



LIGHTHOUSE

VOL I NO.3

SPECIAL SUPPLEMENT (SANVITTI)

NOVEMBER 2005



VYAKTI VIKAS KENDRA
Flat No. 1, Dwaraka
Apartment, 380
Puliyakulam Road,
Coimbatore - 641 045

WEBSITE
www.aolcbe.org

FEEDBACK
aolcbe@gmail.com

EDITORIAL
Mani Gopalakrishnan
Durgaprasad
Thilagarajan

Dear Readers, Jaigurudev

We are part of the "Art of Living Foundation" which needs no introduction. The founder His Holiness Sri Sri Ravishankar, is an embodiment of love and profound wisdom. His life and work has been dedicated to reviving human values and bringing about world peace and development through an individual commitment to self-awareness, stress-free living and selfless service. Millions of people in 146 countries across the globe have benefited through his "Sudarshan Kriya". A few months from now Art of Living Foundation will celebrate its Silver Jubilee Year. As a prelude to this grand event Art of Living members are carrying out service activities all over the World and in Coimbatore too, we are doing our bit to spread value education and environmental awareness amongst the youth.

A "Youth Empowerment Seminar" on Timeless Values titled "**SANVITTI**" was held at Mani Higher Secondary School, Coimbatore on the 12th November, 2005. Nearly 350 students studying in 9th to 12th standards from 42 schools participated. **The program owes its success to each and every educational institution that supported this unique program for school children. The parents, the teachers, the learned dignitaries of the day, who shared their vast knowledge and the sparkling student participants, all of them together made it the most remarkable event of the year.**

The significance of the Sanskrit word "**SANVITTI**" is Knowledge, Intellect, Understanding and Harmony and a team of dedicated women volunteers, took the responsibility of conveying this to the next generation in a way most appealing to them. It gives us immense pleasure to bring out this Special issue of "**Light House**" to commemorate the success of this Program. We are giving you a brief report on the "**SANVITTI**" Symposium and an insight into the **Art Excel** and **Youth Empowerment Seminar Course**.

We look forward to your valuable feed back.

Editorial Team.



Sri Uttamraj lights the inaugural lamp with Sri Arun Madhavan (left) and Dr B.K. Krishnaraj Vanavarayar (right).



Student Participants

REPORT ON THE "SANVITTI" SYMPOSIUM

On 12th November, 2005, morning at 9.30 the Nani Palkivala Auditorium of Mani High School was jam-packed with 500 cheerful faces, congregating from 42 Schools. A melodious rendition in reverence to the Satguru, the proceedings began, followed by the traditional lighting of "Kuthuvilaku" by the honored guests of the day.

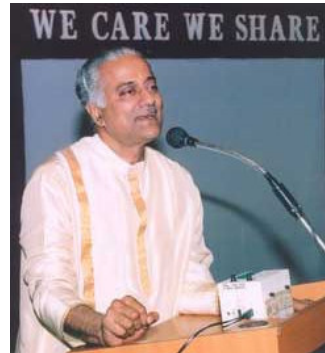


Dr. B.K. Krishnaraj Vanavarayar, Chairman of Bharathiya Vidya Bhavan and a prominent spiritualist in his inaugural address praised the Art of Living, Coimbatore, for coming up with such an innovative program, which could instill the

significance of timeless values of love, caring, sharing, responsibility, compassion, enthusiasm, respect etc. in the younger generation. He also asserted that these timeless values, were the need of the hour, he wanted it to be incorporated in the School curriculum itself as children were the future of our Nation. His talk was interactive with queries and anecdotes. The students participated with full enthusiasm and quite often sprang a surprise with their smart answers. He said "All answers come from within. There is nothing for you to source from outside," and advised the students to take some time off and sit in silence everyday for 5 minutes all by themselves to reach within.



Sri. Arun Madhavan Chairman, Vyakti Vikas Kendra India, in his special address emphasized the need for awareness, clarity of mind and spoke on the



importance of breathing techniques. His power point presentation highlighted the connection between lifestyle, eating habits and a person's outlook. In between he led the children through a 15 minute meditation. Sri. Arun Madhavan, also spoke about music and had all the children singing the Art of Living Song: "My home is in your heart"



Smt. Sashi Chandran an Human Resource Expert, speaking on living values demonstrated some Tai Chi movements with her talk and had the children moving in unison enjoying the movements.



Finally, a talk on health, hygiene and eating habits by Dr. Lakshmi Pathy a physician and a well known orator, who gave useful tips laced with great humor to have the children in splits. The audience thoroughly enjoyed every bit. Earlier, Sri. R.Uthamaraj, Chief Co-ordinator, Silver Jubilee Celebrations Committee welcomed the gathering.

"Educating a child should be holistic, not just a process of stuffing their head with information. We have to see the needs for complete development because the body and mind are inter-linked"

----His Holiness Sri Sri Ravishankar.

The core team of "SANVITTI" are a group of ladies who had planned the event for over 2 months. Gurudev's grace along with their devoted effort has made the event a memorable one.



The afternoon session provided an opportunity for the children to express themselves. Three competitions were organized: 1.A group discussion, (topic : on the spot) 2.One minute extempore (topic : on the spot) and the important 3. **Brain**

Storming for a Tableau presentation : (a) Balance in nature (b) If you want to change one thing in the society today, what would it be –

The students had to brain storm on this and come out with a tableau presentation for 3 minutes. The presentation was left to their creativity and they were allowed to express it in any mode of their choice. With creative tableau presentations on a wide range of social issues like corruption, dowry system, use of plastics, system of politics, abuse of nature etc The students innovatively showcased all these social issues wonderfully. Prizes were awarded to the winners, which were lovely brass lamps which symbolized the lighting-up of knowledge and values. The most significant aspect of this symposium was that the children were treated like delegates and were given conference pads, pens and Identity cards at the time of registration.

After the Prize distribution ceremony, Sri. Arun Madhavan led a memorable Divya Satsang which was a parting gift for the students. While it was raining outside the auditorium, Sri. Arun Madhavan, with his mesmerizing voice, made the audience drench in the divinity of his voice. In between he led the audience through a blissful meditation.

FEED-BACK: Students

Miss. KEERTHIKA MOHAN: “ The symposium was excellent. We learnt a lot. The competitions in the afternoon were very good . we enjoyed taking part - in the group discussion and the tableau presentation- It was fun and a way to express ourselves.”

Miss. R.V.SUVESHA :

“Sri..Vanavarayar's speech was very inspiring. We enjoyed the day and it was a day well spent. “

Ms. Vanitha Raghavan: Judge for the Tableau competition “It was a great opportunity for children to become aware of social causes and deliberate on social responsibility. The children showcased extraordinary talent and all the schools gave good performances.”

The principals and teachers expressed that it was one of the best organized events for students and a very unique one too. The students conveyed that they gained a lot from the extensive knowledge and expertise of the speakers. They were also benefited from the innovative competitions, which provoked their thought process



The all women Sanvitti Core Team



Winning Teams

YOUTH EMPOWERMENT SEMINAR

Today, the greatest danger before us is that we stand to leave behind a world deprived of trust for our future generations. With so much violence happening around us we need to make the message of **non-violence** louder than that of violence **YES!**

Last year, while addressing the Scottish Parliament on the subject of "Time for Reflection". His Holiness Sri Sri Ravishankar pointed out "Today if you ask a child in a school or college how many friends you have, they'll count on their fingers... three, four, five and ask them the question- if you can't be friendly with thirty- forty kids in your classroom how are you going to be friendly with six billion people in the world? The basic values- human values of friendliness, compassion, understanding, harmony in diversity need to be brought up in schools, colleges and in every environment."

The Youth Empowerment seminar is presented by specially-trained Art of Living teachers, using techniques offered only through the Art of Living Foundation. These techniques infuse the system with energy and harmonize the natural rhythms of the body, mind and emotions. The YES! Seminar

provides tools for releasing stress through unique relaxation & breathing exercises, effective problem-solving strategies, leadership and social skills. Studies have shown that the breathing techniques are effective in reducing anxiety and depression and may also boost the immune system. The program also includes a valuable human values curriculum. Through discussion, games, exercises and stories, students broaden their vision and learn important life management skills they can use for the rest of their lives.

For Children between the age of 8 to 15, a unique Program known as **ART Excel (All Round Training in Excellence)** has been created which is being conducted during school vacations. The Course has been acknowledged as the best gift that we can give to our children.

For Details on Art of Living Courses for School and College Students you may kindly contact : Silver Jubilee Celebrations Committee, Vyakti Vikas Kendra India, II Floor, KRV Towers, 126-G, Senguptha Street, Ramnagar, Coimbatore : 641 009.. **Phone Nos:** **2223637, 2237022** or visit website www.aolcbe.org
E-mail aolcbe@gmail.com



"Today's Child is like a beautiful flower covered in plastic. What Art Excel does is that it removes that plastic wrapping and allows the child to become natural and spontaneous again." -- Smt. Bhanumathi Narasimhan