

February 23, 2022 – February 22, 2023

Mohanji
INTERNATIONAL

MOHANJI PLATFORMS GLOBAL IMPACT REPORT 2022



Shifting mankind to kind humans





**Mohanji Platforms:
Global Impact Report 2022**
February 23, 2022 to February 22 2023

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RESPECT

CON^{VI}_{NE} CTION

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FAITH





MOHAN GLOBAL

6 CONTINENTS | ACTIVE PRESENCE

TEACHINGS & PRACTICES



Consciousness
Kriya



Mai-Tri
Method



Conscious
Walking



Conscious
Dancing



10 Guided
Meditations & Processes



Conscious
Gapless Breathing

SIGNATURE

EMPOV

Empo

CORPO

POV

Success M

SELFLESS SERVICE



Ammucare
Charitable Trust



ACT
Foundation



ACT 4 HUNGER



Fruit Tree
Plantation Drive



Himalayan Ac
Of Tradition

MEDIA



M House
Media

The **AWAKENING** Times
Through Time Into Liberation

The Awakening
Times



Guru
Publishing, Pilgr

MOHANJI GLOBAL PLATFORMS

PRESENCE IN 90+ COUNTRIES

POWERED COURSES

POWERED

POWERED

ORATE

SUCCESS
POWERED

MPowered

GLOBAL TRANSFORMATION



WORLD
CONSCIOUSNESS
ALLIANCE

World Consciousness
Alliance



MOHANJI
YOUTH CLUB

Mohanji
Youth Club

VedicKids

Vedic
Kids



Early Birds Club
Adults



Early Birds Club
Teens



Early Birds Club
Kids

HIMALAYAN ACADEMY



Himalayan School
of Traditional Yoga

Traditional
Yoga



Himalayan School
of Traditional Dance

Traditional
Dance



Himalayan School
of Traditional Music

Traditional
Music



Himalayan School
of Traditional Languages

Traditional
Language



Traditional
Martial Arts

ISHING

FESTIVALS

Festival
of CONSCIOUSNESS

Festival of
Consciousness



Festival of
Womanhood



MOHANJI PLATFORMS: GLOBAL PRESENCE

48
NATIONS

AUSTRALIA
ALBANIA
BRAZIL
BULGARIA
B&H
CANADA
CHINA
CROATIA

COLOMBIA
CZECH REPUBLIC
DENMARK
ECUADOR
ETHIOPIA
FRANCE
GERMANY
GREECE

HUNGARY
INDIA
ITALY
IRAN
THE NETHERLANDS
MACEDONIA
MALAYSIA
MAURITIUS



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ETHERLANDS
ONIA
SIA
TIUS

MEXICO
MONTENEGRO
MOROCCO
NEPAL
PERU
PHILIPPINES
QATAR
ROMANIA

RUSSIA
SERBIA
SLOVENIA
SINGAPORE
SOUTH AFRICA
SPAIN
SRI LANKA
SWITZERLAND

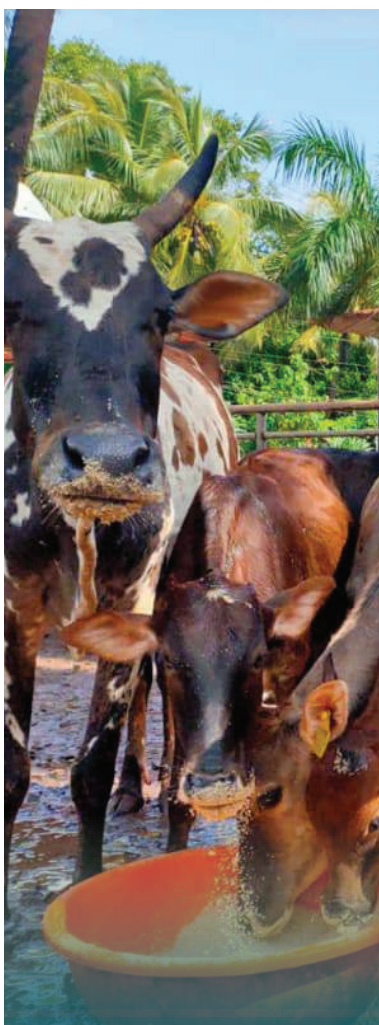
THAILAND
TURKEY
UAE
UK
UKRAINE
USA
VIETNAM
VENEZUELA

GLOBAL IMPACT: KEY STATISTICS



139,106+

Rations (kgs)
for people



150,291+

Rations (kgs)
for animals



289,397+

Rations (kgs)
donated



454,272+

Meals
served



42,785

Trees
planted



2600+

Programs
undertaken



276

Mai-Tri
Practitioners



9124+

Mai-Tri
Sessions

WORDS FROM THE WISE

“

“What amazes me about the phenomenon called Mohanji is His amazing sense of simplicity and equanimity. What has drawn me to Him is His complete lack of expectation. He just mirrors what one wants Him to be. Mohanji exemplifies ‘Love All Serve All’ without any exception and His work and mission for me is therefore just pure love in action. Mohanji’s mission involves ordinary people doing extraordinary work, to make a difference to all beings, big and small. The Mohanji Foundation is an incredible example of people coming together from all walks of life, and indeed all over the world, to just love and serve.”

Saikrishna Rajagopal

Managing Partner, Saikrishna and
Associates, New Delhi

WORDS FROM THE WISE

“

“For me, he is a friend, and much, much more. He doesn't demand anything; I have the freedom of being myself around him. He is just the same as before, and the same spirit of friendship between us.

Nothing has changed over the years in our friendship. Nothing. Even today, I have that confidence that I can call him wherever I am in the world. If I am stuck with a big problem, I can call him, and he will be available.

At the same time, I genuinely feel that he is connected to higher consciousness and that we all get empowerment from him. If we just look at the pace of growth that Mohanji's mission has had for the last four or five years, I'm sure the next five years will be phenomenal. This system has got great scalability because Mohanji has amazing vision, and he has people around him who understand his thought processes and his spirit to serve the world. I can see that it will grow phenomenally. I see the congruent outgrowth of his vision about the world. When I look at it, I can see that it is evolving, and it will help towards making this world a better place; it will bring a lot of contribution globally.”

Ashraf Karayath,
Businessman and author, Dubai

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WORDS FROM THE WISE

“

“Who is Mohanji to me? He is a friend and a brother. I love him for his unconventional and non-conformist ways. He is a modern-day guru and social activist who lives like an ordinary person without airs and frills but yet tries to effect spiritual and material change for the better.

His simple message is ‘Let’s become kind humans instead of humankind. Spreading love, kindness and compassion should be everyone’s responsibility.’ The rapidly growing Mohanji International has been doing outstanding work in various fields, from feeding the poor to nurturing yoga, music, dance etc. Its projects now cover 80 countries. The goal is to transition and help others transition from selfishness to selflessness. The world is in desperate need of evangelists of kindness, compassion and non-violence.

All strength to Mohanji in spreading the message that humanity is the only true religion.”

Ambassador Venu Rajamony,
Officer on Special Duty (External Cooperation),
Government of Kerala; Prof of Diplomatic Practice,
O.P. Jindal Global University



A Bird's Eye View





The Year That Went By

This past year has been an exciting, path breaking time for Mohanji platforms worldwide with transformational programs, major initiatives and significant milestones powered by Mohanji's relentless and tireless commitment and vision. With relaxation of COVID restrictions, Mohanji utilized every opportunity to progress – from meetings and retreats to programs and partnerships. No opportunity went unexplored. As we look back, it gladdens us to see the many rewarding accomplishments, partnerships and recognitions, as we continue to build a firm foundation for year-on-year growth and evolve as an organization and family.

Retreats & Programs

Though Mohanji's selfless work by his choice is mostly quiet, understated and behind-the-scenes, retreats and programs are the visible aspects of Mohanji's tireless service as he makes himself available to people across the world, supported by dedicated volunteers and Acharyas

Mohanji began the year's travels with programs in

North America, traversing the length and breadth of both Canada and USA, spreading his unconditional love and wisdom to scores of seekers. He then travelled to South Africa, followed by the Balkans, and then to the UK and Europe. The last program of the calendar year 2022 culminated in Shirdi at the feet of Shirdi Sai Baba.

The highlight was the first ever in-person Empowered program, dubbed Empowered 5.0, held in Serbia in October 2022. Empowered 1.0 to 4.0 programs were personally designed and delivered by Mohanji online to allow people to recognise their true selves and achieve mastery over their minds. This ground-breaking program that crowns the series was designed by Mohanji to go even deeper and allow participants to truly penetrate into pure silence, the eventual aim of Mohanji's programs, methods and practices.

The program was an overwhelming success with many participants sharing that they could break through their inner blockages and connect to the sphere of true inner contentment and silence.

Teachings and Practices

We expanded and diversified our official Mohanji YouTube channel content with the launch of several new series such as 'Mohanji and Masters', 'Casual Talks with Mohanji' to name a few. This marked a new direction from our previous method of curating from in-person satsangs and retreats.

Followers of Sai Baba were overwhelmed by the wealth of precious knowledge shared by Mohanji about Shirdi Sai Baba- his personal experiences, the wisdom of Shirdi Sai Baba's teachings and the means of connecting to Sai Baba. For the last part, Mohanji launched the **Shirdi Sai Baba Miracle Meditation**, a guided meditation to enable one to deeply connect with Shirdi Sai Baba's presence. The crowning glory was the transformational December retreat in Shirdi.

We have focused our efforts on making Mohanji's teachings in various formats and languages accessible to a wider global audience via all our online and social media channels. Given Mohanji's directions to cover the globe and allow presence without (physical) presence, we are also ensuring that Mohanji quotes, blogs, podcasts, videos, books, etc as well as our online channels are available across as many languages as possible via transcription, translation, sub-titling, and so on.

Mohanji Spaces

Despite his extremely busy schedule and excessive travels, Mohanji made time to focus this year on Mohanji Centres of Benevolence- permanent spaces that will be safe havens for practical experience of Mohanji's essential teachings. Starting with Canada, Mohanji guided the local teams on their next phase of development for the existing space in Amaranth, Ontario.

On his visit to South Africa, Mohanji inaugurated and oversaw the inauguration and consecration of a Shirdi Sai Baba temple in Nonoti, near Durban, which has since transformed from a mere place of worship to a hub of service and activity for the local community, providing much needed food sustenance and transforming lives. This will eventually grow to become a full-fledged Mohanji Centre of Benevolence in due course.

India, Serbia and Slovenia are planned to be the bellwethers for the main centres worldwide and for Europe respectively. Mohanji has been monitoring the strategies closely and instructing the local teams on planning and execution. There have been similar acquisitions in the UK and Australia which are planned to be inaugurated in early to mid 2023.

Besides the Mohanji Centres of Benevolence, Mohanji launched several new projects for preserving and promoting Sanatana Dharma. The



marquee project is the temple dedicated to Lord Krishna (Guruvayurappan) in the holy land of Vrindavan (India), the land where Krishna spent his childhood. The project team took the first concrete steps on this grand project by acquiring land for the temple, co-opting the architects steeped in the temple tradition and the chief priest of the Guruvayur temple to supervise the temple procedures. The grand vision for this project goes beyond the mere creation of another Guruvayurappan temple. Mohanji wants to merge the best of North and South India - the sanctity and purity associated with the temple traditions of the South with the accessibility and freedom of the North. He also wants to showcase the temple tradition of Bharat (ancient India) where the temple was not merely a place of worship but an ecosystem that nurtured and united the surrounding community and region, materially, energetically and spiritually.

Mohanji also played an instrumental role in supporting the development of more spaces and temples dedicated to Shirdi Sai Baba, Lord Dattatreya such as Skandavale (Wales, UK), Netherlands, as well as more locations in India.

Notable Events & Appearances

Mohanji was invited as a keynote speaker and a panelist at the Conscious Leadership and Ethics Summit in South Africa held in May 2022, which brought together business leaders who recognised the importance of conscious leadership and wanted to jointly put forward recommendations to the President of South Africa.



In early September, Mohanji was invited as a chief guest and panelist to a National Interfaith Peace Conference in Nagpur, India that was convened to share a joint message of interfaith peace to honour the centenary of the revered 20th century Sufi Master, Tajuddin Baba, whose attitude of total unconditionality, like most true Masters, affirmed the unity of all religions and spiritual traditions.

In the same month, a first-of-its-kind gathering and union of saints and great traditions was organized by the Shirdi Sai Baba Sansthan, the trust managing the final resting place of the great Master, Shirdi Sai Baba, in Maharashtra, India. Mohanji highlighted the need for joint efforts emphasizing the need for all saints to work together to bring about greater spiritual and material stability in the upcoming challenging times.

Through his global travels, Mohanji met local dignitaries, ambassadors, subject matter experts, business and political leaders, religious and spiritual leaders, do gooders and change agents to unite like-minded people and organisations

committed to adding value to their societies. Mohanji believes that collaboration allows the sum to be greater than its parts and allows more rapid transformation in the world. We hope that these collaborations bear great fruit in the future.





Recognitions, Awards and Honours

The most notable recognition came on 16th April 2022. On this day, the city of Frisco, Texas (USA) proclaimed the day as Mohanji Foundation Day.

The proclamation was led by Deputy Mayor Brian Livingston for Frisco, and was further proclaimed by Texas State Representative Matt Shaheen and Collin County Commissioner Susan Fletcher. The state, county and city would henceforth observe this day as Mohanji Foundation Day, a truly special recognition and honour for the extensive global humanitarian work done by Mohanji, Mohanji Foundation and other organisations founded by Mohanji.



In the UK, Mohanji was awarded the Mahaveer Award for his contribution to promoting a cruelty-free lifestyle, which was awarded by Nitin Mehta MBE and founder of the Indian Vegetarian Society.

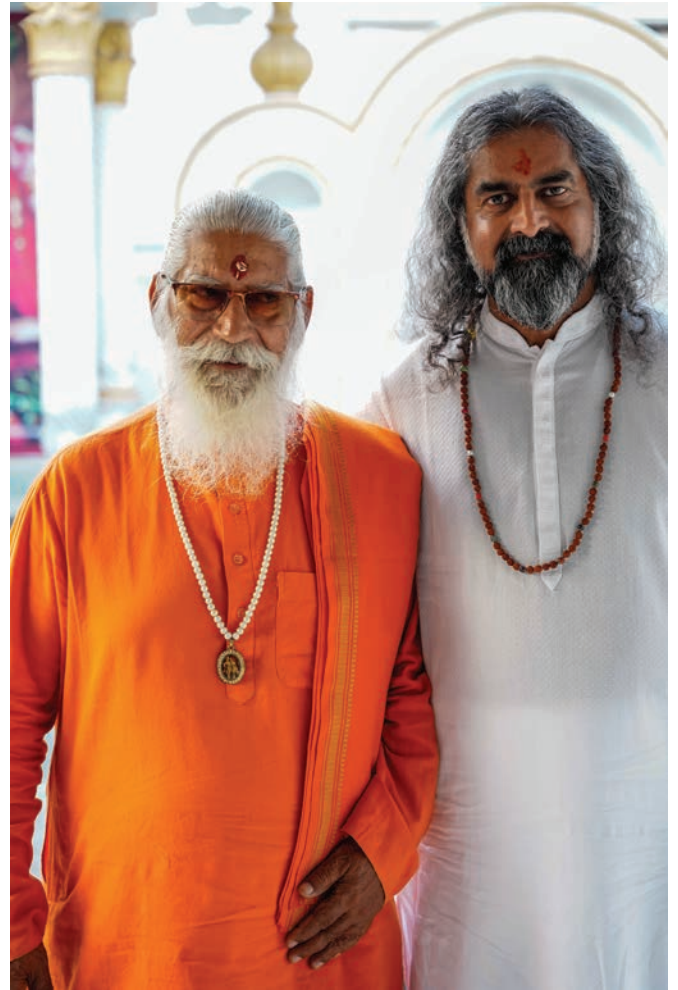


Later in the year, Mohanji received the Global Peace Award from Chishty Foundation, Ajmer (India) in recognition of his many years of exceptional leadership and unconditional commitment to serving humanity.





FTPD in Phoenix with Melanie Walton



Mohanji with Goswami Sushilji Maharaj



Mohanji with NCC, Bengaluru



Mohanji at a charity activity in South Africa



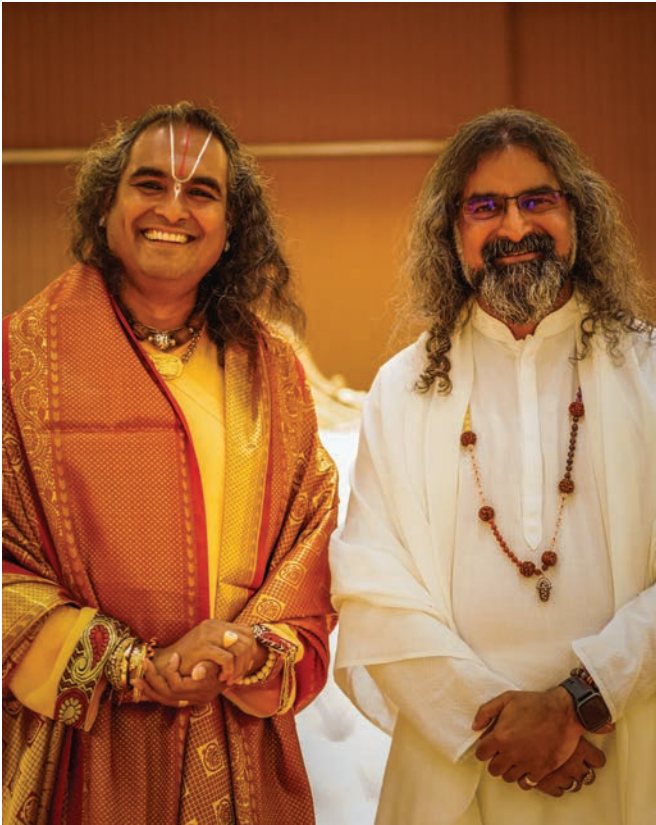
Mohanij with Swami Sarang



FTPD in UK with Mayor, Laura Blumenthal and Freely Fruity



Mohanji with the Chief priest in Guruvayoor, Kerala



Mohanji with Paramahansa Vishwananda



With the Mayor of Orangeville, Canada



Conscious Leadership and Ethics Summit, South Africa.



Mohanji with the Indian Ambassador to USA



Mohanji in Sedona, USA



Mohanji with Indian Consul General in Canada



Mohanji at Peta head quarters in Los Angeles, USA



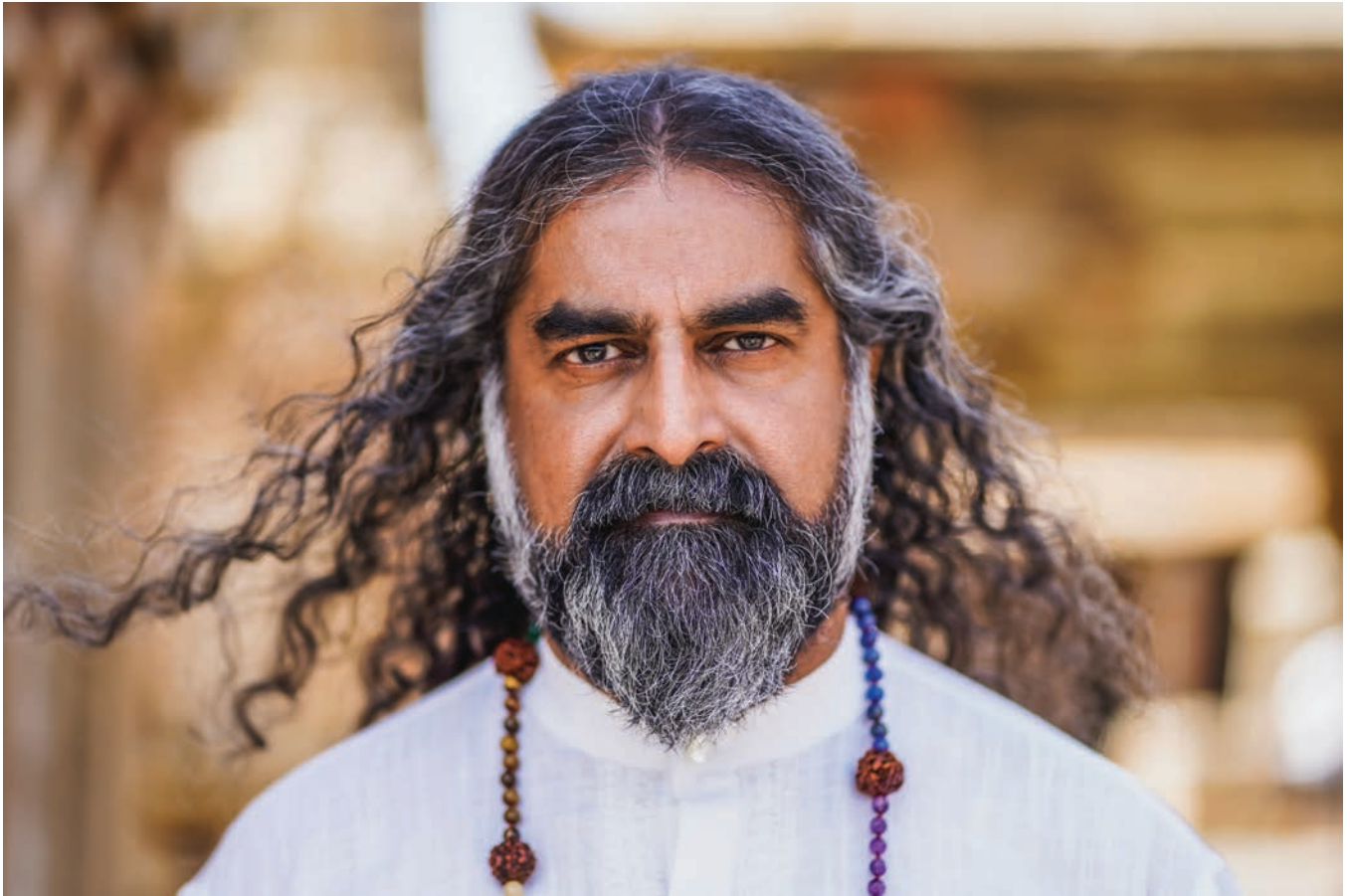
Mohanji with Pattajoshi, Chief Priest of Jaganath Puri



Mohanji with Gajapati Maharaj, King of Puri



Mohanji with Indian Ambassador to Serbia



A Decade of Selfless Unconditional Service

*"On June 18, 2012, I quit a twenty-two-year career in shipping to completely immerse myself into spiritual, philanthropic and humanitarian activities. It was a big leap - a plunge into uncertainty, because I had no clue what to expect. All that I had done in those years past, did not matter anymore. It was a new page - a fresh page. **Looking back now, I believe that my purpose began at that time.**"*

*In June 2022, I completed ten years of that journey. These ten years have been really challenging. This journey over the last ten years has been eventful, yet meaningful. **I could touch many hearts in many countries. There are so many people in the world who trust me and love me. Money cannot buy this love and trust.** People opened their doors to me and invited me into their homes. In that context, I am very satisfied."*

- Mohanji

2022, marks the end of the first decade since Mohanji plunged full-time into the world of selfless service. Since then, Mohanji has founded several **platforms**, each with a distinct focus yet tied to a common underlying thread. These platforms have grown organically not just in scope, but also in global presence and are now present and accessible across six continents. The platforms continue to grow further.

Over the years, Mohanji has given various **spiritual techniques and processes** to the world, mostly for free and in multiple languages (40+ as of last count!). His teachings are available through quotes, blogs, videos, podcasts, talks and books. Mohanji's writings and communication are characterized by a lucidity and simplicity that makes deep spiritual and philosophical lessons accessible to people from all backgrounds. He also consistently encourages people to look within themselves to find their true selves – in fact, he summarised his core teaching in just five letters **"Be You"**! It couldn't be pithier than that!

Pilgrimages to sacred power centres around the world have been a key component of Mohanji's activities. He guides people to receive and experience the high energy of powerful locations, thereby playing a key role in a seeker's journey towards liberation. Furthermore, **retreats** with Mohanji, starting with the first retreat in 2012, have led thousands of people to literally transform their lives and discover their own individual purpose!

Mohanji has also consistently emphasized the value of **selfless service** and guided people to serve society, especially the helpless. Thanks to his guidance and inspiration, through different service platforms, millions of beings have benefitted from donations of food, clothing, shelter, medical supplies and more. Equally, his inspiration has led to thousands of people adopting a compassionate and service-oriented lifestyle, thereby making themselves more relevant to their own surroundings and societies.

Besides impacting individual transformation and social welfare, Mohanji has provided guidance and direction to **transform the business world**. He created new platforms to drive this process and also engaged in active mentoring for industry bodies, chambers and policy makers.

Towards the end of this first decade, a dominant priority has been the establishment of permanent spaces, the Mohanji Centres of Benevolence, which would act as spaces of transformation as well as spaces that would be a live demonstration of all the core values and teachings of Mohanji, and the tenets of the Dattatreya Tradition.

Looking back at how this progress has unfolded, it

could well be visualized like a canvas that is being painted panel by panel; over time, the overall painting is slowly emerging so that everyone can eventually see the grand vision that Mohanji has for the world – **to unite humanity and transform them from humankind to kind humans!**

"Looking back today, I can say only one thing, 'The road never ends.' It is a continuous journey. It is a process and as I always say, 'Perfection is always a process'.

*I only look at it this way: Are my activities meaningful? Does society need them? Does it matter to the beings of Earth? **While my heart beats here, am I making this Earth a better place or am I just being another greedy and hungry mouth on Earth?** When I look at all these things together, I feel that a lot of refinement and fine tuning is required.*

Probably the next ten years are for that fine tuning and stabilization. Many more people may come together. The people who are with me now just happened. I never canvassed, I never promised, I never expected either. They came. Today, all that we see in the world of Mohanji just happened. Similarly, more will happen.

*The idea of all these activities is to elevate awareness to a level where people exist in the highest potential of a human being. **Our aim is to shift the collective consciousness to that of compassion, selflessness, non-violence, in whichever way possible. Until that happens, we have work to do."***

- Mohanji





PLATFORM



RETREAT



PILGRIMAGE



AWARD/TITLES



TECHNIQUES



SPACES



2012

2013

2014

2015

2016

🏠 Act Foundation Sa & Uk

🌐 Serbia

📍 Kailash

🌟 Dec | Rajayogi Title from Vittal Babaji

🌐 India, SA

🌟 Jagat Mitra title from Devi Amma

⚙️ Consciousness Kriya

🌐 India, UAE, Serbia

📍 Kailash - Dev Kumbh

⚙️ Conscious Walking

⚙️ Conscious Gapless Breathing

📍 Kumbh Mela

📍 Arunachala

📍 Bosnia Pyramids

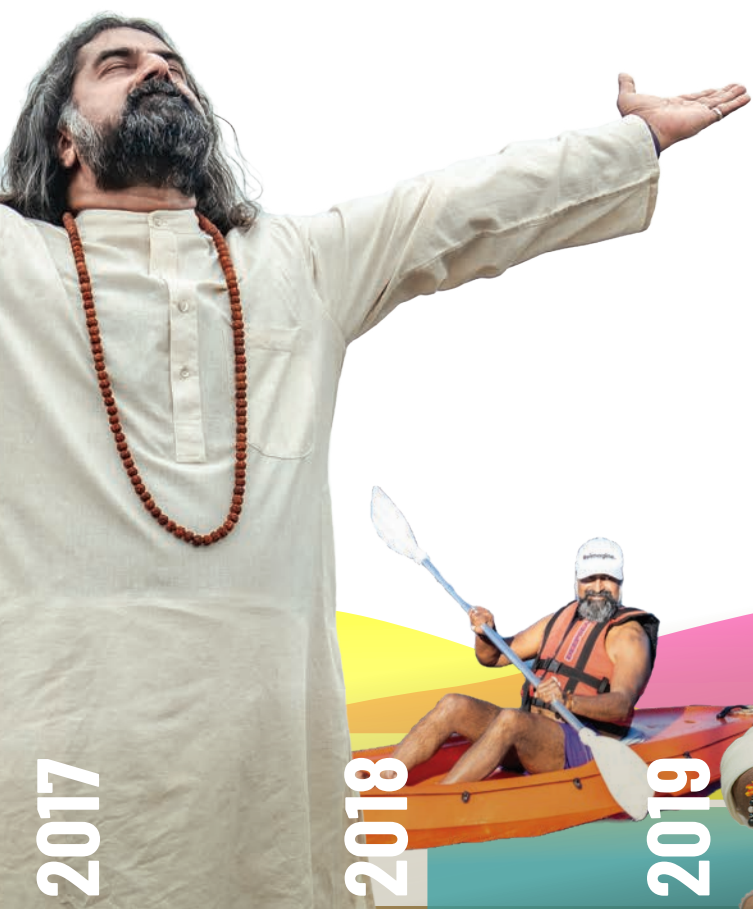
🌐 India, SA, UK

📍 Badrinath, Kailash

🌟 Brahmarishi Title Avadhoota Nadananda

🌐 Canada, USA, SA, UK, Shirdi

⚙️ Mai-Tri Method
⚙️ Soul Mirror Process



2017



2018

2019



2020

2021



🏠 HSTY, MYC

🌐 India, Macedonia, Serbia, Croatia, Singapore, Malaysia, Canada, USA, UK

🌀 BOS Meditation, BOL, Freedom Meditations, Conscious Dancing

📍 Kailash, Arunachala

📍 Machu Picchu, Arunachala, Badrinath, Bosnia, Bhima Pushkar

🌀 Awakening Yoga Nidra

🏠 WCA, Mohanji Acharyas

✨ Skanda Vale Guru Subramaniam - Datta Consecration

✨ Zulu Peace Warrior Stick, Honorary Life Membership, Shivananda World Peace, Recognition for Humanitarian mission

🏠 Ashram in Canada

🌐 Serbia, Slovenia, India, SA, USA Mauritius, Singapore, Canada, UK

📍 Kumbh Mela Prayagraj, Kailash, Machu Picchu, Bosnian Pyramids, Mookambika, Vaishno Devi

🏠 HSTL

🌀 Group Mai-Tri

🌀 Online Mai-Tri
🌀 Forgiveness Process
🌀 Mohanji Transformation Method (MTM)

🏠 HSTD, EBC, IIA, Act4Hunger, M House Media

🌀 Connect to Yourself
🌀 Pause Method
🌀 Colour Ball
🌀 Feel the Feeling

WORDS FROM THE WISE

“

“Twenty years ago, the birth date of Lord Krishna, Janmashtami, coincided with the death date of a small baby girl called Ammu. At the same time, this date saw the birth of the amazing society called Ammucare that gives life and hope to thousands of people and children worldwide. Instead of giving up all hope and grieving for the loss of his beloved daughter, her loving father Mohanji decided to start something that would give care and hope to millions all over the world. Over the years, Ammucare has grown and now provides unbelievable aid for the poor and forlorn both in India and abroad. It is said that if anything is done with a dharmic intention, Nature herself will support and thus, we see that Ammucare has miraculous support for all its endeavours. May it continue to flourish, and may Mohanji's name be inscribed on the annals of history as a great and wonderful philanthropist. Hari Aum Tat Sat”

Vanamali Mataji,

Author and spiritual guide, Rishikesh



Sustain





Ammucare



Ammucare Charitable Trust

Caring beyond man-made barriers - creating a kind world for all

A saint once told me “Mohanji, do something for the children of mother Earth. You will have eternal peace. You will have glory.” At that time, I had no plans to start a charity institution. His words were like written on stone. It started in 2003. Today, we are in so many countries - India, America, UK, South Africa, Macedonia, Serbia - and new countries are coming up.

- Mohanji

Overview

Ammucare, a registered non-profit organization, was established by Mohanji in India in 2003 to uplift the helpless and needy by providing food, shelter, clothing, medical care, education, etc and nurturing growth and empowerment (not dependency). Our

charity platform allows like-minded people to contribute to society with their efforts, resources and donations. We ignite selfless giving amongst all and help our volunteers attain peace, happiness and higher evolution. We aim to kindle empathy within all hearts towards all kinds of life on earth.

Highlights

Ammucare activities spanned a wide variety of areas, as our consistency led to steady organic expansion in both the scale of our activities as well as in our overall presence.

Extensive Food Seva

➤ Regular annadaan locations expanded to



include the power centers of Puri, Tiruchendur and Shirdi. This included the beginning of regular food serving at two new locations, and the inauguration of two food sevas in four schools of Ganeshpuri and Badlapur.

- Regular meals were started at Mohanji Ka Aangan in North Bangalore supporting 1,600+ children each month.
- Special efforts were undertaken to offer annadaan of Mahaprasad to over 45,000 people during the Jagannath Rath Yatra in Puri (Odisha)
- Similarly, Ammucare sponsored the big Shahi Deg at Ajmer on the Ammucare Founding Day, thereby contributing to the annadaan of cooked rice to over 19,000 people, in collaboration with Chishty Foundation, Ajmer.

Service for Animals

- Besides the existing support to the Sanjay Gandhi Animal Centre, Delhi and WAG, Goa, Ammucare extended its partnership to support People for Animals, Gurgaon in their efforts to serve animals.

Environmental Activities

- 14 river and lake clean-up drives collecting 7,000 kg of garbage were carried out in Maharashtra.
- Plantation of over 50,000 fruit trees was carried out under the Fruit Tree Plantation Drive in collaboration with SRPF, BSF, NCC, Hydragreens, Annalect, Corporates, NTCWF Kolkata.
- 8 Toilets were built in Kerala in the rural areas to facilitate sanitation & hygiene with Ahadishika Foundation in the Tribal areas of Vithura, Trivandrum. Ahadishika's founder is cine actor and social service activist Krishna Kumar.

Expansion into new areas

- Ammucare established a presence in 2 new states, Gujarat and Chhattisgarh, to add to the 20+ states of service across India.
- Also, two new Mohanji Ke Aangans were launched - one at Mohanpur (Jharkand) and another at Jammu (Jammu & Kashmir)



New Initiatives

- Ammucare launched a brand-new mobile app for **Annadaan** so as to provide easy donation access for people to feed the hungry as per their capacity at multiple locations across India, including major power centres.
- 24 water cooler installations planned along with Mohanji Foundation at Delhi, Tamil Nadu and Maharashtra on the occasion of Shri Dattatreya Jayanti. So far, 16 water coolers have been installed in December and January

Special programs

- February, the month of Compassion on account of Mohanji's birthday, registered activities and sevas across India. Under the Annadaan seva 35,202 meals, 1,348 kg dry ration and 5,439 kg of fodder were served; 1,348 beings were covered under the Vastradaan seva ; 12,440 trees were planted under the Fruit Tree plantation drive and 4 clean-up drives took place. By the end of the month, Ammucare was able to serve 38,195 human beings in total.
- In association with Gurulight, we conducted an

Annadaan (food distribution) at spiritual power centers during the auspicious period of Pitru Paksha (10th Sept to 25th Oct) to honour our ancestors. 42,542 beings were served across 23 locations - Tiruchendur being a new location.

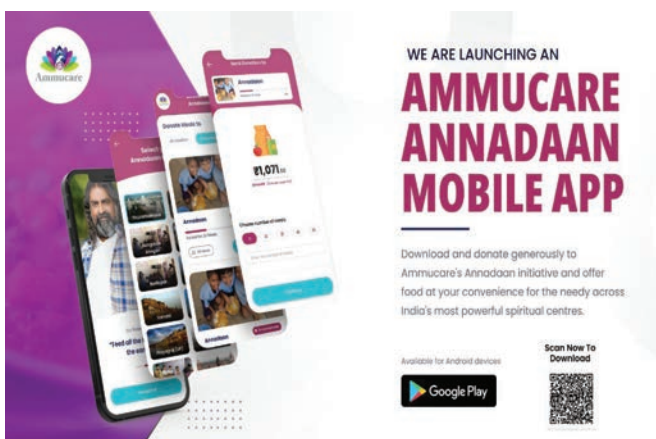
- Under Act Fast Act Now, relief resources were provided to 3 flooded sites at Odisha, Andhra and Varanasi.

Skill Development programs

- A new Mohanji Skill Development Center was launched as an extension of the Aangan at Delhi, to empower children and women for better sustenance and life.
- Various exhibitions were set up by the Act 4 Women team in Jharkhand helping them showcase their handicraft work.

External partnerships and recognition

- Salasar Engineering Pvt Ltd. and Women Of Wonder became some of our major CSR contributors this year.
- Major media coverage was registered in some





of the leading newspapers and channels in Delhi, Maharashtra, Tamil Nadu, Odisha and other states.

- Our Delhi team was awarded by Brahamkumaris at Manesar for the social work done during the pandemic.

ACT 4 Hunger

We aim to appease the hunger of all beings- humans, animals and birds through our annadaan, viz. food and grocery distribution sevas. Act 4 Hunger is a global platform that provides food free from violence and works with different organizations to facilitate meals. We have fed about **4,00,000** people and distributed **14 tons** of dry rations and **112 tons** of food for animals in India in 2022.

Highlights:

- Two Shirdi kitchens for regular food seva were launched in the months of August and December.
- Regular food seva by Amma's kitchen,

Ganeshpuri kitchen, 4 schools in Badlapur and Ambarnath together are catering 650+ people as opposed to the previous 200 people. This has resulted in an increased attendance of students in the school.

- Regular meals started at Mohanji Ka Aangan in North Bangalore are now serving 1600+ children each month. This has consequently increased the attendance of students at Aangan.
- The Pitru Paksh seva carried out from 10th to 25th September, 2022 served more than 42,652 meals, 170 kg of dry ration and 17,188 kg of





animal fodder across various sacred locations.

- The Guru Poornima seva served around 3,824 meals, 960 kg of animal fodder and 170 kg of dry ration distribution.
- 700 meals were served at the holy city of Gangapur.
- Annadaan seva of cooked rice in collaboration with Chishty Foundation served 19,000 people at Ajmer Sharif in Rajasthan.
- Our largest annadaan seva serving 45,000 people was carried out in Puri (Odisha) during the Jagannath Rath Yatra.



- We served 86,773 kg fruits, vegetables & fodder consistently at Sanjay Gandhi Animal Care Centre (Delhi) & People for Animals centre (Gurgaon).
- Ammucare's **Annadaan App** was launched to provide easy donation access for people to feed the hungry as per their capacity at any of the power centers of India.

ACT 4 Education

Mohanji ka Aangan: Ten nurturing spaces across India for enabling supplementary education through informal learning/tutoring for 550+ underprivileged children.

Under our ACT 4 Shipra project, we provide infrastructure, stationery and other tools to enhance formal learning. We have touched the lives of over **13,739** children by various projects, activities and educational funding.

- Mohanji Ka Aangan
 - ✧ Mid-day meal seva for children at the North Bangalore aangan has helped increase the attendance of students and in turn, their opportunities for learning.
 - ✧ The Delhi Aangan forged a new collaboration with BPIT Young Rotary Club while the Bangalore aangan worked with Women of Wonder.
 - ✧ The aangan students were encouraged to nurture their selfless spirit by participating in our various activities such as the Fruit



Tree Plantation Drive and annadaan seva.

- ✧ Various activities to encourage children undertaken at our Aangans. For example, 20+ children from Delhi were taken on an excursion to Vrindavan. An Annual Award ceremony was organized to honour our children and volunteers at the Delhi Aangan.

- ✧ Overall our Aangans have witnessed a fueling of new activities such as the hockey training program, self-defense classes, English speaking skills, art and craft tutorials, digital literacy skills, Healing through Music, and yoga.

➤ ACT Shipra

- ✧ We provided shoes, bags, notebooks, books, clothes and sports material at the rural schools and amongst the children of Sunshine Society benefiting more than over 1500 students.
- ✧ Financial support was provided to 5 students under Unnati to help them continue their education.

- ✧ Celebrations for occasions alongside art and craft classes encouraged children to take on their creative sides.

- ✧ Minor infrastructure development of a resting place rendered relief for 20 rickshaw drivers.

➤ Ammucare Achievers Award (AAA)

- ✧ Under the Ammucare Achiever's Award, we have supported continued education for fifteen meritorious students.

ACT 4 Animals

- We have managed to regularly feed animals, birds, cows, monkeys and other beings regularly across India; at the Sanjay Gandhi Animal Centre, Delhi and People For Animals, Gurgaon.

- The WAG Goa team were supported by us in looking after abandoned and injured animals. Ammucare has also been instrumental in helping WAG treat animals with prosthetics, with the expert support from Dr Sanya Grewal



of our Mohanji Family.

- Under our Act Feathers projects, special programs were carried out at Bareilly and Noida to paint the earthen pots for serving food and water to birds. Alongside the interactive activity, the children were sensitized to understand the importance of sharing the planet with all beings.
- Our ACT volunteers helped in treating 6 stray dogs and a cat with severe health conditions.
- Jute bags were placed around to save the dogs from the chilling winter in Noida.

ACT 4 Health

We are bridging the gaps in healthcare through blood donation drives, medicines and fundraisers for surgeries.

- **10,176** people benefitted with our contributions to the health of people in various ways.
- Over **5240+** sanitary napkin packets were distributed to women in rural areas of Maharashtra, Bhopal, Kolkata and Delhi.
- Multiple preliminary health check-ups including dental, eye, breast awareness were organized for **1,117** people in aanganis of Maharashtra, Delhi, Uttar Pradesh, Madhya Pradesh and Karnataka. Underprivileged children in dire need of medical attention were also supported with fruits or snacks distribution.
- Rural Dental Awareness camp was held at Sai Ashreya Orphanage for **350+** people wherein



the residents were coached on oral hygiene practices and were given free dental kits. Another dental awareness and screening camp was organized in Shirdi Urdu High school by our volunteer Dr. Suveetha.

- Funds for critical operations, regular medicines and health kits were provided to 9 people. Medicines and Colostomy Irrigation set with binder given for 5 patients who either underwent kidney/liver/heart transplantation or were economically weak.
- 100+ people were supported with colostomy bags, blood pressure, diabetic and post operation medicines in Kerala, Tamil Nadu, Karnataka, Jammu, Maharashtra, Delhi, and Madhya Pradesh.
- 115 masks were distributed at Kolkata and Delhi Aangan followed by an explanatory session about the Corona virus and the necessary precautions one must take.
- 8 Toilets were built in rural areas of Kerala in collaboration with Ahadishika Foundation (Cine Actor Krishna Kumar's) to facilitate sanitation and hygiene.
- Regular support is provided to the SMGC cancer hospital children's ward in Jammu.
- Hosur Aangan team collaborated with Mira Upkar Trust, Hosur who provide yeoman service for children with Down syndrome, cerebral palsy, seizure disorders and hearing impairment. Ammucare donated towards physiotherapy and occupational therapy materials for 38 such children.
- 7 Blood donation camps ensured the welfare of **1,113** people at Badlapur, Pune, Bengaluru,



Aerocity Delhi and Worldmark Gurgaon. We have so far contributed **3,062 units** of Blood to the Thalassemia Society of India, helping save more **9,000+** lives.

Act 4 Environment

Act 4 Environment is a eco-conscious project that focuses on creating not only a safer environment but also a healthier planet for the generations to come.

- A total of **52,264** fruit trees were planted across India with some major collaborations with NCC Cadets of Karnataka, SRPF of Solapur, Maharashtra, Delhi, Chennai, Gurgaon, Cantonment areas of Bhopal and Bareilly etc.
- Ammucare also partnered with another organization Hydragreens to execute a fruit tree plantation drive that was sponsored by a company, Annalect India.
- Several activities were conducted at educational institutions across India, with the objective of energizing the youth and channelling their energies towards the welfare of our environment and all beings in nature.
- About 13 cleanup drives were organized for river Ulhas, Shivamandir and Teen Zadi Lake which collected and disposed of over 7,000 kg of garbage.

Our major collaborators in FTPD were

- NCC (Bangalore & Mysore)
- Maharashtra Police Force, SRPF (Solapur), Akkalkot, etc

- HQ Karnataka + Police Dept of Kerala
- KISS, Odisha
- NTCWF (New Town Citizen Welfare Fraternity, a non-profit, registered society) at Kolkata
- Maha Maya Forest, Jammu
- HydraGreens
- Annalect (Corporate)

ACT 4 Shelter

We care for the aged and provide food and medicines to the institutions that shelter them.

- The Mohanji Home for Seniors in Tiruvannamalai now houses ten senior citizens, with many more to come in the future.
- The Maharashtra team supports four old age homes (Beghar Nirvara) and provides with food and other required items each month
- We have helped many elderly people by distributing daily utility items, medical care, treatments and other provisions.
- Vastradaan offering clothes, blankets, woolen caps, socks, Saaris and bedsheets was done for 5,855 people.
- Over 120 blankets were distributed for the caretakers at Sanjay Gandhi Animal Centre and People for Animals.
- Blankets were distributed on the streets of





Bareilly, Madarpur (Kolkata), Delhi, parts of Maharashtra, Coimbatore, Chitrakoot, Bhopal, Varanasi, Vrindavan, Jatani-Odisha, Shirdi, Trivandarum and more.

- Over 1800 Tshirts branded with Ammucare, Mohanji Ka Aangan and FTPD were distributed at various locations in India.
- Caps and socks were distributed to the children on streets and in Aangans of Delhi, Jammu and Noida.
- School shoes, slippers and sandals were also distributed at various locations for children at Delhi and Noida. Romi Bhatti, a politician and philanthropist, contributed for the school shoes at Delhi Aangan on Ammucare Day.

ACT Fast ACT Now

- We reached out with immediate food supplies and dry ration kits for the people stuck in the floods of Odisha, Andhra Pradesh and Varanasi. In total we were able to support about 3,000+ people through our relief work this year.

ACT 4 Women

- Ammucare's Women's skill training center at Mohanpur, Jharkhand continues to help women become self-reliant and financially

independent.

- The Mohanpur project has scaled up with prestigious exhibitions and expanded product list to provide more scope for income generation for the local women.

ACT 4 Mpowerment

We believe in fostering skills and abilities to help people stand on their feet.

- **Atma Nirbhar -1** Vegetable cart funded to make a person self-reliant and earn his living with dignity.
- **Livelihood Project in Delhi;** Ammucare established this project in Delhi on 9th July
- 2020, by starting a kitchen with a vision to generate employment for people from Leprosy Colony who lost income sources due to covid and to serve food to the hungry. We are grateful to our CSR partner "Salasar Techno Engineering Ltd. (Ghaziabad)" for extending consistent financial support since the last 3 years. People feel empowered economically and they witness a strong feeling of being worthy by being able to serve the society. In 2022, we have served hot fresh cooked meals to **28,746** people.
- **Mohanji Skill Development Centre** at Delhi is empowering more than 55+ people in the fields of English learning skills, Computer training, Beauty Parlor Course, Tailoring and Stitching.





The Ammucare tree grows every single day, turning new leaves and emerging new branches and networks of care and compassion. If you would like to join our growing team as a volunteer or donor, contact us at info@ammucare.org. Meanwhile, you can also visit our online channels to like, follow and subscribe for spreading the good word to change the world.

Website: <https://www.ammucare.org>

Facebook: <https://www.facebook.com/ammucare>

YouTube: <https://www.youtube.com/channel/UC3e5WI-CN7bp-ki5KdPNUBQ>

Instagram: <https://www.instagram.com/ammucarecharitabletrust/>

Linkedin: <https://www.linkedin.com/in/ammucare-charitable-trust>

Awards & Accolades

- Award for Social Work by Brahmakumaris at Manesar was given to the Delhi Team to honor their effort during the pandemic.



- Appreciations given for the Fruit Tree Plantation Drives to the Maharashtra teams.
- Act Shipra – Sports equipment provided for the Girls) Letter of Appreciation received from The Headmaster, Govt Girls Hr. Sec School, Alanganallur, Madurai for the support we gave to the girls of this school helped them with the following:
 - ✧ They won the overall Championship in the Regional Level
 - ✧ Six students of these got qualified for State level Running Competition.
 - ✧ The School has been given the opportunity to present a Dandia event during the Republic Day celebrations at Madurai, for which Ammucare is providing the 150 Dandiya Sticks and dresses for the participants. Our only aim remains to support the Schools in Rural India so they can be encouraged and can achieve much much more.

Testimonials

Ruchika Gandhi, Mumbai (Volunteer)

"I understood the essence of Pitru Paksha through Mohanji. The simplicity, depth and the real meaning behind this sacred time that comes into our life every year carries a great meaning. It is indeed a beautiful blessing that we are able to serve in the name of our ancestors and lineage at this moment. The best way to honor our ancestors is through remembrance, serving in their name and offering love and gratitude to them. By being a channel for



thousands of people and being able to fulfill their wishes, that's nothing but sheer grace. Thank you for this opportunity, thank you for making me aware of this grand moment and allowing each one of us to do our duty when we are alive."

Murali Tangirala, Hyderabad (Volunteer)

It was overwhelming to see the sevas happening at Haridwar, Rishikesh and Shirdi. The sea of people accepting the food was an immense sight to watch. Personally it was a touching experience that I will never forget in my life. Even in Shirdi, people coming in large numbers were all fed, to their heart's fill.

They went back happy and satisfied. That's called a true seva. Ammucare ensured that everyone was content and happy, from their belly to the heart.

Palak Mehta, Founder, Vegan First

Ammucare means empowerment, boundless compassion, non-judgement, endless positivity, and unconditional love towards other beings and yourself. Association with Ammucare nourishes me and inspires me continuously. Grateful to Mohanji and Ammu for providing such a platform to the world.





ACT Foundation

Walking the path of humanity with kindness and compassion

“One of the highest signs of human refinement is total selflessness. It takes selflessness to experience perpetual contentment.”

- Mohanji

Overview

We are a global charity operating in 25 countries across 5 continents with 450+ volunteers who reach out and extend selfless service to underprivileged beings worldwide and recognise the true value of social service through the resulting transformation in their own lives.

Emulating our slogan ‘one positive ACT a day’, we lead by example to transform our planet with small consistent steps taken with utmost commitment.

Highlights

4 new teams formed - in Romania, Iran, Mexico, and the Netherlands

➤ **ACT 4 Ukraine initiative** – Jointly with Mohanji International Foundation and ACT4Hunger platform, ACT UK team established a humanitarian hub in Dorohoi, Romania, near the Ukraine border through which distributed 70+ tonnes of humanitarian aid to the displaced people of Ukraine. A school in Ukraine used as a shelter was equipped with showers, washing machines, sports equipment and a kitchen. In addition, yoga, breathing techniques, art workshops, etc provided much needed loving attention and emotional support.

➤ **Empowerment through Education** – Partnering with Nexos Comunitarios charity, our ACT USA team provided an exceptional learning app (English Helper) and related equipment to support English language classes for 130 underprivileged children in Peru for an entire year. We will now replicate this globally.



48,706

meals distributed



55,664

kilograms of food
donated to people

16,831

kilograms of food
served to animals

2,451

fruit trees
planted

- **ACT4 Sri Lanka** - Since the economic crisis started in Sri Lanka, our ACT4SriLanka team launched a community kitchen in August 2022, which has been set up to provide cooked vegan meals to underprivileged people who cannot afford even one proper meal a day.

Since its inception, the ACT4SriLanka team has served the local community by starting two community kitchens that have served more than 16,000 meals till date. Our aim is to support the ACT Sri Lanka team to grow their activities independently and to set up more community kitchens.

- **ACT 4 Vision** – is a brilliant new initiative in Sri Lanka, through which the essential lens and other medical consumables for cataract surgeries are provided to many underprivileged people. This vital initiative was started on the 9th of November 2022, the 19th anniversary of ACT Foundation. In a period of two months already, 143 eye surgeries were provided. More surgeries are scheduled in the upcoming months of 2023.
- **Dental Care Education** – ACT Foundation supported a beautiful initiative for the

indigenous children from the area of Lake Titicaca, Peru. Children were given toothbrushes and toothpaste, but most importantly, the much-needed education on the importance of dental care was provided with direct, loving attention.

- **Launch of the ACT Anthem** - On 9th November, on the occasion of the ACT Day, the very first ACT anthem was launched in London. This anthem is composed and performed by “Hearts Liberated”, with lyrics written by the ACT Founder Mohanji.
- **ACT 4 Animals** – Initiated by Melanie Roth, our volunteer and a veterinarian by profession, who was touched by the plight of stray animals in Romania and Ukraine, as well as other parts of the globe, and wanted to offer her services to the best of her abilities.

ACT USA is very enthusiastic about Act4Animals initiative. ACT USA team is already serving many animal sanctuaries across the country, including some unique ones such as a parrot sanctuary in OH. Other sanctuaries include Cow sanctuaries - gaushalas in TX and CA, sanctuaries that buy animals from live auctions and give them a



forever loving home in CT and MA, an ecological habitat preserve in FL and work with rescued and abandoned cats and kittens in TN. They hope to add value to the ACT4Animals platform by bringing together information and resources, aside from many existing activities in that regard.

Goals and Plans for 2023

- Partnering with government and other organizations for Fruit Tree Plantation drives in public spaces. (USA)
- Expansion of charitable activities in underdeveloped countries (especially in South America) by reaching out to different local indigenous communities (for e.g. Kaingang and Quilombo settlement in Brazil).
- In addition to food donation, conduct programs and workshops in government schools to empower youth and children to become stable and responsible citizens. Conduct specialized art workshops to help children with disabilities. (South Africa)
- Promote ACT values through innovative projects that include theater plays, audio books, radio drama and children's books. Raising awareness of the youth through active discussion about subjects such as racism, discrimination and violence. (Croatia)



- Organise humanitarian bazaars, workshops, and events that promote ACT's humanitarian values. (Bosnia & Herzegovina)

To join our growing team at the global or local level, or for any other information, contact us at info@actfoundation.org

You are welcome to visit our website or social media accounts:

<https://www.actfoundation.org>

<https://www.facebook.com/ACTFoundationGlobal/>

<https://twitter.com/ACTFoundationM>

<https://www.linkedin.com/company/act-foundation-global>

https://www.youtube.com/channel/UCHsKaKszA_ysAPRmuYKk5MQ



Act 4 Hunger

Allevating hunger across species

Hunger has no gender.

Hunger has no species

Hunger has no discretion nor discrimination

Share food selflessly, consistently,

as a God given responsibility to our species'

- Mohanji



CountryMeal	Served to People	Rations to People (Kg)	Rations to Animal (kg)	Total Rations (kg)
Australia/NZ	20	110	0	110
Bosnia & Herzegovina	0	1550	663	2213
Brazil	200	927	21	948
Canada	100	1097	416	1513
Colombia	34	1675	0	1675
Croatia	447	695	2081	2776
Denmark	100	44	5	49
Ecuador	66	1478	1162	2640
Ethiopia	1118	5	0	5
India	390231	13831	132535	146366
Iran	219	6714	120	6834
Macedonia	1195	339	324	663
Malaysia	370	1193	78	1271
Mexico	0	2172	0	2172
Moldova	0	3000	50	3050
Montenegro	0	777	330	1107
Nepal	300	1828	579	2407
Netherlands	0	735	114	849
Peru	200	2739	8	2747
Philippines	4900	923	60	983
Qatar	216	390	69	459
Romania	0	7873	560	8433
Russia	3	172	0	172
Serbia	109	5601	5102	10703
Singapore	1239	76	58	134
Slovenia	22	147	316	463
South Africa	26565	9693	1258	10951
Sri Lanka	15581	3035	5	3040
UAE	0	8912	0	8912
UK	1171	10097	1327	11424
USA	5694	1518	2724	4242
Ukraine	0	47895	305	48200
Venezuela	0	1948	0	1948
Totals	450100	139189	150270	289459

ACHIEVEMENTS & ACTIVITIES IN 2022

(Jan 2022 to Dec 2022)



Meals Served :

450,100 meals (478,659 in 2021)



Total Rations donated:

289,459 Kg (254,842 in 2021)



Rations donated to people:

139,189 Kg (171,582 in 2021)



Rations fed to animals:

150,270 Kg (83,260 in 2021)



Number of countries:

33 (33 in 2021)



Introduction

ACT 4 Hunger (A4H) is an initiative of Mohanji International Foundation (MIF). A4H was created in early 2020 as a platform for food service activities conducted by MIF and selected partner organizations to alleviate hunger of all types of beings. The two key features of ACT 4 Hunger are a) serving only plant-based food and b) serving food without any man-made boundaries such as religion, nationality, or species.

ASIA

ACT 4 Hunger activities occur in Bangladesh, Nepal, India, Sri Lanka, UAE, Qatar, Iran and Turkey. In 2022 ACT 4 Hunger served meals and supplied groceries to thousands of people and provided many tons of food to animals and birds.

India accounts for over 75% of our global activity. Act 4 Hunger team are regularly feeding people in 18 locations across the country in different states supporting thousands of families, school children and homeless through its community kitchens. A significant amount of activity is conducted at Sanjay

Gandhi Animal Centre in Delhi tending to the sick, injured and abandoned animals. Recently an 'Annadaan' App has been launched which enables donors to easily donate funds to support activity in particular locations

In Sri Lanka: In the wake of the economic crisis and turmoil in Sri Lanka early in 2022, the ACT 4 Sri Lanka initiative was launched. A property in Bandarawella was rented with a large dining hall and commercial kitchen. Some paid staff along with some volunteers have been cooking food on a daily basis from 4/8/22 starting with about 50 meals a day and increasing up to 200 meals a day. A second community kitchen has started in Puthiya Nagar in the district of Mullaitheevu in north Sri Lanka serving about 350 melas per week over 3 days per week.

In Iran: ACT 4 Hunger activities have increased to 7 cities across Iran despite the turmoil in the country. The activities mainly focus on providing cooked meals and packages of dry rations containing rice, lentils, beans, chickpeas, soya, pasta, tomato sauce, sugar oil and tea to poor families as well as infant formula cans. Cooked meals and fresh fruit are also provided to the homeless and street kids. Strays and street dogs are also fed cooked vegan food by a volunteer.



Activities have also started in Nepal this year with a few of our volunteers from Denmark and UK leading this initiative to serve food to poor villagers

AUSTRALIA and SOUTH EAST ASIA

ACT 4 Hunger is currently active in Australia, Malaysia, Philippines and Singapore.

Act4Hunger activities are happening weekly in the Philippines in Roxas city and the surrounding areas as well as seven localities in the coastal cities of Cogon, Culasi, Libas, Gabu-an and Pontevedra. Feeding of animals including dogs, cats and monkeys occurs on a regular basis.

In Malaysia, needy families are being supplied with food essentials and children being fed regularly in and around Kuala Lumpur, Penang and Sabah. A number of animal shelters in and around Kuala Lumpur and Penang are being supplied with dog and cat food regularly.

In Australia, food and grocery items are being donated to the homeless and families in need

across both Sydney and Melbourne. Volunteers are also working with the Salvation army. Daily food service is provided to wildlife and all sorts of animals including kangaroos at the Mohanji Centre of Benevolence near Perth.

EUROPE

Currently ACT 4 Hunger is active in Bosnia and Herzegovina, Croatia, Denmark, Finland, Macedonia, Montenegro, Netherlands, Romania, Moldova, Serbia, Slovenia, Spain, Russia, Ukraine and the UK. The activities in most of these countries include supporting poor families with food rations, providing food to refugees and the homeless, and feeding stray animals as well as animals in dog shelters. Activities started in four new countries, Romania, Moldova, Netherlands and Ukraine. The UK team has also started a new initiative by working with various schools to provide boxes of food rations to poor families. This service is occurring in a growing number of locations.

Due to the conflict in Ukraine, an international team of ACT 4 Hunger volunteers from Serbia, UK, Canada, USA, Malaysia, Slovenia and other countries supported many refugees who were suffering as a consequence of the conflict. On 25th March 2022, the UK team joined a convoy of 6 lorries and 3 vans working with another two charities (TEECH and UK AID) and went out to Moldova and Romania to provide aid to the displaced from Ukraine.

This convoy of goods contained tons of dry food items including rice, grains, beans, pasta, oil, tinned food, biscuits, tea, coffee, sugar and flour. This much needed aid was distributed to various community centres and schools in Moldova and





Romania that were housing refugees and directly in Ukraine in and around the city of Chernivtsi. A property was rented in Dorohoi, North Romania near the border with Ukraine to serve as a volunteer and humanitarian aid hub to store the deliveries of food which were delivered by lorries travelling from the UK. The Foundation also bought a van from The Netherlands which was used to ferry food aid across the border and provide transport for our volunteers. In total, over 60 tons of food was provided to refugees in mainly in Ukraine but also in Moldova and Romania.

AFRICA

Act 4 Hunger has conducted activities in Ethiopia, Madagascar, Mauritius and South Africa.

Volunteers in South Africa continued their indefatigable seva at all the locations and with all the organisations where relationships have been built over the last few years and also conducted seva at a few new locations. The Randburg Soup Kitchen, the orphanages Rock of Hope and Rock of Joy, and Shumbashaba have seen consistent support from

the team. In addition, this year, the devastating floods in Kwa- Zulu Natal (KZN) provided the team with an opportunity to offer their services at an hour of real need, and before the authorities were able to. Since the inauguration of the Mohanji Centre of Benevolence in KZN, weekly seva is offered to the poor Nonoti community around the locality.

ACT foundation Ethiopia had several activities in all quarters of the year. A vegan lunch was served at the Sele Enat Children's Orphanage to celebrate Christmas (locally celebrated in January) and the new year. Mohanji's birthday was celebrated by providing vegan meals on the streets of Addis Ababa. Eastern Orthodox Easter was celebrated by serving vegan meals to shelters and the homeless on the streets of Addis Ababa and Indian Independence day was celebrated in a similar way. Food donation was also done continuously on all 16 days of Pitru Paksha.

Every month up to 200 home cooked meals have been served to the homeless since 2019. Most of the activity is carried out in Addis Ababa and the neighbouring areas where ACT 4 Hunger volunteers

serve food to the children, orphans, homeless as well as animals.

NORTH and SOUTH AMERICA

ACT 4 Hunger activities are occurring in Canada, Brazil, Colombia, Ecuador, Peru, USA, Mexico and Venezuela.

In Canada, the main focus of the activities are food and education. The Canadian team are working with different food banks and homeless shelters in Toronto, Brampton, Orangeville, Amaranth, Shelburne and Vancouver. The volunteers collect and donate non-perishable food as well as freshly cooked food to the homeless, women's shelters, youth shelters, food banks and low-income families in these areas. Food for wild birds and animals is also offered each day at the Mohanji Datta Tapovan ashram.

In the USA activities were fuelled by the passion of over 50 volunteers across 10 states. Non-perishable food and groceries were provided to homeless people, soup kitchens, homeless shelters and animal sanctuaries. Some of the more unusual seva included a volunteer sharing over 60 kg of plums grown in her backyard to needy people in San Jose, and another volunteer in Michigan making (and sharing the recipe for) popcorn balls for wild birds! In Colombia, Venezuela, Ecuador and Mexico the focus has been working with poor families, supporting them with hot vegan meals and regular food rations to support their families. They are

also supporting dog shelters and feeding various animals.

In Brazil ACT 4 Hunger volunteers have been serving the Yawanawa tribes in the Brazilian state of Acre by providing rice, flour, cooking oil, pasta, fruits such as apples, mangoes, tangerines and melon. They were also supported by providing cooking gas to cook their food. In addition, they are provided with hygiene products and pharmacy supplies.

The team has been providing food from a community kitchen in a small school in the poor neighbourhood of Florianopolis, Santa Catarina for the past year.

The team in Peru has continued to support the three shelters that have been receiving monthly help for almost two years. These shelters are for mentally ill people, the elderly and for boys rescued from the streets of Lima. In addition, the team also started to help a new community on the outskirts of the capital.

In 2023 we want to build on the great work and learnings from our projects to date, in particular the ACT 4 Ukraine and ACT 4 Sri Lanka projects and our projects in India. We have set ourselves an ambitious target to double our activity and double the number of countries where we have activities. If you would like to help or support our initiatives in any way, please feel free to contact us at info@act4hunger.org. Alternatively, visit www.act4hunger.org for more information.





The Fruit Tree Plantation Drive

A movement to bring abundance of food for future generations

"Fruit tree plantation is not just an act of kindness, it is a social responsibility. This is giving the fruits of kindness to the coming generations beyond species. Fill the forests with fruit trees. Plant more fruit trees in and around your city. It brings sweet grace to our lives beyond time"

- Mohanji

In its second year since inception, the Fruit Tree Plantation Drive made rapid strides towards the landmark of 100,000 fruit trees. Mohanji personally led the drive in many locations around the world, inspiring local teams to pursue and expand the initiative further.

Highlights:

- Total count of fruit trees planted around the world reached almost 88,000
- Mohanji participated in fruit tree plantation events during his visits to various countries:
 - ✧ March - London
 - ✧ April – USA – Texas, Arizona, California
 - ✧ May – South Africa
 - ✧ June – Netherlands
 - ✧ October – Serbia
 - ✧ November - Turkey
- In India, Fruit Tree plantation activities grew rapidly, rising from 32000 to 82000 plants, while maintaining the trees planted previously.



- This growth was achieved especially in Maharashtra and Karnataka in collaboration with the State Reserve Police Forces, Armed forces and NCC.
- Fruit tree plantation was carried out by doctors and paramedical staff at a hospital in Bhopal.
- A total of 8,500+ trees were planted at the Shrinath Vidyalaya, Junior College of Science Pandharpur, SRPF Solapur, Old Age Home, Shahad, and with the Prisha Foundation in April.
- 5,500 trees were planted by the Mohanji Ka Aangan team, Delhi at the Government Polytechnic Manesar premises in the first FTPD collaboration with Hydragreens. This drive was sponsored by CSR funding from Annalect India.
- In Tamil Nadu, several communities came together to conduct a fruit tree plantation in the Miyawaki style at a few places.
- To commemorate World Environment Day, we distributed 2,000 fruit saplings to the Youth wing of Indian Army NCC cadets for Bangalore and Mysore.

- In the USA, ACT Foundation received a substantial grant from Rob & Melanie Walton Foundation for expanding the Fruit Tree Plantation Drive. Since then, there have been extensive fruit tree plantation drives across four states there – California, Illinois, Michigan & Tennessee taking the count of Fruit trees planted in USA from 211 to 1612!

Here is the final count of Fruit Trees planted across the World is as below:



For latest details on the Fruit Tree Plantation Drive, please visit our website <https://fruittreeplantation.org/news-room/>





Mohanji Home for Seniors

Providing a safe, secure and loving home for the needy

“Feeding any being – humans, or beings in nature like birds, animals, fishes - gives us a tremendous amount of grace, and in turn, it helps the lineage karma. Similarly, taking care of the sick and the old, abandoned children, abandoned women, etc. also helps. All these acts will help in the reduction of lineage karma”

– Mohanji

Mohanji Home for Seniors, Tiruvannamalai, opened its doors for sadhus on 1st September 2021. A truly historic moment as the home became operational, in less than three years from when the seeds of this project were sown by Mohanji!

Over the last year, what began as just a building structure has grown to truly become a **Home**. Based on Mohanji's guidance, the prevailing attitude among our team is that serving the elderly in a power centre like Arunachala is equivalent to not just serving your own parents and ancestors, but

also serving the siddhas that inhabit the sacred town of Tiruvannamalai.

A daily routine has been established for the Home and for the seniors, so that they get the feeling of being at home amidst family. Furthermore, the seniors are regularly taken for temple visits, Girivalam (circumambulation of the holy mountain Arunachala) and sometimes for little joyful outings for ice cream and such treats! Such activities are done frequently during the month so that they don't feel that their world is limited to the building they stay in!

We also have a regular stream of visitors from various walks of life. For example, over the past year:

- Young children from nearby villages came to spend their time with elderly and interact with them. A beautiful bridge of learning and exchange of natural emotions was clearly visible.



- Senior Members from the District Library often visit us and share interesting experiences, thereby helping the seniors to relate to various situations.
- We have some friendly Doctors who visit us for both consultation and social connect purposes. In addition, counselors visit the seniors and spend time with the elderly.
- Artists and singers visit and perform for the seniors.
- Spiritual satsangs are conducted by many groups in Tiruvannamalai.
- People also visit us and celebrate their birthdays and special occasions. Lastly, visitors from the global Mohanji family visit us from time to time, giving a feeling of hope and brightness to the seniors.

Of course, as could be expected in a home with elderly people, we have had several difficult moments as well, with recurring health issues for the residents.

We have had to deal with three hip fractures and multiple leg fracture cases. In all cases, the seniors were attended to thoroughly with comprehensive medical care to ensure that they come out of the situation soon. One of our seniors had gangrene for a long time; with proper care and medication, he was completely cured! We were blessed to serve a senior who had dementia and Alzheimer's disease. We understand the realities and the general status of many elders who are on the roads without any help and looking forward to at least a respectable existence at their last phase of life.

Over the year, we have also built a strong relationship with local authorities such as the collectorate and other government agencies. We

are blessed to receive the right kind of support and direction from them to carry out our work in a comprehensive manner. Often the authorities also refer elderly cases to us when they see a specific need. For example, one elderly sadhu known as Kali Baba was in deep trouble and needed a secure place to stay. Thanks to the collectorate's reference, he is now staying with us for several months now and is very happy at the Mohanji Home for Seniors.

It was especially heartening for us to witness a positive turn as well when one of our seniors was taken back home because his child had a realization of his duty of caring for his parent!

In terms of the road ahead, we are looking to expand our setup. Currently, we have two floors ready - the ground floor is meant for elderly gents and the first floor is for ladies. We are looking to build the second floor so that there is space for meditation and other activities for the inmates, as well as some rooms for the volunteers who would like to stay there and provide seva to the inmates.

We are currently raising funds for this next phase of work and preliminary estimates for this are in the range of Rs 50 lakhs (Rs 5 million).

For more information on this project and how you can help, please write to mhfs@ammucare.org

You can also follow us on Facebook at: <https://www.facebook.com/MohanjiHomeForSeniors/>





ACT4Ukraine

Serving war-affected beings with love, compassion and essential supplies

Overview

On the 6th of March 2022, two weeks after the start of the conflict in Ukraine, Mohanji International Foundation passed a resolution to provide humanitarian support to all those affected by the conflict in Ukraine, under the project 'ACT 4 Ukraine'.

Since then, volunteers of Mohanji International Foundation and our sister organisations of ACT Foundation and World Consciousness Alliance dedicated ourselves to swift action and unconditional support to all who required aid, beyond the boundaries of nationality, religion, and other man-made barriers.

We started in early March 2022 with our teams from the Balkan regions joining hands and organized a fundraising initiative to deliver much-needed health supplies, medicines, diapers and food for the new-born babies at the Chernivtsi Regional Children's Hospital in Ukraine followed by a second batch of humanitarian supplies delivered to the Odessa Region Children's Hospital in Ukraine.

As the impact of the conflict worsened, many people tried to escape into neighbouring countries such as Hungary, Romania, Moldova, and Poland. In order to support these refugees, on 25th March 2022, our UK team joined a convoy of 6 lorries and 3 vans working with two other charities (TEECH and UK AID) and went out to Moldova and Romania to provide aid to the displaced from Ukraine.

This convoy of goods contained tons of dry food items including rice, grains, beans, pasta, oil, tinned food, biscuits, tea, coffee, sugar and flour. A significant amount of the food was provided by one of our food aid partners, Skanda Vale ashram in South Wales. Other items provided included beds, medicines, toiletries, toys for children and boxes of clothes, in particular for women and children. This much needed aid was distributed to various community centres and schools in Moldova and Romania that were housing refugees

Humanitarian aid in South West Ukraine

However, our team found that most of the urgent



requirements were in Ukraine itself, so they crossed the border into Ukraine to deliver food, clothing, toiletries and medical aid to support refugees living in a school (Boyany school) near Chernivtsi, Southwest Ukraine. They also delivered medicines to a medical centre in the same town. After this trip, the ACT 4 Ukraine team continued to work with the contacts made at the Boyany school who were not only housing refugees in their gym hall and dining rooms but also supporting residents of local villages and other needy residents who were housing refugees in their homes.

In order to facilitate this aid effort, a building was rented by Mohanji International Foundation in Dorohoi, North Romania near the border with Ukraine. This served as our volunteer and humanitarian aid hub. It had two apartments which were used to house our volunteers and a huge yard and storage area which was used to store the deliveries of food which were delivered by lorries travelling from the UK. The Foundation also bought a van from The Netherlands which was used to ferry aid across the border and provide transport for our volunteers.

The main streams of humanitarian efforts

1. Food aid. A 30 ton articulated lorry full of food aid was sent every couple of months from the UK and ferried to the various establishments mentioned above. To date there have been four lorries sent from the UK. In addition to this, our teams also created food parcels and packages which were delivered directly to needy people in the local areas who could not easily travel, in particular the elderly and disabled. In total, approximately 60 tons of food were delivered to our hub in Romania to be distributed in Ukraine. In addition to this, food was bought locally for distribution in other areas including

Odessa and to refugees in Romania. Food was also provided to animals in shelters.

- 2. Improving living conditions:** Our team funded building projects in multiple facilities to improve the lives of the refugees including installation of showers and toilets. Washing machines, dryers, ovens and cooking equipment were installed to help them live in dignity and make lives easier for the families.
- 3. Medical aid:** Essential medical supplies including pharmaceuticals, medical equipment, wheelchairs, toiletries, diapers and hygiene products were also provided. Medical aid was sent from the UK and also purchased locally in Romania to be sent across the border to support the local hospitals and medical centres in and around Chernivtsi as well as for individual families and people with disabilities. Veterinary products were also provided to animals in various shelters.
- 4. Mental health and overall wellbeing:** Our teams organized performing arts activities, sports, yoga, and meditation. Mai Tri Method healing and harmonising sessions were offered as requested. We provided sports facilities and equipment for the children to keep them engaged and active. A very successful Yoga festival was held at the Boyani school for the children and their families. A concert was held in collaboration with the Through Human Eyes charity at the Chernivtsi Regional Philharmonic Hall, inviting all internally displaced Ukrainians in the Chernivtsi region.





Main recipients of humanitarian support:

- Refugees living in Boyany and Mahala Schools. The main support included:

- ✧ Provision of food aid
- ✧ Installation of showers and toilets at schools,
- ✧ Purchase of a large commercial oven and commercial cooking equipment
- ✧ Provision of cooking utensils and small appliances
- ✧ Provision of toiletries, pharmaceuticals and women's health products
- ✧ Provision of sports equipment such as table tennis tables, hula hoops, soccer nets, badminton nets, footballs, basketballs to keep the children active



- ✧ Installation of a children's' playground

- Psychiatric hospital for women in Khotyn where 250 women were staying, including 50 recently arrived from the Luhansk region. The facility required better showers, washing and cooking facilities. We funded the construction of additional showers, purchased a commercial oven and purchased four 16kg laundry machines on the floors where the residents live. We also supplied food and pharmaceuticals.
- Upgraded Regional Psychiatric Hospital of Chernivtsi housing 400+ displaced Ukrainians with 14 washing machines and 6 dryers and provided 3,000 adult diapers
- In addition to food, medicines and toiletries, Mahala orphanage was equipped with a hydraulic lift for showering special needs children and a crib was provided for a special needs child.
- Sadorh Women and Children's shelter for victims of domestic abuse. This facility housed 210 women and children, of which 20 were victims of domestic violence. Our team delivered food, toys for children, women's hygiene products, baby care products, two microwaves, two hot water kettles, and three suitcases full of summer clothes for the children.
- Animal Shelter in Chernivtsi. Parasite treatments were provided for the stray dogs. Donations were made to build dog houses to shelter the stray dogs in Boyany.

As the crisis worsened towards the end of 2022, it became more difficult for our teams to work on the ground in Ukraine, but we have continued our support. In December 2022, another articulated lorry was sent from the UK to our hub facility in Dorohoi, Romania. This lorry was filled with thirteen tons of food aid and hundreds of Christmas boxes (shoe boxes in Christmas wrapping) full of toys, gifts and toiletries to be given to the children impacted by the conflict so they could enjoy their Christmas which falls on the 6th of January 2023. Some of our team members also flew out to oversee the distribution of the food and Christmas boxes directly in Ukraine. Our ACT 4 Ukraine team is continuing to make a difference to so many people's lives in Ukraine.



ACT4Srilanka

Serving the needy of Sri Lanka

“There is nothing more satisfying and liberating than serving food to a hungry being. A person becomes a purpose when expressions become selfless and unconditional. Richness blossoms inside. Life becomes meaningful. Whenever our activities are of selfless nature, whenever activities are spontaneous sacrifices, whenever activities are out of compassion, kindness and unconditional love, there is no dearth of energy or lack of inspiration. When the purpose is selfless, the action is pure.”

- Mohanji

The ACT4SriLanka initiative was launched in July 2022 in the wake of the economic crisis in Sri Lanka. The ACT Foundation team in Sri Lanka started this initiative in collaboration with ACT UK and Mohanji International. The objective of the initiative was to serve the needy people in Sri Lanka beyond all man-made barriers, such as race, religion, caste, gender etc., by providing food and medical needs.

Highlights

- Established 3 community kitchens and served more than twenty thousand freshly cooked, nutritious vegan meals within 6 months
- Partnered with 2 local hospitals and fully supported 184 cataract surgeries

Community kitchens

We have established our service hub alongwith an on-site community kitchen in the underprivileged town of Bandarawela to provide cooked vegan meals to local people who cannot afford even one proper meal a day. Our kitchen operates in a regular manner and serves an average of 1000 meals a week.

In November 2022, our second community kitchen was opened in Puthiya Nagar, near the town of Mankulam in the Mullaitheevu district, a poor village that consists of many widows and disabled

people. This kitchen operates 3 days a week and serves an average of 350 meals a week. In addition, we have opened a third kitchen in the town of Kotagala, a small town in the Nuwara Eliya district. This kitchen serves around 65 underprivileged children with cooked vegan meals every Sunday.

We are in the process of establishing a fourth kitchen in a school in the village of Allaippidy in the Jaffna district with the intention of serving 550 meals every week to school children.

Since starting this project in August 2022, we have served 20,440 meals through our community kitchens.

ACT4Vision

We launched the ACT4Vision initiative to provide cataract surgeries to underprivileged people on 9th November 2022 with support from the ACT UK team. We are working in partnership with two local hospitals located in the towns of Nawalapitiya and Kilinochchi. We have provided the essential lenses and other surgical consumables required for cataract surgeries in these hospitals. Through this initiative, we have given back the beauty of vision to 184 underprivileged people within three



months. We are discussing the potential rollout of this program with a third hospital situated in the town of Dikkoya in the Nuwara Eliya district with the intention of expanding our reach to serve the helpless across the country. More surgeries are scheduled in the next few months in 2023.

If you would like to join our mission, contact us at srilanka@actfoundation.org

You can also visit our online channels and like, follow and subscribe to spread the good word and change the world.

www.actfoundation.org

<https://www.facebook.com/profile.php?id=100081459034046>



WORDS FROM THE WISE

“

“The positive transformation that Mohanji brings to the lives of so many beings in our world today is so beautiful to both witness and experience. In the most quiet, dignified and understated way, he empowers people to harness and focus their natural divine potential to uplift and benefit society, expressed through each person’s uniqueness and channelled via the numerous global platforms he has established, be it rooted in the ancient Himalayan traditions of language, music, dance, yoga and martial arts, or in art, writing, teaching, Mai Tri, Seva and worship.

He is ever accessible, never judgemental, totally understanding and pragmatic. He carries with an unstoppable momentum, all who become connected with him, to use our life purposefully, to give to the world and in doing so become light and free. He connects like-minded souls and organisations, celebrates and supports those who also express higher human values through their own channels. Mohanji is a wholly unifying and positive expression of the source, I am so grateful for his presence in our world.”

Swami Suryananda
Skanda Vale Temple,
UK



Preserve





Himalayan Academy of Traditions

Introduction

The **Himalayan Academy** was envisioned by Mohanji to preserve, rejuvenate and promote the traditional sciences, arts and values of Bharat (ancient India), and spread this ancient wisdom that stood the test of time to bring alignment and elevation in awareness across the world. The Academy has established various schools dedicated to yoga, dance, music, Sanskrit, martial arts, etc driven by experienced professionals who conduct the trainings and teaching modules globally in-person or online.

“The Himalayan Academy of Traditions will evolve as a global institution dedicated to educate, enlighten and entertain society with clarity and quality. Truth and traditional values of the golden times will be protected and presented to the generations”

- Mohanji.

Highlights:

The first Himalayan Academy is being planned at Shirdi, India housing the various schools. The blueprint and project plan for the same is in progress and it is envisioned to be live by 2025.



Himalayan School of Traditional Yoga (HSTY) Highlights

Introduction

Traditional yoga is the essence of yoga as per the original teachings codified by Maharishi Patanjali in the scriptures. Our training methods and lessons remain loyal to the original teachings as they existed eons ago, with no change in form or presentation. Our mission is to promote a culture of yoga making it accessible to all, beyond barriers of country, religion, gender, class and wealth.

Simple yet profound, people can easily adopt our practices in their daily lives, benefit through systematic practice by breaking free from life's complexities and obtaining relief from physical, mental or psychosomatic illnesses. Healthy and happy people contribute significantly to society's upliftment. We desire to create a community of traditional yoga teachers and practitioners, thus promoting greater self-awareness and well-being.

➤ Yoga Teacher's Training Program

Our two hundred hour level program, conducted first online and then in-person, which covered postures, breathing techniques, philosophy, anatomy and basic training on Sanskrit verses.

➤ International Yoga Day (June 19th)

Marathon yoga sessions were conducted across the world including a 24 hour continuous online yoga session allowing worldwide participation across timezones and a yoga session for 4000+ participants organised with the Indian Armed Forces.

➤ Yoga for Business

Introductory yoga programs were conducted for business featuring an introduction to yoga and its benefits followed by basic postures and breathing techniques.

Plan for 2023

- Wider worldwide participation for international yoga day celebrations



transformation. Our primary goal is to spread harmony, connect people to the spiritual essence of the art forms and enable one to experience the joy of liberated existence.

Highlights

2022 was another remarkable year for using dance to touch lives and make a difference in the world. It

- Create a community of three hundred certified yoga teachers
- Work with state governments to introduce yoga trainings in schools / colleges

has been almost three years and we continue to mark our presence around the globe with unique content, teaching methods and tailored programs that catered to a wide range of students – from novice to experts.

Testimonials

“HSTY teacher’s training was my first step to the science of yoga. For a yoga novice, the faculty taught the postures, philosophies and anatomy in a simple manner at my own pace. I am now more connected to Patanjai’s Yoga Sutras.”

Harpreet K Sandhu, USA

A very intense experience, full of valuable content, simply explained that provides a stable foundation from the very beginning. Their mission is to create not just yoga teachers, but yogis.

Pelka Evdenic Kuzelka, Switzerland

The student base continued to expand with participants from the United States, Canada, Serbia, Spain, Croatia, Denmark, India and Australia. We teach them through mindfully curated courses to experience awareness, alignment and devotion through dance, workshops conducted on specific nuances and rich content put together that covers great Indian works. The videos and articles expanded to cover 6 additional Indian languages (Hindi, Sanskrit, Tamil, Gujarati, Malayalam and Telugu).

Our students unleashed their creativity and passion for dance by raising awareness through themed dance performance showcasing the rich

Himalayan School of Traditional Dance (HSTD)

Introduction

We provide a platform for people to connect to themselves through dance, experience the joy while appreciating the nuances and aesthetics of classical art forms, and simultaneously progress towards inner



artistic heritage and the glorious spiritual significance of ancient Bharat's traditional festivals,, powerful pilgrimage centers, Avatars, Masters and deities, etc as well as important global events such as International Yoga Day, World Gratitude Day, etc. This has helped grow our social media presence significantly.



Himalayan School of Traditional Music (HSTM)

Introduction

Mohanji says, “Music holds the unimaginable power to bring minds together in different ways”. Himalayan School of Traditional Music (HSTM) aspires to use the power of music to unite people and nurture creative expression through trainings in various traditional music forms such as Carnatic and Hindustani, traditional instrument such as veena, tabla, mridangam, sitar, harmonium, flute, tanpura etc. We also aspire to spread ancient Bharat's scriptural treasures through music albums in languages under our **Purana Parampara** initiative.



Highlights

The Purana Parampara initiative was launched with Jnanappana, a devotional poem written by the 16th century Malayalam poet Poonthanam,, who transformed the unbearable grief of his infant son's untimely death into an ardent pining for Lord Guruvayurappan (a form of Lord Krishna as a child). This philosophical poem expressed in a simple language understandable to even ordinary people is considered the equivalent of Bhagavad Gita, the towering scripture of Lord Krishna's sage wisdom to the world.

We intend to fulfill Mohanji's intention to bring Jnanappana in various languages to spread the power of devotion and help human minds understand the essence of life through the simple





language of music. A rendition in Tamil was released in April 2022.

Plan for 2023

- Bring out the Telugu, Kannada, Marathi, Odia, Hindi, Gujarati and English versions of Jnanappana
- HSTM teams and centers in multiple locations to offer training.



Himalayan School of Traditional Martial Arts and Therapies (HSTMAT)

Introduction

Our mission is to propagate Kalaripayattu, a traditional psycho-physiological martial art form of Kerala with a legacy of 5000+ years and considered to be the oldest physical training form in human history. The earliest mention of kalari can be traced back to the Dhanur Vedic texts dating back to 3000 BC and Vishnu Purana, which describes Kalari as one of eighteen branches of knowledge. A series of scientifically arranged exercises combining the dynamic skills of attack and defense with the secret knowledge of the marmas (energy meridians), makes Kalaripayattu unique amongst all other martial arts.

Marma chikitsa (treatment) is a medical system for healing musculoskeletal and neurological injuries that evolved alongside the Kalaripayattu with deep understanding of human body, chakras and marmas. Himalayan School of Martial Art Therapies (HSTMAT) is our

latest offering that seeks to create a sustainable positive difference in life and health by using these traditional natural therapies to unlock blockages in the body to align it as per its original form.

Highlights

The first HSTMAT centre opened in Bengaluru on 25th Dec 2022 and is now operational serving people in India and around the world.

Plans for 2023

- HSTMA centres providing Kalarippayattu training globally.
- HSTMAT centres in major cities in India and globally.



Himalayan School
of Traditional Languages

Himalayan School of Traditional Languages (HSTL)

Introduction

"Sanskrit is the heartbeat of a great belief. It symbolizes human refinement and rhythm. Since time immemorial, considered as the mother of the languages, it is a classic example of an indestructible ever flowing energy and eternal truth, the eternity itself. Sanskrit is a grand tradition"

- Mohanji

We aim to spread the light of Sanskrit to every corner of the world by reviving and teaching this language through classes, awareness programmes and activities, thereby also promoting and propagating the ancient culture and heritage of Bharat (ancient India). By making Sanskrit accessible and 'cool', we want to influence people to explore Sanskrit not only as literature but also as a science. Embedding Sanskrit and an understanding of scriptures in daily life would help the mind become peaceful and aligned.

We aim to teach Sanskrit language to individuals, communities and corporate through a structured tiered training with four levels - Manisa, Medha, Prajna, and Pratibha - that will help one to learn the language and converse fluently. To understand and

decipher the meanings of the ancient scriptural treasures written in Sanskrit, we bring meaningful teachings and their benefits to mankind through classes, discussion forums and stories.

Highlights

- Conducted the 15 day Level 1 Manisha training programme with global participants of various age groups
- Online livestream training to chant the sacred Sri Rudram chant and experience its benefits
- Sessions conducted in conjunction with the Indian Embassy, Croatia
- Online programs on several topics from spiritual Masters, devotional singing/chanting, spiritual topics, etc
- Launched our YouTube channel on World Sanskrit Day

Testimonials

HSTL fulfilled my dream to learn Sanskrit and helped me understand its simplicity, impact, reach and influence not only in India but globally.

Diana lalamova, Qatar

Plans for 2023

- Implement and roll out all levels of language training
- Introduce regular Bhagavad Gita classes in various languages
- Affiliate with universities to expand activities

"Sanatana Dharma is not a religion. It is a way of life; it is eternal. It is a way to know oneself."

- Mohanji

Vedic Kids

Introduction

We are an online global platform to spread the ancient Vedic knowledge of Sanatana Dharma among children and young adults so they can imbibe its values and ethics, build a strong character and transform them into influential individuals in society. Practical spirituality is the essence of our programs. Not limited to Hindus, Indians or people of Indian origin, we currently have five batches with enthusiastic participants from Americas, Europe, Asia Pacific, Africas and India, regularly attending weekly sessions for three tiers of learning: Basic, Intermediate and Advanced.

Highlights

Children between the ages of five and seventeen years are admitted with weekly classes held online on the weekends. Each class consists of chanting, knowledge sessions (stories, singing,, learning) and activities (meditation and yoga. Regular practice of the class material through the week is encouraged. The participants share their practice audio/videos in their online groups which is peer and instructor reviewed and feedback/rectifications made, as necessary. Progression to higher levels is based on assessments (instructor and self) and certificates are given on completion of both terms and levels. A spiritual tracker to record daily tasks (practice, prayers, selfless service, etc) to understand their progress is filled and shared by our participants every week to encourage themselves and others. Our calendar is highlighted with important events and festivals.

A new batch was inducted during Vidyarambham (a ritual to initiate a young child into learning by teaching them the alphabet. The participants had the special grace of Mohanji initiating them with a mantra. Online celebration of significant Vedic festivals had wholehearted participation across the board from both children and parents.

Plans for 2023

We plan to have offline classes in many locations worldwide where children can come together to



learn the sacred knowledge of Sanatana Dharma and make practical spirituality their way of life.

We also plan to bring in renowned scholars, practitioners and adepts to interact through our platform. Publications of story books based on ancient Indian scriptures is another focus area



The Awakening Times

Introduction

We are a platform that brings together sincere spiritual seekers worldwide to exchange, grow and explore the universal and timeless quest for life purpose, meaning, and fulfillment and bring out powerful content that has the potential to transform collective consciousness.. We explore and present the subtleties of existence through the experiences of numerous spiritual explorers, Masters, and experiential spiritualists. Covering esoteric and spiritual history, philosophy, and metaphysics, holistic health and lifestyle, our monthly magazine is the perfect companion on the journey of spiritual awakening. Our online platform has carefully curated content to guide those seeking the highest truth in the here and now.

Highlights

In 2022, we significantly expanded reach across social media making our work available to a wider audience. We now have several experienced healing and yoga practitioners contributing regularly over the year. We have launched an in-depth book review feature and publish monthly articles from various Mohanji platforms, such as Early Birds Club, The Himalayan Academy of Traditions, Mohanji Foundation amongst others.

With each new edition, we have insightful

conversations with high achievers, philanthropists, healing practitioners, film-makers, musicians and artists of repute with huge following, which has helped increase our magazine and platform's visibility. Our ability to uncover amazing untold stories and discover nameless do-gooders and change agents worldwide, points to the sign that Mohanji's grace and blessings are with us.

Plans for 2023

We are launching a special edition on Mohanji's birthday featuring people who are examples of strong faith with the courage of authenticity and conviction. We will work towards becoming a melting pot for spiritual organizations, ethical companies, and individuals who want to make a better world for all beings.

Our founder and the inspiration, Mohanji says, "It's time for a big collaboration." If you share our vision, we invite you to join our collaborative ecosystem.

THE AWAKENING TIMES

<http://awakeningtimes.com/>
awakening.times.magazine@gmail.com
<https://www.facebook.com/theawakeningtimesmagazine/>
<https://www.instagram.com/>

Introduction

Gurulight brings transformational publications, products and programs to the society at large. The publishing arm strives to bring in inspiring books and literature to educate people on moral and spiritual values through biographies and philosophical works of spiritual Masters, do-gooders, change agents, and noted public figures. An eclectic mix of fragrances, yoga and wellness products, spiritual assortments as well as handicrafts made by poor artisans carefully curated from various countries are part of the products on offer. The programs division organizes yoga and meditation retreats and regular tours exploring the rich, diverse heritage of Bharat.

Highlights

Publications and Products

➤ New Titles

- ✧ “Jagat Mitra - A Friend to the World”, a special coffee table book to commemorate Mohanji’s decade of selfless service, chronicling the highlights and milestones since Mohanji plunged full time into serving the world.
- ✧ Expanded our children’s section with three new books from EBC and comics from Prana



- ✧ New book launches from Christopher Greenwood, Subhasree Thottungal, Devi Mohan, Linda Abrol, Uma Devi
- ✧ Onboarded existing books for sale in India (from Jack Barratt)

➤ Translations

- ✧ Mast - The Ecstatic (Dutch, Spanish)
- ✧ The Silence of Shiva (Dutch, Spanish)
- ✧ Miraculous Days with Mohanji (Dutch)
- ✧ The Power of Purity (Dutch, Hindi, Marathi)

Programs

- **Mahashivratri:** We organised a special 12-hour homa (sacred fire ceremony) for abundance, grace, love, blessings and well-performed under Mohanji’s guidance by a Mohanji Acharya on the auspicious occasion of Mahashivaratri (1st



March 2022), a day dedicated to Lord Shiva.

- **Pitru Paksha:** Pitru Paksha is the auspicious period for offering prayers for one's ancestors' welfare. Continuing from the previous year, Gurulight organised ancestral rituals during Pitru Paksha on behalf of hundreds of people worldwide at power centres in India, including Gaya, Varanasi, Prayagraj, Puri and Gokarna. In association with Ammucare, annadaan (food distribution) was performed under the ACT4Hunger banner feeding thousands of beings across India. Special effort was made to reach sections of society that are otherwise often ignored – such as leprosy patients, tribal families, sewage and street workers and so on. In keeping with Mohanji's philosophy of compassion beyond species, the feeding encompassed all – renunciates, needy/old/sick people, cows, dogs, monkeys, fishes, birds, etc.
- **Navratri:** We organised special homas (sacred fire ceremony) during Navratri (Apr and Oct), a period of nine days dedicated to the



Divine Mother's worship, at Mohanji's Bangalore ashram.

- **Shirdi with Mohanji:** A long-awaited retreat in Shirdi in December 2022 with Mohanji satsangs, transformative processes, homa for cleansing and purification, as well as visits to the most significant spots in and around Shirdi followed by the 'Divine Trails of Shirdi' pilgrimage over five days to Sai Baba hotspots and energy centres in the vicinity of Shirdi, that allow pilgrims to intensify their connection with Sai Baba's consciousness.

Email: contact@gurulight.com

Website: <http://www.gurulight.com>

Facebook:

<https://www.facebook.com/GuruLightWorld>

Instagram:

<https://www.instagram.com/GuruLightWorld/>

YouTube: <https://www.youtube.com/channel/UCcEF1UEcucf-xxHmIV7B80Q>



WORDS FROM THE WISE

“

Mohanji is a humanist who has dedicated his life to the entire world through an altruistic way of service. Worldwide, people and organizations admire Mohanji's contribution through the path of humanity. Mohanji's contribution to the world is considered as a unique mix of spirituality and real life. Mohanji has his own approach to scrutinizing philosophies and then applying them to humanity's existence to get the essence of human life. He also plays a vital role as the mentor to Indo Transworld Chamber of Commerce (ITCC) which is a non-profit organization of more than 10,000 entrepreneurs.

He is a humanitarian who promotes humanity as the best religion. His vision is to unite all living beings on Earth to live in peace and harmony. Mohanji is ready to find his time to travel throughout the world in response to people who quest for his presence. He is vast in spending much time creating new communities based on humanity. He is always ready to connect to those people and organizations that have similar attitudes toward humanity.

As chairman of ITCC, I express my ample gratitude to him since he has showered his mentorship to thousands of entrepreneurs to lead them in the right way.

Abdul Karim Pazheri

Businessman and Entrepreneur,

Chairman of Indo Transworld Chamber of Commerce



Empower



Early Birds Club (EBC)



Waking up early to create stable and positive people

"EBC delivers people of the world to the world"
- Mohanji

The Early Birds club is a global platform where individuals from all walks of life wake up early and inspire each other to utilize the golden hours (3 am - 6 am) for self-improvement to express and achieve their highest individual potential!

The club aims to make waking up early a trend and thus create a generation of stable and actively positive people. We enhance interaction, engagement and value within our global platform to enable participants to strengthen their sense of purpose.

Our members are encouraged to follow a daily early morning routine with three focus areas -

physical well-being, mental wellness and personal efficiency - to gain maximum value from the golden hours. The routine has activities as per the members' orientation that help balance the focus areas such as physical exercise, yoga, sports, etc to improve physical wellness, meditation, deep breathing exercises to alleviate stress, journaling feelings to improve mental health and discipline, daily planning, to-do lists, work prioritisation and purpose.

The activities have spawned related interest groups such as The Book Reading Club, The Conscious Living Club, The Fitness club that have their own activities, discussions and events to engage, inspire and transform members to sharpen their skills and remain positive, purposeful and efficient.

Highlights

- Talks from subject matter experts on topics of interest for people - Personal Branding, Supercharge your Productivity, Rebooting your Mind, Wellness through Art
- Group discussions on Mompreneurship, Social Entrepreneurship, Compassion in Business, Leadership Skills from Living Legends, amongst others.
- Our Serbian website (www.klubranoranilaca.rs) was launched in July 2022 which introduces our mission, our adult, teens and kids clubs, our team, FAQs about waking early, volunteer opportunities. We also have content to frequently engage such as our Talk show interviews, vegan recipes, etc.
- Two 3-week daily guided morning routines with yoga, breathing exercises, book reading, and more.
- Our popular Talk Show interviewed great personalities across the spectrum
 - ✧ A yoga teacher and homeopath on positivity and impact of energies around us
 - ✧ A vegetarian chef on veganism's positive impact on the environment
 - ✧ A university professor on transformational habits
 - ✧ A professional kinesiologist and a vegan connoisseur and macrobiotics expert on diet and exercise
 - ✧ A popular food blogger and sound therapist about health and relaxation
 - ✧ EBC members talking about EBC, answering questions and sharing experiences
 - ✧ A motivational gardening educator and founder of 'Plant Trail', a platform promoting bio-gardening in harmony with nature.
 - ✧ A jewellery designer, passionate vegan cook, mother of a five-year old vegan and yoga instructor, all rolled in one
- ✧ A martial artist, world traveler and entrepreneur
- ✧ An ecology professor and founder of a brand that ensures zero waste
- ✧ A vegan and food blogger with half a million followers who heals through plant-based diets
- ✧ An English instructor with a million followers who helps people learn English faster
- ✧ A natural cosmetics brand owner educating on toxins in cosmetics
- ✧ Mental health from a doctorate from the California Institute of Human Science who has been previously interviewed by Deepak Chopra.
- Interviews with Shoutout DFW, Maestral Radio, Croatia and presenting at the festival 'Celebrating life' in Croatia

Plan for 2023

More amazing in-person interviews from our recently acquired space

Testimonials:

"Waking up early gives me a sense of joy, contentment and positivity. I really feel like making the most of every waking hour and now value and cherish my time much more."

Ulla Bernholdt, Denmark

"Rising early makes me focused for the activities throughout the day. It is a great time to be just with yourself."

Ketan Patel, Canada

"The golden hour is so magical. It helps me connect deeply to myself. It stabilizes me and prepares me to handle the rest of my day with equanimity and calm".

Smriti Mathur, Australia

"It is not easy every time. In the beginning, you start asking yourself, "Why do I need this? Let me sleep more", but it brings me a lot of benefits. Every time I start my day early, everything works out for me perfectly. And that is my big motivation!"

Martina

EBC Teens



"EBC delivers people of the world to the world"

- Mohanji

Introduction

We empower the youth of the world to build inner stability through discipline, positivity, and selfless service. By instilling meaningful values, teenagers are helped to gain the skills and self-confidence to build their own success. We inspire teens in hopes of creating a world that is better, cleaner, and more sensitive for ourselves as well as for the next generations to take forward. Our club bridges a child's potential and an adult's power to benefit the global community.

Highlights

We presented our 2022 theme of mental health for our teens through a multitude of lenses, including events, workshops, social media content. We had an introductory event for teens and parents to bust popular myths and misconceptions surrounding mental-wellbeing.

We conducted a two-day interactive yoga workshop from the Himalayan School of Traditional Yoga to help teens manage stress. We challenged teens worldwide through social media to follow the simple, yet effective morning yoga routine. We teamed up with Vegan First founder Palak Mehta to learn about veganism and

the value of clean eating for the body and brain. We also ran a lively, interactive workshop with artist Mrunal Pendarkar to help teens to relax and express by creating artwork.

Our social media pages have been buzzing with videos and posts



that delivered our message on morning routines, positivity, and the impact of EBC Teens. In summer, we launched the Happiness Collaborative to curate a collection of art and written works describing activities that brought joy to people - new buds of spring, moments of pause, and practising mindfulness. This helps people infuse happiness into seemingly mundane tasks.

We were featured in the Voyage Dallas magazine as part of their 'Inspiring Stories' series. We utilised the opportunity to elucidate our mission, values, our efforts to empower teens and to introduce our organisation to new cities and communities in the United States. <http://voyagedallas.com/interview/exploring-life-business-with-ebc-teens-of-ebc-teens/>

If you would like to join our mission, contact us at teens@earlybirdsclub.org. You can also visit our online channels and like, follow and subscribe to spread the word and change the world.

Plans for 2023

New years bring new changes, so here are ours for 2023.

- Prioritizing selfless service (charity/volunteering).
- Have every EBC Teen participate in monthly selfless service activities and organise global meetups for experience sharing
- Create content featuring people within and outside our organization to share stories of activities and inspiring people.

Website: teens.earlybirdsclub.org

Instagram: @earlybirdsteens

Youtube: @ebcteensglobal

Facebook: @earlybirdsteens

EBC Kids



EBC Kids is a synergised global platform for children aged five to twelve years that aims to empower a global community of young early risers through entertainment to motivate each other to become empathetic, benevolent, stable and confident future citizens who serve as successful, influential and purposeful movers and shakers of tomorrow.

We enable children to be motivated to wake up early and learn core life values of unconditional love, compassion, kindness, positivity, respect, etc. Children get to showcase their inherent talents and learn new skills, and so much more. We prepare children to become powerful future Movers and Shakers and hence engage them in various activities based on United Nations Sustainable Development Goals.

Highlights

2022 has been an eventful and busy year for us, and the key highlights follow:

- We regularly organised interesting online programs, workshops, fun activities, uplifting discussions, and motivational talks on various subjects by experts and dignitaries to stimulate the children's creativity coupled with knowledge, wonder and fantasy.

✧ Online Events:

- ★ Two Ignite the Spark workshops with Mohanji on kindling a child's inherent potential that helps them shine brighter in the world.
- ★ A program on Emotional Freedom Technique (EFT) by internationally acclaimed trainer, Martina Tisljar, to equip children with this powerful stress management tool that involves tapping the body's acupuncture points.
- ★ Weekly illustration classes with children that culminated in the release of our second volume of the Bedtime Stories book.



- ★ A five-day Winning Habits workshop during summer vacations to inculcate a positive lifestyle and increase self-awareness in children that helps them create a winning attitude to succeed in all phases of life.
- ★ 'Every Child is Unique' - a simple self-discovery tool comprising simple worksheets for children to introspect and discover themselves and for parents to know their child better.
- ★ Regular evenings programs for Balkans children to educate them through stories, practical examples. Apart from this, we held more interesting quizzes and online programs via Zoom!

✧ Offline Events

- ★ Children and parents came together at Hyderabad and Bangalore on Earth day to plant trees in their local community at schools and on roads.
- ★ The first yoga and meditation workshop to improved focus, memory and energy was conducted by the Himalayan School of Traditional Yoga at Bar, Montenegro. Hundreds of children benefited from similar workshops conducted on International Yoga Day at elementary schools in Pula, Croatia, Novi Sad, Serbia, Banja Luka and Sarajevo, Bosnia including one for special needs children.
- ★ A mini summer challenge spiced up 9 fun filled mornings for Balkan children with entertaining, creative and educational activities
- ★ A five day yoga camp facilitated by the cultural centre of Novi Sad, Serbia that was conducted by EBC Kids jointly with



the Himalayan School of Traditional Yoga. Stasa Mistic, Hundreds of children benefited through morning yoga adapted for children with, breathing exercises and lessons on improving attention, calming the mind and accepting oneself.

- ✧ United Nations Sustainable Development Goals: Since Jan 2021, we have adopted UN SDG goals to prepare children to become powerful and purposeful citizens of tomorrow. Children participated in the Global Goal Week organised by The World's Largest Lesson, an organisation that has taken the UN Global Goals to 160 countries. Every month, our activities are planned around a new SDG goal from the following taken up in 2022, to educate and spread awareness among children and their families:

- ★ SDG 3 - Good Health and Wellbeing
- ★ SDG 4 - Quality Education
- ★ SDG 7 - Affordable and Clean Energy
- ★ SDG 8 - Decent Work and Economic Growth
- ★ SDG 9 - Industry, innovation and infrastructure
- ★ SDG 10 - Reduced inequalities
- ★ SDG 12 - Responsible consumption and production
- ★ SDG 14 - Life below water
- ★ SDG 15 -Life on land

Email: kids@earlybirdsclub.org

Website: www.earlybirdsclub.org

Facebook: [earlybirdskids](https://www.facebook.com/earlybirdskids)

YouTube: https://www.youtube.com/channel/UCTqOWuLKvCC7Ow-_CK7a4pA

Instagram: [earlybirdskids](https://www.instagram.com/earlybirdskids)

Testimonials

"My experience with EBC Kids is wonderful. Almost three months back "My experience with EBC Kids is wonderful. Almost three months back, I joined this group. For the first time, I joined this type of group. I came to know so many things. It's full of knowledge - new topics, themes, and so many things to learn. I try to give my best. I feel thrilled to be in this group and will continue to give my best."

- Swadha, (6 years)

"I liked yoga with Stasa. I especially liked the yoga postures for legs."

- a young participant



Mohanji Youth Club

Be Good. Do Good.



Introduction

Mohanji Youth Club (MYC) is a global youth network that inspires and empowers the youth to explore and express their full potential and live authentic, positive, and purpose-driven lives. MYC continues in its efforts to achieve its vision of a powerful, positive youth in society!

Highlights

Empowerment and selfless service were the focus of MYC in the year 2022. Mohanji often says: "Today we need more social workers and psychotherapists than police officers. Prevention is better than cure."

Hence, in addition to food donation, we focused on supporting mental health and well-being.

- We empowered hundreds of youth across eight countries through selfless service, workshops, dance, education.
- We collaborated with ACT Foundations in Macedonia, Montenegro, and Portugal, and Ammucare in India to feed and serve as many beings in need and support mental well-being of people, regardless of race or culture.
- After the war started in Ukraine, our UK youth joined Act 4 Ukraine's humanitarian trip to Romania and western Ukraine to distribute food



packets and basic life necessities, and conduct fun programs to improve mental wellbeing of the affected people.

- In October, our Serbian team visited a Moroccan centre supporting women and made food donations, conducted meditations and raised awareness about ecology and plants.
- Throughout the year, workshops were conducted in India to guide youth in schools as well as hospital workers on handling stress and anxiety.
- Among the various tools used to support youth, dance proved to be a fun and effective way to strengthen self-confidence and stability.
- An innovative dance workshop was hosted in Belgrade, Serbia with Dubai-based Lakshmi Panicker opened by representatives from the Indian Embassy in Belgrade.



Plans for 2023

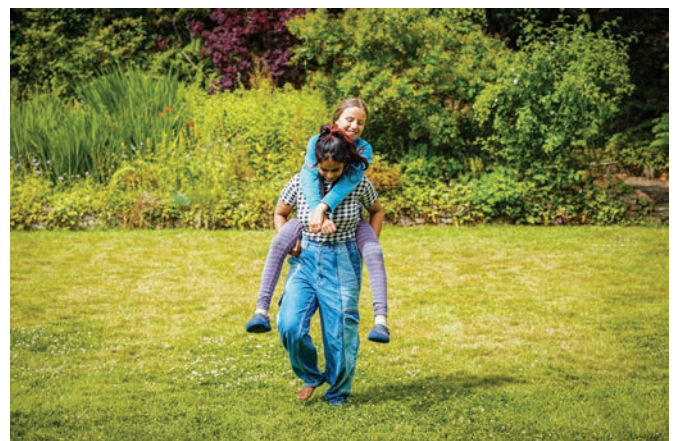
In 2023, in addition to a variety of selfless activities, we look forward to creating a number of courses for youth focusing on self-confidence, stability and positivity. If you would like to join our activities, or support us with your skills, knowledge or resources to create a powerful future generation, please reach out to us at youth@mohanji.org.

Email: youth@mohanji.org

Website: www.mohanjiyouth.org

Instagram: [myc_global](https://www.instagram.com/myc_global)

Facebook: [mohanji.youth.club](https://www.facebook.com/mohanji.youth.club)





Success Empowered

Introduction

We are a leadership and business training enterprise that creates thriving workplaces by empowering individuals to overcome personal and psychological challenges through self-awareness.

Highlights

We underwent a major transformation in 2022. Recognising the short-lived impact of programs in meditation, yoga, wellness, and inspirational talks, we shifted its program focus to leadership and culture transformation that would ensure ongoing and substantial permanent developments.

We launched our flagship program, Mpowered for Success, and ran a successful free pilot with client Lokyata in late 2021 helping their team members develop better leadership skills, learn to handle pressure and maintain positive mental wellbeing, and improved relationships for continued

collaboration. We continued to support the first batch of participants and ran additional paid batches of Mpowered for Success in June 2022.

We also collaborated with Mohanji Foundation to run two 'Power Skills for Successful Teamwork' workshops for individuals which received positive feedback and marked the start of our efforts to reach a wider audience. Recognising that its flagship program had a 6 week commitment, we created a shorter, 2-hour version for prospective customers to preview the transformative experience of the full program.

The year 2022 was also a significant milestone for us with our first in-person team offsite in Zlatibor, Serbia. We came together to align to our new focus and ambition and strategically plan our forays.

Plans for 2023

We are looking to partner and collaborate with more companies and offer a wider range of services



to reach a larger audience. We feel confident that about our continued growth and impact in the coming years.

If you want to join our growing team, contact us at team@successmpowered.com You can also visit our online channels and like, follow and subscribe to spread the good word and change the world.

Email: team@successmpowered.com
 Website: <https://www.successmpowered.com/>
 Instagram: [successmpowered](https://www.instagram.com/successmpowered)
 LinkedIn: [successmpowered](https://www.linkedin.com/company/successmpowered)





Festival of Womanhood

Introduction

Mohanji founded the World Womanhood Project as a global movement to respect womanhood as a great expression of life that has the capacity to bring forth a brand new generation. We support, nurture, empower and actualise every aspect of womanhood in the world, with a particular accent on motherhood.

Highlights

Our first flagship event was a one-of-a-kind online festival held from 8th - 10th April 2022 with 400+ global participants, 25+ speakers, artists, healers and musicians from 30+ countries come together over three days. It was magical!





Action packed days of versatile panel discussions, talks, meditations, workshops, music, dancing, connecting and celebrating togetherness and growth - the festival had something for everyone. The ticketed event was also powered by sponsors and promoted by more than 15 digital and print publications worldwide.

Our theme song for the festival 'Hey Woman' represents the inner strength and gentle empowerment that lies within each woman. The festival presented a powerhouse lineup of global leaders who are the best and brightest in domains important to women worldwide.

Some of our esteemed speakers and facilitators were:

- Jelena Djokovic - CEO of Novac Djokovic Foundation
- Ingrid Newkirk - Founder of PETA (People of Ethical Treatment of Animals),
- Laura Blumenthal, UK Councillor
- Devi Mohan - Global Ambassador to Mohanji Foundation, ACT Foundation Global President
- Brenda Kali - CEO of Conscious Companies and Founder of the Conscious Leadership Academy,
- Ana Divac - Founder of Ana and Vlade Divac Foundation

➤ Ida Prester - World renowned musician

Organised by Mohanji Foundation and supported by many other organisations, the Festival Of Womanhood, unconditionally unites and supports women globally to celebrate, respect, heal and empower women, across nationalities and species. It encourages one to rethink the motherhood aspect in modern society, heal trauma and release the blockages that prevent women from reaching their full potential and inspire and empower them to stand for themselves.

Our heartfelt gratitude to our Mohanji for this beautiful vision, amazing opportunity and limitless grace which made this possible. Also to everyone who supported this event and helped us in the mission of creating a kinder, more compassionate, more fearless women's community.

Here are some moments from the festival:
<https://youtu.be/Sf-Dqvs2kcc>



Transform



Mohanji Foundation

Adding value to the world

Introduction

We are a global community united by a simple goal - to add value to the world. Mohanji's core teaching is simply "Be You" - accept, understand, recognise and express your uniqueness in the world. We guide people on this journey through guided meditations, practices, techniques, satsangs (discourses), sangha (good company) and illuminating discussions with Mohanji..

Headquartered in Switzerland, our Mohanji International Foundation is a non-profit organisation established under the direct supervision of the Swiss federal government. The respective country chapters are formally registered in eighteen countries across all six continents, while our community is spread over ninety countries.

HIGHLIGHTS

Last year has been an epochal year for us, ending the first decade of Mohanji's full-time entry into selfless service, after quitting a successful corporate career. It was also a year that began a new phase of growth post the Covid pandemic. We conducted several in-person programs worldwide, besides the continuing the ongoing online programs that picked up pace in 2020 and have now become an integral part of our offerings.

Our global presence grew further with 2500+ programs and activities in 43 countries spanning 30+ languages reaching hundreds of thousands of individuals! Furthermore, Mai-Tri practitioners performed 10,000 Mai-Tri Method sessions, benefiting people through alignment, self-healing and removal of deep-rooted blockages.



Mohanji himself travelled to 9 different countries across Americas, Europe, South Africa and India. Leading programs and retreats, characterised by his unconditional love and wisdom, that brought lasting transformations for the participants. He also delivered inspiring talks at various forums and gatherings, constantly seeking to inspire people to serve the world as best as they can.

The highlight of the year's programs was the **Empowered 5.0** program in Serbia in October 2022. Started in September 2021, the Empowered series is an online course personally delivered by Mohanji to drive profound personal transformation, eventually leading seekers to break free of all bindings and patterns and gain mastery over their minds. Each of first four modules took participants deeper on this intensely individual journey and are now offered online as an e-learning module. After Empowered 4.0, trained Mohanji acharyas began to offer the Empowered series as a guided e-learning course, interspersing Mohanji's videos with interactive sections of reflection, introspection as well as Q&A. Several people from around the world joined these courses and found deep solace and answers to several pressing questions and issues.

Empowered 5.0 was a natural progression for those

who had completed all four modules. Conducted in-person in Serbia in Mohanji's powerful physical presence, the five-day program was like no other program ever conducted before. A largely silent program with several comfort-zone breaking modalities, Empowered 5.0 led to the rewiring of several circuits in the participants' internal beings, as attested to by the grateful testimonials flowing in after the program!

With the completion of Empowered 5.0, Mohanji Foundation has its own signature course for all seekers who wish to grasp the essence of Mohanji's teachings and progress on the spiritual path. The Empowered 5.0 program was followed by an intense training program to certify Empowered trainers who can offer the Empowered course to interested seekers, thereby multiplying the impact of this powerful course. The Empowered courses are also the base for teachings and methods to be adopted at the Mohanji Centres of Benevolence that are coming up around the world.

New Registrations and Expansions

A formal registration of the Mohanji Foundation organisation in a country is a statement of our



commitment to adding value to the society in that country. We started the year with our headquarters in Switzerland and registrations in sixteen other countries. Over the year, registrations in the Netherlands and Denmark took our presence to 19 countries, across all six continents. More countries are gearing up for registration in Asia and the Americas. Over the course of 2022, we also strengthened our presence in several countries such as Italy, Spain, Germany and France. We also established activities for the first time in Ukraine, Morocco, Mexico and so on.

As a measure of our digital presence, the official website mohanji.org was made available in several languages - Hindi, Farsi, Spanish, Italian, French,

Dutch, Russian, Macedonian, Serbian, Bosnian and Vietnamese. Our intention is to make the website available in all major global languages so that the reach and transformative impact can be extended to a much larger population.

Meditations and Practices

Mohanji has offered several guided meditations to the world since the Power of Purity meditation was first created in 2007. Each year, more translations are completed to make them accessible to newer audiences. In total, we offer **7 guided meditations and 3 guided processes**. The total number of languages covered is forty-two (42), from the most common languages (e.g. English, Hindi, Spanish, Mandarin) to relatively unknown languages such as South Sotho and Hiligaynon!

In December 2022, on the auspicious occasion of Datta Jayanti, Mohanji delivered a new meditation – **Sai Baba Miracle Meditation**, a guided meditation by Mohanji that brings a deep connection with Baba in the warmth of divine love. The meditation was first launched in English and has already been translated to Hindi and Malayalam. Translations in Marathi, Tamil and Serbian are in the works and expected to be released soon.



Mohanji meditations are now available on various platforms - the official website (www.mohanji.org) and external platforms such as Insight Timer as well as YouTube.

expansive humanitarian work that Mohanji, Mohanji Foundation and the other global organisations founded by Mohanji are doing around the world, shifting mankind to kind humans.

Honours and Awards

For the third year in a row, Mohanji Serbia Association was recognized as one of the most reliable organizations in Serbia. The Certificate of Reliability was awarded to the association by the Company Wall Business, which has the largest business database of legal entities in Serbia and the region. In the text on the certificate, it says: "This certificate confirms that the organization, thanks to a successful business, is among the most reliable in Serbia".

The most notable recognition for Mohanji Foundation came on 16th April 2022 when the city of Frisco, Texas (USA) proclaimed the day as Mohanji Foundation Day. The proclamation was led by Deputy Mayor Brian Livingston for Frisco, and was further by Texas State Representative Matt Shaheen and Collin County Commissioner Susan Fletcher. The state, county and city would henceforth observe this day as Mohanji Foundation Day, a truly special recognition and honour for the



MEDITATIONS PROCESSES available across 42 LANGUAGES

ENGLISH

SPANISH

GERMAN

FRENCH

ITALIAN

RUSSIAN

HUNGARIAN

MACEDONIAN

SERBIAN

CROATIAN

ROMANIAN

SLOVENIAN

ARABIC

TAGALOG

JAPANESE

VIETNAMESE

HINDI

GUJARATI

TAMIL

BANGLA

MALAYALAM

ODIA

KANNADA

TELUGU

MARATHI

HILIGAYNON

AFRIKAANS

BULGARIAN

FARSI (PERSIAN)

FINNISH

INDONESIAN

THAI

SOUTH SOTHO

MANDARIN

PUNJABI

TURKISH

UKRAINIAN

DANISH

ALBANIAN

CZECH

NEPALI

DUTCH

WEBSITE AVAILABLE IN 11 DIFFERENT LANGUAGES

ENGLISH, ITALIAN, HINDI, FARSI, SPANISH, RUSSIAN
MACEDONIAN, FRENCH, SERBIAN, BOSNIAN, DUTCH
VIETNAMESE

українська čeština แบบไทย

ENGLISH 日本 ភាសាខ្មែរ

Hiligaynon

नेपाली

Hrvatski

Français Afrikaans

русский

Italiano

தமிழ்

South
Sotho

Tagalog

عربي

Húngaro

ગુજરાતી

Español

Macedónio

Deutsch

Nederlands Српски

हिंदी

ಕನ್ನಡ

Slovenščina

dansk

فارسی

తెలుగు

বাংলা shqiptare

ਪੰਜਾਬੀ मराठी

Tiếng Việt

普通话 Türkçe

മലയാളം

Suomalainen

български bahasa Indonesia

MOHANJI FOUNDATION: GLOBAL PRESENCE



Mohanji

90⁺ countries
with presence

43 countries
with activities

19 registered
countries

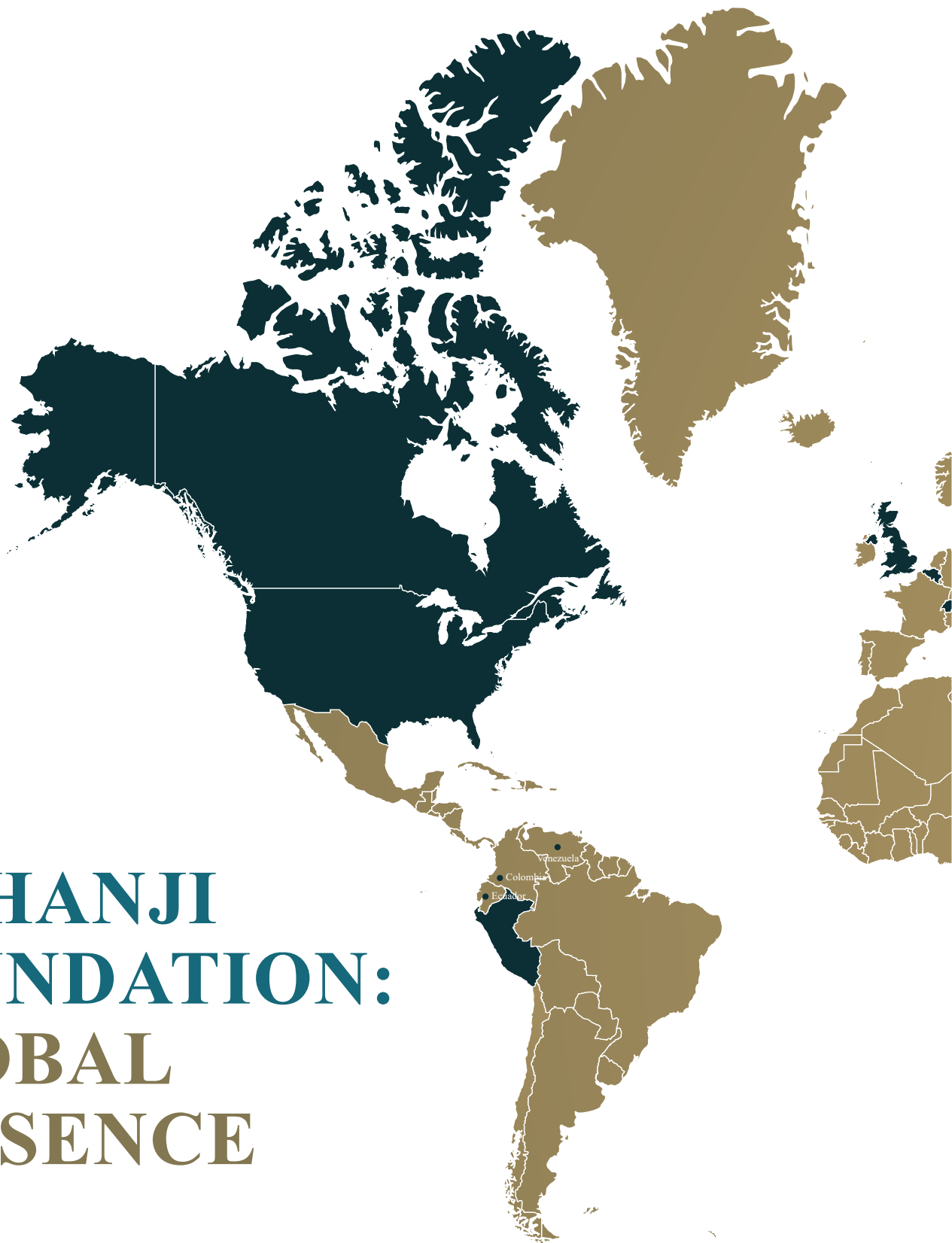
USA

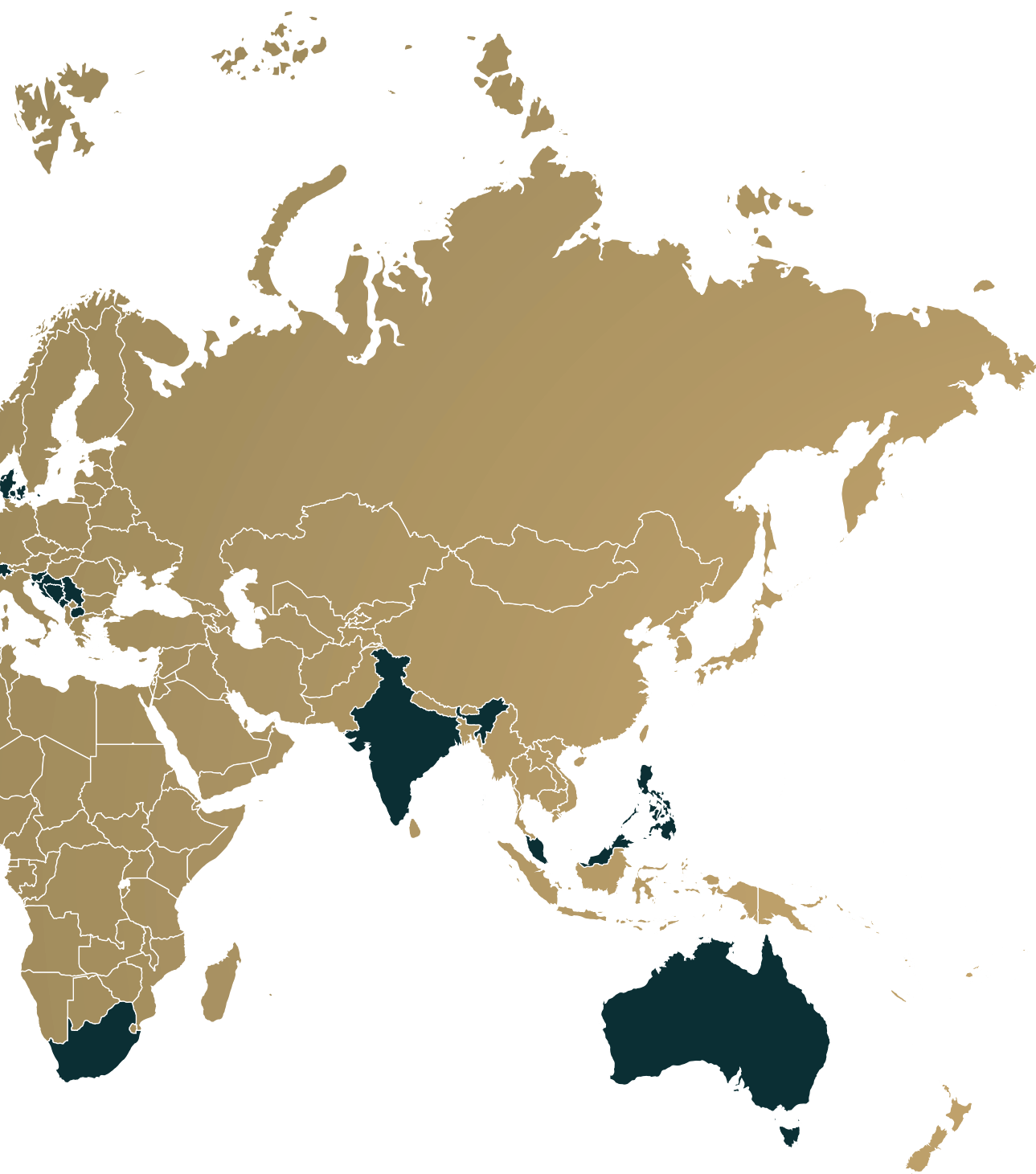
CANADA

PERU

UK

THE NETHERLANDS





SWITZERLAND

SLOVENIA

BOSNIA

CROATIA

SERBIA

MONTENEGRO

MACEDONIA

SOUTH AFRICA

INDIA

AUSTRALIA

MALAYSIA

DENMARK

MAURITIUS

PHILIPPINES



Mohanji Spaces

Spaces of Transformation, Silence & Stability

Mohanji Centres of Benevolence (MCBs) worldwide are truly the culmination of Mohanji's vision and his relentless and dedicated public work over the last decade. These centres are envisioned to be places of transformation where the values of compassion, kindness, respect and benevolence are practically demonstrated. They also provide places of stability and upliftment to the Mohanji community and people who wish to experience profound transformation. In other words, visitors and residents will fully experience and benefit from everything that Mohanji has created and offered to humanity in the form of practices, methods, processes and opportunities for selfless service.

The MCBs are designed to be places for the rejuvenation of the body, mind and soul through various methods, including yoga, meditation, silence zones, connecting to nature and places of worship. The whole environment would emphasise a lifestyle of complete ahimsa (non-violence) - for

e.g., all food would be plant-based and cruelty free. In addition, the centres would be places to practise selfless service and promote various other charitable activities. Annadaan (food donation), being a key aspect of Mohanji's teachings, the centres would provide food to all visitors as well as to the most needy. In addition to this, the centres would also engage in the donation of clothes.

The Mohanji Centres of Benevolence would also provide opportunities for seekers to learn the traditional arts and knowledge forms of Bharat through the programs offered by the Himalayan Academy of Traditions, whether it be traditional yoga, dance, music or languages. Regular programs based on the **Empowered with Mohanji** courses would also offer an in-depth, structured approach for individuals to achieve mastery over their minds and create a solid platform for further spiritual growth.

In short, each MCB would provide a nurturing, rejuvenating and energised space that any sincere seeker can use to make the journey 'from Sounds to Silence' in their own way within the framework of Mohanji's teachings and following the tenets of the Golden Dattatreya Tradition.

Our genuine desire is that the positive, benevolent and transformational energy that is constantly generated within the MCBs gradually spreads outwards to benefit, first, the local communities within which they are situated, and then the world as a whole. These spaces are not designed to exist outside of or separate from the wider society, but rather alongside and in harmony with them as environments that all beings can benefit from in whatever way is most appropriate for them.

The year has been monumental in this sphere as we now have spaces in all continents across the world.

In 2022, new spaces were acquired in Serbia and the UK. The land that was acquired in Australia in February 2022 has been progressing steadily. Already, the land is home to rescued animals, has an organic farming patch and a haven of natural living. This is only expected to expand in scope and impact as the space is due for consecration and inauguration in March-2023.

The Mohanji Peace centre in Slovenia has also seen steady development and new structures are coming up. Fruit trees planted last year have been yielding delicious fruits, temporary accommodation has played host to the first few visitors who stayed on the land, and society service activities have begun already on the land, even as demolitions and clearance of old structures is going on.

The Mohanji Centre of Benevolence in South Africa was opened with the first structure being a temple dedicated to Sai Baba, Lord Ganesha and Lord Dattatreya. Regular worship and food donations have been conducted at the temple since its inauguration on 26th May 2022, and the impact on the neighbouring township has been dramatic – by some accounts, crime rates have dropped by over 70% within a few months!

Just a small preview of the immense transformation that awaits all who visit our MCBs when they develop more fully!



MOHANJI CENTRES OF BENEVOLENCE



CANADA



SLO



SOUTH AFRICA

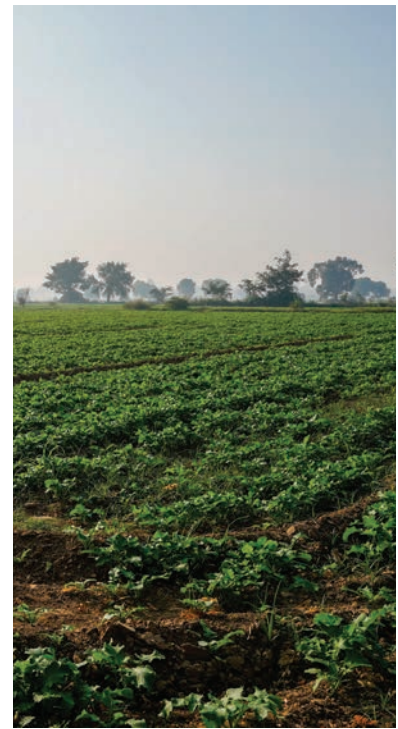


SERBIA





INDIA



OVENIA



AUSTRALIA



SCOTLAND





Empowered with Mohanji

Travel the ultimate roadmap to your true Self, beyond the body, beyond the mind, and beyond all beliefs.

"Make your life more purposeful. YOU CAN. Reinvent yourself. YOU CAN. Do not just let hours laze by and regret in the days ahead. Every moment is precious. It will never happen again."

- Mohanji

Introduction

Empowered with Mohanji is a series of exclusive workshops with Mohanji, where Mohanji guides and shares techniques and practices that will empower, transform and truly enable you to **"Be You"**.

In these workshops, Mohanji takes you on an exhilarating journey of connecting with yourself through the manual of human life. Mohanji teaches you to be your natural self by elevating your awareness and recognising your operating state. The deep cleansing sessions involve purification of the body, mind and intellect to connect with the inherent dweller – YOU. It is a journey from your basic instinct of survival to leading a free and liberated existence.

Highlights:

After the two successful online programs of the 11-day Empowered 1.0 and the 9-day Empowered 2.0 in October and December 2021 respectively, Mohanji delivered two more programs of 7 days each – Empowered 3.0 & Empowered 4.0 in the months of March and June 2022.

The overall theme of the Empowered with Mohanji programs is "Making Masters", i.e. guiding people to a state where they go beyond their bindings and patterns towards liberation. These programs were designed to achieve the following benefits for participants:

- **Connect to Self:** Gain stability and an ability to respond (and not react) to situations
- **Build Awareness:** Become aware of your limiting beliefs, habits and patterns
- **Unhook from Patterns:** Consciously unhook from binding attachments
- **Rewire the Mind:** Gain clarity through rewiring your inner software



- **Know your Purpose:** Understand the role of purpose in leading a meaningful life and realise your full potential
- **Inner Awakening:** Awaken to the higher consciousness and experience true and lasting changes within.

These four courses have also been made available as video courses in an e-learning format so that people can go through the course at their own pace. Subsequently, the Empowered team launched a new delivery format where trainers facilitated the course aided by relevant video clips of Mohanji explaining key concepts - this model allowed participants to both have the experience of hearing from Mohanji directly, as well as being able to indulge in Q&A with the trainers.

The success of this delivery model and the demand for more sessions led to the creation of a full-fledged training program to create certified Empowered Trainers, which was conducted between July and October 2022.

Further to the first four modules of Empowered, Mohanji conducted a 5-day intense in-person Empowered 5.0 program. This was open only to those who had attended all four modules already. Empowered 5.0 was held in Serbia in October 2022, and was also offered online. Empowered 5.0 was all about diving deeper, penetrating into the silence

within through intense practices. The program was a resounding success as the participants raved about the transformations they experienced through the uniquely designed program.

Empowered 5.0 was immediately followed by the final leg of the Empowered trainers' training, presided over by Mohanji.

The Empowered series has been popular for a number of reasons. Firstly, it allows direct, personal interaction with trainers for Empowered 1.0 to 4.0 and with Mohanji in Empowered 5.0. It allows participants an opportunity to experience Mohanji's energy on one's subconscious minds to tackle any fears, doubts, and blockages. Further, the availability of a support group for discussion, contemplation, and sharing experiences makes the process of transformation a shared journey, easing the entire path for the genuine seeker.

So far, thousands of people have benefitted from the profound transformations through the Empowered this year. We now have 40+ certified trainers to conduct Empowered 1-4 to larger audiences in the coming months. Empowered with Mohanji is shaping up as our signature course for Mohanji Foundation, and the basis for several modalities at our Mohanji Centres of Benevolence.

To learn about or register for Empowered, please visit our website: <https://mohanji.org/courses/>



I finally feel that I am on the right path. After a lifetime of trying, at the age of 67, I finally found the teaching I needed. I am extremely happy that Mohanji has given me this opportunity to gain my highest potential in this life. I am very thankful."

- Soren, Denmark

You can also contact us at: empowered@mohanji.org

Testimonials of attendees:

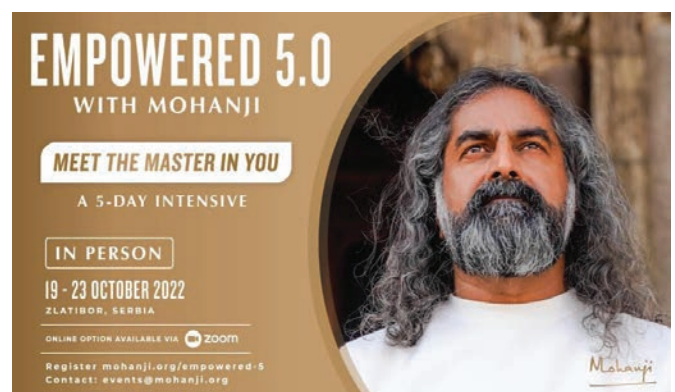
"I have gained more stability and growth, letting go of past issues without sorrow or pain. I am more aware of my strength and goodness; simply, I just love the program."

- Olga, Spain

"I have gained precise and profound guidance to follow myself to see how important it is to lead a conscious and fulfilling life. I strongly agree with Mohanji's teachings as he's guiding us strictly, precisely and yet lovingly through the program. I am extremely blessed to be on this path. Thank you endlessly, Mohanji."

- Suzana, Macedonia.

"The program came at the right time of my development. It was just what I needed to come further in my journey towards finding my true self."





World Consciousness Alliance (WCA)

*Uplifting Humanity, Inspiring Benevolence,
Promoting Harmony*

Introduction

We are a platform for artists, musicians, entertainers and influencers who seek to raise our planet's consciousness and build a better tomorrow for all beings on Earth by sharing their unique gifts and talents with authenticity. Our mission is to promote harmony, love, compassion and kindness with the power of music and entertainment. We want to inspire artists to use their craft to raise consciousness to the highest of human values and make a significant impact by making a positive shift in our societies.

HIGHLIGHTS

➤ WCA LIVE SESSIONS

- ✧ BONZO SQUAD, a instrumental jazz ensemble from Chicago, USA, decided to support our ACT 4 Ukraine cause with their music. Donations raised from the event went to help people from Ukraine.
- ✧ Maja Radovanlija, Nikola Korovljev and Milena Petković, did a session on the online event 'Musical Prayer for a World Full of Compassion and Peace' to raise our





- Create a compelling series of modules and offer them as additional specialist modules to leading music and film academies.

This past year has shown that not everything goes as expected. Hence, everyone needs to express their own authenticity and support others doing the same. Artists create art that conveys how they feel and think and people connect to them through these unique expressions. Art can do so many wonderful things for the

planet's vibration and awareness about the importance of compassion and peace in the world

greater good of society. People want to contribute to a higher cause and we are there to show how they can truly make a difference!

- We participated in ACT Croatia's three-day 'Celebrate Life' festival promoting non-violence, health and a positive spirit with proceeds going to ACT Foundation's humanitarian initiatives to support many families and animals in Croatia. The festival comprised musical programs with local bands, dancing parties and creative art workshops for adults and children..
- This year, our 'Compassion Ambassador' initiative recognized people who selflessly serve beings in need with compassion, empathy and respect. Our Compassion Ambassador Filip Ivanov, a Macedonian pastor, serves his community with great enthusiasm, and tirelessly and unhesitatingly helps the less fortunate, thus spreading the message of compassion.
- We had an online interview with Bojana Fabel, a Singapore-based singer and music teacher.

If you would like to join our mission, contact us via: info@wca.earth. Please visit our social media channels: LIKE, FOLLOW and SUBSCRIBE. Help us spread the word and change the world. TOGETHER, WE CAN CHANGE THE WORLD!

Email: info@wca.earth

Website: <https://wca.earth>

Facebook: [wcaearth](https://www.facebook.com/wcaearth)

Instagram: [wca_earth](https://www.instagram.com/wca_earth)

YouTube: [WorldConsciousnessAlliance](https://www.youtube.com/channel/UCWCAEarth)

Linkedin:

<https://www.linkedin.com/company/world-consciousness-alliance/?viewAsMember=true>

Plans for 2023

- Reach out to established artists to share their knowledge through online tutorial videos and workshops with emerging artists who want to develop their talents.
- Educate artists to hone their creative skills in an ethical way for the world's betterment by creating unique workshops that leverage our global reach.





The Road Ahead





A Message from Mohanji

In the wake of the COVID pandemic that saw many of us locked down and unable to be fully mobile, we have now re-emerged into a world where there is at least a semblance of freedom – to travel both locally and globally. **We should not take this opportunity for granted** and we should not assume that a freely moving and pandemic-free world is always a given. In each moment, we should do our best with whatever situations we are presented with. Every situation, as we perceive it, is our own creation. Situations are happening, and sometimes we have no control over them. But how we respond to these situations is what makes and shapes our reality. We should use difficulties and any possible situation that may usually inspire fear in us – we should use these things as our inspiration to be courageous, to be flexible and to make our mark in the world despite whatever kinds of difficulties we may perceive to be outside of us. With this understanding in mind, when we perceive

the rest of the coming year 2023 and the road ahead for us all, both as an organisation and as a family, **we should look at life as being totally fresh and new in each moment.** It's a fresh year, a fresh possibility. You can be a fresh you. This is our possibility, to always approach each day and each moment with a sense of freshness that reinvigorates both ourselves and those around us.

Freshness also means flexibility. We don't know what is going to happen. People are talking about recessions coming in various countries. People are talking about COVID rearing its head again. Natural disasters are continuing to occur. We don't know, and we can never truly know what is going to happen. But we can always be fresh and approach our realities with a sense of fearlessness and flexibility that allows us to make our mark on the world despite whatever apparent obstacles may seem to be present in the world around us.



In truth, our potential is limitless. We are the ones that carve out our own reality. If we truly see this and we believe in our own potential, then there is no limit. We are limitless. We have great potential. We have the capacity to know Supreme Consciousness, the creator, to experience that creator. To become established in that Supreme Consciousness, we must constantly be in the process of reinvention. We need to set our priorities right. If we do not, then patterns take over easily. Instead of just being a hangover of our patterns, which are always based on memories, we must reinvent ourselves every day and in each moment. When we don't stick to dead patterns and memories, we become stable and powerful.

Overall, there are a lot of things that are necessary for life and which enhance you, make you feel better, and make you feel stronger, such as **kindness, compassion, love, respect, self-respect, self-love and self-acceptance. These kinds of things expand you.** So we should all make a conscious effort in this world to subscribe to respect, love, compassion, kindness and anything that enhances our life and the life of those around us.

Share what you have in abundance with others. Give a part of your life to the world. Be responsible. We can't leave the world as a wasted space when we die. We have to leave the world a better place

solely because of the fact that we existed. Other generations are coming, and we ourselves may come back in another body. We need to leave this world a better place. This is our responsibility, and we all have the capacity for it. We all have the means for it. We have the guidance for it. We have the intelligence for it. It doesn't matter what situations we are going through, we shouldn't let them define us. We should do our utmost best with whatever hand life seems to deal out to us.

Look at the world outside. Look at the people around you, your relatives, your friends, people in society, and keep doing as much you can in the world to the extent that your capacities allow you to. Also, remember that when **we say 'people', it means all beings on Earth, and every being is important. They have value.** They have a space here like you. They all have space. They all deserve to be happy like you. It is important that we allow that to happen in the world. This is very, very important.

As a family, we must have a collective vision. Each of us should have our individual visions that we can bring together and contribute towards something that is beneficial for the whole world. Whatever best we can do in the world, for the world, that we should deliver. To sit and criticise and compare is



a complete waste of time. The people who achieve things in this world act and build something instead of simply sitting around and talking about others. Nobody is higher and nobody is lower in this world. All beings are unique. We must remember this. There is a space for absolutely everybody on this Earth.

We are one world, one family. The entire world is a part of us, a part of our family. You are not just an individual. We are not here only for personal gratification. We are here to love. Love always expands. Fear contracts. This we must always remember. We all have a tremendous potential to love. And when our self-esteem increases, when we add value to the world continuously, consistently, and indiscriminately, we become mature and stable. Our real net worth increases. This is how legends are born. Legends are born through their great determination. They have clarity. They walk this Earth with a clear understanding that they are here not to take from Earth but to give to Earth.

Such legends are remembered, and it is their attitude towards life that creates them. Avatars are born. Avatars happen. Many times we don't recognise them while they are alive. But when they leave, we realise that this was an amazing Master. Contemporaries may ignore them, but posterity will always honour them. You have nothing to lose by

being love, by serving and saving the world as best as you can.

Also, there should be no wars. It's our responsibility as individuals, and it's the responsibility of all the government bodies or the associations like the United Nations to ensure that **there is no bloodshed anymore**. All of the nations should unite and agree sincerely that there should be no wars and that there should be no weapons manufacturing. Why should we promote the creation of things that kill people? We should illegalise it. It should not be legal to manufacture weapons which will kill other living beings. Life would be immediately better and more harmonious if these things were banned and illegalised.

A good life is a life where you are healthy, happy and you are enjoying life. You are experiencing life. You are happy to be born here. You are happy that you are a human being. That possibility should be well used. We have that life. We are listening to this because we are born. We are here. We must make the best use of it.

There can be no good life for us, or for others, if there is no courage and no faith in our own benevolent actions. Whatever obstacles arise, we must see them as a test for our courage, as a test to see if we can live selflessly and openly whilst everything



seems to push us in the opposite direction towards contraction, fear and selfishness.

Ultimately, situations change. And then sometimes your life changes. Everything changes eventually, But your attitude towards life – that you have control over. You can stay with the right attitude. You should respect your own life. Don't judge yourself. Don't criticise yourself. Don't compare yourself with others. You should respect your own life. **You are unique. You are valuable. There is nobody like you. It's important to remember. Always remember: You are valuable. You can do something in this world.** Don't look at what other people are doing. Let them do what they can as per their capacity. But you should do what is within your capacity, as per your nature, your inclination, your orientation. Give and share with the world. That will make a better world.

So, always remember: respect life – your life and other lives. Do not destroy. Do not disturb. Do not kill. Never sponsor the murder of any beings. **Be kind. Let your kindness be your strength.** This year I hope we all will meet more and interact. We will have a good time. We will share love. We will share compassion and kindness. We will share purposefulness. And we will lead a responsible life. We will respect each other. We will never, ever compare or compete, and we will not enter into any negative zones at all. When feelings of negativity,

such as doubts and confusion, happen, discard them and feel oneness. **We are one – one world, one family.**

I wish all of you great health, a great enhancement of your potential and great possibilities in the rest of this year that is to come. I am always walking with you. I'm with you all the time. I love you sincerely. I care for you.

We are all one. One family. Let's feel that. Let's love; let's accept. Let's feel; let's respect.

I wish you everything good in this year 2023, and you can make it better. You have that power! I love you.

Mohanji

WORDS FROM THE WISE

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“I'm very humbled to have met Mohanji in South Africa, to have had an audience with him and to note the great work that he has been doing all over the globe. We salute Mohanji for his vision to ensure that everyone is united through various programmes.

The uniqueness of Mohanji is very clear and simplified as a friend to the entire humanity. Mohanji is creating an awareness to ensure that people live a good life, in keeping with God's teachings. He is making a difference in the hearts of the people. And that, for us, is very important because in today's society, we need people like Mohanji to foster good relations amongst all races. Beyond religion, caste or creed, he is showing so much of love to the world and making people understand that they belong to this earth, and that non-violence must prevail and more especially, that humanity must equally look at the Earth and take care of it.

When we look back at Mohanji and his life, we give thanks because it is very rare to come in front of such a personality!”

Prince Ishwar Ramlutchman,
President of Sivananda World Peace Foundation, South Africa



**Join Hands for
a Better World**





Join Hands for a Better World

Volunteer

Giving selflessly and serving the Earth and all its beings (including animals and birds) with an attitude of gratitude is the pillar of Mohanji's teachings. Mohanji says that volunteering makes us complete only if it is done selflessly. Volunteering should become our lifestyle, then it truly becomes powerful, purifying and uplifting.

Join us to build a better world ruled by peace, harmony and love! Become a volunteer!
(<https://mohanji.org/join/volunteer/>)

"Believe in what you do, believe in volunteering, believe in being selfless, have no expectation – then, volunteering becomes your strength."

- Mohanji

Partner

Mohanji firmly believes that collaborations and collective actions are crucial for progress when we are working for the betterment of each other and the future.

Mohanji Foundation and the various Mohanji platforms are keen to forge strong partnerships and associations with institutions and individuals that identify with our core values and share our purpose.

If any of our initiatives or causes resonate with you and you would like to join hands with us, do write to us at info@mohanji.org.

Contribute

Every contribution counts and helps the Mohanji International Foundation to add value to the world.

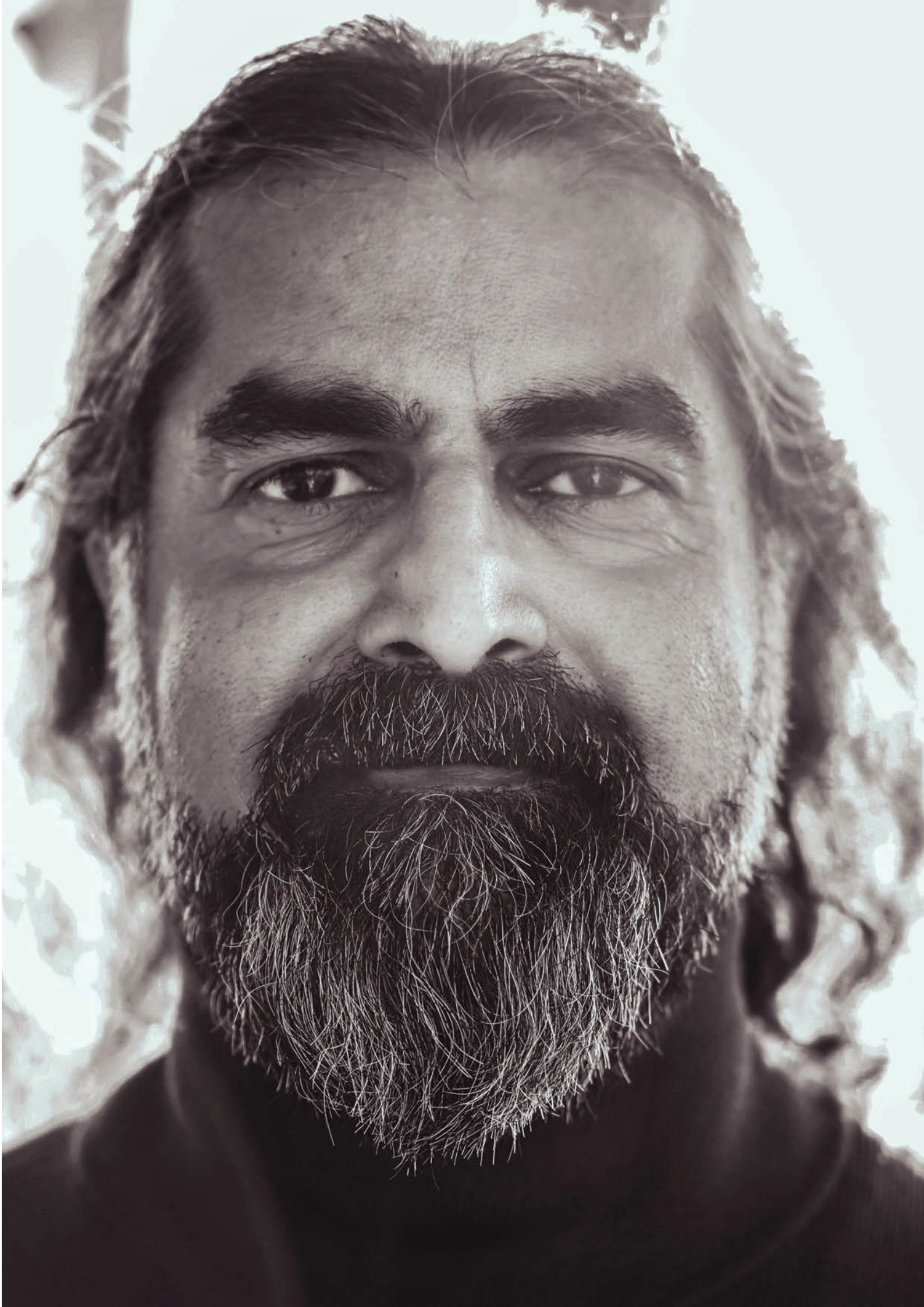
Donate Online

(<https://mifoundation5.payrex.com/en/pay?tid=97eba27d>)

Donate in kind (please contact info@mohanji.foundation)

"True wealth comes from what we give to this earth, not from what we take."

- Mohanji





Mohanji

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