

# ONE World Humanity

A SHRI RAM CHANDRA MISSION PUBLICATION

## ONE WORLD ONE HUMANITY

Seeks to raise awareness of the United Nations, and the role of Shri Ram Chandra Mission in supporting the principles and goals set out in the UN Charter.

Shri Ram Chandra Mission is an international non-profit organization that has been associated with the UN Department of Global Communications since 2005. SRCM and its affiliate the Heartfulness Institute support the goals of the UN Charter through heart-centered meditation and through research and educational programs.



In this past year the universe seemed to remind us, emphatically, of the first teaching in all great spiritual traditions: That we are one. That we are bound together — and that we forget this teaching at our peril.

A global pandemic reminds us that no one is safe unless everyone is safe; that humanity is compromised when the natural environment is compromised; that when one of us is starving, we all feel hunger. It is this principle that informed the founding of the United Nations: Each of us — in every village, city, nation — is implicated in the well-being of the others on this planet.

The public-health crisis required that we isolate. The challenge was to remain connected in spirit — to respond as best we could to the needs and suffering of those in isolation around us.

What follows is a brief overview of programs and projects undertaken by SRCM and the Heartfulness Institute to uplift the human spirit and support the global community.



Commemorating Peace Day during a global pandemic: 2

Providing food for the hungry: 4



20 million participate in Yoga Day 2020: 5

Young writers take on big ideas. Vice President of India announces a national essay-writing project: 6



SRCM and the United Nations commemorate 75 years of service: 7



## Commemorating Peace Day during a pandemic

In this year of turbulence and testing — the 75th anniversary of the United Nation's founding — we were reminded that preserving peace is the first task of the global UN community.

The UN's announcement of Peace Day 2020 warned that, no less than war, disease — the illness caused by COVID-19 — “threatens the health, security, and way of life” of everyone on the planet. The UN's call to action on Peace Day said that “compassion, kindness and hope” must be spread as an antidote to fear and discrimination.

### Millions connect for Peace

On September 21 — Peace Day — more than five million people participated, on line, in a global meditation. The Heartfulness Institute hosted the event, with the support of more than 70 partner organizations around the world.

The goal was to transcend the boundaries enforced by the pandemic — to create peace that manifests in the world as tolerance, empathy, compassion, love.

Featured speakers with deep knowledge and experience in spiritual and contemplative traditions addressed the principles of yogic philosophy; the energetic dimensions of health and healing; and the practice of embodying empathy and compassion towards self and others. Kamlesh Patel, the spiritual guide of Heartfulness (affectionately known as Daaji), led the global Peace Day meditation.



A flyer announcing the worldwide (virtual) meditation program sponsored by SRCM/Heartfulness Institute on Peace day 2020.

The program originated at 9 p.m., in local time zones around the world. As meditators closed their eyes and opened their hearts, a synchronized wave of meditative silence circled the globe — crossing oceans, national borders and geographic boundaries.



The Heartfulness Peace Day program featured Deepak Chopra in a discussion with Kamlesh Patel on the ancient philosophy of raja yoga.

# Contemplative practice in service of peace, justice and human dignity

The Pearl webinar explores the use of contemplative principles and disciplines in negotiating the life challenges we face as individuals — as well as the collective challenge of managing our societies. The webinar series, a project of the Heartfulness Institute, has featured interviews with scholars, public health professionals, yoga masters, social-justice advocates, and government officials.

These conversations have addressed many of the reforms called for in the UN's Sustainable Development Goals — including support for physical and mental health, access to education, environmental preservation, and economic and social justice. In conjunction with Peace Day 2020, a Pearl webinar explored the use of contemplative practices to support movements for societal change.



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Webinar  
**PEARL**

**MEDITATION: WHERE CHANGE BEGINS**  
THE USE OF CONTEMPLATIVE PRACTICES TO PROMOTE PEACE, JUSTICE AND HUMAN DIGNITY



**SPEAKER**  
***Robert Perry***  
Civil Liberties Attorney

**SEP 19TH 2020**  
7:30 PM IST | 10:00 AM  
EST | 3:00 PM UK

**SUBSCRIBE**

**f** HEARTFULNESSPEARL / PRACTICEHEARTFULNESS **▶** HEARTFULNESSPEARL

In commemoration of Peace Day 2020, Lakshmi Aravind, host of the Pearl webinar series, interviewed civil liberties attorney Robert Perry on the use of contemplative practices to support movements for social justice.

## Providing food for the hungry

The COVID-19 pandemic has brought millions to the brink of starvation. Officials with the United Nations' World Food Programme have observed that where there is hunger, there is often conflict: "Until the day we have a vaccine, food is the best vaccine against chaos."

SRCM and the Heartfulness Institute is responding to food shortages made worse by pandemic stress, which is causing breakdowns in agricultural and food-delivery infrastructure. Kitchens at Heartfulness Centers throughout India are preparing thousands of meals daily for distribution to the hungry. Volunteers prepare meals, place them in hygienic packaging, and distribute the food to local communities in coordination with government officials.

### 2020 Nobel Prize awarded to the UN's World Food Programme

The UN called on the world community to commemorate Peace Day 2020 through action. In October, the Norwegian Nobel Committee awarded the Peace Prize to the United Nations' World Food Programme (WFP) for its work in alleviating hunger and promoting food security. In 2019, the WFP provided emergency relief and developmental aid to 97 million people experiencing food insecurity and hunger in 88 countries.

In recognizing the work of the WFP, the Nobel Committee observed that reducing food insecurity improves the prospects for peace and stability. In acknowledging the Nobel Prize, officials with the WFP wrote that, "Where there is conflict, there is hunger. . . . Without peace, we cannot achieve our global goal of zero hunger; and while there is hunger, we will never have a peaceful world."



SRCM's COVID-19 relief project prepares and distributes food to the hungry throughout India; here, workers unload supplies at a kitchen in Kanha Village, Telangana, India.



Residents of Kanha Village and surrounding communities, in line for a meal provided by the local Heartfulness Center.



The UN's World Food Programme received the 2020 Nobel Prize. In 2019 the WFP provided emergency relief and developmental aid to 97 million people in 88 countries.

# International Day of Yoga: June 21, 2020

In announcing the sixth International Day of Yoga, the UN urged that we heed the lessons from the ancient philosophy and practice of yoga when responding to the dislocation, isolation, illness and suffering caused by the COVID-19 pandemic.

The UN's official statement observed that the term yoga is commonly translated as the "union" of mind and body, adding that this concept also embraces the interconnectedness of body and spirit with the world around us — and the impact we have upon it.

On June 20, the Heartfulness Institute hosted a virtual Yoga Day program with the intention of promoting unity and compassion. More than 20 million people participated — connecting through social media platforms and broadcast television.

Yogrishi Baba Ramdev demonstrated techniques of pranayama yoga to what was perhaps the largest yoga class in history. Kamlesh Patel concluded the program by leading the virtual worldwide gathering in a silent meditation.



The Indian Ministry of AYUSH — which promotes holistic medical traditions of health and healing — co-sponsored the global meditation program along with the United Nations Information Centre, with the support of more than 100 partner organizations.

The Consulate General of India also partnered with the Heartfulness Institute in presenting a Yoga Day program. Presenters addressed the use of meditation practices — including a guided relaxation technique — to promote peace and well-being. Government leaders in India played an influential role in the General Assembly's adoption of the resolution establishing the International Day of Yoga. The Indian government widely promotes the annual commemoration of Yoga Day and the benefits of yoga for the global community.

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Uniting Humanity on International day of Yoga

Register Here:  
<https://heartfulness.org/en/international-yoga-day>

Together let us make  
**Compassion Contagious!**

Virtual Event on  
**20th June**  
at 7:00 PM EST / 4:00 PM PST

Live on:  
Facebook.com/practiceheartfulness  
YouTube.com/c/heartfulness/live

**Yogrishi Ramdev ji Maharaj**  
President Patanjali Yogpeeth

**Kamlesh D. Patel**  
Founder & Guide,  
Heartfulness Institute

**Padma Vibhushan Pt Jasraj**  
World Famous  
Indian Classical Vocalist

**Padma Shri Shankar Mahadevan**  
Indian Singer and Composer

A flyer announcing (via internet platforms) a worldwide virtual meditation sponsored by Heartfulness on Yoga Day 2020. More than 20 million participated

Consulate General of India, New York

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CELEBRATES 6<sup>TH</sup> INTERNATIONAL DAY OF YOGA

Finding peace & well-being in family, community & society through meditation

**THURSDAY JUNE 18<sup>th</sup>**  
12-12:30 PM

Live on Facebook  
@indiainnewyork  
@heartfulnessnyc  
@heartfulnessnj

**Jaideep Chola**  
Consul & Head of Chancery, CGI, New York

**Robert Perry, Esq.**  
Civil Liberty Attorney  
Heartfulness Trainer

**Emma Ivaturi**  
Heartfulness Magazine Editor  
Heartfulness Trainer

The Indian government has been a leader among nations in promoting the yogic arts of health and healing. In 2020, the Consulate General of India hosted a Yoga Day program in partnership with the Heartfulness Institute.

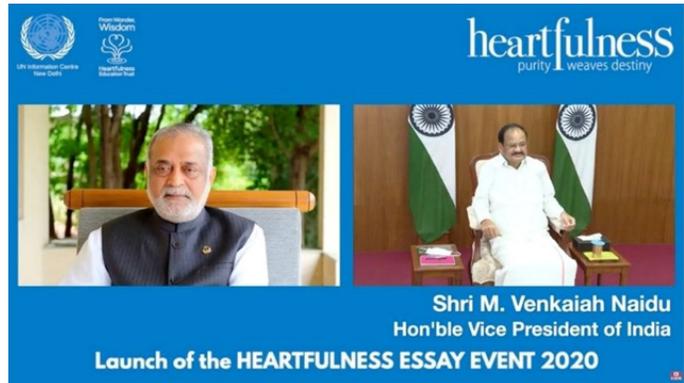
## Young writers take on big ideas

As the 2020 academic year began in India, so did a national essay project. This is an annual event sponsored by SRCM and the Heartfulness Education Trust, in partnership with the United Nations Information Centre for India and Bhutan.

In 2020, students in classes 9 through 12 were asked to write on the concept “Thought pollution is the root cause of all ills.” Older students, undergraduates and post-graduates, were assigned the topic “Poverty is not just lack of money.”

Young writers ponder their assigned topic with teachers, parents and fellow students. This is a value-based inquiry — informed by critical analysis and reflection. In drafting their essays, students are challenged to think deeply, and to feel with discernment, as they explore ideas and real-world events.

Each year since 2005, hundreds of thousands of students throughout India have participated in the Heartfulness essay-writing project, supported by their parents, teachers and school administrators. Once the essays are reviewed, the Heartfulness Institute recognizes outstanding writing submitted by the young essayists.



The Vice President of India announces the 2020 Heartfulness Essay Event with Kamlesh Patel, the spiritual guide of SRCM and the Heartfulness Institute.



Gayathri Payyanadan, awarded first prize in the young writers category (English language), speaks about the message conveyed in her essay, available at <https://heartfulness.org/education/essay-event/> (“Essay Event Testimonial”).

## SRCM and the UN at 75

In 1945, in the aftermath of World War II, heads of state created the United Nations, with the goal of promoting solidarity, good will and collective responsibility among the people of all nations.

In that same year, Shri Ram Chandra established, in Manapakkam, India, a spiritual organization whose work supports the principles set out in the UN Charter. Shri Ram Chandra Mission provides training in contemplative practice and ancient yogic principles that help discipline the mind and open the heart — diminishing false boundaries and beliefs that separate people.

In a letter sent to the UN in 1975, Shri Ram Chandra wrote that, “To dissipate the idea of individual self and to work harmoniously for the common good is the demand of our time.” That demand has become increasingly urgent in the 21st Century. In furtherance of Shri Ram Chandra’s vision, SRCM became affiliated with the United Nations as a non-governmental organization in 2005.

Shri Ram Nath Kovind, India’s president, has long embraced Shri Ram Chandra’s teaching that the foundation of peace is spiritual. In remarks to more than 100,000 people gathered at Kanha Shanti Vanam, the president observed that

“... a grand flow of eternal spiritual wisdom was transmitted to the modern world by Swami Vivekananda, Mahatma Gandhi and many other exemplars of India’s spiritual force. . . . Gandhiji was essentially a seeker of spiritual truth. He once said, ‘For me the road to salvation lies through incessant toil in the service of my country and my humanity.’ . . . I am glad to see that Shri Ram Chandra Mission has been promoting both individual change and social change.”



On Feb. 2, 2020, Shri Ram Nath Kovind, President of India, gave an address on the 75th anniversary of SRCM, at the inauguration of its new global headquarters at Kanha Shanti Vanam.

To learn more about Heartfulness meditation,  
please visit [www.heartfulness.org](http://www.heartfulness.org)



Write to us at: [un@srcm.org](mailto:un@srcm.org)  
[www.sahajmarg.org](http://www.sahajmarg.org) | [www.heartfulness.org](http://www.heartfulness.org)