Gaya) 824211





**SCINDIA
KANYA
VIDYALAYA**

MOTI MAHAL ROAD,
GWALIOR-474 007 (M.P.) INDIA
TEL : 91-751-2322137
FAX : 91-751-2334080
E-mail: skvgwi@sify.com

To whomsoever it may concern

We would like to congratulate you on the successful completion of the Art of Living YES (Youth Empowerment Seminar) and Art Excel Workshop at Scindia Kanya Vidyalaya for 450 of our students from the 12th of November to 16th of November, 2013. In just 5 days of the workshop students have reported feeling deep peace and relaxation, improve concentration and better control over their emotions.

The course which combined learning with fun has inculcated in the students a deep understanding of human values, a great sense of responsibility and the ability to differentiate right from wrong. Students were specially touched by the Sudarshan Kriya taught in the course, which helped them to de-stress and relax thereby making them more focused.

Faculties deserve great praise for their friendly, gentle and compassionate approach towards each child.

We thank you once again for organising this workshop at our school and would definitely like more of our students to experience its benefits in the future.

We wish you all the best in your efforts to build a peaceful and joyful world.

Warm Regards

Archana Saraswat

MRS. ARCHANA SARASWAT

VICE PRINCIPAL

Scindia Kanya Vidyalaya
GWALIOR-9





Delhi Public School, Gwalior

(Under the Aegis of DPS Society, New Delhi)
CBSE, Affiliation No. 1030301 (School No. 14258)

DPSG/726/2013-14

Mr Rajendra Gandhi
Flat No. 204
Lakshmi Heritage Apartment
Near Mohan Sweets
Anandpuri
West Boring Canal Road
Patna - 800001

Dated: November 18, 2013

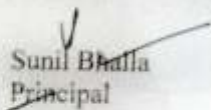
Subject: Workshop on 'Stress Free Teaching'

Dear Sir

We are thankful to you for organizing a workshop on Stress Free Teaching in this institution on November 16, 2013.

It was quite enriching, informative and interesting and going to help educators immensely.

Looking forward to cementing this relationship.


Sunil Bhalla
Principal



Affiliated to CBSE New Delhi (No. 000004)

Phone No. 07141-325249, 339500

SATPUDA VALLEY PUBLIC SCHOOL

A PROPOSED CBSE CO-EDUCATIONAL ENGLISH MEDIUM DAY SCHOOL
(Based on the concept of MET'S Rishikul Vidyalaya, Mumbai)

SONAGHATI, BETUL (M.P.) - 460 001 Tel.: 07141- 309319 e-mail : satpudavalley@yahoo.co.in

Ref. SVPS/ 72010

Date — 24.11.2010

TO WHOM SO EVER IT MAY CONCERN

We appreciate the programmes which are conducted by "Art of Living" in form of KYC & KYT, time to time. These programmes were held in our School premises on 23rd November, 2010, which were attended by teachers & parents & were found meaningful & inspiring. Such programmes help us to bring about revolutionary changes in our views & attitude towards our children.

We, all congratulate Art of Living for framing & implementing such courses successful.

FOR, **PRINCIPAL**
SATPUDA VALLEY PUBLIC SCHOOL, BETUL
Affiliated to C.B.S.E., New Delhi

Principal

SYNTHESISING SKILLS • KNOWLEDGE • VALUES



SHELTER DON BOSCO

Opp. St. Joseph's High School, Wadala West, Mumbai - 400 026

28th March 2013

To,
Art of Living,
Apex Body,
Temple of Knowledge,
Udayshree Road,
Opp. Nav Yashodara C.H.S
Sanderp (East), Mumbai - 42.

Subject: Thanking you for conducting the Art Excel Course for our boys.

Respected Sir / Madam,

Warm greetings from the Shelter Don Bosco!

This letter is to thank you for the Art Excel Course which was conducted from 4th to 8th March 2013 at Shelter Don Bosco, Wadala (West). It was conducted by 2 teachers Jigvasadidi and Jigar Bhaiya and assisted by Rupaf Pardeshi and Varshaji. We were introduced to this course by Mrs. Rupal Rajesh Pardeshi thanks to you.

Our boys were happy to receive this course once again in the form of Art Excel. They benefited a lot from it. Their concentration power has increased and we can see the changes. They are using these exercises in their daily life. Your creative way of sending the message across is really admirable. Thanks for your care and support.

Hope to see more similar courses in our Shelter for the boys.

Thanks a lot.

Yours gratefully,


Fr. Roger Jumar
Director



Website: <http://shelterdonbosco.org> - <http://www.shelterdonbosco.org> TEL: 24150562 / 24181234
G.B.S.D.B. Soc. Reg. - Act. 1860/522 / 1991 (Public Trust Reg. No. 117-30 (Wadala West) Exemption of a 90% of the Income Tax Act 1961)





DPS International School, Singapore

December 21, 2004

Mr. Arvind Varchaswi Narasimhan,
288/C, 10th Main Road,
5th Block,
Jayanagar,
Bangalore 560041

Dear Sir,

Sub: - The Art of Living Course conducted from October 8-10, 2004

At the outset, we are very grateful that you took the time out of your busy schedule to address our students and parents at DPS International School, Singapore.

The delivery of the course was very engaging and held the attention of the students for the span of the course. By any measure, you are a very effective speaker and educator.


The students were fortunate to have attended the course and took home with them valuable insights on breathing exercises and yoga, making friends, oral hygiene and eye care, meditation, leadership processes, sensitivity towards others, values in life etc. The lessons learned during this three-day course will guide them in their life and help them to make the right choices in life.

The parents were similarly impressed with your discourse and requested us to thank you on their behalf for a very stimulating and insightful presentation.

The style and substance of your discourse was relevant to the stress-filled days we live in and gave the students and parents alike, a new sense of well-being and mission in their life

On behalf of DPS International Singapore, we thank you for an enlightening and memorable discourse on the Art of Living and hope you will visit us again.

Best Wishes,


Rachna Pandit
Principal



FATIMA SCHOOL GONDA

Affiliation No. : 2130053
School No. : U.P. 8546

(Affiliated to the C.B.S.E. upto Senior Secondary Level 10+2)

☎ : (05262) 290890
☎ : (05262) 223000

Circular Road,
P.O. Bargaon,
Gonda - 271002 (U.P.)

Ref. No. FSG /

Date 10-08-2008.....

To
Mr. Pradeep Pathak
Local Coordinator
Art of Living Foundation
Gonda.

Dear Sir,
This letter comes to you with the words of appreciation for conducting "The Youth Empowerment Seminar (YES)" to our students. It was well conducted. I on behalf of the Management and Staff congratulate you and your team for the success of the seminar.

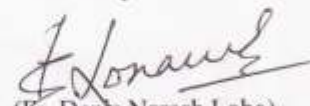
Present day, the students are undergoing lot of stress and turmoil due to pressure in studies and cut throat competitions. The recent suicidal cases at Lucknow and all over India are the clear proofs for it. Keeping it in mind, the Central Board of Secondary Education (CBSE) has been sending regular guidelines to its affiliated schools about conducting seminars of such type to the students. Exercises of building self-concept, self-image, acceptability, ability to withstand pressure, sense of enterprises, sportsmanship etc. have to be the part of learning process in the school.

I am happy to inform that the seminar that has been conducted by you for our students of classes IX to XII has brought about a tremendous change in our students. There is a radical change in the behavioral pattern among the students. All the parents have applauded it. I strongly recommend that all the schools should undertake such seminars to its students.

I, once again, thank you for the well-organized seminar and hope that the follow-up programs will help our participants immensely in the future.

Thanking you.

Yours truly,


(Fr. Denis Naresh Lobo)
Principal


YES!
For Schools

Dev Lahiri
Principal



Welham Boys School

5 Circular Road, Dehra Dun - 248 001
Uttarakhand INDIA

Phones +91.135.265 7120, 265 7944, 265 2935, 265 9729
Facsimile +91.135.265 8605
oliphant@welhamboys.org

9th March, 2009

Ms. Shweta Golani,
Art of Living Co-ordinator
Dehradun.

Dear Ma'am,

We would like to congratulate you on the successful completion of the Art of Living YES workshop at Welham Boys School for 138 of our students from the 1st of March to 6th of March, 2009. In just six days of the workshop, students have reported feeling deep peace and relaxation, improved concentration and better control over their emotions.

The course which combined learning with fun, has inculcated in the students a deep understanding of human values, a greater sense of responsibility and the ability to differentiate right from wrong. Students were especially touched by the Sudarshan Kriya, taught in the course, which helped them to de-stress and relax thereby making them less aggressive and more focused.

The faculty, Mr Rajendra Singh Gandhi, deserves great praise for his friendly, gentle and compassionate approach towards each child. That he has won the hearts of our students is evident from the tearful goodbyes that the boys bade him.

We thank you once again for organizing this workshop at our school and would definitely like more of our students to experience its benefits in the future.

We wish you all the best in your efforts to build a peaceful and joyful world.

Warm regards

Yours sincerely,


Dev Lahiri



IRS Republic School

3-112, Fateh Nagar, Hyderabad – 500 018. Ph: 23461610. E-mail: 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



Table 1
Demographics of participants in study

	Controls	YES!	χ^2 (df, n)	r (df)	p
Sex			1.51 (1,445)		.22
Male (n [%])	55 (46.6)	174 (53.2)			
Female (n [%])	63 (53.4)	153 (46.8)			
Age (years)				19.14 (443)	<.001
Mean age (mean [SD]) (years)	16.50 (1.05)	14.42 (1.00)			
Age range (years)	14–18	13–18			
Ethnicity			8.82 (6,432)		.18
Hispanic/Latino (n [%])	95 (84.8)	280 (87.5)			
Mixed (n [%])	7 (6.3)	16 (5.0)			
Asian-American (n [%])	6 (5.4)	9 (2.8)			
African-American (n [%])	0	9 (2.8)			
Native American (n [%])	0	2 (.6)			
Caucasian (n [%])	1 (.9)	2 (.6)			
Other (n [%])	3 (2.7)	2 (.6)			
Unreported (n)	6	7			
Primary language			1.52 (1,302)		.22
English (n [%])	95 (81.9)	162 (87.1)			
Other (n [%])	21 (18.1)	24 (12.9)			
Mother's education			8.16 (6,270)		.23
<7th grade (n [%])	34 (32.7)	46 (27.7)			
8th or 9th grade (n [%])	13 (12.5)	37 (22.3)			
10th or 11th grade (n [%])	16 (15.4)	27 (16.3)			
High school graduate or Graduate Equivalency Diploma (n [%])	15 (14.4)	28 (16.9)			
Some college (n [%])	11 (10.6)	17 (10.2)			
College education (n [%])	8 (7.7)	6 (3.6)			
Graduate degree (n [%])	7 (6.7)	5 (3.0)			
Socioeconomic status					
MacArthur subjective social status					
Family standing, (mean [SD])	5.05 (1.90)	4.78 (1.60)		1.27 (273)	.21
School standing (mean [SD])	5.94 (2.24)	5.57 (2.03)		1.42 (276)	.16
Bedrooms per tenant	.50 (.24)	.50 (.24)		.19 (295)	.85

df = degrees of freedom; SD = standard deviation.

one of the questionnaire packets from the pre/post-YES! testing sessions. Because of scheduling limitations, we were not able to balance sample sizes across groups. Nevertheless, the final sample sizes provided sufficient statistical power for group comparisons.

YES! program

YES! (www.youthempowermentseminar.org) is a life skills workshop that the International Association for Human Values has taught to over 35,000 students in the United States since 2004. It is composed of three modules: Healthy Body, Healthy Mind, and Healthy Lifestyle. The Healthy Body module consists of physical activity that includes yoga stretches, mindful eating processes, and interactive discussions about food and nutrition. The Healthy Mind module includes stress management and relaxation techniques. Breathing exercises (e.g., Sudarshan Kriya [5]) and mindfulness techniques are used to calm the mind, bringing awareness to the moment and enhancing concentration. Group processes promote personal responsibility, respect, honesty, and service to others. In the Healthy Lifestyle module, students learn strategies for handling challenging emotional and social situations, especially peer pressure. Mindful decision making and leadership skills are taught via interactive games.

Procedure

Classes were either placed into YES! (about 1 hour per day) or continued their standard curriculum (control group). Instruction

occurred over 4 weeks (about 20 hours). Both groups completed questionnaires 1 week before and 1 week after the program.

Measures

Participants completed a 20-item version of the Barratt Impulsiveness Scale (BIS-11) [6], adapted for repeated measurement in adolescents. Ten questions from the BIS-11 regarding employment and financial security were removed because they were not age appropriate. Questions were framed to reflect behavior in the preceding week (e.g., "In the past week, I have done things without thinking"). Patterned/invalid responses (e.g., lack of variability in responses despite reverse-coded questions) were excluded from analyses. To accommodate occasional missing data (maximum of two missing items), we used mean scores instead of summed scores. Both mean total score and three traditional BIS-11 subscales were examined.

All students completed a demographics questionnaire, including information about age, sex, language, mother's education, and ethnicity (Table 1). We evaluated questions regarding students' primary language to determine exclusion owing to potential lack of comprehension. Indications of comprehension problems (e.g., "I don't understand" or question marks written in the margins) resulted in exclusion of student responses. We assessed socioeconomic status with the MacArthur Scale of Subjective Social Status [7], assessing both their own standing within the school community and their family's standing in the community, and by questions regarding living situation and parents' occupations and education.





Adolescent health brief

Effects of the Youth Empowerment Seminar on Impulsive Behavior in Adolescents

Dara G. Ghahremani, Ph.D.^{a,*}, Eugene Y. Oh^a, Andrew C. Dean, Ph.D.^a, Kristina Mouzakis^a, Kristen D. Wilson, R.N.^a, and Edythe D. London, Ph.D.^{a,b}

^a Department of Psychiatry and Biobehavioral Sciences, University of California—Los Angeles, Los Angeles, California

^b Department of Molecular and Medical Pharmacology, University of California—Los Angeles, Los Angeles, California

Article history: Received August 23, 2012; Accepted February 8, 2013

Keywords: Adolescents; Impulsivity; Risk taking; Yoga; Sudarshan Kriya; Meditation; School health programs; Prevention programs; Emotion regulation; Breathing

ABSTRACT

Purpose: Because impulsivity during adolescence predicts health-risk behaviors and associated harm, interventions that attenuate impulsivity may offer protection. We evaluated effects of the Youth Empowerment Seminar (YES!), a biopsychosocial workshop for adolescents that teaches skills of stress management, emotion regulation, conflict resolution, and attentional focus, on impulsive behavior.

Methods: High school students (14–18 years of age) in the United States participated in YES! during their physical education classes. Students in a control group attended their usual curriculum and were tested in parallel. We used items from the Barratt Impulsiveness Scale (framed to reflect recent behavior) to assess students' behavior before and after they underwent the program.

Results: Compared with the control group, YES! participants reported less impulsive behavior after the program.

Conclusions: The results suggest that YES! can promote mental health in adolescents, potentially protecting them from harmful coping behaviors.

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IMPLICATIONS AND CONTRIBUTION

The study indicates that adolescents undergoing the YES! program show reduced impulsive behavior. Given the link between impulsivity and harmful coping behavior, the program may be protective against risk behavior detrimental to adolescent health.

Impulsivity, the tendency to act without thinking, is linked to risky behaviors during adolescence [1–3] that can become difficult to modify over time [4]. Interventions that reduce impulsive behavior may therefore have a significant impact in deterring its negative consequences.

YES! is a workshop designed for 12- to 18-year-olds that aims to promote emotional and physical wellbeing via psychosocial education combined with yoga and meditation. Although no empirical studies of YES! have been published, anecdotal reports from school administrators suggest that it reduces externalizing problem behaviors. We hypothesized that this effect may be

attributable to the program reducing impulsivity. To determine the effect of YES! on impulsive behavior, we obtained structured self-reports from high school students undergoing YES! and a control group that attended their usual curriculum. We expected YES! participants to show reduced impulsive behavior.

Methods

The University of California—Los Angeles Institutional Review Board and the Los Angeles Unified School District Research and Planning Division approved this study.

Participants

Participants were drawn from three Los Angeles—area high schools between spring 2010 and fall 2011. In total, 788 students (524 YES! and 264 controls) participated and submitted at least

* Address correspondence to: Dara G. Ghahremani, Ph.D., Department of Psychiatry and Biobehavioral Sciences, Semel Institute for Neuroscience and Human Behavior, 760 Westwood Plaza #C8-528, UCLA, Los Angeles, CA 90095-1759.

E-mail address: darag@ucla.edu (D.G. Ghahremani).



Table 2
Barratt Impulsiveness Scale results: total and subscale means and standard deviations, by group

	Pre-YESI	Post-YESI
Total	Mean (Standard Deviation)	Mean (Standard Deviation)
Control***	2.34 (.36)	2.41 (.39)
YESI**	2.39 (.40)	2.32 (.41)
Attentional		
Control***	2.28 (.51)	2.38 (.54)
YESI	2.31 (.56)	2.30 (.55)
Motor		
Control***	2.23 (.63)	2.35 (.59)
YESI	2.28 (.55)	2.25 (.54)
Non-Planning		
Control	2.45 (.47)	2.45 (.45)
YESI**	2.48 (.46)	2.35 (.45)

Protected post hoc paired *t*-tests (i.e., comparing pre- and post-YESI) after omnibus doubly repeated multivariate analysis of variance. Higher scores indicate greater impulsiveness.

** $p < .0005$.

*** $p < .11$.

Results

Participants

We analyzed data from 327 YESI and 118 control participants (Table 1). The groups did not differ significantly on demographic variables (assessed using unpaired *t*-tests and chi-square tests where appropriate) except for age, which was included as a nuisance covariate in all models. Although data were not obtained from control participants in one school, all reported analyses remained significant when excluding data from that school.

Univariate analysis of variance showed that before implementing YESI, students from the three schools did not differ significantly on mean total impulsiveness ($F_{[2, 442]} = .26; p > .75$), nor did the groups differ at baseline ($F_{[1, 443]} = 1.14; p > .25$).

Group \times Time Interactions

Doubly repeated multivariate analysis of variance revealed a significant Group \times Time interaction for mean total impulsiveness in both an uncorrected model ($F_{[1, 443]} = 13.24; p < .001$) and a model correcting for age, sex, and school ($F_{[1, 439]} = 12.94; p < .001$). Paired *t*-tests comparing mean total impulsiveness over time revealed a significant reduction for the YESI group and no difference for controls (Table 2).

Tests of the three BIS subscales (doubly repeated multivariate analysis of variance) indicated a significant Group \times Time interaction ($F_{[3, 300]} = 3.07; p < .03$) (correcting for age, sex, and school). Post hoc univariate models testing each subscale revealed significant Group \times Time interactions for the Motor ($F_{[1, 302]} = 4.96; p < .03$) and Non-Planning ($F_{[1, 443]} = 4.78; p < .03$) subscales. Paired *t*-tests revealed a significant reduction in mean scores for Non-Planning in the YESI group only (Table 2) and indicated that the significant interaction for the Motor subscale was driven by a marginally significant increase in the control group. To investigate the possibility of unequal sample sizes influencing the results, we examined random subsamples of the YESI group that were equal to the size of the control group, and found no change in results.

Discussion

These results indicate divergence in impulsive behavior between high school students who participate in the YESI program and those who do not, especially concerning lack of planning. Because impulsive behavior is often linked to adolescent substance abuse, the intervention may help prevent such risky behavior. Specifically, it may fulfill a need for biopsychosocial interventions that address behavioral antecedents to substance abuse [8]. The program may also help ameliorate impulsivity-related externalizing behaviors, such as those linked to attention deficit–hyperactivity disorder.

Given the association between poor executive function and impulsive behavior [9], further studies may determine whether the program aids development of executive function, similar to other interventions for youth [10], and may also evaluate its long-term efficacy. Because YESI uses multiple approaches (e.g., group processes, yoga), future research may identify specific aspects that most strongly target impulsivity and its subcomponents. Moreover, subsequent studies may benefit from examining other relevant factors, including depression, anxiety, stress, mindfulness, and social connectedness. Because the current study included adolescents of primarily Hispanic descent from low- to middle-income communities, examination of more diverse samples is warranted.

Overall, the findings suggest that programs such as YESI, which combine psychosocial education and yoga-based practices, including breathing exercises and meditation, can reduce impulsive behavior during adolescence, a period when impulsive actions may have lifelong consequences.

Acknowledgments

Funding was provided by an endowment from the Thomas P. and Katherine K. Pike Chair in Addiction Studies and a gift from the Marjorie M. Greene Trust. Preliminary results from the current study were presented as a poster presentation at the Mind and Life Summer Research Institute, Garrison, NY, in July 2010.

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GURUKULA VIDYAPEETH HIGH SCHOOL

(Recognised by the Govt. of A.P.) R.C. No. 8417/B4/99. Dt : 17-4-2000

ENGLISH MEDIUM, CO-EDUCATION

IBRAHIMPATAN - 501 506. RANGA REDDY DIST.

☎ From Hyd : 924-222064, 223928, 222866, (STD 08414) 98480-33383

Date.....

Date:16-12-04

To Whom it may concern

This is to inform that the 'Art of living' course was conducted in our School for the students of class IX and X classes from 13-12-04 to 16-12-04. Ms N. Vennela conducted the programme for the students. I am glad to state that the students enjoyed the course. It was an excellent experience for all of us.

We thank Ms N. Vennela for conducting this programmer in our school campus.

Thanking you,

Yours faithfully,

HEAD MASTER
Gurukula Vidyapeeth High School,
Ibrahimpatan, Ranga Reddy Dist-501 506.
(D.SRINIVASA RAO)



**ICFAI
Republic School**

Plot No # 214, Raghavendra Nagar, Nandanavanam, Hyd. Ph: 24094015.
Email: irsnandanavanam@gmail.com

Date: 5th March 2012
Hyderabad.

To,

Art of Living.

Respected Sir/ Madam,

All the staff members of our school do Part I course (our Organization bears 50 % of the expenses for the course) Art excel for class IV & V students started in 2009. Every new employee does the Part I course. AOL teachers visit our centre for the AOL follow up and ArtExcel Follow up. We even carry on Padayatra with the help of Rishiji and Navchetan Shibir with the help of AOL teachers.

All the students who have completed Art Excel course do daily sadana in the assembly since Sept 2009. It not only helped them to improve their health but also they could score better marks as their concentration and memory power increased. All the students have become well disciplined and are honest. As we are with underprivileged children teachers are finding it easy to handle as our students have done Art Excel course.

Tabur Sultana and Sonali of Class VI have showed 15 to 20% improvement respectively in their academics.

With regards...



M.V. Sujatha

HM

IRS NV





भारतीय प्रौद्योगिकी संस्थान गुवाहाटी
INDIAN INSTITUTE OF TECHNOLOGY GUWAHATI

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TO WHOM SO EVER IT MAY CONCERN

It's been our pleasure that over the last few years The Art of Living's Youth Empowerment & Skills Workshop {YES!+ } have been regularly conducted in our campus. The latest being conducted by Mr. Deepan Mukherjee & Atreyi Ghosh from 4th - 9th March 2014. There were 125 students who participated in the same.

The feedback received from students after the workshop was very positive. Students learned stress-management techniques and various other important life skills, to help them cope effectively with their professional and personal lives. Their energy level, focus and inner potential were nurtured through the several processes in the workshop.

YES+ works on confidence building, increasing concentration, helps students to handle their emotions, how to manage their time in a better way & getting rid of substance addiction.

I convey my sincere gratitude to the Faculty Mr. Deepan Mukherjee , Atreyi Ghosh , YES+ organizing team and the Art of Living for teaching this workshop in our college and facilitating the students in stress-management and empowering them. We acknowledge and appreciate the work this organization has taken up in the society and encourage them to pursue more of such workshops in our college.


B. K. Patel 8/3/2014





National Institute of Fashion Technology
(Ministry of Textiles, Govt. of Maharashtra)

It was indeed **wonderful experience** for all the students, faculty members and staffs of national institute of fashion technology, (NIFT) Kolkata who attended the "Art of Living workshops".

The **positive changes** in their physical health, mental attitude and degree of cheerfulness are quite visible and tangible.

Shantmanu, IAS
Director



XLRI Jamshedpur
School of Business & Human Resources

We are grateful to you for conducting the YES!+ Programme for 240 of our first yearites.

The programme which was in line with our **objective of helping the students develop team building capabilities, creativity, leadership and achievement orientation.**

The students appreciated the programme very much. I understand many students are continuing the activities initiated by you during the programme.

Dr Pingali Venugopal
Dean & Professor (Marketing)



The program was immensely successful amongst the PhD students who participated in the program. They requested for the program to be repeated in the following years as well.

We also invested in around 30 yoga mats in the firm conviction of continuing our collaboration in the years to come, convinced of the benefits that this program can procure for the PhD students.

Emmanuelle Chevrier
Training Director of the Federation of PhD Universities
Poitiers, 7th February 2010



Humboldt University, Berlin

The observed results are: **heightened awareness, better concentration, heightened ability to relax.**

Also there is a visible improvement in the social behaviour of the students through the group processes.

L. Schulte
Responsible for health sports



INDIAN INSTITUTE OF MANAGEMENT
Vadapuzha, Ahmedabad

I see rays of hope in the Art of Living for the future of corporate sector. I have benefitted a lot from this workshop and I recommend this to all the people I meet.

Art of Living workshop teaches you to manage your own self, your life and your environment.

Vinod V Mathur



BOSTON COLLEGE
Department of Human Resources

YES!+ workshop incorporates the sudarshan kriya and all of the breathing techniques, it also addresses challenges facing students.

The **special presentations on issues of time management, decision-making, leadership,** and on taking initiative and responsibility as well as particular techniques to improve concentration and energy when studying **were effective** and well-received.

Pat Touzin, LICSW
Director, Faculty & Staff Assistance Program



Indian Institute of Technology Kanpur

YES!+ workshops seem to have proved to be very **effective in eliminating stress and depression** amongst students who work in a high powered academic environment.

The program is expected to become a great tool in helping a youth to empower themselves and to make them responsible citizens who would contribute to the society.

Prawal Sinha
Dean

Virginia Tech

College of Engineering

The YES!+ workshop was taught to a group of students, faculty and staff not long after the recent after the tragedy that occurred on our campus. although the workshop was **especially good in helping us deal with our emotions related to the shootings, it also had great value in teaching us how to deal with everyday stress and emotions.**

It was fun taking the class with a wide variety of people - students, staff and faculty members in a large range of ages.

I also encourage you to promote the art of living courses on your campus in support of the foundation's campaign for a violence-free, stress-free world.

Linda Vick
Academic And Career Advisor,
MED, Virginia Tech



Cornell University
Office of the Dean of Students

The workshop far exceeded my expectations and I have since experienced a new level of peacefulness, clarity of thoughts, joy, physical energy and reduction of everyday stress.

Sophie Siddhu
Assistant of Dean of Students



Florida Gulf Coast University

We offered this workshop for 2 hours of credit through the occupational therapy department in the college of health professions.

The workshop was always filled with a waiting list.

Kathy Kleist
Executive Director
Florida Gulf Coast University



HIGH SCHOOL OF TELECOMMUNICATION ARTS AND TECHNOLOGY
Brooklyn, NY

YES!+ workshop teaches **tools** that are not easily learned inside of school, but that can **enhance the abilities and quality of work** for students and teachers alike.

Philip Weinberg,
Principal



To

AOL

The Bangalore IRS School started in the year 2007-08.

AOL courses started in 2008-09 for IV & V Std for around 30 students.

In 2009-10 - 19 students of class IV completed the course.

In 2010-11 - 28 students of class VI & VII completed the course.

2011-12 – 75 students (29 of class IV and 32 new admissions from class V to VII & 14 students of class VIII)

Daily sadhana started properly from 2010-11 – 136 students are doing the daily sadhana now out of the total strength of 263.

After the daily sadhana started they are less noisy. After the sadhana everyday in the morning they are definitely focused on their studies. Some of them have really benefited as their concentration level has increased.

Please find below the table showing the training that took place over the years.

Year	Class	No of students
2008-09	IV & V	30
2009-10	IV	19
2010-11	VI & VII	28
2011-2012	IV	29
	V	1 New student
	VI	34
	VII	7 New students
	VIII	14 Yes course

A few students we can name who have improved academically as their concentration has increased are: Aishwarya M, Keerthana, Dinesh B, Pavithra N, Manjunath Rao, Stella G of class VII.

Jawahar of class VIII was academically poor in class VII but now he has grown interest in studies and has improved considerably. Sharanya of class VIII who was good in studies has become excellent. Overall these AOL programmes have really improved our children in their behaviour, their concentration & confidence level which in turn has improved academics. We are very grateful to them for this.


Senior Admin officer

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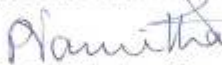
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Senior Admin officer



TESTIMONY

Students of ITL Public School have been fortunate to undergo a metamorphosis from 'pieces of mind' to 'peace of mind', with the help of ART OF LIVING FOUNDATION facilitators. It was an eye opening, mind refreshing & soul enriching experience for one & all.

The programme started with ART OF LIVING 'YES' course for class XII students, who took this as an escape route from studies, but by the end of it same as they experienced the calmness of mind & heart which is required for the restless teenager to become confident, efficient & above all a human being capable of living life.

Keeping the change in mind YES course was also held for class IX & X where again a lot of teenager found a vent & more importantly a solution to their teenager problems.

Following which class VIII also had YES course & class VII ART excel, where the same change was observed.

Keeping the benefit in mind, YES 2 was organized in the school premises where a moving experience was seen by the school authorities. The students came to terms with the realities & difficulties faced by them. A student due to 'teenage' had lost track of mind & value of life so much so that she had started harming herself if her teenage tantrums were not taken care of. The parents were in tears, the councillor, teachers had lost all hope but with the YES course she came alive again & we are very happy to get her back.

Another student who found negativity in all things around him understood life & positivity of all events & said that he was become 'alive' with the course & would like to utilize his life to enrich others. Another child came to terms with the loss of her teenage brother.

The stories are many but the output is same. We are really grateful to the ART OF LIVING foundation to bring our students alive.

HEADMISTRESS
ITL Public School



KENNEDY HIGH
the global school

Dt: 11.09.2013

TO WHOM SO EVER IT MAY CONCERN

We are happy to say that the workshop for students have been successfully completed for the year 2012 - 2013, as a part of the NOVICE project from the Art Of Living, by the team of Art of Living teachers.

The workshops have brought about a change for the better in both the teachers and students. They are able to manage stress effectively. There is a positive change in the attitude and the academic performance of the students too.

We are thankful to the AOL for conducting these programs and bringing about a transformation in the students and teachers.

With Regards,


Principal



Bachupally (Post), Qutubullapur Mandal,
R.R.Dist., Hyd-500090
Phone: 040-64 64 64 77 / 88, 65555577 / 88,
Cell : 98859 07261, 99859 21801
e-mail: info@kennedyhighglobalschool.com
URL: www.kennedyhighglobalschool.com




YES!
For Schools



KENDRIYA VIDYALAYA SANGATHAN

Regional Office – Hyderabad

PICKET, SECUNDERABAD- 500 009

TEL. NOS. 040-27845649 [AC] 27847249 [AO] 27897571 [EO] 27895550 [FAX]

e-mail : achyderabad@yahoo.com, Website: www.kvsrohyd.gov.in

F.No.28-Misc/2010-KVS (HR)/

4607

Dt:13.06.2011

The Joint Commissioner (Acad.)
Kendriya Vidyalaya Sangathan
New Delhi

Sub: Art of Living - reg

Sir,

I am to forward herewith a proposal received from Mrs Vaishali Rathi, AP State Coordinator, The Art of Living Foundation, Hyderabad for organizing in Kendriya Vidyalayas ART EXCEL and YOUTH EMPOWERMENT SEMINAR.

It is stated that Art EXCEL is highly effective stress management and human value training programme for the age group of 8 to 12 years. The YOUTH EMPOWERMENT SEMINAR is a dynamic and innovative programme for teens which includes practical tools for releasing stress, techniques for mental focus and concentration, tools for dealing with negative emotions, problem-solving strategies.

A pilot programme was conducted at KV OF Eddumailaram, Medak, Andhra Pradesh for 50 children of the age group of 6-15 years from 26.01.2011 to 30.01.2011 (5 days).

There is positive feedback from the students and parents as reported by the Principal, Kendriya Vidyalaya, Ordnance Factory, Eddumailaram, Medak (Report enclosed).

The organizers will collect a sum of Rs.200/- per participant towards course fee - cum - donation for the Art of Living Foundation and issue a proper receipt.

As the proposed programme will be helpful in personality development of school children, it is recommended that permission may be accorded to the AP State Coordinator, The Art of Living Foundation, Hyderabad for organizing Art of Living Foundations' workshops in Kendriya Vidyalaya of Hyderabad Region for the benefit of KV students.

Yours faithfully,

(S SELVARAJ)

ASSISTANT COMMISSIONER

✓ Copy to Mrs Vaishali Rathi, AP State Coordinator (Schools and Colleges), The Art of Living Foundation, 6-3-883/3, 5th floor, R K Plaza, Punjagutta cross roads, Hyderabad 500 083 for information.





VAPI PUBLIC SCHOOL (INTERNATIONAL CAMPUS)

(LITTLE ANGELS EDUCATIONAL TRUST)

Affiliated to the Council for the Indian School Certificate Examinations School Reg. No. GU030

Survey No.: 574/1, Vatar Main Road, Vatar, VAPI - 396 191. Tal.: Pardi, Dist.: Valsad, Gujarat, INDIA.
Tel.: 0260 2995077 - E mail : vpsvapi2001@gmail.com

Dear Friends,

It is a great privilege to share with you about the transformation in my students through the Art of Living Courses. The environment in the entire school has changed for the better.

Students from Class III to Class XII have been undergoing and practicing the techniques taught in the Art of Living courses for children and teenagers called ART Excel and Youth Empowerment Seminar. They regularly practice the Sudarshan Kriya and Concentration Pranayama taught in the courses. Teacher, parents and students themselves have observed:

- Reduced stress
- Increased concentration, memory and focus
- Improved self-esteem and confidence
- Ability to manage negative emotions like anger, fear etc
- Friendly nature
- Leadership and team work
- Sensitivity to others and to the environment

In addition, Sudarshan Kriya helps children to study better. It is a great study tool, and also has many health benefits. As the students find it easy to concentrate in class and learn, there is improvement in academic performance also.

The students have become calm, yet dynamic. Conflicts are resolved peacefully and more smiling faces are seen on every face. Even when there are challenges, they can face them with ease.

I would recommend that all schools take up the Art of Living courses to benefit the students, the teachers and the parents. The students & teachers of our school are trained and have been practicing the same since 2009.

Principal
Mrs Alpa Kotadia

Here Minds are Moulded into Wonders



Affl. No. : 1730160

Ph. : (0744) 2333941, 3204669



BAKHSHI'S SPRINGDALES SR. SEC. SCHOOL

AFFILIATED TO CBSE

Deoli Arab Road, Borkhera, KOTA (Raj.)

Website : bakhshispringdalesschool.com

To,
The State Coordinator
Art of Living
Kota, Rajasthan

Sir/Madam,

It was an enriching experience to attend the programme LIVE organized by the Kota chapter, Art of Living, from 14th May to 16th May 2010.

Complete staff of Borkhera Branch availed of this unique opportunity . This was possible because of the conviction of the utility of this programme which was based upon the earlier experience in the Basic Course and presence at Bangalore during one of the International conferences, a couple of years ago. Without conviction it was not possible to inspire such a large no. of 50 teachers. This work-shop was treated as In-service training for the staff.

Such programmes are bound to bring about the desired changes in the existing system for the growth of teacher & taught both.

May the programme take shape of a MOVEMENT in the field of education!

Wishing success in future endeavors.

(URMIL BAKHSHI)

DIRECTOR





La Martiniere Girls' College

P.O. Box 33

Lucknow-226 001

Telephone : 0522 - 3265624

0522 - 3265626

Email : lmgclko@gmail.com

Dated : 13th 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,

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





St. Paul's High School

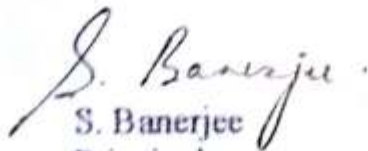
Fairfield Colony, Digha, Patna-800 011, Phone : 2260934
(Affiliated to the Council for Indian School Certificate Examination)

Ref. No.

Date 30.06.2008

TO WHOM IT MAY CONCERN

This is to certify that 33 students of this school underwent the " YES " Course initiated by Art of Living Foundation from 25th June 2008 to 29th June 2008 in the school campus. This course was successfully conducted by Mr. Rajendra Singh Gandhi and assisted by Mr. Shekhar.



S. Banerjee
Principal

Principal

St. Paul's High School, Patna





HOLY FAMILY SCHOOL

*Bansiticker, Po.- Bishanpur Jichho,
Dist - Bhagalpur (Bihar)
Pin - 813210*

9234302367
9939046669

Email:hfsbgp@gmail.com

*Affiliated to the Council for the Indian School Certificate Examination, New Delhi
Reg. No.- BI031*

38/HFS/2014

Ref :

19/09/2014

Date :

To whom it may concern

I am happy to say that 'The Art of Living' conducted by Mr. Rajendra Singh Gandhi and his team was worthwhile for the students to develop their dormant skills as well as to know themselves with all their strengths and weaknesses. They have helped them to develop self confidence and self awareness through yoga, meditation, games and various other techniques. I hope and wish that it may help them in their future career.

On behalf of the Holy Familians I wish you success in all your endeavours.

Savidha John
Principal 1/14

Sr. Savidha John

**PRINCIPAL
HOLY FAMILY SCHOOL
BANSITIKER
BHAGALPUR**





N.H. GOEL
WORLD SCHOOL
Kindle. Nurture. Grow.

28 August 2014

To whomsoever it may concern

Sub: Conduct of Capacity Building Program for 12th Standard students in our school

This is to certify that 72 students of our school from classes 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 Aug to 28th Aug 2014 in our school premises.

This workshop not only helped to develop in our students 'soft skills and 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.

Yours sincerely,

Kalpna Chaudhary
28/8/14

Principal

Principal
N. H. Goel World School
Nardaha, Raipur (C.G.)





India Kids School
Opp. H.P. Petrol Pump, Omara Morh, Udhampur (J&K) 182101
Ph.: 01992-277292, 276292, 9419175292



Ref. No. IKS/LA/001

Dated 06.05.12

Sunil Sharma

Managing Director
India Kids School
Udhampur

Mr Rajinder Singh

LETTER OF APPRECIATION

1. On behalf of all the staff and parents of India Kids School, I wish to convey heartfelt appreciation and gratitude to Mr Rajinder Singh from The Art of Living Foundation for the wonderful Know Your Child workshop conducted for us.
2. It was a very fun-filled and interactive workshop where every participant gained a lot of insight and understanding of children and their behaviour. We are grateful to Mr Rajinder for this unique and valuable knowledge that will go a long way for parents to raise happy and healthy children.
3. We wish him all the best in all his future endeavours.

With regards,

Date: 06 May 2012








TAURIAN

Date : 14/8/12

To,

Vyakti Vikas Kendra India
No.54 39th A Cross, 11th India
Jayanagar 4th t Block,
Bangalore

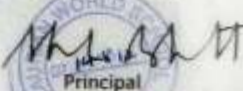
REG- MOU : CONDUCT OF NOVICE

Jai Gurudev!

1. It is with a matter of great pride that we would like to convey our willingness to entrust your organization with the task of conducting " Nurturing of values in Children Everyday Programme/Art of living " classes to inculcate moral values and impart emotional stress and adolescence management skills to the cadets of our School.
2. We have gone through the MOU and agree upon the terms and conditions. We look forward to an early response from your side.

Thanking you,

Yours Sincerely,


Principal
(Atul Bhatt)

Knowledge City, Village: Hazam, P.O. Dundiara
via Ramkrishna Mission Sanatorium, District Ranchi, Jharkhand 835221
Ph: +91 661 3042800 | Email : mail@tws.edu.in | Website : www.tws.edu.in

TAURIAN | RANCHI
WORLD SCHOOL


YES!
For Schools

Affiliation No. : 330027

School No. : 08200

दयानन्द एंग्लो वैदिक कॉलेज
प्रबन्धकर्तृ समिति, नई दिल्ली
द्वारा संचालित संस्था



☎ 0631 : 2224514, 2228012, 2227137 (FAX)
email : davcanttarea@yahoo.co.in
website : davcanttgaya.com

D.A.V. PUBLIC SCHOOL

Cantt. Area Gaya (Bihar)
Pin Code - 823 001

(ISO 9001:2008 Certified)

A Co-educational, English Medium School, Affiliated to C.B.S.E. Delhi upto +2 Level

Regional Office : Regional Directorate, DAV Public Schools, Arya Samaj Mandir Complex, New Bailey Road, Patna - 801503

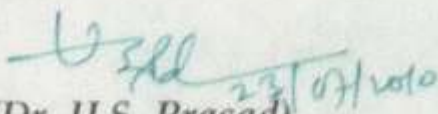
Head Office : DAV College Managing Committee, Chitra Gunga Road, New Delhi - 110055

Ref. No. DAV CANTT / GAYA /

DATE : 23/7/10

TO WHOM IT MAY CONCERN

This is to certify that Mr. Rajendra Singh Gandhi a teacher of Art of Living conducted YES (Youth Empowerment Seminar) Course for the students of Classes IX to XII of DAV Public School, Cantt. Area, Gaya from 19/07/2010 to 23/07/2010. About 300 students took part in YES programme with great zeal. The programme gave a very good impact on the mind and body of the children. I appreciate this type of programme at School level.


(Dr. U.S. Prasad)

Principal

Principal
DAV Public School
Cantt Area, Gaya-823001





ST. JOSEPH'S CONVENT HIGH SCHOOL
BANKIPORE

PATNA - 800 004

PHONE : 2302620

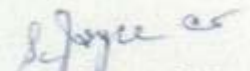
01.02.09

Date

TO WHOM IT MAY CONCERN

This is to certify that Mr. Rajendra Singh Gandhi and co. have conducted The Art of living Programme for 6 days here in school from 27th Jan. to 1st Feb. 2009. It was a wonderful experience for the students.

Well done ! Congratulations.


St. Joyce C.J
(Principal)





Delhi Public School Ghaziabad Vasundhara

ISO 9001:2008 Certified School

• Sector - 9, Vasundhara, Ghaziabad •

(CBSE AFFILIATED)

Ph. : 0120-2880262, 2880499 • e-mail : dpsgvasundhara@yahoo.com, website : www.dpsgv.in

(A unit of Delhi Public School Ghaziabad Society Established in 1980)

02.02.2013

**The Art of Living
Bangalore**

Dear Sir

This is to express my thanks for an intensive and emphatic programme on "Stress free Teaching" conducted in Delhi Public School Ghaziabad Vasundhara under the aegis of The Art of Living by Mr. Rajendra Singh Gandhi and Ms. Shreya Chugh.

The teachers appreciated the workshop. It was refreshing and it boosted the moral of the teachers to be more focused to achieve excellence in their work. It is worth mentioning that they were energized and enthusiastic after the programme.

We look forward to similar association in the coming years.

Thanking You

With regards

SHARMILA CHATTERJEE

PRINCIPAL

DPSGV





Hayward High School

1633 East Avenue • Hayward, CA 94541 • George C. Bullis, Principal
Main Office (510) 723-3170 Fax (510) 581-3145

December 2, 2009

To Whom It May Concern:

I am writing to express my support for the International Association for Human Values' Youth Empowerment Seminar (YES) Program.

As the principal of a large, diverse, urban school of over 1,750 students, I often see students who have the educational potential to succeed, but often lack the interpersonal and self-control maturity to do so. In addition, students often have challenging personal lives that distract from their school success and provide undue stress on their minds and bodies.

I have personally gone through the adult version of the YES program, so I was excited when I was approached about the possibility of bringing the program to my students. Working with YES, we arranged that all of our ninth grade students go through the program as part of their Physical Education class, and the first group began in September.

At this point, the first cohort of students has completed the program, and the results from the student survey speak for themselves:

- ❖ 80% of students feel "better" as a result of the program.
- ❖ 69% reported improved "mood."
- ❖ 78% reported a reduction in "stress/worry."
- ❖ 66 % reported a reduction in "anger/frustration."

Unfortunately, with the state budget crisis, school districts do not have the resources to fund these types of valuable programs for our students. I am a proponent of the YES program and would support seeking outside funding to continue this program at Hayward High School and expand to other Bay Area schools in the future.

I would be happy to speak to you regarding the YES program and how it has begun making a fundamental difference in the lives of our ninth grade students at Hayward High School.

Sincerely,

George C. Bullis,
Principal





Calaveras Hills High School

Milpitas Unified School District

1331 E. Calaveras Blvd. • Milpitas, CA 95035 • Phone (408) 635-2690

• Fax (408) 635-2615

Katie Martinez, Principal

e-mail: kmartine@musd.org

March 1, 2010

To Whom It May Concern,

It is with great pleasure that I write this letter to commend the Youth Empowerment Seminar (Y.E.S.) Program and the staff for the exemplary work that they have performed with our students and staff. The skills that are taught in this program are truly "Habits of Mind" that can positively improve lives. The Y.E.S. teachers are patient, flexible, extremely helpful, always positive and friendly.

Calaveras Hills High School is a continuation school for 10th to 12th grade students who have reached 16 years of age. Our students struggle with negative self esteem issues because most have failed numerous classes and generally been unsuccessful in school. Conflict resolution, controlling emotions and showing respect for peers and adults is often difficult for our students. We opened a class to 11th and 12th grade students in August 2009 to teach skills to help students cope with the negative pressures and stress they face on a day to day basis. It was our hope that they would show a greater commitment to be more successful in school and in their lives.

Our first two classes ended in January 2010 and it is clear that the students have shown improvement in many personal attitudes and coping strategies. We had 87% of our students who reported that they felt their mood and ability to focus and stay calm had increased. There were 80% who stated that their stress level and sleep has improved 80%. The one result that I can see progress in on a daily basis is the 79% of our students who reported reduced frustration and anger.

Y.E.S. classes have assisted our students in resolving issues more easily by staying focused on themselves, Learning how to be "Button Proof" (not allowing others to "push their buttons"), and refusing to be manipulated emotionally. They have learned to exhibit "Random Acts of Kindness" and focus on the feelings of other people. Students have also become very interested in Yoga and report that the breathing exercises are calming and assist in focus.

Clearly, the Y.E.S. Program provides tools and teaches life skills that will guide participants to positively interact with others and maintain good personal habits throughout their lives. We hope that we will be able to continue this program next year. It is my firm belief that this program will increase attendance, decrease disciplinary incidents and increase academic performance.

Sincerely,

Katie Martinez, Principal





QUEENS' COLLEGE

(AFFILIATED TO C.B.S.E.) AFFILIATION NO. 1030104

QC/Certifi./ 1751 / 2008

Date:-06.11.2008


To Whom It May Concern

This is to certify that **The Art of Living Foundation** conducted "**The Youth Empowerment Seminars**" was conducted at Queens' College. The course was conducted as part of Orientation programme for the Queens' Residential Campus (Hostel) from 30th September 2008 to 5th October 2008. Mr. Rahul and Ms. Garima conducted the programme.

All Participants in their feed back report have expressed that they have been immensely benefited by this programme and their stress level have decreased. The confidence level and concentration level have improved. They are also getting good step.

Some of feedback received by the participants are:

1. Five postulates and mantras were outstanding. This will help in leading quality life.
2. "YES" is unique. I will really not forget those days. There was a gradual change in my life which I never expected.
3. After this course I feel my capacity of study has improved, I am giving about 100% of my capacity.
4. I feel very relaxed and confident.
5. Sudarshan Kriya and Surya Namaskar has brought change in my over all personality.
6. Both the faculties were very to us.


DIRECTOR_{for},
Queens' College,
Khandwa Road,
INDORE (M.P.)





Raghuwansh Public School, Sendhwa

Affiliated to C.B.S.E. New-Delhi No. 1030260

RPS Campus , Sendhwa Distt. Barwani (M.P.)

Ph. No.: (07281) 223647

RefNo. :

Date: 16/08/2009

CERTIFICATE

The Art of Living's ART EXCEL Course was conducted in our school by Mr. Rahul P. Kapadia & Miss. Shreshtha Tiwari for the students of std. IV to VIII to improve their knowledge and concentration.

It was observed by the teachers that discipline, concentration, responsibilities, regularities, punctualities etc. developed among students.

I appreciate them & wish them Best Luck to success in their mission.

PRINCIPAL





एन सी दाश
प्राचार्य
N C Dash
Principal

Ph :05642-221709 (O)
-220749 (O)
-220741 (R)
Mobile : 9413310842

राष्ट्रीय मिलिट्री स्कूल,
धौलपुर - 328 028 (राज.)
Rashtriya Military School,
Dholpur - 328 028 (Raj.)

TO WHOM IT MAY CONCERN

This is to certify that Mr Abhishek, Senior Art of Living Youth Teacher, has conducted Youth Empowerment seminar courses for the students of class IX, X and XI at Rashtriya Military School, Dholpur from 23 Jul 2008 to 27 Jul 2008.

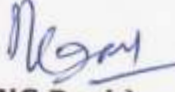
The Seminar consisted of several breathing exercises, Yoga and meditation. Our students have told me that these have proved to be very effective in eliminating the stress and depression amongst students who work in a high-powered academic environment.

I am sure such type of workshop will prove a great tool in helping the youth to empower themselves and to make them responsible citizens who would contribute to the society.

We look forward for a long-term relationship with Art of Living and to many more such programmes in our school in future.

Station : Dholpur (Raj)

Date : 28 Jul 2008


(NC Dash)
CGO Gde-I
Principal



Date 29.04.2011

To Whomsoever It May Concern :

This is to certify that a very intensive and emphatic programme regarding "Stress Free Teaching" for our teachers was conducted at our school premises under the aegis of "ART OF LIVING" by Shri Rajendra Bhaiya. Our worthy colleagues enjoyed the said programme a lot and appreciated the impeccable guidance and mellifluous voice of Shri Rajendra Bhaiya. It is worth mentioning that they were energized and felt stress free from the said programme. A list of our 40 (Forty) worthy colleagues who participated in the said programme is enclosed.

Wish him all the best

Anurag
29/04/11
(Anurag Kumar Upadhyay)

Principal
R.D. Public School
Betul M.P. - 460001
(A.P.No. - 1036350)

Richard P. Brown, MD

Psychopharmacology

30 East End Avenue (between 80th and 81st)
New York, NY 10028

Ph: (212) 737-0821; Fax: (845) 331-3562

December 20, 2004

Sharmila Murarka
Director, Training for YES
Ved Vignan Mahavidya
Bangalore Ashram
Karnataka, India

Dear Sharmila,

I am most pleased to support the Youth Empowerment Seminar (YES). I have referred over 500 patients and colleagues to Art of Living courses in the New York City area as well as in other cities and countries. Many have been "transformed"; most are more relaxed and better able to deal with stress. My wife, also a psychiatrist, and I recently published a chapter on complementary treatments in a psychiatric textbook, *Psychiatry 2nd Edition* by John Wiley & Sons. It includes a section on Art of Living, reviewing some of the research that has been done on it.

We need to change the fact that we don't teach children in school how to manage their thoughts and emotions in more constructive ways and to relieve stress. Children "glow" after the Youth Empowerment Seminar. I cannot imagine a better remedy for stress and violence in schools.

You can feel free to contact me to discuss this further with school psychologists and administrators.

Sincerely,



Richard P. Brown, MD
Associate Professor of Clinical Psychiatry
Columbia University



To

Date-05-03-12

Art of Living,

Greetings!

Art of Living courses for school children are wonderful courses, particularly for the children coming from difficult backgrounds. Children need emotional and mental stability to become receptive and improve in academics.

Art of living courses began in our school from 2007 when the school had primary sections only. Initially, Basic course for teachers held and later the same year Art Excel course for students was conducted.

Daily Sadhana for students of classes VI-VIII was conducted from 2009 -10 where we had 60 students. In 2010-11, we continued with it for classes VI-IX and in 2011-12, from classes VII-X.

Approximately, there are **115** students out of total strength **332** [who have completed Art excel and Yes courses] doing daily sadhana.

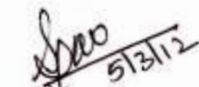
We could observe **few remarkable changes** in the students who are in Daily Sadhana

- Hyperactivity in students has reduced.
- Receptive power has increased.
- Developed self confidence and trying to do their work independently.
- Able to control emotions.
- Able to concentrate well and be focused.
- Health ailments have disappeared.
- Academic performance has improved.

Academic performance of few students in furnished-

Name of the student	Class/Academic performance-2008-09	Class/Academic performance-2009-10	Class/Academic performance-2010-11
1. N.Megha Rani	VII/72%	VIII/76%	IX/80%
2. Hussain Shareef	VII/78%	VIII/80%	IX/81%
3.Azeemunisa	VI/87%	VII/89%	VIII/90%
4. Y.Sonu	VI/70%	VII/80%	VIII/81%
5.B.Pallavi	V/66%	VI/76%	VII/80%

Thank you



Saritha.Muthyala
HM
IRS Rasoolpura





Tele { Fax : 06112 - 255435 (Off)
Phone : 06112 - 255449 (RR)
Gram : 'SAINAL', Rajgir
Email : ssnl12oct2003@sify.com

SSNL/1007/Adm/VVKI

Sainik School Nalanda

PO : Rajgir

Dist : Nalanda

Bihar -803 116

03 Sep 2011

Vyakti Vikas Kendra India
No 54, 39th 'A' Cross, 11th Main
Jayanagar 4th 'T' Block,
Bangalore

**CONDUCT OF "NURTURING OF VALUES IN CHILDREN EVERYDAY" PROGRAMME/
ART OF LIVING CLASSES**

Sir,

It is certified that the following faculty members of Vyakti Vikas Kendra India, Bangalore have visited this School and conducted Nurturing of Values in Children Everyday Programme/Art of Living classes from 14 Jul 2011 to 02 Sep 2011 for the cadets and teachers at the School in an effective and befitting manner. The faculty members would also be visiting the School for follow-up.

- (a) Mr Rajendra Singh Gandhi
- (b) Miss Harsha
- (c) Mr Kunal Kishore



Yours faithfully,

CB Rao
(CB Rao)
Capt (IN)
Principal

YES!
for Schools



SHEMROCK PETALS

WHERE YOUNG MINDS GROW

30, Basant Vihar Colony, Boring Road, Patna - 800 001

Ph. : 227-8889, 94310-17111, 93344-91357

Dear Mr. Rajendra Gandhi,

Through this letter of ours we want to express our gratitude for the workshop "Know Your Child" (KYC) held in our school 'SHEMROCK PETALS' on the 23rd of April (Saturday). The parents and teachers were really enlightened by the inputs provided by you with regard to the root cause analysis of a child's behavioral patterns. The parents were enriched by the workshop and have requested us to have such workshops in the future for a better understanding of their children.

Thanking You .

Regards,

Rsingh
25/4/11





॥ ओम् ॥

Phone/Fax : 06326-222983 (D)
222839 (R)
9834476507 (M)

D.A.V. PUBLIC SCHOOL

SHERGHATI, Distt-Gaya, (Bihar) -824211

C.B.S.E. Affiliation No.: 330112

Co-educational English Medium Secondary Level School

Managed by - D.A.V. College Managing Committee, Chitragupta Road, New Delhi-56

Slr/ No _____

Date 02/12/10

To Whomsoever It May Concern:

This is to certify that a team headed by Shri Rajendra Bhaiyya gave an emphatic and energetic training to our students for four days at our school premises. It goes without saying that our students enjoyed a lot. They were so mesmerized hypnotized that they remained engrossed before them like statue. It is worth mentioning that these programmes have been prepared under the impeccable guidance of Shri Shri 108 Shri Shri Ravi Shankar ji Maharaj under the aegis of "The Art Of Living" . Really our students as well as family members of our school are indebted to them. We pray to the Almighty for his long life and pink health. Hope

Wish him all the best.

(Y. Prasad)
Principal

Principal

**D. A. V. Public School
Sherghati (Gaya) 824211**

YES!
For Schools

Phone No. 06112295163 (O)
+919470413041 (O)



Shishu Sadan Junior Sainik School, Rajgir

PO - Rajgir, Distt - Nalanda, PIN - 803 116

SSJSS/100/Adm/Cert

3 Sept 2011

To Whomsoever It May concern

This is to certify that a team headed by *Shri Rajendra, Kunal & Harsa* gave an emphatic and energetic training to our students for four days at our school premises. It goes without saying that our students enjoyed a lot. They were so mesmerized hypnotized that they remained engrossed before them like statue. It is worth mentioning that these programmes have been prepared under the impeccable guidance of Shri Shri Ravi Shankar Ji Under the aegis of "The Art Of Living". Really our students as well as family members of our school are indebted to them. We pray to Almighty for their life and pink health. Hope

Wish him all the best.

Lakshmi Rao
(Lakshmi Rao)



Co-ordinator

(Lakshmi Rao)
Co-Ordinator
Shishu Sadan
Junior Sainik School



SOS CHILDREN'S VILLAGES OF INDIA-BEGUSARAI



In front of Police Naka Singhoul Pokhar Po Ulao Begusarai-851134 Ph. 06243 243568 Fax 06243-244994
E-mail sos_bgs@sify.com

To Whom It May Concern

This is to certify that our 75 children have attended the 'Art excel' course organized by 'ART OF LIVING' group in presence of shri Rajendraji and Ms. Archana Pandey ji. Course was held at SOS Children's Village campus since 22nd Nov-06 to 25th Nov-06. Course was entirely free of cost for needy children being looked after by the organization.


Manoj Mishra
Assistant Village Director

NATIONAL CO-ORDINATION OFFICE

A-7 Nizamuddin(West), New Delhi-110013, Phone 011 24357299 24359734, fax 011-24357298
Website : www.soscvindia.org E-mail soscvn@soscvindia.org





To
Mr. Muralidhar Koteshwar,
Director, PYSE Department,
Vyakti Vikas Kendra India,
Art of Living International Centre
Kanakapura,
Bangalore

Dear Murali ji,

We would like to extend our appreciation and gratitude for conducting the workshops which addresses the challenges of all the stakeholders in a child's education, in our school each year.

The Know Your Child and Know Your Teen workshops which we organize for the parents of all the students of our school, have provided great insights about the mind of a child and a teenager, to help parent their children more effectively

The Lessons In Value Education (LIVE) workshop, which all our teachers undergo has indeed been a transformational workshop for the teachers who have adopted the tenets of value education imparted during the workshop and deal with the challenges of the current day stress with ease

We find that our children's concentration has improved. They are more creative, friendly and focused. Parents are grateful to us as they find their children are happier and more confident. Their self esteem is high and they are able to handle their emotions better, after they go through the ARTEXCEL and YES course

Thanking You,

With Warm Regards,

Suvina Shunglu
Principal

Date: 25.02.2013



St. Anne's Girls' High School

RANCHI - 834001

PHONE : 2204786

Ref.....

Date..2.12.08.....

To,

Mr. Sahil Jagtiani
Banglore, India.

Sub: The Art of Living (YES!) course conducted from 21st – 25th Jan 2008.

Dear Sir,

We are very grateful to you for taking time out from your busy schedule to conduct the YES! (Youth Empowerment Seminar) for 355 of our Students. The students have benefited greatly from this program & many have reported incredible changes in their lives.

This students were fortunate to take home with them valuable insights on yoga, meditation, concentration & confidence building exercise, leadership qualities, breathing exercise, sensitivity towards others, social service & much more. The lessons learned during the program will guide them in their lives and help them to make right choices.

On behalf of St. Anne's Girls' High School, Ranchi, we thank you for an enlightening and memorable discourse of the Youth Empowerment Seminar (YES !) and would like to suggest other schools to entertain such programmes. We hope you will continue to enliven & enthuse our students.

Best Wishes


Headmistress
Headmistress

St. Anne's Girls' High School
RANCHI


YES!
For Schools



J B ACADEMY

P. O. BOX - 08, CIVIL LINES, FAIZABAD (U.P.) - 224 001

Phone : 05278-223708, 320176 Fax : 222031, E-mail : jba@jbnss.in, Website : www.jbnss.in

6/Camp

The Art of Living International Centre
(Art Excel & YES Desk)
Kanakpura Road, Udayapura
Bangalore - 560082

Dated : 12th October, 2011

Subject : Report on Art Excel and Youth Empowerment Seminar

Dear Sir/Madam,

Thanks for the Art Excel and YES programmes conducted for our students of classes III to XII in the months of April, May and July, 2011. Following were some of the main exercises/activities conducted for different classes:-

Yoga Segment

- | | |
|--|-----------------------|
| 1. Breathing Exercises (Ujjai Breathing) | 2. Candle Breathing |
| 3. Om Chanting | 4. Bhastrika Pranayam |
| 5. Shavasna | 6. Surya Namsakar |
| 7. Aura cleansing | 8. Sudarshan Kriya |

Energizers/Games Segment

- | | |
|--------------------------------------|---|
| 1. Stand-up-Sit Down Game | 6. Dog and Bone |
| 2. Fire and the Mountain run run run | 7. Alphabets Manipulation |
| 3. Tom and Jerry | 8. Number counting (Speed and Accuracy) |
| 4. TV and Remote game | 9. Party game |
| 5. Clap Imitation | 10. Skit Preparation |

We appreciate the efforts of the faculty and hope that the participants will be able to manage themselves better and benefit from the programme in the days/months ahead.

We would also like to share the following feed back about the programme obtained from the participants and teachers, for kind perusal and consideration of your esteemed organization.

- It was full of learning, fun and frolic and life time experience.
- Exercises were more or less the same for all the days. A little description relating it to the desired skill development/value inculcation was felt necessary for better assimilation.
- The focus was mainly on games than on the exercises. It could have been more balanced.
- A good proportion of students were not reasonably involved in activities/exercises.
- The purpose of the programme could be more clearly spelt out to motivate the participants.
- The curriculum could be graded for the classes/age groups involved, in order to make the programme more age appropriate.
- The sessions were a bit too lengthy.
- The sessions could have been designed to be more interactive.

In the light of the above, it is requested that, if possible, the programme may be reviewed to make it more relevant to the needs of the participating schools/students. This will, in turn, add value to the programme and ensure adequate motivation and sincere participation of the students during as well as after the programme.

Thanking you,

With Regards,


(AK Tiwari)
Principal

School Code - 8750, CBSE Affiliation No. 2130083





MANOJ SETHI, ICAS
Financial Advisor / **DIRECTOR (NSES)**

नई दिल्ली नगरपालिका परिषद्
NEW DELHI MUNICIPAL COUNCIL

पालिका केन्द्र, नई दिल्ली - 110001
PALIKA KENDRA, NEW DELHI-110001

10th May 2013.

To Whomsoever It May Concern

This is to acknowledge 'Art of Living' workshops were conducted in NSES schools from May 2012-October 2012. The 'Lessons in Value Education' workshop was conducted for Heads of Navyug schools of NDMC and teachers. 'Youth Empowerment and Skills' Seminar (YES!) workshop was conducted for students of class X and XII.

We are glad to state both teachers and students benefitted from the workshops. Students and teachers, who participated in the workshops experienced themselves to be physically more energetic and mentally more relaxed.

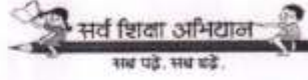
The techniques and processes taught to teachers and students, if conducted and practiced at regular basis will help them to understand their true potential, give them a more positive outlook towards life and also improve their mental and emotional well being.

We are thankful to Art of Living organization for conducting these programs in Navyug schools of New Delhi Municipal Council and look forward to continue the same for our different departments.

(Manoj Sethi)
FA/Director (NSES)

(मनोज सेठी) आई सी ए एस
वित्तीय सलाहाकार
नई दिल्ली नगरपालिका परिषद्
पालिका केन्द्र:संसद मार्ग
नई दिल्ली - 110001





AXOM SARBA SIKSHA ABHIJAN MISSION

OFFICE OF THE DISTRICT MISSION CO-ORDINATOR,
KARBI ANGLONG AUTONOMOUS COUNCIL, DIPHU, ASSAM

No.SSA/KAAC/AS/Skill-Dev-Pro/20/2011-2012/ 7014

Date.27-03-2012

To,

**The Vyakti Vikas Kendra (India)VVKI,
No.19,39th A Cross,11th Main IVT Block
Jayanagar ,Banglore -560041.**

Subject: Letter of appreciation

Sir/Madam,

With lots of love and gratitude , my heartiest thanks goes to H.H Sri Sri Ravi Shankar and to the esteem institution and faculty members for creating such a wonderful and meaning course for the Teachers and Children of RSTC of Karbi Anglong District .

The 4(four) days Rural Basic Course (Part-I) for the teachers (Educational Volunteer) and ART Excel Course for the Children in age group (8 yrs to 14 years) of Art of Living which was conducted at District level in Marwari Vivah Bhawn ,Diphu and in all Residential Special Training Centre(RSTC) of Karbi Anglong . The courses was actively participated by the Educational Volunteer (EV) and all the children of RSTCs .This was the first ever such programme in SSA Karbi Anglong were physical , mental and personality development course was conducted .We have started getting feed back from the Teachers and the District/Block Officials visiting the RSTCs centres. The children undergone the course are found more attentive , obedient, playful and responsible.

Last but not the least I would like to thank your esteem institution once again that we are very much happy and fortunate that we could avail the course of Art of Living to the most deprived children of Karbi Anglong and the Educational volunteer as well with further expectation.

Yours Faithfully,

[Prodip Timung,ACS]

District Mission Coordinator,
SSA,KAAC,Diphu





Vidhyashram

International School, Jodhpur

Jai Gurudev,

We are happy to say that all the workshops for the students of Class VI to XI and teachers of our school under the NOVICE project which started on 30th April 2011 was completed on 12th August 2011, by a team of dynamic teachers from the Art of Living. The school has seen a transformation in the teachers and students who are now able to handle stress effectively. The overall behavior and performance of the students in academics has improved and appear to be more disciplined.

Regards


Dr. Bharti Swami

Principal

Vidhyashram International School

Richard P. Brown, MD

Psychopharmacology

30 East End Avenue (between 80th and 81st)
New York, NY 10028

Ph: (212) 737-0821; Fax: (845) 331-3562

December 20, 2004

Sharmila Murarka
Director, Training for YES
Ved Vignan Mahavidya
Bangalore Ashram
Karnataka, India

Dear Sharmila,

I am most pleased to support the Youth Empowerment Seminar (YES). I have referred over 500 patients and colleagues to Art of Living courses in the New York City area as well as in other cities and countries. Many have been "transformed"; most are more relaxed and better able to deal with stress. My wife, also a psychiatrist, and I recently published a chapter on complementary treatments in a psychiatric textbook, *Psychiatry* 2nd Edition by John Wiley & Sons. It includes a section on Art of Living, reviewing some of the research that has been done on it.

We need to change the fact that we don't teach children in school how to manage their thoughts and emotions in more constructive ways and to relieve stress. Children "glow" after the Youth Empowerment Seminar. I cannot imagine a better remedy for stress and violence in schools.

You can feel free to contact me to discuss this further with school psychologists and administrators.

Sincerely,



Richard P. Brown, MD
Associate Professor of Clinical Psychiatry
Columbia University





The
Millennium[™]
School
Bathinda
Because every child is unique[®]

Certificate of Appreciation

TO WHOMSOEVER IT MAY CONCERN

It is a matter of great pride that The Millennium School, Bathinda, pioneered in organizing ART EXCEL for children aging 8-13 yrs in Bathinda. It was an insightful workshop taken by Ms. Neetu Arora from 23rd May – 31st May 2011 during the Summer Camp. On behalf of our school, I express my heartfelt gratitude to Guruji, and all the members of The Art of Living Organization.

As a Principal I am very happy to see a sea change in my students. They came personally to me and thanked the school management for conducting ART EXCEL. Children were very excited, enthusiastic, happy and the energy level in the school was very high during the workshop. I am sure that it will help the students to broaden their perspective towards life. I wish they all grow up to be responsible citizens. The all round training in excellence has given them tools to integrate a healthier and more compassionate life style, to understand and care for self and others.

Looking forward for a long term relationship with the AOL family and to many more such programmes in our school in future.

Warm Regards,

*Ms. Beena Rao
Principal
The Millennium School, Bathinda*

THE MILLENNIUM SCHOOL

Ansal Mittal Township, Sushant City-1, Mansa Road, Bathinda; Ph.(0164) 6535544, +91 9216555444
Email: Info.bathinda@themillenniumschoools.com; Website: www.themillenniumschoools.com





TRIYOG HIGH SCHOOL

P.O. Box : 1909, Dhapasi-6, Kathmandu, Nepal

November 07, 2008

TO WHOM IT MAY CONCERN

I would like to acknowledge herewith a deep appreciation to Mrs. Rittika Poddar and her team members for having introduced the concept of the "The Art of Living" to us.

The students are immensely blessed with the Breathing exercise programmes. We have discovered how important this program is to us in our daily life involving both physical and mental aspects. Your lessons have given them a new meaning of life.

I would like to request you to continue your good work and spread the message of good living.

I wish you great success in your noble work.


Swagata Deb
Principal

PRINCIPAL
TRIYOG HIGH SCHOOL

Tel. : 4365285/4381695, Fax : 977-1-4381693, E-mail : ths@triyog.wlink.com.np





URSULINE INTER COLLEGE

PURULIA ROAD, RANCHI - 834001

(JHARKHAND)

☎ : (0651) 2200897

Ref. No.

Date: 12/12/07

To, Mr. Sahil Jagtiani,
Banglore, India

Sub : The Art of Living (YES!) Course Conducted from 11th Dec. to
15th Dec. 2007 .

Dear Sir,

At the outset, we are very grateful that you took time out of your busy schedule to address our students at Ursuline Inter College, Purulia Road, Ranchi.

The students were fortunate to have attended the course and took home with them valuable insights on breathing exercises, making friends, oral hygiene and eyecare, meditation, leadership processes, sensitivity towards others etc. The lessons learned during this five days course will guide them in their life and help them to make right choice in life.

On behalf of Ursuline Inter College, Purulia Road, Ranchi, we thank you for an enlightening and memorable discourse of the Youth Empowerment Seminar (YES!) and would like to suggest others schools to entertain such programmes. Hope you will visit us again.

Best Whishes.

Ms. 12.12.07
Principal

Principal
Ursuline Intermediate College
Ranchi





VAPI PUBLIC SCHOOL (INTERNATIONAL CAMPUS)

(LITTLE ANGELS EDUCATIONAL TRUST)

Affiliated to the Council for the Indian School Certificate Examinations School Reg. No. GU030

Survey No.: 574/1, Vatar Main Road, Vatar, VAPI - 396 191. Tal.: Pardi, Dist.: Valsad, Gujarat, INDIA.
Tel.: 0260 2995077 - E mail : vpsvapi2001@gmail.com

Dear Friends,

It is a great privilege to share with you about the transformation in my students through the Art of Living Courses. The environment in the entire school has changed for the better.

Students from Class III to Class XII have been undergoing and practicing the techniques taught in the Art of Living courses for children and teenagers called ART Excel and Youth Empowerment Seminar. They regularly practice the Sudarshan Kriya and Concentration Pranayama taught in the courses. Teacher, parents and students themselves have observed:

- Reduced stress
- Increased concentration, memory and focus
- Improved self-esteem and confidence
- Ability to manage negative emotions like anger, fear etc
- Friendly nature
- Leadership and team work
- Sensitivity to others and to the environment

In addition, Sudarshan Kriya helps children to study better. It is a great study tool, and also has many health benefits. As the students find it easy to concentrate in class and learn, there is improvement in academic performance also.

The students have become calm, yet dynamic. Conflicts are resolved peacefully and more smiling faces are seen on every face. Even when there are challenges, they can face them with ease.

I would recommend that all schools take up the Art of Living courses to benefit the students, the teachers and the parents. The students & teachers of our school are trained and have been practicing the same since 2009.

Principal
Mrs Alpa Kotadia

Here Minds are Moulded into Wonders



Dev Lahiri
Principal



Welham Boys School

5 Circular Road, Dehra Dun - 248 001
Uttarakhand INDIA

Phones +91.135.265 7120, 265 7944, 265 2935, 265 9729
Facsimile +91.135.265 8605
oliphant@welhamboys.org

9th March, 2009

Ms. Shweta Golani,
Art of Living Co-ordinator
Dehradun.

Dear Ma'am,

We would like to congratulate you on the successful completion of the Art of Living YES workshop at Welham Boys School for 138 of our students from the 1st of March to 6th of March, 2009. In just six days of the workshop, students have reported feeling deep peace and relaxation, improved concentration and better control over their emotions.

The course which combined learning with fun, has inculcated in the students a deep understanding of human values, a greater sense of responsibility and the ability to differentiate right from wrong. Students were especially touched by the Sudarshan Kriya, taught in the course, which helped them to de-stress and relax thereby making them less aggressive and more focused.

The faculty, Mr Rajendra Singh Gandhi, deserves great praise for his friendly, gentle and compassionate approach towards each child. That he has won the hearts of our students is evident from the tearful goodbyes that the boys bade him.

We thank you once again for organizing this workshop at our school and would definitely like more of our students to experience its benefits in the future.

We wish you all the best in your efforts to build a peaceful and joyful world.

Warm regards

Yours sincerely,

Dev Lahiri





BARAUNI REFINERY DAV PUBLIC SCHOOL

P. O. : Refinery Township (IOC), Begusarai-851 117 (Bihar)
(Managed by : DAV College Managing Committee, New Delhi)
(CBSE Affiliation No. 3490)

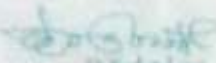
(08243) 247158 (O&FAX)
274290 / 274295 (O)
246957 / 274296 (P)
Mobile - 9835230602
E-mail - acplav@vsnl.net, jshnrc@iitd.co.in

Ref. No. BRDAVPS/ 266/06

Date : 23.9.06

'Yes' Course under the banner of the **Art of Living Foundation** was conducted by Shri Rajinder Singh Gandhi in the school premises from 1.9.06 to 6.9.06. The output of the course is outstanding. The students enjoyed and learnt a lot from the course. A change in their mental out look can easily be observed. The children have turned sober, efficient and careful. Such courses are badly needed among the students . I extend my thanks to the **Art of Living Foundation** for the same.

PRINCIPAL


23/9/06
(D.K. Ghosh)





Notre Dame Academy, Patliputra P.O., Patna - 800 013, Bihar


Tel (0612) 2262332, 2277791, Website : ndapatna.com
E-mail : ndapatna@sancharnet.in/ndapatna@hotmail.com

TO WHOM IT MAY CONCERN

The most common experience of the 'Sudarshan Kriya' was that the participants (Sisters) all felt good, relaxed and very peaceful. It is one way of getting in touch with ourselves and training our minds from getting distracted. "Sudarshan Kriya has been helpful to us in many ways. For instance we all without exception, have understood the power of "BREATHING" which really touches one's deeper self.

The most amazing experience felt by all of us was the acceptance of everything, just as we find them. This kriya is truly helpful to people, to understand what acceptance is all about, that very acceptance spoken to, so much in all ages by all sages and read about in almost all holy scriptures. We sincerely recommend students and adults to participate in the course and experience the beauty of this 'Breathing technique'.

We are very grateful to Mr. Rajendra Singh Gandhi for conducting this workshop for us. We wish him all the best in everything and may God bless him .


Sister Tessa, SND
Principal

Notre Dame Academy, Patliputra P.O., Patna





Notre Dame Academy

DIST. MUNGER P.O.

BIHAR 811 201

PH : 222411

Date: 24-09-2005

TO WHOM IT MAY CONCERN

This is to certify that Mr. Rajendra Singh Gandhi conducted a 5 day 'Art Excel' training course from Sept. 21st to 25th for about 40 of our students aged between 7 - 13.

The children especially those needing special attention were helped to get in touch with themselves and become goal centered.

I wish Mr. Rajendra Singh Gandhi and the "Art Excel" movement all success.

M. Lalita, SND

Sister Mary Lalita, SND
Principal.



YES!
for Schools

Kitty's Kids - An Exclusive Playschool

Branch-I, Ara Garden Road, Opp. - Parashrya Apartment, Bailey Road, Patna-14

Branch-II, Shaubhagya Sharma Path, Rukanpura, Patna-14

To,

Art of Living,
Patna (Bihar)

Our sincere thanks for conducting the programme "Know Your Child" by your organization at our school premises on 6th Feb 2011 for parents of kids studying in our school.

We are overwhelmed to observe the enthusiasm and spirit of Shri Rajendra Singh, Art of Living. Teacher to bring change in thinking of parents by conducting such workshop.

We thank you for equipping us and our kid's parents by providing parenting tips in a very simple and convincing way. It was an eye opener for all of us. Parents realize that many times they were more at fault than their little ones.

Once again we thank you for providing such wonderful parenting tips for natural and stress free growth of our loving kids.

Thanking you

Dated 03.02.2011

Kitty's Kids
A Play School

Sincerely yours

Bhavana Gupta
(Bhavana Gupta)
Principal



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22161 (S), 20645 (J)
STD. Code - 06226

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दयाचन्द एम्बो-वैदिक कॉलेज प्रबन्धकत्व समिति
नई दिल्ली द्वारा संचालित विद्या संस्था ।



Nikhil Shyama

D.A.V. PUBLIC SCHOOL

Dumra, Sitamarhi (Bihar)

Affiliated To CBSE New Delhi. Affiliation No.- 3494, School Code No.- 8282

- Co-Education English & Hindi Medium School Based On 10+2 Syllabus/Pattern Of CBSE New Delhi.
- N.D. Grover Director D.A.V. Public Schools, Arya Samaj Mandir Complex, New Bailey Road, PATNA-801503
- D.A.V. College Managing Committee, Chitragupta Road, New Delhi - 55, Tele : 527887

Ref No GEN / 1509

Date 10/10/2006.

To whom it may concern.

This is to certify that Mr. Rajendra Singh Gandhi has shown his extraordinary expertise in the Art Excel Course conducted under Art of Living foundation from 05-10-2006 to 10-10-2006 in which 114 students from std. IV to Std.VIII participated and were benefitted of his experience.


(Anant Sahay)
PRINCIPAL


YES!
For Schools



ARMY SCHOOL, DANAPUR

DANAPUR CANTT. PATNA, BIHAR, PIN - 801503

(Affiliated with CBSE, New Delhi - Code No. 300034)

Ph. 06116 - 221662

10001450719

May 2010

LETTER OF APPRECIATION

I would like to express my warm wishes and gratitude to Mr. R. S. Ghoshle for his being a generous and inspiring, and providing the pathway to professional excellence through **KNOW YOUR CHILD** in the workshop held on 21st May 2010 at our school premises.

The grand occasion of the day unfolded with utmost effectiveness and included the Teaching Community.

The session proved to be explicitly fruitful and productive. We look forward to such noble, enthusiastic ventures from your end in coming future. Wish you the best in all your endeavours.

Thanking you,


Mr. Dharmendra Prasad
Principal



YES!
For Schools

