The Art of Living and IAHV’s response to the global Coronavirus pandemic
It is during times when life isn’t normal, when the future looks uncertain, when there is anxiety in the air; that is when one needs centredness; the skills to cope; and the ability and willingness to respond in service.

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

sri lanka

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

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

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

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

#iStandWithHumanity
#FromU2Them

For more details: www.iahv.org/in-en/donate
+91 98202 96322 / +91 99865 56133

75,122,069 meals

to over 2.5 million families

in India as of May 13th
Recognizing that the most vulnerable population during the Coronavirus lockdown would be the daily wage earner and migrant labourers, Sri Sri launched the campaign “iStandwithHumanity” on March 25th, days within the announcement of the lockdown.

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

Relief material provided

#iStandWithHumanity
#FromU2Them

75,122,069
Total number of meals provided to over
2.5 MILLION families as on 13th May, 2020
The “iStandwithHumanity” campaign had several leaders from the film industry, corporates along with those from the state and central government joining the effort. The advocacy reached millions of people across social media platforms and 75,122,069 meals were distributed to over 2.5 million families as on May 3rd and the work is ongoing.
2 meditations/day
guided by Sri Sri online since March 22nd

over 100 million
views since the lockdown
Sri Sri recognized that the fear and anxiety of the pandemic, the stress from the lockdown and isolation; and the uncertainty about the economy, jobs and future were affecting people’s mental health and well-being.

Sri Sri immediately launched the #WorldMeditates campaign. Millions around the world have been reached on social and broadcast media through these efforts.
Sri Sri spoke to different segments of society suggesting everyday solutions for lockdown; providing tips for health and immunity; guidance on leadership and working from home; strengthening relationships and taking care of children and teens. He also ran special sessions for healthcare workers and frontline responders around the world.
Fun activities provided a sense of relief

#WomenOnStrike #LetMenCook

Sri Sri challenged the men to cook and asked that the women go on a “cooking strike”. This challenge came as a break for the women who usually cook and a creative task for the others who usually don’t.
Over 1750 health care professionals are undergoing the Online Breath & Meditation workshop in Latin America.
Specialized online courses

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

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

A new series of talks with practical tips by Gurudev Sri Sri Ravi Shankar to turn the most common challenges into assets to upgrade yourself during the lockdown.
HELPLINE
We're here to help if you're feeling anxious and need someone to talk to.
Call us at 080-67612338
(9AM - 9PM)
#lockdownanxiety
Trained counselors from the Art of Living sprung into action to combat the rising uncertaining and anxiety caused by the pandemic. Helplines were launched within days of the lockdown by the Art of Living where people with questions about the Covid-19 situation and those anxious about how it affects them could call and get authentic information and genuine guidance.
United States of America

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

India

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

*¹ Thane Municipal Corporation, Maharashtra, India
*² Pune Municipal Corporation, Maharashtra, India
*³ The Tribal Cooperative Marketing Development Federation of India
Africa
- Over 25000* people benefited
- South Africa - Over 3000* people reached
- Kenya - distribution of supplies to 200 underprivileged families
- Uganda - 300,000 Uganda Shillings donated for food with free regular online meditations.

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

Malaysia
- Over 6000* people benefited

Nepal
- Food supplied to over 8,000 families

Germany
- Over 5000* people benefited

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

Australia
- Over 1000* people benefited

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