



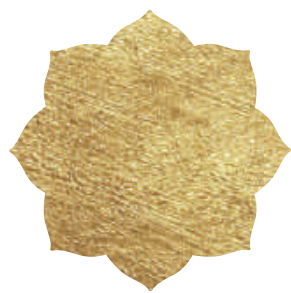
2023-24

GLOBAL IMPACT REPORT

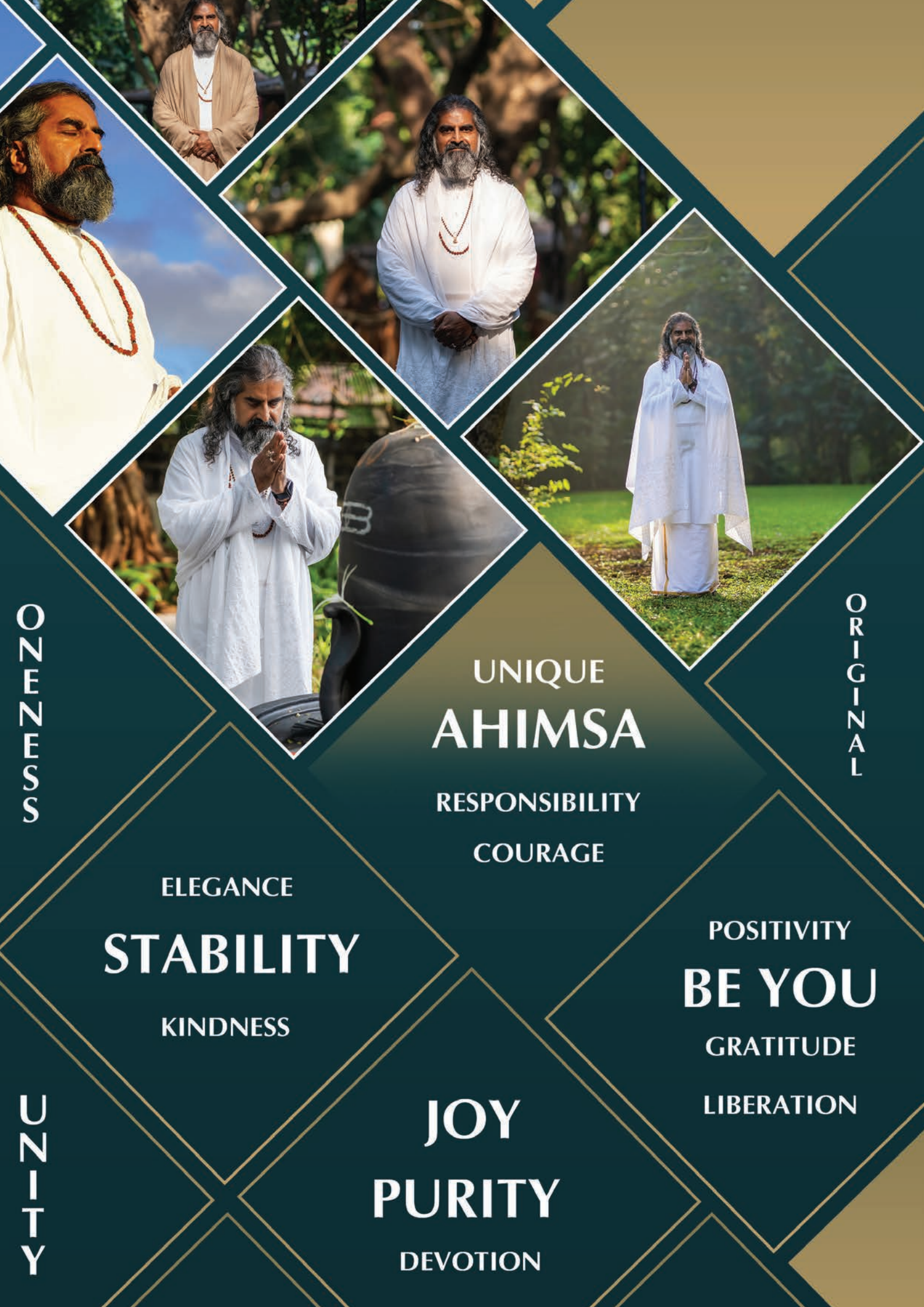
SHIFTING MANKIND TO KIND HUMANS

Mohanji





**Mohanji Platforms:
Global Impact Report 2023 - 24**



ONZENESS

ORIGINAL

UNIQUE
AHIMSA

RESPONSIBILITY
COURAGE

ELEGANCE
STABILITY
KINDNESS

POSITIVITY
BE YOU
GRATITUDE
LIBERATION

JOY
PURITY
DEVOTION

UNITY

COMPASSION



CONVICTION

COMMITMENT

FREEDOM

RESPECT

INTEGRITY
FAITH

ACCEPTANCE

DETERMINATION

FOCUS

AUTHENTICITY
HARMONY

RIGHTEOUSNESS
CONNECTION

UNCONDITIONAL
LOVE

PRESENCE

Mohanji platforms presence across
the world



- | | | | | |
|------------------------|------------|-------------------|----------------|-------------|
| ● Australia | ● Denmark | ● The Netherlands | ● Qatar | ● Thailand |
| ● Albania | ● Ecuador | ● Macedonia | ● Romania | ● Turkey |
| ● Brazil | ● Ethiopia | ● Malaysia | ● Russia | ● UAE |
| ● Bulgaria | ● France | ● Mauritius | ● Serbia | ● UK |
| ● Bosnia & Herzegovina | ● Germany | ● Mexico | ● Slovenia | ● Ukraine |
| ● Canada | ● Greece | ● Montenegro | ● Singapore | ● USA |
| ● China | ● Hungary | ● Morocco | ● South Africa | ● Vietnam |
| ● Croatia | ● India | ● Nepal | ● Spain | ● Venezuela |
| ● Colombia | ● Italy | ● Peru | ● Sri Lanka | |
| ● Czech Republic | ● Iran | ● Philippines | ● Switzerland | |

MOHANJI GLOBAL PLATFORMS

6 Continents, Active Presence in 90+ Countries



Mohanji Foundation
Adding Value To The World

Registered in 18 countries

Techniques, Practices
& Methods



11 guided
processes
& meditations



CONSCIOUS
Dancing



Conscious
Gapless
Breathing

Festivals

Festival
of CONSCIOUSNESS



Signature courses

EMPOWERED

Global Transformation



VedicKids

Selfless Service



Publications and
Pilgrimages



Gurulight

Himalayan Academy of Traditions



Himalayan School
of Traditional Yoga



Himalayan School
of Traditional Dance



Himalayan School
of Traditional Music



Himalayan Academy
of Traditions



Himalayan School
of Traditional Languages



Himalayan School
of Traditional Music

Media

The
AWAKENING TIMES
THROUGH TIME INTO LIBERATION

OVERVIEW OF 2023

- Food Served in **38** Countries
- Total Meals Donated → **645,871**
- Dry Rations Donated → **178,938 kg**
- Animal Food Donation → **204,422 kg**
- Fruit Trees → **4,195**
- Programs → **2,500+**
- Mai-Tri Practitioners → **300+**
- Mai-Tri Sessions → **10,000+**



MOHANJI CENTRES OF BENEVOLENCE AROUND THE WORLD



CANADA



USA



UK



SLOVENIA



SERBIA



SOUTH
AFRICA



INDIA



AUSTRALIA

MOHANJI'S ACTIVITIES OVER THE YEAR



- SELFLESS SERVICE / PHILANTHROPY
- INSPIRING YOUTH
- BUSINESS
- SPIRITUAL ACTIVITIES

- SPIRITUAL ACTIVITIES
- SIGNATURE PROGRAMS
- MOHANJI CENTRES OF BENEVOLENCE

JANUARY

• Ayyappa Pada Seva

• Indo Transworld Chamber of Commerce Business Conclave, 2023 (ITCC), Kochi (Kerala)

• Nila Arati
• Bhagawan Nityananda temple in Udupi
• Unnathur Mahavishnu temple Painkulam

FEBRUARY

• Visit and Speech at: KISS - Kalinga Institute of Social Sciences, & KITT Kalinga Institute of Industrial Technology

• Shirdi Sai Baba Temple, Palakkad
• Talk at SASS, Bangalore

• Mahashivaratri with Mohanji
• Mohanji Global Summit
• Divine Trails of Puri with Mohanji

MARCH

• Ugadi Pada Seva, Kurnool

• Global Business Summit 2023 - The Spiritual Way, Varanasi

• Tali Kirathamurthy temple, Thrissur
• Shiva Yogini Amma 100th anniversary
• Interfaith Unity Event, Valappad

• Retreat with Mohanji (MCB Australia)

• Pranapratishta at MCB Australia



17 COUNTRIES VISITED

11 MAJOR PROGRAMS CONDUCTED

35 SATSANGS

02 FRUIT TREE PLANTATION DRIVES

03 KRIYA INITIATIONS



APRIL

- Nanhi Pari Ammu Annual Awards, Mohanji ka Aangan
- Earth Day Planting ceremony, South Africa

- Ignite The Spark (EBC Kids)

- Chief Guest at the 15th Annual Inter-Faith Meet, Indian Parliament of All Religions

MAY

- British Houses of Parliament, House of Commons

- One-Day program, London, UK

JUNE

- John Cabot University, Rome
- Satsang for children at Skanda Vale

- Global Business Summit 2023 - The Spiritual Way, Varanasi

- Community Reception with the President of India, Belgrade
- Shirdi Sai Baba Temple in Skanda Vale, Wales
- Vittal Dham, Germany

- Pranaprathishta at MCB UK
- Pranaprathishta at MPC, Slovenia
- Pranaprathishta at MPC, Serbia





JULY

- Service at Old Age Home, Bosnia
- Service at Hearing Disability Centre, Bosnia

- Utrecht University, Netherlands

- Shirdi Sai Mandir in Olst, Netherlands

- Guru Purnima celebration, MPC Serbia
- Kriya Intensive at Bosnian Pyramids
- One Day Program at the Bosnian Pyramids
- Kailash with Mohanji

AUGUST

- Empowered 5 program at MPC Serbia

- Dhuni, MCB UK
- Homa, MCB UK

SEPTEMBER

- Animal farm, Aberdeenshire (Scotland)
- Fries School, Virginia (USA)
- 20 years of ACT Foundation, London (UK)
- Tree Plantation Drive in MCB USA

- Fries School

- Satsang at Bournemouth University

- Inauguration of MCB USA
- Homa, MCB USA





OCTOBER

- Vijayadashami Satsang at Mohanji Peace Centre, Serbia

NOVEMBER

- Celebration of 20 years of ACT Foundation - Belgrade (Serbia)
- Ammucare 20 years Celebration, New Delhi

- Amity Business School
- Satsang with Russian youth (online)

- Days of India in Zemun, Serbia
- Koti Parthiv Shiva Lingam Pooja in Varanasi (India)

DECEMBER

- National Cadet Corps (NCC), Bengaluru

- Book release of "In Quest of Guru" at Raj Bhavan, Mumbai

- Divine Trails of Shirdi with Mohanji
- Empowered 5 (in-person and online), Mumbai

- Visit to Ganeshpuri MCB land



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A Bird's Eye View





The Year That Went By

Celebrations of two decades of selfless service through ACT and Ammucare. Five new Mohanji Centres of Benevolence inaugurated. Many countries and cities visited, including the UK, USA, Brazil, Switzerland, Germany, Slovenia, Serbia, Greece, Turkey, Nepal, The Netherlands, Bosnia, Georgia, the UAE, Australia, Italy, and many places in India. Through hundreds of engagements and as many programs, the year was a whirlwind.



2023 has been the most remarkable year so far for Mohanji and the various platforms he founded. Not just for the number of substantial milestones that were crossed this year but also for the sheer intensity of activity and impact at a global level!

Driven by a strong purpose and tireless commitment, Mohanji dedicated time to various initiatives and platforms, spanning a spectrum of social, humanitarian and spiritual objectives. He kept up a punishing schedule and was constantly in motion. Yet his clear and unwavering vision drove teams of people across the world to create ripples of positive impact and transformation, touching the lives of millions of beings!

When we look back at the year, it fills our hearts to the brim to see the impact, the accolades as well as the partnerships and associations that have been forged.

The focus of 2023 was on concrete steps forward that would serve to raise people's awareness and consciousness worldwide by spreading the seeds of kindness, compassion, and respect in all facets of life, society, and communities worldwide.

In that regard, the biggest highlight was the **establishment of five new Mohanji Centres of Benevolence across the world (Australia, Serbia, Slovenia, the United Kingdom – Scotland and the United States of America)**. These centres are living and tangible representations of our tradition, *ahimsa* (non-violence) in lifestyle and the aspiration to reach the highest possibilities of human awareness through purity and faith. **Each centre is graced with a spiritual heart**, a temple dedicated to Shirdi Sai Baba, Lord Ganesha, and Lord Dattatreya—representations of compassion, kindness, respect, love, and supreme consciousness. The inauguration of these centres, marked by the **powerful Prana Prathishta ceremonies**, was a substantial achievement, particularly considering some centre locations were acquired and then developed within the year. More details are shared in the article dedicated to the centres.

2023 was also characterised by a sense of urgency and accomplishment, unfolding under the shadow of global unrest and instability. Amid these challenging times, Mohanji's message was clear and resonant: **the necessity for speed, alignment, flexibility and stability in our endeavours**. This theme is crucial in the face of escalating global tensions and the ripple effects on worldwide systems, which will undoubtedly carry us forward into 2024.

This article showcases the activities that Mohanji was personally engaged in over the year. However, as you delve into the subsequent sections of this report, you will develop an appreciation for the **breadth and depth of our collective achievements in 2023 — each a testament to the tireless spirit and unyielding commitment of Mohanji and the entire global team**.



Mohanji Major Speaking Engagements

In 2023, **Mohanji's role as a thought leader took him to various significant forums worldwide**. His insights and perspectives were shared at key events, reflecting his commitment to supporting those organisations and dialogues that can bring greater harmony, unity and positive change to existing systems.

➤ Indo Transworld Chamber of Commerce Business Conclave 2023, India

Mohanji was invited to inaugurate and participate as a key speaker on the 'Think Wise, Go Global' theme. To an audience of successful entrepreneurs, especially from small to medium enterprises, his inspiring speech emphasised that imitation has limitations and the focus for all should be on innovation. Mohanji's key message was that **success sits with those people who dare**.

➤ Global Business Summit 2023 - The Spiritual Way, India

Mohanji was invited as the Keynote Speaker at the Global Business Summit 2023 - The Spiritual Way, held in Varanasi. The Amicability Diplomatic Club organised this event. Mohanji addressed





the intersection of spirituality and business ethics. His talk focused on how spiritual values can inform and improve business practices, **advocating for a balance between economic success and moral responsibility.**

➤ **15th Annual Meeting of the Indian Parliament of All Religions, India**

Mohanji was invited as the Chief Guest at the Fifteenth Annual Meeting of the Indian Parliament of All Religions in Delhi. The theme of the conference this year was the relevance of Swami Vivekananda in current times. At this event, he led discussions that bridged diverse



spiritual beliefs, emphasising **the importance of spiritual heads taking responsibility for their communities** so that none of their people lives in violence—a powerful and rallying speech.

➤ **The Inter-Faith Unity Conference, India**

Mohanji was the chief speaker at and organiser of the Interfaith-Unity Conference to celebrate the centenary celebrations of a great Siddha saint, Shiva Yogini Amma, in Kerala.

➤ **House of Commons, British Houses of Parliament, London**

Mohanji's invitation to the House of Commons





at the British Houses of Parliament in London marked another key event. There, he delivered a speech on **"Seva for Humanity"** sharing thoughts on **integrating service and compassion into daily life**. His practical approach reminded everyone that having a passport for a country is a responsibility and not a right. We should do what we can to benefit all - a refreshing perspective on how individuals and communities can contribute to societal well-being.

- **Harmony and Happiness program at the Bournemouth University, United Kingdom**
Mohanji was the guest of honour for the "Harmony and Happiness" afternoon program at Bournemouth University's campus, organised by the Indian Cultural Association of Dorset.

Mohanji Centres of Benevolence

The year 2023 marked the fruition of years of meticulous planning and dedicated efforts in establishing the Mohanji Centres of Benevolence. **These centres, envisioned as sanctuaries of peace and spiritual growth**, became a reality thanks to the unwavering commitment of teams globally and the strategic acquisition of lands.

Mohanji played a pivotal role in providing the spiritual energy for these spaces. His leadership in conducting the *Prana Pratishtha* (consecration of



energy) events was instrumental. This sacred ritual, involving the **invocation of energy into the idols, is central to the spiritual activation of these spaces**. Each centre now stands as a testament to this profound process, offering a place for reflection, learning, and community. **The centres are also vegan sanctuaries that emphasise respect for all beings in an environment of Ahimsa (non-violence)**. Daily activities at each centre are oriented at **alignment and elevation of every visitor, in line with Mohanji's core teaching of "Be You"**.

The year saw the opening of centres in:

- Australia - March
- United Kingdom (Scotland) - June
- Slovenia - June
- Serbia – June
- USA – September (though the consecration ceremony is scheduled for 2024)

Detailed insights into each centre's unique journey and offerings are covered in a dedicated section later in this report.

Signature Programs and Events

Mohanji balanced his extensive global commitments with a deep dedication to personal development programs for his followers. **He hosted a series of retreats, workshops and kriya initiation events**. He started the year with the first-ever pilgrimage-





plus-retreat in the holy city of Puri, India. Programs followed in **17 countries** with **11 major programs**, several Kriya initiations and **over 35 public Q&A sessions**. After a gap of 3 years, 2023 also saw the resumption of the iconic Kailash with Mohanji pilgrimage, under Mohanji's guidance and presence in Kathmandu.

The highlight of the year was the **first physical Empowered 5 program conducted on our own land – the Mohanji Peace Centre in Serbia**. The combination of the powerful processes, the natural elevating energy of the land and the presence of the consecrated temples led to a **deep transformation** in the participants. This format was then repeated for a different audience in Mumbai, India later in

the year. Additionally, Mohanji delivered several satsangs, providing insightful dialogues and personal interactions.

Mohanji Inspiring the Youth

Mohanji has always strongly emphasised nurturing and empowering the youth, recognising their potential to forge a future marked by harmony, respect, and compassion. **His belief in the pivotal role of young minds in shaping a better world led to an increased engagement with students in 2023.** Throughout the year, Mohanji intensified his support for youth initiatives by delivering **inspiring talks at universities worldwide**. These interactions brought





awareness to the youth, giving them **stability, strength and determination**. He reminded youth to throw out comparisons and competitions and **focus on their inherent strengths**, which will relieve stress and anxiety. His engagements included:

- Kalinga Institute of Social Sciences & Kalinga Institute of Industrial Technology (KISS & KIIT), India - February
- John Cabot University, Italy - June
- Utrecht University, Netherlands - July
- Amity Business School, India - November
- National Cadet Corps - Bangalore, India - December

Birthday of Mohanji's father, Dr P K Namboodiri

Mohanji personally led the celebration of the 90th birthday of his father, Dr PK Namboodiri (Acchan) on 21st May 2023. Acchan served as the first president of Ammucare during its nascent phase for almost 8 years, and subsequently has been a trailblazer in his translations of several spiritual works, including Mohanji's books, into Malayalam. On this occasion, new translations by him, as well as from others, were released as well.

Under Mohanji's active guidance, this celebration was organized by the collective Mohanji team who came together to honour Acchan's presence in their life with love and gratitude. A special heartfelt video,





specially made by M House Media, showcased Acchan's life journey beautifully, inspiring everyone.

A special feature of the day was the **declaration of May 25th as P.K. Namboodiri Day** to commemorate Acchan's exemplary standards, values, and immense contributions to various organizations throughout his life.

Notable Events and Appearances

Recognised for his significant contributions to spirituality and global humanitarian efforts, Mohanji received numerous invitations to prestigious events throughout 2023. Here are some key highlights:

1. **Sukrutha Yagna at Thiruvananthapuram Bhajanapura Palace Thiruvananthapuram, India:** This significant event was conducted in the **esteemed presence of Princess Aswathi Thirunal Gouri Lakshmi Bayi and Prince H.H. Pooruruttathi Thirunal Marthanda Varma**. The Yagna, a Vedic ritual of offering and devotion, was held in the historic and culturally rich Bhajanapura Palace, reflecting the deep spiritual heritage of Thiruvananthapuram.



2. **Nila Aarti at Cheruthuruthi Pangav Shiva Temple, Shoranur:** The sacred ritual of Nila Aarti was performed at the Cheruthuruthi Pangav Shiva Temple in Shoranur, where the **ritual worship of the river Nila**, was performed.
3. **Pranaprathishtha of Unnathur Mahavishnu Temple at Painkulam, Thrissur District, Kerala:** This auspicious event marked the consecration of the Unnathur Mahavishnu Temple at Painkulam in the Thrissur district. This temple, **destroyed by invaders in the past, was restored and rejuvenated by the Kshetrapaalaka Trust**, for which Mohanji is a **key advisor and patron**.
4. **9th Anniversary of the Shirdi Sai Temple, Palakkad, Kerala, India:** The ninth anniversary celebration of the Shirdi Sai Temple in Palakkad was a momentous occasion, marking **nearly a decade of devotion and community service**,



since **Mohanji and Vittal Babaji** inaugurated the temple.

5. **Guest of honor at the Bhagawan Nityananda Prana Pratishtha in Udupi:** Mohanji was invited as a guest of honor at the grand **Prana Pratishtha of Bhagawan Nityananda** in Udupi. The event, attended by prominent spiritual and community leaders, symbolized **unity, devotion, and a shared commitment to spiritual growth**, leaving a lasting impact on all attendees.
6. **Pranaprathishtha of Shirdi Sai Baba Temple at Skanda Vale, Wales (UK):** This important ceremony involved the **consecration of the Shirdi Sai Baba Temple in Skanda Vale, Wales**. The event symbolised the spreading of Sai Baba's teachings of **unity and love across continents**.



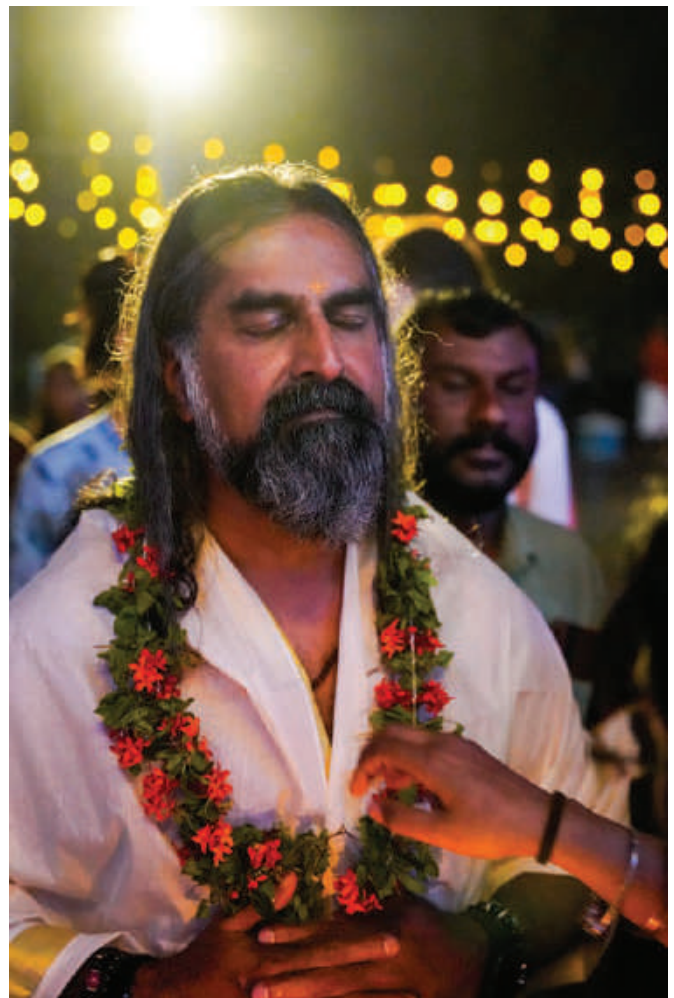
7. **Laying of the Foundation Stone, Tali Kirathamurthy Temple in Thrissur, India:** The ceremonial laying of the foundation stone for the Tali Kirathamurthy Temple in Thrissur marked the beginning of the construction of this restored ancient temple. **Mohanji and the Honourable Governor of Kerala Shri Arif Mohammed Khan led this inauguration.**

our collective impact, thereby fostering swifter and more significant transformations globally. We look forward with great anticipation to the fruitful outcomes these collaborations are destined to yield in the future.

8. **Koti Parthiv Shiva Lingam Archana, Varanasi, India:** In the holy city of Varanasi, the Koti Parthiv Shiva Lingam Archana was a grand event comprising of the **worship of 10 million earthen Shiva lingas over a 9-day period.** Mohanji led a group of devotees to this powerful program.

9. **Ayyappa Pada Seva, Kerala, India:** The Ayyappa Pada Seva in Kerala was a **devotional service dedicated to Lord Ayyappa.** This event involved massaging the legs and feet of the weary devotees on their trek of penance to reach Lord Ayyappa.

10. **Golden Visa from Dubai, UAE:** Mohanji was granted a Golden Visa by the Dubai Government in recognition of his humanitarian work around the world. This was a special honour reserved for people of eminence and substantial contributions only.



Furthermore, during his extensive travels around the globe, Mohanji engaged with a **spectrum of esteemed personalities, ranging from local dignitaries and ambassadors to experts in various domains, as well as leaders in both the business and political realms.** He also connected with religious and spiritual luminaries alongside individuals dedicated to social change. **These interactions were pivotal in uniting entities and individuals committed to enriching their communities.** Mohanji firmly believes in the power of collaboration, understanding that it amplifies



Meeting the President of India Smt Droupadi Murmu in Belgrade



Devi and Mohanji with Paramahansa Vishwananda



Mohanji, Devi and Mila with Suresh Gopi famous movie star and politician, Kerala



Mohanji, Devi and group with princess of Trivandrum



With Haji Syed Salman Chisty, Chairman, Chisty Foundation, Ajmer



With Madhavi Amma saint from Kollur, Karnataka



With Sulakhe Maharaj (retired Chief Priest, Shirdi Sai Sansthan)



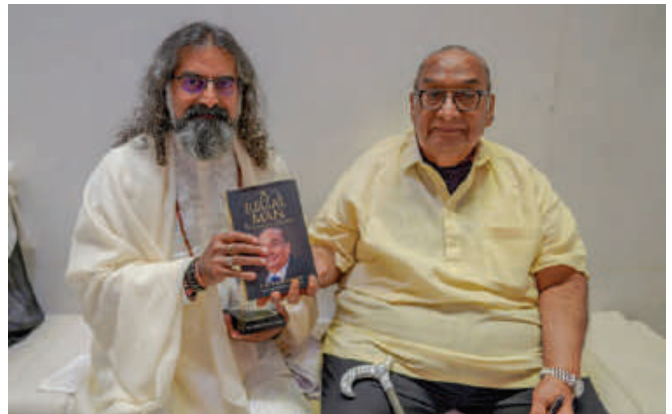
With politicians in Texas



With CEO, Shirdi Sai Sansthan Trust (Shirdi)



Mohanji, Devi and Mila with Kerala Governor Shri Arif Mohamed Khan



With Vashu Shroff, business leader and philanthropist, Dubai



With Dr Semir Osmanagich - Scientist



With Swami Sivananda



With Mata Amritanandamayi



With Devi Amma, Siddha saint in Bangalore



With Deepak Vohra, IFS - Special Advisor to PM of India



Mohanji at Utrecht University



Mohanji at Bournemouth University



Mohanji receiving his Golden Visa in Dubai



With Dr Murthy Devarbhota, President of Amicability Diplomatic Club



Mohanji on his birthday in Puri (2023)



With Sushilji Maharaj and Swami Sampurnanand Saraswati



Mohanji at Skanda Vale



Acchan and Amma lighting the lamp



Mohanji speaking at John Cabot University



Mohanji's family at Acchan's 90th birthday



With head of ISKCON, Bangalore



Mohanji at Bhagwan Nityananda temple, Udupi



Mohanji Honours

The year 2023 was also notable for the growing recognition of Mohanji's substantial contributions to the world over the last two decades since he first founded Ammucare Charitable Trust and ACT Foundation in 2003. Since then, of course, Mohanji has founded various other organizations and platforms, each with a distinct purpose, yet collectively serving the grand purpose of **shifting mankind to kind men!**

Global Compassion Ambassador Award at the inaugural BRICS-CCI Annual Recognition Awards (B.A.R.A) 2024.

The BRICS-CCI Annual Recognition Awards (B.A.R.A) 2024 had its first ever event in January 2024, representing an ongoing process of celebrating the common factor of unleashing the power of the BRICS bloc.

The Mohanji Foundation was awarded the prestigious BRICS-CCI Jury Recommended Global Compassion Ambassador Award, under the Lifetime Achievement Awards category. The jury presented this award to Mohanji in recognition of his **remarkable achievements and impact globally**, his unwavering commitment, and the innovative spirit on display through his organisation - Mohanji Foundation. Furthermore, Mohanji Foundation's work has left a significant mark not just within its field, but also **propelled the goals of cooperation and progress among the BRICS nations.**

Former President of India, Ram Nath Kovind, was the Chief Guest of the event. In his short address, Shri Kovind **highlighted the importance of sustainable development and responsible business practices.** Besides Mohanji, the Jury Awards were also given to luminaries of Indian society and business including Smt Rajshree Birla, late Dr Bindeshwar Pathak, Ms Kiran Mazumdar-Shaw, Shri Kailash Kher and Dr Khadar Valli Dudekala. It was a matter of immense honor and pride that President Kovind **personally**



presented the award to Mohanji Foundation, one among the six that he personally honoured, out of the 38 awards totally given out that day at B.A.R.A 2024!

The program was also graced by Maharaja Dr Karan Singh (chief guest for the awards ceremony), Shri KJ Alphons, former Union Minister of State (Tourism), Ms Svetlana Lukash – G20 Russian Sherpa and Ambassadors from various countries, showcasing the event's global appeal. Mohanji's recognition at this prestigious international forum not only honours his individual contributions but also **shines a light on the broader impact of spiritual and humanitarian leaders in fostering global unity and compassion.**

Honorary Doctorate awarded by the Pacific Academy of Higher Education and Research University (PAHER), Udaipur, India

The Pacific Academy of Higher Education and Research University, Udaipur, bestowed a rare and distinguished honour upon Mohanji, conferring **upon him an honorary doctorate (Honoris Casa) degree.** This esteemed recognition, only the fourth of its



kind granted by the University, was awarded in **acknowledgment of Mohanji's remarkable contributions not only to spiritual wisdom and practical living but also for his tireless humanitarian efforts.** His dedication to transformational work has **profoundly impacted society, inspiring positive change and leaving an indelible mark on the lives of countless individuals across the globe.**



The University highlighted that Mohanji's unceasing commitment to both spiritual enlightenment and humanitarian causes has significantly enhanced the well-being of communities worldwide, making this honour a fitting tribute to his expansive and impactful endeavors.

The degree was awarded during a glittering convocation ceremony held at the Pacific University, Udaipur (India) on the 4th of February 2024.

Proclamation from Commonwealth of Virginia (USA)'s General Assembly

Mohanji Foundation received a prestigious proclamation from the Commonwealth of Virginia's General Assembly in the USA. This commendation honors both **Mohanji and Mohanji Foundation, recognising their relentless efforts and significant contributions over more than a decade,** not just in the United States but globally. This award highlights the foundation's dedication and Mohanji's personal commitment to various humanitarian and philanthropic endeavors worldwide.



The Power of Service

Mohanji as a guest on Queen Diambi's show with Master Sha

22 April 2023
11:30 am EST to 12:00pm EST

Join us live on
@masterzhigangsha

PARTICIPANTS:
Mohanji
Master Sha
Queen Diambi





Mohanji

EARTH DAY

f LIVE
MOHANJI SOUTH AFRICA

PLANTING CEREMONY

6am EST - 12pm SA & CET - 3:30pm IST
23 APRIL 2023
NONOTI KWA-DUKUZA



Mohanji FOUNDATION

MAHASHIVAYOGINIYAM

The 100th birthday of Mata Shiva Yogini

THE INTER-FAITH UNITY





Swamiji Mahaswami Haji Syed Saleem Chishty Gurunani Swamiji Mahaswami





Sadhguru Devanand Dr. Chiranjeev Khandgiri Mukhammad Faizy Daryus

Mohanji blessed events - International and National

BHARTIYA SARVA DHARMA SANSAD

भारतीय सर्व धर्म संसद
(INDIAN PARLIAMENT OF ALL RELIGIONS)

15th वार्षिक संभावना सम्मेलन

Annual National Interfaith Meet

"Importance & relevance of Swami Vivekananda's teaching to the present generation."

The Respected Speakers



On 25th April 2023
10:30 am
at Pt. Agnel School
Auditorium

Event organised by
St. Joseph's School,
Alphaj, G. Haldia,
KCK India

GLOBAL BUSINESS SUMMIT -THE SPIRITUAL WAY

Mohanji as Chief Guest

DATE
5 March 2023

VENUE
TENT CITY, VARANASI
INDIA

MOHANJI.ORG



Mohanji



Mohanji's interaction with media and press coverage





ചെറുതുരുത്തി പാങ്ങാറി ശിവക്ഷേത്ര കടവിലെ നടന്ന നിളാ ആരതിക്ക് മോഹൻജി നേതൃത്വം നൽകുന്നു.

നിള തിളങ്ങി: 3000 ദീപങ്ങളുടെ പ്രദയിൽ

മനോരമ

ചെറുതുരുത്തി • മകര സംക്രമം ദി വസന്തോത്സവങ്ങളായിട്ട് നിളയിൽ മുവാതിരം ചെരത്തുകളിൽ ദീപം തെളിഞ്ഞു. മോക്ഷഭ്രസ്മം പാങ്ങാറി ശിവക്ഷേത്രഭ്രസ്മം ചേർന്ന് ഭാരതപുരയുടെ ചെറുതുരുത്തി പാങ്ങാറി ശിവക്ഷേത്ര കടവിലാണ് മന്ത്രോച്ചാരണങ്ങളുടെയും, വാദ്യഘോഷങ്ങളുടെയും അകമ്പടിയോടെ ചെരത്തുകളിൽ ദീപം തെളിയിച്ച് നിളയെ ആരതി ഉഴിഞ്ഞത്. ചടങ്ങിന് ആത്മീയചാര്യനും സാമൂഹ്യപ്രവർത്തകനുമായ മോഹൻജി നേതൃത്വം നൽകി. തുടർന്ന് ഊക്കാട്ട് നിലകണ്ഠാൻ നമ്പൂതിരി, ഏഴികോട് ശശി നമ്പൂതിരി, മേൽശാന്തി ശോഭ ശർമ്മൻ നമ്പൂതിരി എന്നിവർ കാർത്തികതം വഹിച്ചു. നിളാ ആരതി യോടനുബന്ധിച്ച് നടന്ന സാംസ്കാരിക സമ്മേളനം ആത്മീയചാര്യനും സാമൂഹ്യപ്രവർത്തകനുമായ മോഹൻജി ഉദ്ഘാടനം ചെയ്തു. ഏഴികോട് ശശി നമ്പൂതിരി അദ്ധ്യക്ഷത വഹിച്ചു. അദ്ധിഷ്ഠിതം നാരായണൻ, പ്രൊഫ. ശങ്കർ, വിവിധ കുടിയേടന്മാർ, എം. എ. രാജു, രാമു ചാത്തനാത്ത്, ആർ. വി. ബാബു, ടി. ജി. സുരേഷൻ, കൃഷ്ണകുമാർ എന്നിവർ പ്രസംഗിച്ചു. നിള ആരതിക്കു മുൻപ് അഷ്ടപദിയും, നദികളെ കുറിച്ച് കഥകളും സ്കൂളിന്റെ നൃത്തവിഷ്കാരവും അരങ്ങേറി.



परिस्थितियों को सहर्ष स्वीकार करें, मुश्किलें आसान होंगी : मोहन जी

उदयपुर। मोहनजी फाउंडेशन के फाउंडर मोहन जी ने कहा कि विद्यार्थियों के जीवन में शिक्षकों के साथ अभिभावक की भूमिका अहम है। जीवन को सरल बनाने के लिए पहला कदम है हर परिस्थिति को सहर्ष स्वीकार करें।

मोहनजी पैसिफिक विवि के दीक्षांत समारोह में बतौर अतिथि आए थे। उन्होंने कहा कि बच्चों को प्रकृति के समीप ले जाएं। इसमें अभिभावकों और शिक्षक का रोल सबसे महत्वपूर्ण है, बच्चों को प्रकृति के समीप जाने के लिए लगातार प्रोत्साहित करें। बच्चा यदि अच्छा ठाँसर बनना चाहता है तो उसे मंच दें। वह बिना मन के ईजीनियर बन गया और खुश नहीं है तो उसका क्या लाभ।

आज से लगभग 20 वर्ष पहले लोग एक दूसरे की आँखों में देखकर बातलाप करते थे। आज लोग मोबाइल में देखकर आपस में बात कर रहे हैं। इससे जुड़ाव कम हो रहा है। प्राइवसी और मनोरंजन के नाम पर सभी बचुअल दुनिया में हैं। समझना पड़ेगा कि हमारे लिए क्या आवश्यक



पैसिफिक में पहुंचे मोहोवेशनल स्पीकर मोहन जी।

हैं और किन चीजों से दूरी बनानी चाहिए। बच्चों के जीवन में शिक्षकों और अभिभावकों की क्या भूमिका है: अभिभावकों को अपने बच्चों के जीवन में सबसे महत्वपूर्ण भूमिका होती है, बच्चों का माता-पिता से धीरे-धीरे कनेक्शन कम और नियंत्रण भी समाप्त सा होता चला गया है, क्योंकि मोबाइल फोन अब उनके शयनकक्ष तक आ चुका है।

अभिभावकों को चाहिए कि बच्चों को गुणवत्तापूर्ण समय दें और उन पर उचित नियंत्रण रखें। शिक्षक की भूमिका काउंसलर की होनी चाहिए। उसे बाल मनोविज्ञान के साथ बच्चों को समझने की आवश्यकता है उन्हें प्रत्येक बच्चे की योग्यता को पहचान कर सही दिशा में आगे बढ़ाने के लिए प्रेरित करने की आवश्यकता है।

Mohanji's interaction with media and press coverage

Spiritual Leader Mohanji Conferred Honorary Doctorate for Humanitarian Contributions

CHANNEL Channel



Dr. Mohanji was conferred an honorary doctorate for his humanitarian contributions to the world. The ceremony was held on February 4, 2024, at the Pacific University, Udaipur, India. The honorary doctorate was conferred by the Pacific University, Udaipur, India. The ceremony was held on February 4, 2024, at the Pacific University, Udaipur, India. The honorary doctorate was conferred by the Pacific University, Udaipur, India.

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Mohanji Spaces

Spaces of Transformation, Silence & Stability

The year 2023 was a landmark year for the Mohanji Foundation, especially for our spaces, but before sharing the exciting details of the development, let's first remind you of what our spaces and centres are.

The Mohanji Centres of Benevolence (MCBs), also referred to as Mohanji Peace Centres in some geographies, represent **the pinnacle of Mohanji's profound vision to raise the awareness of this generation and beyond**. The world needs to fully embrace the values of respect, compassion and kindness. For over a decade, Mohanji has been striving towards his goal of shifting mankind to kind men. He visualised the Mohanji Centres of Benevolence as physical spaces that would aid transformation by allowing people to experience and understand tangibly that such a lifestyle is indeed possible.

The MCBs are **beacons and living representations**

of our tradition, ahimsa (non-violence) in lifestyle and the aspiration to reach the highest possibilities of human awareness through purity and faith. The centres serve completely **plant-based food** and nurture a lifestyle of **harmony with nature** and all beings, including animals, birds and fish. They also provide places of stability and upliftment to the global Mohanji family, where events, retreats and festivals of celebration run throughout the year.

No one who steps into a centre will leave unchanged for the better.

Mohanji's core teaching, **"Be You"**, is a roadmap for people to connect with their individual and unique potential. It is an unbound and free path for people to reach their highest expression and eventually become one with the consciousness inside. It's the ultimate path of **Raja Yoga adapted for the times today**. The centres provide structured programs, space and a conducive environment for people to reach that. The concept of **"Sounds to Silence"** is

the journey from the noisy outward expressions to the deep silence within.

To assist this journey, the energetic beating powerhouse of each centre is a temple. Dedicated to **Shirdi Sai Baba, Lord Ganesha and Lord Dattatreya**. Shirdi Sai Baba was a living saint and Master who left his body in 1918. But he was more than that. Through his life and miracles, he taught people kindness, compassion and love beyond all man-made boundaries. In front of him, people of all religions and species were one. His powerful legacy continues, and he is our representation of unity and compassion. Lord Ganesha, the awareness of supreme consciousness, represents the state that we aspire to achieve and Lord Dattatreya, the timeless and ultimate Guru, represents the thread on which we travel in life, the invisible hand that guides us through the various teachers, experiences and shift in awareness - the Guru Principle.

The sacred process of Pranaprathista (infusion of cosmic energy into the deities) has been completed in our temples, and each temple has dedicated priests that maintain the sanctity and energy as per Vedic guidelines. However, interestingly, **Mohanji spaces include both men and women as priests**, thereby sending another striking message of inclusion, power of intention and purity of faith.

Furthermore, every Centre has a clear focus on service and **adding value to society in whichever way we can**. In this way, we aspire for the spaces to become hubs for the local community, offering a place in pristine nature for people to gather and enjoy. Annadaan (or donation of food) is one of our core practices, and we provide food to all hungry beings who visit the centres.

Over time, the Mohanji Centres of Benevolence will grow and evolve into truly powerful places

of community, and with this thought, it gives us immense pride to share the development in 2023. What a year!

Australia

In 2023, the Australia Centre at Walpole, Western Australia, emerged as a radiant gem among our spaces, splendidly located on a 54-acre expanse adjacent to a river leading to the ocean. Surrounded by an array of wildlife, including kangaroos, parrots, and koalas, it stands as a **sanctuary of tranquillity, naturally restoring peace and calm**.

Upon consulting Vedic experts regarding the land's energetic properties, their astonishment was palpable. They deemed it **'Deva Bhumi' - a land worthy of the divine**, akin to the revered grounds sought by Indian Vaastu specialists for temple construction.

The transformation of this site from a mere retreat space into a Mohanji Centre was a monumental task, brilliantly executed by our dedicated team. The inception of this centre in March 2023 was marked by an inaugural event that drew attendees from around the world. Central to this celebration was the Pranaprathista ceremony, an act of energizing the idols of Shirdi Sai Baba, Lord Ganesha, Lord Dattatreya, and uniquely for Australia, Goddess Anaghalakshmi, representing the Divine Mother aspect.

During an ensuing retreat, Mohanji inspired the addition of a cow and calf to the center, embodying our commitment to ahimsa and rescuing them from the dairy industry's harsh realities. However, this led to an unforeseen challenge. Traumatized by past experiences, the mother cow concealed herself in fear of losing her calf, underscoring the profound mistrust animals often hold towards humans due



to insensitivity and cruelty. Thankfully, they were reunited, and this poignant story has since been adapted into an animation, symbolising hope and healing.

Besides these bovine creatures Kamadhenu and her daughter Nandini, the Centre is also home to several hens, peacocks. Work is underway to bring deer into the centre as well, hopefully soon in 2024!

The Australia Centre is also unique among the Mohanji spaces in its ability to accommodate residents, given its history as a riverside retreat. With chalet-style accommodation and a central hall that can host programs, the Centre can host intensive as well as lifestyle oriented programs that can transform visitors in a highly energized atmosphere. Today, the Australia Centre stands ready to welcome visitors, with ongoing efforts to expand the residency permissions. This centre not only represents a physical space but embodies the very essence of our mission – to foster an environment of peace, compassion, and spiritual upliftment.



Slovenia

The Slovenia Centre, an **embodiment of peace and tranquillity**, unfurls its charm in the north eastern countryside of Slovenia. Spanning 11 acres, this serene sanctuary is a testament to beauty and calm. The development here is characterised by its adherence to the region's traditional architectural style, **utilising natural materials and incorporating unique, traditional Slovenian countryside housing**.

Initiated in February, the development faced its share of challenges, from uncooperative weather to teething issues with contractors. Nevertheless, the relentless spirit of our dedicated volunteers and partnerships propelled the project forward. A significant accomplishment was the construction of a picturesque small temple, strategically positioned atop a hill to command a stunning view of the





valley below. Additionally, efforts were directed at renovating parts of an old, neglected house, transforming the landscape in preparation for the late June inauguration.

The opening event was both intimate and grand, attracting attendees from across the Balkans and as far as Australia. The two-day ceremony radiated the warmth of a family reunion, marking the beginning of an ongoing transformation journey. The renovation of the traditional-style house continued, ensuring the integration of essential facilities for visitors.

The Slovenia Centre is envisioned as a **haven for deep spiritual practice**, offering an environment conducive to serious practitioners seeking minimal distractions and profound internal connection.

Looking ahead to 2024, plans are afoot to enhance visitor accommodations and event spaces. These upgrades aim to facilitate larger, more elaborate retreats, reinforcing the centre's role as a beacon of spiritual depth and communal harmony.

Serbia

The Serbia Centre, a pivotal addition to our global family, sprang to life in early 2023 following the



acquisition of the property in late October 2022. Originally a small holding rich in fruit trees and berry bushes, the land and its buildings required significant restoration. Mohanji's insight was pivotal; upon his visit, he instantly identified one of the old structures as the destined location for the Sai Baba temple.

With this cornerstone preserved, the rest of the development surged forward. Aided by the invaluable support of our core volunteer experts in architecture, engineering, and construction, the project rapidly progressed, deftly navigating the typical hurdles of construction and development.

By the time of the opening event in June, the primary structures, including a beautiful event hall suitable for various programs and smaller buildings for Lord Ganesha and Lord Dattatreya, had been completed. Notably, the centre **uniquely integrates the majority faith of the Serbian Mohanji family, Orthodox Christianity, with a dedicated space for the saints of Orthodox Christianity**, harmoniously blending spiritual traditions and honouring local belief systems.

The June inauguration was a magnificent affair, attended by a large gathering of the Mohanji family,





local dignitaries, and notably the Honourable Ambassador of India to Serbia. This event not only marked the official opening of the centre but also catalyzed further developments, enabling the establishment of a retreat space accommodating 200 people for the inaugural in-person Empowered signature program on our grounds.

This event was a milestone for the entire Mohanji family and organisation, marking a transition from relying on rented facilities to hosting major programs, retreats, and events in our own Mohanji Centre.

Post-program development persisted, with the construction of dedicated quarters for priests and the installation of additional facilities, further enhancing the centre's capacity to serve as a spiritual haven and a focal point for communal and spiritual activities.

United Kingdom - Scotland

The Scotland Centre is a **picturesque embodiment of a fairytale**, nestled within a 14-acre traditional Scottish farm. Its stone brick house, set amidst verdant lawns and a variety of trees, creates a serene retreat with only the sounds of nature



and birdsong. Complete with a pond and fertile grounds, it presents an idyllic base for our UK centre development.

After finalising the property exchange in February 2023, the team braced against Scotland's challenging weather, with temperatures dropping to -10°C, to transform old horse stables into a meditation and temple space dedicated to Shirdi Sai Baba. The harsh conditions of February and March demanded extensive clearing and logistical planning for the grand opening scheduled for June. Despite the obstacles, including persistent rain, the team's perseverance paid off, culminating in a robust temple that not only withstands the Scottish climate but also serves the nearby Aberdeen community, home to a flourishing Indian population.

The inauguration was a magnificent event, drawing attendees from across Europe and beyond. Later in the year, the centre hosted its first retreat with Mohanji, which spurred further developments, including renovating a large riding school into an events hall and overall enhancement of the facility. As the year drew to a close, efforts shifted towards the continued development of the centre. This included reaching out to local communities and planning authorities to establish permanent facilities on the site, thereby laying the groundwork for a lasting legacy of spiritual growth and community engagement in the heart of Scotland.

South Africa

Among the Mohanji spaces across the world, the South Africa centre stands out for its **unerring focus on service and feeding hungry beings**. The Centre was inaugurated in May 2022 with the first structure being a temple for Shirdi Sai Baba, Lord Ganesha and Lord Dattatreya. The temple has been maintained impeccably since inception with a dedicated team





serving the deities with great love and devotion on a daily basis, despite numerous obstacles and roadblocks along the way.

In 2023, the centre fed thousands of people regularly contributing substantially to alleviating hunger in the neighbourhood. As reported in the earlier year, **local statistics of crime have dropped sharply due to our presence and the power of selfless service** and feeding has been demonstrated amply. Several spiritual programs were also conducted through the year, including meditations and festival celebrations, adding more value to the local society.

The centre also saw collaborations with respected organisations like the Prince Buthelezi Foundation, with fruit tree plantations and an upgrade in infrastructure both happening as a result.

The local team has also worked out plans for building a community centre and hall that can not just provide a permanent space for service activities such as food donation, but also for hosting spiritual programs of Mohanji Foundation, so that the centre can fully perform its role of a space of transformation in 2024 and beyond.

United States of America

The year 2023 brought an unexpected yet remarkable triumph with **the acquisition of a new land and centre in Virginia, USA**. This development, a delightful surprise, was not part of the original plan for the year but is a testament to the team's dedication and commitment. The USA team managed to secure a property boasting excellent existing buildings, ideal for renovation and further development into a Mohanji Centre of Benevolence.

Though the centre is currently waiting for the sacred



murtis (statues) to arrive, activities were kicked off soon after acquisition. All major festivals were celebrated with great pomp and tradition, with extensive *homas* (fire ceremonies) and chanting sessions to raise the vibrations of the entire space. The crowning glory of the centre's 2023 progress was a program with Mohanji in late September 2023 that brought over 200 people to the centre within short notice!

With ongoing events at the centre, and a few full-time caretakers making their residence at the centre, the USA centre is already fostering a sense of community and spiritual belonging. 2024 promises to be a big year with the pranaprathishta ceremonies scheduled besides multiple programs in Mohanji's physical presence at the centre.

Canada

The Canada centre has been operational for years, and continued in the same momentum this year. The temple dedicated to Shirdi Sai Baba, Lord Ganesha and Lord Dattatreya attracted consistent streams of devotees through the year, with special celebrations on all important dates and milestones.



Further planning is underway on expanding the scope of the centre via a rezoning application.

India

The Mohanji Centre of Benevolence (India) is taking shape in an area close to the samadhi of Bhagwan Nityananda in Ganeshpuri. Over 2023, the master plans were drawn up and are waiting to be revised further, with the acquisition of additional land for the development of the centre.

The birthday of Mohanji in February 2024 is scheduled to be celebrated on the Ganeshpuri MCB land. Accordingly, the site has seen frenetic activity in the build up to that. A beautiful murti of Lord Datta was installed under a majestic Audumbar tree on the land. The land has been utilized for farming so that the land brims with life and energy, while also enhancing the soil quality. The methods used are entirely natural and traditional, with no use of chemicals whatsoever. A borewell has been installed to provide water for the entire site. An activity shed is also being prepared to host ongoing programs at the land, while construction planning happens in parallel.

Summary

Reflecting on the past year, it's evident that it has been a phenomenal period for our Mohanji Centres of Benevolence and Mohanji Peace Centres.

All centres are now vibrantly active, hosting regular activities, programs, and retreats. These initiatives are instrumental in aiding individuals in gaining deeper self-understanding and empowering them

to make positive contributions to their communities.

As we move into 2024, we are gearing up for another year of significant progress. With solid foundations in place, our focus will shift to the development and enhancement of each centre. Our objective is to **strike a harmonious balance between consistency across the centres and maintaining their unique identities.**

Each centre possesses its distinct character, influenced by the country, location, and style, offering a rich tapestry reflective of life's diversity.

Simultaneously, we are dedicated to ensuring a stable and consistent platform that enables people worldwide to realise their highest potential. Our goal is that wherever you go in the world, whichever centre you visit, you get what you expect in terms of hospitality and service. This endeavour necessitates aligning standards, policies, programs, and hospitality to **welcome everyone while maintaining the peace, sanctity, and safety of our spaces.**

In addition to these procedural aspects, our efforts will also concentrate on creating visitor accommodations, reception areas, cafes, and restaurants. The goal is to enhance the facilities significantly, enriching the experiences of our visitors and firmly establishing our presence and activities in each location.

If you are inspired to contribute to these legacies, we warmly welcome your involvement. Please get in touch to be a part of this exciting journey.





Sustain





Ammucare Charitable Trust

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

About Ammucare

- Ammucare was established by Mohanji in India in 2003 as non-profit organization to **uplift the helpless and needy** by providing food, shelter, clothing, medical care, education, and nurturing growth and empowerment. This platform allows like-minded people to contribute to society with their efforts, resources and donations. **It ignites selfless giving amongst all** and help volunteers attain peace, happiness and higher evolution. We aim to kindle empathy within all hearts towards all kinds of life on earth.

Ammucare's 20th Anniversary

In 2023, Ammucare celebrated its 20th year since inception. Over all these years, Ammucare's systematic and frugal approach has been **making a significant impact on society** by serving food, empowering marginalized communities, providing access to education, healthcare, shelter, empowerment and much more.

This milestone was celebrated in a grand manner in November 2023 in New Delhi. The program saw participation from Ammucare's team from all over India. Mohanji addressed the audience on that occasion and shared a heartfelt message about the vision and mission of Ammucare, as well as its journey over the years. The celebration was also an opportunity to honour and recognise the volunteers



who laid the foundation of Ammucare, especially in the early years. A special video commemorating the 20-year story was unveiled, as well as a booklet showcasing the highlights and impact created by Ammucare over the years. Several dignitaries were present during the event.

This year also notable for the fact that Ammucare received FCRA permission, i.e. permission to receive donations from abroad. A hard-earned recognition, this status now gives the organization the ability to envision larger projects and garner donations from supporters around the world to implement them.



1. ACT 4 Hunger

Ammucare's approach to donation drives is rooted in the belief that no being should experience the pain of an empty stomach while striving to alleviate hunger. Through various initiatives, Ammucare established a network of live kitchens that provide nourishing meals to both humans and animals in need. Having fed over **602,000** people, distributed **56 tons** of dry rations and **183 tons** of food for animals in India in 2023, Ammucare is undoubtedly playing a significant role in making Mohanji's vision of Adding Value to Bharat a tangible reality.





Key Events

Ayyappa Pada Seva

The Ayyappa Pada Seva was conducted with utmost devotion at Kalaketty Shiva Parvati Temple, acknowledging the arduous journey of the pilgrims to reach their beloved Lord Ayyappa. Over 10,000 Ayyappans availed this heartfelt service, providing solace and relief to those traversing the challenging path.

Pitru Paksha Seva

During Pitru Paksha, a period sacred for ancestors, seva initiatives were conducted across multiple spiritual sites in India. Annadaan, a significant aspect of the service, provided nourishment with 45,843 cooked meals distributed at 25 locations. Additionally, support was extended to 6 animal shelters, serving over 26 tons of food to animals.

Puri Rath Yatra

From the 20th of June to the 2nd of July 2023, we witnessed the divine chariot journey of Lord Jagannath, the Lord of the Universe, at Puri, India. Like in 2022, Ammucare along with Mohanji Bharat,



arranged a stall for Mahaprasad seva to support pilgrims during this auspicious period of 13 days. A community of devoted souls, generous donors, and passionate volunteers came together to serve Mahaprasad (food offered to the Lord at the main temple) and water bottles to an astounding number of approximately 48,000 devotees.

Our services extended not only to the pilgrims visiting the temple but also to service personnel, musicians, workers, and the less privileged members of our community, the police and CRPF personnel. We were honoured to have visiting sadhus grace our stall, where they too received the sanctified Mahaprasad. More than 60,000 meals were served in this seva.

Navratri Food Seva

The Navratri Food Seva at the base of Mata Vaishno Devi in Banganga was conducted over nine days, offering 200 meals daily for 9 days to both pilgrims and the needy. This initiative not only sustained the spiritual journey of devotees but also provided essential nourishment to those in need.

Spot light

Maharashtra : 207354 meals
Orissa : 51360 meals served
Shirdi : 36500 meals served
Beed : 31722 meals served

Regular Annadaan Locations (Geographical Reach)

- Jammu (Live kitchen at Mohanji ka Aangan)
- Haridwar
- Badlapur (Live kitchen at Mohanji ka Aangan)
- Ganeshpuri
- Beed
- Shirdi



- Tiruchendur
- Tiruvannamalai (Near temple and at Mohanji Home for Seniors)
- Bangalore (Live kitchen at Mohanji ka Aangan)
- Puri

A new location, Beed, was added to our list of centres where regular annadaan is offered. A dedicated **Ammucare food van** was inaugurated to serve daily hot meals to school students in rural areas of Ganeshpuri. The live kitchen was initiated in the Jammu Mohanji ka Aangan, filling the local participants with enthusiasm.

2. Act for Education

Ammucare empowers individuals by providing access to quality education by establishing learning centers, scholarships and supporting infrastructure development various school in rural areas.

I Mohanji Ka Aangan

Nine nurturing spaces across India for enabling supplementary education through informal tutoring for 550+ underprivileged children. Through these centres, Ammucare is not only providing educational opportunities but also **mentorship and essential life skills**, thereby **empowering the youth to break free from the cycle of poverty**.

Highlights

a. The Nanhi Pari Award Function, hosted by Mohanji Ka Aangan and MSDC on April 28, 2023, celebrated the outstanding achievements of our Aangan children in various fields. Awards were given for excellence in academics, sports, arts, and community service. The event, graced by Mohanji and distinguished guests, showcased the talent and dedication of the children,



emphasizing the impact of mentorship and community support on their growth. The awards symbolized not just individual accomplishments but also the collective potential for a brighter future.

- b. Collaboration with the prestigious Mount Carmel college in Bangalore.** Around 35 girls along with teachers came to distribute essential items including stationery items, water bottles, clothes etc to our children and also spent time with them by organising games and fun activities.
- c. Mega clothes distribution drive to Aangan children** and their families in Bangalore
- d. Special sessions at Aangan by Mrs. Mitali Chatterjee,** a seasoned child psychologist, counselor, and special educator. During the engaging two-hour session, Aangan children actively participated, fostering a positive atmosphere filled with laughter and joy.
- e. ACTUSA has been actively engaged in mentoring and counselling students at Mohanji Ka Aangan, Delhi,** conducting insightful sessions at least once a month.





- f. **The inauguration of the live kitchen on November 9th at Jammu**, which marked a significant milestone, ensuring that the Aangan children now receive a nutritious daily meal alongside their studies and care.
- g. **Support to the special needs and orphaned children of Gerizim school in Bangalore** by providing school uniforms to them which they were deprived of for 3 years due to scarcity of funds caused by Covid.
- h. **Christmas gifts distribution, in collaboration with Ernst & Young under 'Make a Wish' initiative.** Christmas gifts were arranged for the children of the Bangalore aangan and of an orphanage, fulfilling the wish list of many a child. This project was under the CSR program of E&Y and marked an opportunity for further collaborations in the years to come.

Mohanji ka Aangans are currently operational in the following locations:

Jammu, New Delhi, Ghaziabad, Badlapur, Michiwadi, Mohanpur, Chennai, Bengaluru North, Bengaluru South



II. *Ammucare Achievers Award (Scholarships):*

- Ammucare supports talented and deserving students who lack financial resources. **In 2023, 45 students, at school and college level, benefitted from the scholarships provided.**

3. **Act for Empowerment:**

- Ammucare's approach focuses on empowering individuals by **providing skill development** training and vocational programs enabling them **to create sustainable livelihoods.**
- *Act for Women Project at Mohanpur*
- Ammucare has been **empowering women** with sewing, embroidery and product creation skills which has not only **enabled them with a mode of earning** but also **given them a whole new identity.**

Key Highlights:

- In the spirit of enhancing their skill development, **'Sohrai'** - an indigenous tribal painting technique of Jharkhand – was recreated through embroidery on fabric by the skills centre ladies





at Mohanpur, Jharkand. This is the first time that anyone has attempted to recreate Sohrai art using embroidery as a medium. This initiative was well appreciated and featured in multiple newspapers.

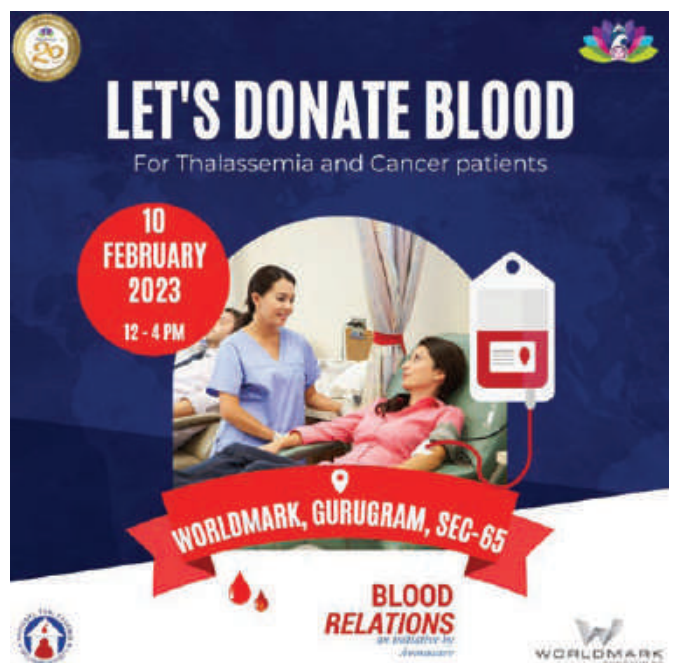
- Advanced training was imparted to **reuse fabric side cuts** for product making sensitising them the importance of minimising wastages to **protect the environment**.
- Embroidered journals as well as embroidered logo frames were created by the team of women at the Mohanpur Skill Centre to be gifted to dignitaries and volunteers during Ammucare's 20-years celebration event.



- An order of embroidered frames were created to be given as gifts to doctors from around the country attending 'ETIOG 2023' - a medical conference organised by the Obstetrics and Gynaecology Department of Army Hospital Research and Referral in New Delhi.

➤ b. Mohanji Centre for Skill Development, New Delhi

At this centre, underprivileged women are being empowered with sewing skills and beautician trainings, thus getting a **possibility of financial independence**. New product making techniques are taught as an advanced stage learning to the basic tailoring they learnt in the initial stage of their





training. A basic beautician course was revamped to enable the trainees with skills for earning their living.

4. Act for Health

The idea is to **bring positive change by providing medical assistance to underprivileged communities**. Through free blood donation drives and medical camps, Ammucare ensures that basic healthcare services reach those in need.

a. Blood donation drives

Through "ACT Blood Relations" project, Ammucare has been organizing **blood camps for thalassemia patients**, who depend on regular blood donations every 20 days for their survival.

Over the years, meaningful partnerships were forged with organizations such as Indegene, Worldmark, L&T, Airtel, Grey Orange, Bharti Care, Mantri Espana, Bhartiya City, Gera Emerald Pune, Aranca, Big Basket, and various army



units. By joining forces, 3062 units of blood were successfully collected, impacting three times as many lives through the diverse use of blood components.

Our camps have touched lives in multiple locations across the country, including Jammu, Delhi, Gurgaon, Bangalore, Pune, Kolkata, and Mumbai.

b. Sanitary Napkin distribution

Ammucare volunteers in Maharashtra have been **sensitising women in rural areas about menstrual hygiene**, which although an integral part of the female health care, is always neglected. A total of around 4200 Sanitary napkin have been distributed at 5 different locations in Maharashtra.

1. Mirchivadi
2. Aambevadi
3. Prakahangr
4. Dongerhsth
5. Talav vadi

c. Health check-up camp

This healthcare initiative was inaugurated in January 2023 with a **medical camp** in Talas chi wadi- a remote area in Maharashtra, where medical assistance was arranged for 90 people.

d. Additional support:

Ammucare provided **continuous support to children in the cancer ward of a hospital in Jammu** through contributions in the form of blankets, bedsheets, food and also medicine when required.



5. Act for Shelter

a. Mohanji Home For Seniors

Mohanji Home For Seniors remains steadfast in its mission to deliver compassionate care and support to its elderly residents. The ongoing efforts of the volunteers are focused on **providing a secure and affectionate home for elderly sadhus**, assuring them a sense of security and enabling them to lead a life of dignity. Medical check-ups were conducted regularly as well as surgeries and medical support was facilitated to individual as per requirements

Regular engagements were planned by inviting various groups to the Mohanji Home For Seniors. A group of Sathya Sai Baba devotees regularly interacted with the elders this year, coming every week to conduct bhajan sessions for the residents of the Home for Seniors.

With Mohanji's blessings, **many saints and Masters visited the facility**. Madhavi Amma, a great saint from Kollur, Mookambika, stayed at the Home for several days. Similarly, Shri Jagdishanandji also visited and sang for the residents. He then fed them with his own hands. Sampoojya Swami Govindananda also stayed at the Mohanji Home for Seniors for many months.

b. Mohanji Paropkar Kendra:

The Mohanji Paropkar Bhavan in Puri, Orissa, **serves as a loving home for 5 elderly individuals who have been disowned by their families**. This centre ensures their holistic well-being, offering essential services such as food, medical support, and a loving home environment.

6. Act for Animals

Regular food and medical support was provided continuously to various shelter homes on requests.

7. Act for Environment

a. Fruit Tree Plantation Drive

Continuing from previous years, **2865 trees** were planted in India in 2023.

b. Lake clean up drive

Ammucare has also embarked on a lake clean up drive recognising the critical condition

of escalating pollution. 25 children from the Mohanji ka Aangan in Maharashtra, along with 5 volunteers, collected waste from Teen Zadi Lake, in Mirchivadi extricating plastic refuse and other pollutants that imperil our freshwater ecosystem.

8. Act Fast Act Now

Ammucare, since its inception, has been actively involved in **disaster relief work**, providing assistance to those affected by various calamities.

In July 2023, Himachal Pradesh grappled with severe flood conditions. Ammucare sprang into action promptly, extending support to those in need, through the distribution of essential items including blankets, mattresses, and ration kits in the village of Naithan, one of the worst-hit areas. This proactive intervention aimed to provide immediate relief and comfort to the affected communities during challenging times.

Testimonials:

Sankaran Kesavan

"The transparent and silent selfless service attracted me to do seva through Ammucare. It gives me immense happiness to see even the smallest of our contributions reaching the needy and thus spreading happiness and love in this world".

Mahantesh Math

"I feel it is a great opportunity for me in this life time to be a part of Ammucare team. Every time I go out for the activities, I can fathom that invisible hand of the grace that is allowing this to happen. It fills me with gratitude and joy to be a part of the Mohanji family and I feel fulfilled and blessed".

Manaswini Pattanaik

"I was doing many social works individually but after joining Ammucare, I learnt the true meaning of selfless service and got a proper platform to do seva. Thank you Ammucare and thank you Mohanji".

Contact:

Website: ammucare.org

Email: info@ammucare.org

Facebook: facebook.com/ammucare

Instagram: instagram.com/ammucarecharitabletrust

WORDS FROM THE WISE

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“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



ACT Foundation

Walking the path of humanity with kindness and compassion

“We serve with Passion for Compassion!” is the main slogan of ACT Foundation. Through small steps with utmost commitment, leading by our own example, we embrace the world.

Today ACT Foundation teams on the ground are active in 30 countries, selflessly serving through more than 450 dedicated volunteers.

ACT Foundation's 20th Anniversary Celebration

The event that truly marked the year 2023 in ACT's world was the 20th anniversary celebration of ACT Foundation, which took place in Serbia on 4 Nov 2023. That was an evening to remember.

It started with the premiere screening of the new video about ACT Foundation's global impact, which

expanded all hearts. Mohanji spoke about the ACT journey from the onset, and then our lovely Mila and Vijay Ramanaidoo from ACT UK launched the latest ACT brochure filled with touching stories from the charity's 20-year-long repertoire of selfless service.

Devi Mohan, ACT Global President, was the next to speak. She shared several deeply touching stories from ACT's journey, highlighting the **transformational aspect of social service** and examples of how deeply interconnected all of us truly are.

The evening continued with beautiful, heartfelt stories shared by distinguished members of ACT Foundation teams from UK, South Africa, USA, and Sri Lanka, while Mohanji's father Mr. Kesavan, as well as Kishore M., President of Ammucare from India, shared their words of love for selfless service via a video.



Devi honored the distinguished guests from Novak Djokovic Foundation and Braca Karic Foundation present that evening, as well as the long-term associates from the Balkan region, such as The Women of Bar from Montenegro, Autism Society from Serbia, etc.

One of the most touching moments was the launch of the ACT Anthem video which brought waves of joy and expanded all the hearts, followed by a truly stunning, world-class musical performance by the Hearts Liberated music band.

The new ACT4Hunger App, which will surely go a long way in supporting food donations in all countries, was launched that evening by Dejan Bogatinovski from Macedonia in the presence of

Jugoslav Karic, who was also the first person to make the donation via the app.

Tesla TV covered the event and interviewed Mohanji and Devi Mohan, while Maya Media supported this event by arranging the lovely venue. Post-event PR was published in 'Ilustrovana Politika', one of the topmost publications in Serbia.

Mohanji's words on the occasion of ACT Foundation 20th Anniversary

"ACT Foundation, established in 2003, serves as **a platform for individuals to express their highest potential on Earth.** It does not belong to any particular person; it exists for the benefit of all, enabling self-expression and inner enrichment. People who have





time in abundance share time, people who have money in abundance share money, those who have love in abundance share love, those who have skills in abundance share skills. Time, wealth, love, skills - people share whatever they have in abundance. The platform harbours endless possibilities.

Today, ACT Foundation operates actively in 30 countries, impacting numerous lives.

Although we started in a single country, our outreach has expanded over the years, touching countless lives. This success is the result of collective efforts from like-minded, selfless individuals with compassionate hearts, driven by a desire to create positive change globally.

ACT Foundation operates with **complete transparency**, allowing you to witness every step of the process-from donations to project completion, and to participate directly. ACT Foundation belongs to everyone; it's yours and mine, it's for all, and that's exactly why it's spreading further and further, reaching more hearts and more people. Today, more than ever, there is a necessity for transparent organisations with minimal administrative expenses and completely based on donations, without any forced contributions.



One major reason for depression and similar challenges is the lack of social engagement, sharing, and purpose. So, when you start sharing what you have in abundance with those who do not have it, you will start feeling that life is worth it because your birth is worth it. Only when you start sharing, will you actually feel what life is worth. ACT Foundation stands for increasing awareness, creating more self-sufficiency in the world and in the people around us, enhancing societies to stabilise countries.

ACT Foundation is not just me, it's not just you, it's all of us."

Highlights of 2023:

Turkey Earthquake Relief

ACT volunteers, who had already gained experience in disaster relief during recent ACT4Ukraine initiatives, joined forces and swiftly arrived in Turkey, with one volunteer driving all the way from Serbia. They filled up our ACT Compassion van with humanitarian aid and got straight into action. On the ground, they had help from local volunteers that were more than happy to help them out in reaching out to people mainly located in remote areas outside the cities. In only 17 days, our ACT team on





the ground distributed 5,094kg of humanitarian aid, including more than 4 tonnes of food, 650 blankets, 70 heaters, stoves, wood burners, clothes, toys, and toiletries.

Morocco Earthquake Relief

ACT4Morocco team was formed right after the news about another devastating earthquake hit the news. Their aim was to reach the most remote villages in the mountains nearest to the epicentre of the earthquake.

ACT Foundation, supported by Dean Hassan of the GEO Marrakesh business school and his team, headed out to explore the possibilities of offering aid to earthquake victims.

The sights of devastation silenced them as the inflicted grief of such loss of life is incomprehensible.

"Seeing the new reality of a life in a tent just before the onset of winter snowfall inspired us to explore ways to make this winter less harsh for the mountain villagers", said an ACT team member.

Bosnia and Herzegovina

ACT Founder Mohanji and Global President Devi Mohan joined the ACT Foundation Bosnia & Herzegovina team in visiting the centre for



children with hearing and speech disabilities (including the autism spectrum) where their donation of the much-needed educational, didactic material/equipment was received with immense gratitude.

They also visited the Gerontology Centre for elderly people with a donation of fruits and vegetables that they needed the most. This is how Devi described the experience:

"Children really melted our hearts and helped us realize just how much we take our hearing for granted... At the Gerontology Centre I especially enjoyed interacting with an old man with cutest toothless smile who told me that I had a 'nice, bright aura' and loved meeting Mohanji. He said he practices meditation! This centre is in great need of medical staff and licensed doctors."

In a separate initiative, 600 children's books were delivered to the Pediatric Hospital in Bijeljina.

Colombia

ACT team reached out to indigenous Arhuaco community of Ukungueka in Sierra Nevada, Colombia. Arhuacos have maintained their traditional way of living, and they nurture a profound spiritual and harmonious connection with Mother





Earth. Donations helped them conduct a collective work of constructing a ceremonial temple on their sacred lands. Their spiritual leader, Mamo Kuncha expressed his gratitude to Mohanji and ACT.

Peru

Peru team conducted a beautiful educational workshop about the importance of dental care, including the distribution of toothbrushes and toothpastes to 450+ underprivileged children at 3 different locations at the Amantani island, Lake Titicaca.

Dr Allana and Mallku, ACT supporters from Machu Picchu, Peru, made sure this ACT donation reaches the hands of the children in need of support.

Dr Allana said: "There are more than 500 children in the Lake Titicaca area and we helped 90 children that live in extreme poverty. It is a very sad situation that they live in, but at least they are going to the school. At the end, the children started holding me and I was crying feeling them. They are so beautiful! I received a lot of hugs, and so many of them said: "Thank you, I am happy". I felt their love deeply.



Incidentally, Amantani Island means "The Island of Love."

Ecuador

Ecuador team visited "Jesucritso" Shelter in Azogues, that provides care for around 20 vulnerable children. Volunteers had so much fun with the little ones during the yoga class, after which they planted the fruit trees together. The kids were so excited about the gifts they received.

ACT Ecuador celebrated the joy of being a child with 70 kids from "San Francisco" School in the rural community of Gera. They shared happiness through stories with the help of yoga and puppets, through songs and music, with healthy fruits, and with MANY toys! The children were thrilled and their smiles made our day. With full hearts, they then visited 10 vulnerable families and people, especially older people and single mothers, to whom volunteers brought food supplies and some clothes. The team did not forget about the local dogs that enjoyed delicious dog food.

Serbia

In addition to many regular activities of food provision, clothing and hygiene items donation and fruit tree plantation drives through which ACT Serbia team made a **positive impact in the lives of over 170 families, 1100 children and countless animals**, one activity that stood out in terms of its uniqueness was a humanitarian sports tournament at a Technical school in Zeleznik. More than 110 children with teachers, volunteers and ACT volunteers happily participated and played table tennis, volleyball, basketball and football in order to raise funds for the underprivileged families in Serbia.

ACT Serbia team also organized **fun vegan dinners**



of the purpose of fundraising and fulfilled the aim of **engaging new people** into the charitable efforts, in innovating ways.

ACT Serbia, as one of the leading ACT teams in the Balkan region, continues its efforts in expanding its teams to youth and new locations across the country through a wide range of charitable initiatives and events.

Croatia

ACT Croatia has been actively engaged in various charitable endeavors, exemplifying its commitment to making a positive impact on both humans and animals.

They have also contributed to environmental sustainability through fruit planting, with a notable effort involving **133 fruit trees**.

A camp for 30 children in Glina who were victims of the earthquake in the recent past was held for the 3rd year in a row.

On 25 May 2023, more than 100 people participated in the Čakovec marathon in support of ACT's



fruit tree plantation drive. More than 100 people supported ACT's causes through their loving donation and direct participation.

The ACT Croatia team organized the 3rd **"Celebrate Life" Festival** in Pula. This year the festival got a bigger scale and more volunteers came to support the event. On the very first day of the festival, the fundraising goal was reached – they were able to provide the Insufomate space pump for the children hospital, generously donated by an elder gentleman from that area. The pediatric hospital in Pula gratefully received all the donations.

UK

In 2023, ACT UK spearheaded several international disaster relief missions in Morocco, Ukraine and Turkey, aside from providing support to UK initiatives. Demonstrating a commitment to positive impact, they played a crucial role in alleviating suffering globally. At home, the team addressed issues like homelessness, education, healthcare, and poverty, collaborating with other NGOs.

ACT UK volunteers **delivered over 1500 fresh, nutritious vegan meals weekly to homeless shelters**. Tonnes of food and toiletries reached 9 local food banks, spanning Uxbridge to Huntly in Scotland.

Outreach programs supported individuals sleeping on Central London streets, especially during freezing temperatures. Resources like sleeping bags, tents, warm clothing, toiletries, hot beverages, and snacks were provided.

Long-standing support for Brook Farm Animal Sanctuary continued, with volunteers contributing time and **1 tonne of food**. ACT UK aided the environmental conservation program at California



Country Park, positively impacting wildlife and ecosystems.

ACT UK's commitment to the FTPD included ongoing support for the MCB Scotland.

The ACT UK team has been supporting and conducting blood donation drives regularly. One remarkable individual, ACT Foundation president, Jay Jeyaseelan, has selflessly given blood an astounding 42 times over the course of 30 years. His dedication and generosity have made a significant impact on the lives of countless individuals in need.

Sri Lanka

Sri Lanka team had multiple activities including at the community kitchens and school meals programs through the year. Further work was done on the ACT4Vision initiative as well, providing several underprivileged people with the gift of sight. More details are shared in the Act 4 Sri Lanka chapter.

South Africa

In 2023, the ACT SA team remained dedicated to empowering youth. The ACT Peace project expanded its reach to more communities with vulnerable children, conducting successful larger programs in collaboration with the South African Police Department and schools.

Continued support for safety homes for abandoned babies took place in Pretoria at Rock of Hope and Joy, as well as in Durban. The rural community of Nonoti received ongoing assistance with meals, groceries, skill training, and medical support. The ACT team actively uplifted the community, providing regular **Sunday lunches to 200-400 children**, along with medical assistance, clean water, and hygiene packets. In Diepsloot, a regular soup kitchen was established



for children on Sundays, with over 100 meals cooked and served by new volunteers. Ongoing collaboration with Olivenhoutbosch Disability School included monthly grocery deliveries for children's meals. Art lessons and a new reading project were initiated by ACT volunteers. All in One Animal Rescue received regular donations of food and supplies to maintain the shelter for dogs.

Throughout the year, ACT SA volunteers provided **over 56,000 warm meals to homeless individuals**. The efforts resulted in a total of 56,980 meals served and **84,047 kg of food for people**. In Nonoti, an additional **3600 food parcels were distributed**, showcasing the impactful work carried out by the ACT SA team.

USA

In 2023, several ACT USA team members proudly celebrated the 20th anniversary of ACT Foundation in Serbia. Throughout the year, the team embodied the spirit of "**Passion for Compassion**," reflecting a commitment to Mohanji's vision of "**One World, One Family**."





ACT Global President, Devi Mohan, visited the USA, participating in activities in Texas and Arizona. Her engagements included Mohanji Day celebrations, food donations to the homeless in Dallas, and planting of fruit trees at the Texas Gaushala. In Sedona, AZ, Devi visited Verde Valley School, contributing to the Senior Grain program for horses.

A Charity Gala in Dallas raised funds for the ACT Animal Shelter and the Empowering Minds project. Mohanji inaugurated these projects on Sept 30, 2023.

Since 2021, over **2,000 fruit and nut trees** have been planted in collaboration with governments and nonprofits, ensuring long-term benefits. The 2023 Fruit Tree Plantation Drive in the USA was successful, thanks to a **generous grant from Rob and Melani Walton**.

ACT USA, with Ahimsa as a core value, focused on serving animal sanctuaries, donating 3.282 kgs of animal food to sanctuaries in four states.

Support to South America includes backing the **English Helper Program** in Lima, Peru, and ongoing assistance to indigenous communities.

ACT USA celebrated 20 years of selfless service by planting trees, serving food to shelters, and supporting global fundraisers in Ukraine, Turkey, and Sri Lanka.

In retrospect, ACT USA's achievements showcase dedication to positive impact, with a commitment to more years of meaningful service, echoing Mohanji's words, The Language of caring is sharing.

New Locations

4 new teams - Nepal, Argentina, Malta and Lebanon – were formed in 2023.



Nepal team had an amazing initiative in Amour Sewa Nepal - Children's Home, Fedikhola.

Volunteers stayed for 3 days, being with children, conducting meditations, and a quiz about Nepalese culture and geography. The winners were treated with local snacks which they shared with the other children. The kids were happy to express themselves through dance, music and yoga and show how talented they were. Together they planted fruit trees and shared moments of joy with our volunteers.

In **Lebanon**, ACT team on the ground delivered more than a ton of food and toiletries to the Palestinian refugee camp and also renovated the housing for a woman who lived in inhumane conditions.

The very first ACT Foundation activity was conducted in **Afghanistan**. Marking the 20th Anniversary of the ACT Foundation, during the first week of November 2023, **ACT Iran** donated 20 blankets to the earthquake-affected area in the city of Herat, Afghanistan.

Website: <https://actfoundation.org/>

Email: info@actfoundation.org

Facebook: facebook.com/ACTFoundationGlobal/

Instagram: instagram.com/actfoundationglobal/

WORDS FROM THE WISE

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“I first met Mohanji in Belgrade in 2021 while serving as India's Ambassador to Serbia. As my interaction with him and my knowledge of his Foundation grew, so did my respect and admiration for his Mission. I could see so many lives being touched by his kindness and so many of his followers finding their own purpose of life guided by his transformative leadership. Yet his leadership seems so participative and uncomplicated. He indeed leads by example. The Foundation's outreach has expanded exponentially both in terms of scale and geography. On this auspicious occasion of Mohanji's birthday, let us all reinforce his message of selfless service and compassion. It has been an honour for me to have known him and I feel truly blessed.”

Ambassador Sanjiv Kohli
(retired Ambassador of India to Serbia)



WORDS FROM THE WISE

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In our scripture, Bhagavad Gita, it is said that “Whenever there is a need for incarnation, God comes in some or another form.” I feel that Brahmarishi Mohanji has come to spread the message of love to the entire world. He is holding the baton of love and non-violence and spreading it throughout the world by giving initiation to everyone. Anyone who meets him for the first time gets immediately connected to his heart, his soul and his smile. He has a big mission, which is already started in more than 65 countries. In such a short time, he has gone into the hearts and souls of the people and is spreading the message of love and non-violence. And for me, in India, Mohanji Foundation is doing wonderful work culturally and spiritually, connecting together. Also, with the humanitarian activities, which he is doing through so many organizations and spreading the message of oneness. And he's been blessed by Baba and also by my guru Bhagwan Nityananda. We are connected by one guru lineage, i.e. Bhagwan Nityananda of Ganeshpuri and Kanhangad.

I feel that I'm very lucky, blessed and privileged to be associated with Mohanji. And I am also seeking some spiritual guidance from him so that we can together contribute to world peace. Because Bharat is going to become a Vishwaguru. That Vishwaguru tag only comes through perfection in ourselves first and perfection in all the humanity around us. So I feel that he's been the chosen one by the divine to take on the stars. I wish him all the best. Thank you very much.

Namaste!

Col Ashok Kini

(SM, VSM Retd), Spiritual Guide and Social Worker

Act 4 Hunger

Alleviating 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)
Afghanistan	0	360	0	360
Australia	0	175	2218	2393
Bosnia & Herzegovina	200	927	21	948
Brazil	1326	1182	27	1209
Canada	520	902	310	1212
Colombia	0	2266	0	2266
Croatia	67	1196	1674	2870
Denmark	0	0	2	2
Ecuador	3	1370	331	1701
Ethiopia	1095	0	0	0
India	602000	56000	183000	239000
Iran	622	6536	11	6547
Kenya	0	345	0	345
Macedonia	2992	265	227	492
Malaysia	640	1061	465	1526
Malta	0	160	100	260
Mexico	100	1328	71	1399
Morocco	0	2500	0	2500
Nepal	223	3429	2023	5452
Netherlands	0	164	85	249
Other	0	0	0	0
Peru	30	2502	12	2514
Philippines	2365	362	35	397
Qatar	235	181	26	207
Romania	0	1025	496	1521
Russia	4	26	154	180
Serbia	0	5302	2825	8127
Singapore	360	171	44	215
Slovenia	0	65	44	109
South Africa	19448	18744	385	19129
Spain	0	200	0	200
Sri Lanka	58437	180	0	180
Thailand	517	150	100	250
Turkey	0	4390	10	4400
UAE	520	5948	0	5948
UK	1625	3495	1199	4694
USA	4125	961	2711	3672
Uganda	480	242	0	242
Ukraine	0	32090	6	32096
Venezuela	30	2319	0	2319
Totals	697764	139189	198924	359508

ACHIEVEMENTS & ACTIVITIES IN 2023

(Jan 2023 to Dec 2023)



Meals Served :
697,764 meals (55 up% from 450,100 in 2022)



Total Rations donated:
359,508 Kg (24% up from 289,459 in 2022)



Rations donated to people:
160,584 Kg (15% up from 139,189 in 2022)



Rations fed to animals:
198,924 Kg (32% up from 150,270 in 2022)



Number of countries:
39 (18% up from 33 in 2022)



Introduction

ACT 4 Hunger (A4H) is an initiative of the **Mohanji International Foundation (MIF)** as a platform for food service activities conducted by the MIF and selected partner organizations to alleviate hunger of all beings.

The two key features of ACT 4 Hunger are

- a) **serving exclusively plant-based food** and
- b) **serving food beyond all man-made boundaries such as religion, nationality, or species.**

ASIA

ACT 4 Hunger activities occur in Afghanistan, Nepal, India, Sri Lanka, UAE, Qatar, Iran and Turkey.

India accounts for the majority of our global activity (approximately 75%), where Act 4 Hunger team is regularly feeding people in **18 locations** across the country in different states, supporting thousands of families, school children and the homeless through its community kitchens.

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. This initiative continued in 2023 and operated four community kitchens, serving the communities in need, including the disabled, the elderly, women, and children. **The community kitchens have served 23000 meals in 2023. A nutritional meal program was also established in four schools** and served more than 35000 freshly cooked nutritious vegan meals during 2023.

In Iran, ACT 4 Hunger activities continued in 7 cities (**Mashhad, Bandar Abbas, Neyshabur, Tehran, Qeshm, Ardabil, Shiraz**) across the country despite the difficulties 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.

In Nepal, ACT4Hunger volunteers have been serving food to the elderly in old people's homes (Nishaya Seva, Satprayaash, Sidhhi sevashram, Amour Seva), orphanages (Sifa, Hope rising children,) in Kathmandu and various locations in Nepal, as well as to the **underprivileged villagers of the indigenous Chepang community in the Chitwan mountains in South Nepal.** Food was also distributed to the Pukar



disability social service home.

After hearing the news of the earthquake disaster in Turkey, ACT mobilised a team who arrived only a few days after the earthquakes to provide the essential basics of shelter, hygiene products, food and clothing. The team also delivered blankets, cooking stoves, tent heaters and family food boxes. Each of the 20 kg boxes was given **hand-to-hand and heart-to-heart**, totalling a food distribution of **4400 kg**, mainly in the remote countryside villages where aid relief had been very limited.

AUSTRALIA and SOUTH EAST ASIA

ACT 4 Hunger is currently active in **Australia, Malaysia, the Philippines, Thailand 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**, hungry families are being supplied with breakfast staples and fed in and around Kuala Lumpur, Penang and Sabah. Several animal shelters in those areas are regularly being supplied with dog and cat food.



In **Singapore**, activities occurred during the 'Pitru Paksha' (service to ancestors) period and at the Thye Hwa Kwan senior care centre

In **Australia**, daily food service is provided to all animals and wildlife including kangaroos, birds and fish at the Mohanji Centre of Benevolence near Perth.

EUROPE

Currently, ACT 4 Hunger is active in **Bosnia and Herzegovina, Croatia, Denmark, Macedonia, Malta, Montenegro, Netherlands, Romania, 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 of stray animals** as well as animals in dog shelters. Activities started in some new countries including **Malta** and recently **Italy**.

Due to the ongoing conflict in Ukraine, ACT4Hunger continues to **support many displaced people** and those who are suffering as a consequence of the conflict. Volunteer teams made multiple trips to deliver food and other essential items. Almost **32 tons of dry food items were sent**, including items like rice, pulses, salt, tea, sugar and tinned food.

ACT Serbia organised a humanitarian sports tournament at a technical school in Belgrade. All of the income from this tournament is directed to the needs of parents who are in an unenviable socio-economic situation.

The UK team consistently continues to prepare and deliver food to the homeless and food banks along with elderly homes, and food hampers to schools. Sixteen UK ACT volunteers participated in the Navrat Holi programme cooking for 8 hours non-stop.



AFRICA

Act 4 Hunger has conducted activities in **Ethiopia, Kenya, South Africa, Uganda and Morocco.**

In South Africa, since the inauguration of the Mohanji Centre of Benevolence in KwaZulu-Natal, weekly seva is offered to the community in Nonoti where **the consistent food service has had a very positive impact on the community, in particular causing a big reduction in crime and antisocial behaviour.** Volunteers across South Africa continued their service with all the organisations where relationships have been built over the last few years such as the **Randburg Soup Kitchen**, the orphanages **Rock of Hope and Rock of Joy**, and **Shumbashaba.**

ACT Foundation Ethiopia provides cooked meals to the homeless in Addis Ababa and the neighbouring areas where ACT 4 Hunger volunteers serve food to the children, orphans, homeless as well as animals. In 2023, **activities were started in Kenya** with provision of dried beans, fruit juice and other foodstuffs to school children from disadvantaged communities.

In Uganda, rice, dried beans and other foodstuffs were delivered to 80 rural families, where most only get to eat once daily. The team continued to deliver

food to the hungry in the local village communities on the outskirts of Kampala City throughout the year.

An earthquake occurred in the Atlas Mountains of Morocco in September 2023 where many indigenous villages faced the complete destruction of their house. A team of ACT volunteers travelled to offer relief support. The effort is continuing through the help of new volunteers that the team gathered in Morocco itself, and who have been consistently offering support by delivering food hampers to the most remote hilltop villages in the Atlas Mountains.

NORTH and SOUTH AMERICA

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

The Canadian team is mainly working with different food banks and homeless shelters in and around Toronto. The volunteers collect and donate non-perishable food as well as freshly cooked food to the homeless, women 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 volunteers across many states. Non-perishable food and groceries were provided to homeless people, soup kitchens, homeless shelters and animal sanctuaries.

Every month in Brazil, the ACT team served food and fresh fruit to the poor neighbourhoods of Sao Paulo, and to the indigenous communities living in an abandoned bus terminal in Florianopolis, SC. The ACT team initiated four separate activities in Florianopolis specifically for the Pitru Paksha (service for the ancestors) period along with the two regular food service activities that occur every month.

Between the months of January and September, the ACT Colombia team has provided food and support to the indigenous people of Sierra Nevada de Santa Marta and have been helped in their efforts with donations from ACT USA.

Ecuador consistently serves rural communities every month delivering food, meditation, yoga, storytelling, and clothing to the most vulnerable residents of each location. In January 2023, ACT Ecuador visited the Tadeo Torres Shelter that takes care of about 30 children who suffered domestic violence. Apart providing food supplies, the ACT 4Hunger volunteers spent time with the children, offering them interactive sessions of artistic storytelling, drawing them stories that teach about self-acceptance and the importance of helping others.

In February, ACT Mexico organised 100 vegan breakfast packs for the seniors of a support centre. In November, in collaboration with ACT USA, and to celebrate ACT's 20th anniversary, they donated 75 food packages and 360 bottles of purified water to a soup kitchen.

ACT Peru's regular monthly activities are centered around the towns of Callao and Puente Pierda, where food staples, fruit, and vegetables are delivered to shelters for abandoned girls, boys and elderly. To celebrate the 20 years of ACT, in the village of

Calca in the Peruvian Andes, school supplies, toys and hygiene items were given to 30 children.

Venezuela's activities are focused around the city of Calabozo, where 24 x 9kg of dry goods and fruit are delivered on a consistent monthly basis for each family, providing sustenance and moral support to these people.

Plans for 2024

In 2024, the team is planning to consolidate their work and expand their impact further.

Having garnered valuable experience from all their projects to date, in particular ACT 4 Ukraine, Act 4 Africa and ACT 4 Sri Lanka projects, their main goal is to expand their activity and presence by 25%.

If you would like to help or support ACT4Hunger's initiatives in any way, please feel free to reach out at info@act4hunger.org. Alternatively, visit www.act4hunger.org for more information.

Contact:

Website: www.act4hunger.org

Email: info@act4hunger.org



Mohanji Homes and Annakshetras

Centres for seniors and feeding the hungry

“Feeding any being – humans, or beings in nature like birds, animals, fish gives a tremendous amount of grace to you, 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

The Mohanji Centres of Benevolence (MCBs) and the Mohanji Peace Centres (MPCs) are taking shape as centres of transformation and a practical embodiment of the highest human values of **compassion, kindness and ahimsa** (non-violence). The year 2023 saw substantial progress in the development of these centres.

A parallel objective is that of **creating spaces** that are **exclusively oriented towards serving those**

in need. The first project in this vision is the **Mohanji Home for Seniors**, in Tiruvannamalai (Tamil Nadu, India), a centre dedicated to serving the elderly unconditionally. Since its inauguration in September 2021, the centre has grown steadily and is now **home to almost 20 seniors**, providing them with a loving, caring and respectful environment.

Here is a testimonial from a grateful resident:

“For several years, I have embraced a life of seeking spiritual enlightenment in the serene town of Tiruvannamalai, having renounced my familial ties and a career as a defence personnel. The journey of a seeker demands a conducive environment that nurtures spiritual practices and offers a life of simplicity.



Discovering the Mohanji Home for Seniors has been a profound blessing on my spiritual path. This haven not only provides a tranquil setting but also aligns perfectly with the ethos of a saintly life. The atmosphere here resonates with serenity, allowing me to delve deeper into my spiritual practices and contemplation."

- Swami Narasimhan

The next milestone in this vision of service-oriented spaces is a **home for children**. Ammucare already manages several Mohanji ka Aangan shelters in India that provide **supplementary education, food and a loving space for underprivileged children**, albeit on a non-residential basis. Providing permanent homes for such children where they can stay, learn, express themselves and grow would be the natural progression for this project. Furthermore, **Mohanji's vision envisages the homes for children to also be home for women, especially those abandoned by family or society**. With the right mindset and environment, these women would not just get shelter, but also the opportunity to take care of the children in the centre, thereby actualising their innate motherly tendencies. Hence, these homes would provide completion and a self-sustaining environment for both children, especially girl children, and women.



Mohanji also has a vision to **establish annakshetras** (centres that serve food) in major power centres across the land of Bharat, such as **Varanasi, the Kumbh Mela destinations, i.e. Haridwar, Ujjain, Nashik and Prayagraj** and major pilgrimage spots including **Tiruchendur, Shirdi, Srisailem** and more. These centres would be focused on **serving food to saints, especially wandering saints** (parivraajaka), so that this ancient culture of wandering monks is supported and revived. They would also provide shelter - typically for short durations such as 2-3 days - till they continue on their path.

Initiatives are on to locate suitable places for these projects so that the year 2024 could see these homes spring to life.

Anyone interested in supporting such projects is welcome to contact us on the details mentioned in last page of this report.





ACT4Ukraine

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

The ACT4Ukraine initiative keeps offering an ongoing support to the victims of the continuing conflict in Ukraine.

"Our consistency in delivering aid and support since the onset of the conflict is our strongest point and continues to impress locals. Institutions know us as authentic and as regulars, and our connections and friendships have steadily deepened. Further, we broaden out each time too and visit new people and new places." - Selma, ACT Foundation volunteer.

In 2023, a team of volunteers went out twice to distribute food and supply other needed items, totalling over **32 tonnes of food**. The team is grateful to **Skanda Vale** for their generous donation of food towards this cause, consisting of basic staple foods, such as rice, pulses, salt, tea, sugar and tinned food.

ACT4 Ukraine consistently **offers family hamper bags to hundreds of displaced families**, including during their recurring visits to the Boyani area, that

the disaster relief teams visited 10 times within 2 years.

During the winter delivery, the ACT4Ukraine team brought a festive cheer to the people in Ukraine by distributing over 200 Christmas shoe boxes. These boxes were made with so much care by school pupils and many other caring donors. There were gift boxes for babies, young people and also adults and seniors. The recipients were truly moved to see the love that was put into the parcel boxes, and it was an absolute joy for the volunteers to hand over the gifts on behalf of those who offered them to ACT.

Through home visits, the team gets to understand the true needs of the families and plans the donations accordingly. For example, several donations of adult diapers were made, as well food blenders for carers of disabled persons, and clothing and blankets to families in need. They also LED lights to families that had to suffer in the dark due to frequent power cuts.



On each visit to Ukraine, ACT returned to the Chernivtsi Disability Center, a very impressive governmental organisation which supports families with disabled young people. The ACT team could contribute to their services by donating **15-kg hampers for all 170 families**.

ACT4Ukraine delivered consistently in bulk too, to a variety of institutions. Food donations of between 500 and 2000 kg each were delivered to general hospitals, children's hospitals and psychiatry hospitals. **The internationally famous ACT van** drove to orphanages and delivered at both women's and men's psychiatry boarding institutions.

Street dogs were also fed. During their transit through Romania, the team visited and delivered food to a dog shelter where ACT4Animals had been supporting the upgrading of their facilities.

ACT4UKRAINE has shown some core values of life:

- **Conviction that we can help**
- **Consistency by re-visiting regularly**
- **Connection to reach into the hearts**

ACT4Ukraine makes a real difference! Far beyond a food box to nurture the body, the team nurtures the values of **sharing the goodness of humanity. Sharing and caring, to exchanging smiles, holding hands and facing the hardship caused by the conflict together.**





ACT4SriLanka

Adding Value to 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 the ACT UK and Mohanji International teams and continue to this date. 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

- Continued to operate **four community kitchens** that served the communities in need, including disabled, elderly, women, and children. The community kitchens have served **23000 meals** during 2023.
- Established a school nutritional meal program and served more than **35000 freshly cooked nutritious vegan meals** during 2023. The program has been running in four different schools. This brings the total number of meals provided during 2023 to 58000.
- **The total number of meals served since the launch of the initiative stands at 78000.** This



includes both school nutritional meals and the community kitchens.

- Partnered with 3 local hospitals and fully **supported 536 cataract surgeries** in 2023, which brings the total cataract surgeries completed to 720.
- Completed a **water well project** that now serves a local community that has had no drinking water in the past.
- Supported 30 underprivileged children by providing school bags and the supplies of stationery that are required for them to continue their education.
- Provided financial support to a university student in her final year. She has now successfully completed the degree program and is looking for graduate job opportunities.

Cooking Up Change with Community Kitchens

In a world that often forgets its most vulnerable, the ACT Foundation has **launched Community Kitchens**



to address food insecurity in Sri Lanka. These kitchens are a lifeline for countless individuals and families facing hunger on a daily basis. By serving nutritious, hot meals, the foundation ensures that no one goes to bed hungry.

But ACT Foundation's impact goes beyond filling empty stomachs. It provides comfort, hope, and a sense of belonging to those who need it most. These kitchens are places where people find not just food, but also a community that cares.

Nurturing the Future with School Nutritional Meal Program

Education is the key to breaking the cycle of poverty, but **learning on an empty stomach is a challenge too many children face**. The ACT Foundation recognized this obstacle and launched **the School Nutritional Meal Program**.

By providing wholesome meals to schoolchildren, the foundation not only fuels their bodies but also nourishes their dreams. These meals are an investment in the future of Sri Lanka, ensuring that children have the energy and focus they need to excel in their studies and create better lives for themselves.





Equipping the Future with Educational Supplies

Education is the bridge to a better future, and the ACT Foundation knows it. In Sri Lanka, the team supplied school children from economically disadvantaged families with essential school supplies, ensuring that no child is left behind.

Sight to the Blind with ACT4Vision Initiative

Visual impairment can be a barrier to a fulfilling life, but ACT4Vision initiative is breaking down that barrier, one surgery at a time. Through this program, the foundation has **conducted cataract surgeries for individuals who couldn't otherwise afford them.**

These surgeries are not just medical procedures; they are life-transforming experiences. They **restore sight to those who have lived in darkness for too long**, allowing them to regain their independence and live life to the fullest.

From notebooks to pens and backpacks, these supplies are more than just materials; they are tools of empowerment. They enable children to attend school with pride and enthusiasm,

If you would like to join our mission of adding value to Sri Lanka, you can contact the team at srilanka@actfoundation.org

Website: actfoundation.org

Email: srilanka@actfoundation.org

Quenching Thirst with Water Wells

Access to clean water is a basic human right, yet it remains elusive for many in rural Sri Lanka. ACT Foundation took it upon itself to change this by **building water wells in underserved villages.**

These wells are lifelines for communities, providing clean, safe water for drinking, cooking, and sanitation. They represent hope, health, and a brighter future for those who have struggled with water scarcity for generations.

The team completed one water well project, providing water to a community of approximately 75 people, and is now working on a second water well project in another village.





ACT4Morocco

Disaster Relief support - Act Fast Act Now

An earthquake hit in the Atlas mountains of Morocco in September 2023 where many indigenous villages faced the **complete destruction of their houses and infrastructure**. Immediately, a team of ACT volunteers mobilised themselves and travelled to offer relief support in any way possible.

In most villages, the government and other NGOs had done a very good job to supply family tents and the very basic life essentials. However, by travelling around and checking directly, **the team encountered a few villages where the aid had been insufficient** and where the ACT Foundation could jump in to supply tents, blankets and mattresses.

By living amongst the earthquake victims, they realised there are numerous other ways to bring some comfort and more ease. In many places the school toilets had become the main public facilities, where the whole village would come for washing and toilet needs. ACT upgraded some of these buildings by **providing showers, repairing cracked walls and taking brushes to apply a fresh layer of paint!**

Whole villages had to use the only few available spaces for everything: cooking, laundry and even staying warm. Seeing the direct need for more communal spaces, ACT quickly purchased a large marquee, which has since served various purposes and even hosts the school currently.

In a crisis situation, every small thing holds value, be it chairs, tables, or tools. In a village where only two electricity sockets still worked, something as simple as extension leads made a big difference, relieving small-scale tension in the community over sharing sockets for mobile phone charging, avoiding larger escalation in an already emotionally charged environment.

While on the ground, the ACT team made strong connections with locals, whose support was crucial for making their work smoother. They were hosted free of charge, and were guided to the best places to purchase good quality and fair price materials. To raise funds, they did a sponsored 10 km run together with the Marrakech running club.



The joint efforts are continuing long after the ACT volunteers returned home. **With our new extended hands in Morocco, the ACT Foundation continues to offer support by delivering food hampers to the most remote hilltop villages in the Atlas mountains.** We sent craft materials for the local children and supplied a whole tent camp with electric heaters as soon as all tents had their electricity supply in place.

Together we are making a difference! Seemingly little supplies are making a big difference in comfort. Showing we care creates smiles. Working together for the same purpose gives an incredible sense of unity. These disaster events are an **opportunity to reveal that we, in truth, are one global beating heart.**





ACT4Turkey

Disaster Relief support - Act Fast Act Now

As soon as the news of the earthquake disaster in Turkey reached, ACT mobilised a team to travel over to offer on the ground support. **The ACT Compassion Van was driven over from Serbia to enable larger-scale distribution of aid items.**

As the disaster relief team arrived only a few days after the earthquakes, the aid needed was still very high. With a constant flow of donations from all over the world, they were able to purchase blankets, cooking stoves, tent heaters and family food boxes. Each of the 20 kg boxes was **shared hand-to-hand and heart-to-heart, totalling a food distribution of 4400 kg!**

They focused mostly on delivering aid to the more remote countryside villages where aid relief had been very limited. They even delivered to a small village high in the snow-covered mountains - a 12-hour round trip.

The local support received was incredible: free

hotel accommodation, meals in people's homes after long-working days and even the earthquake victims themselves would offer tea and some snacks on numerous occasions. Most days, the locals would set out the distribution itinerary to ensure the goods would get delivered to the people that needed it most.

"Every delivery created a beautiful feeling of giving, whether it was giving diapers to a baby, a blanket to an elderly man, hygienic pads to some young women or thermal layers to start a new wardrobe. It was especially the offering of wood burners that gave the biggest joy, to know each night around twenty people would huddle together around each single stove handed out, warming over a thousand people's hands and feet!" - Cathy, ACT Foundation volunteer

"Heartbreaking moments were also shared", says Selma, "holding sobbing women in our arms or standing next to a man, silently staring into a collapsed house where 'mum' still lies under the rubble only a few metres away from our feet.



It is this sharing that makes human connection glow.
In the rawness of major loss and trauma, strangers come to offer care and show the earthquake victims that they are not alone in their ordeal.

This is love without boundaries. This is ACT!"



WORDS FROM THE WISE

“

“The first time I saw Mohanji in Mumbai, I felt an instant strong, deep spiritual and emotional connect. I rationalised that it was perhaps due to the spiritual lineage we shared via Avadhoota Nityananda ji and Nandananda ji.

Then we met again in Delhi and spoke at length. I am deeply impressed by the massive spiritual and charitable work that Mohanji foundation is doing all over the world.

I am particularly interested in the Himalayan School of Traditional yoga and in spreading the knowledge of the Vedas and how they link with science.

We must return to our roots.”

Maj Gen Dr. G D Bakshi
(SM VSM Retd.)



Evolve/ Awaken/ Transform





Mohanji Foundation

Adding Value to the World

Headquartered in Switzerland, the 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 seventeen countries**, while the community is present in **over ninety countries**. We are a global community that spans all six continents, united by a simple motto - **Adding Value to the World**.

Mohanji's core teaching is simply **"Be You"** - accept, understand, recognise and express your uniqueness in the world. The Mohanji Foundation's mission is to help people on this journey through guided **meditations, practices, techniques, satsangs** (discourses), **sangha** (good company) and illuminating **discussions with Mohanji**.

HIGHLIGHTS

2023 was a turning point for the Mohanji Foundation with **physical centres becoming operational across 7 countries across the world**. For many years, activities have been conducted in temporary centres and external premises; this changed in 2023 as MCBs and MPCs began to host programs and people started flocking to these energized spaces to experience a taste of transformation from Mohanji's teachings and methods. More details on the centres and their plans are covered in the chapter on Mohanji Spaces.

Over the course of the year, Mohanji volunteers, including Mohanji Acharyas, conducted **activities in 43 countries spanning 30+ languages!** Besides in-person events at centres, **2500 online programs**, reaching over 20,000 individuals were held. **350+ Mai-Tri practitioners performed 10,000 sessions**, benefiting people by removing deep-rooted

blockages and facilitating alignment and self-healing.

Programs

Mohanji traveled to various countries and led retreats in 9 different countries across the **Americas, Europe, and India**, characterized by his transformational satsangs and presence, raising awareness in and prompting significant shifts in the participants' own spiritual journeys. He also delivered inspiring talks at various forums, universities and gatherings, inspiring people to serve the world as best as possible.

The **Empowered with Mohanji** program started in September 2021 as an online course personally delivered by Mohanji to drive profound personal transformation, eventually leading seekers to mastery over their minds, breaking free of all bindings and patterns. Empowered has now grown into a **five-part signature program of the Mohanji Foundation**, with each new course **taking participants deeper and deeper** on this intensely individual journey. The first four courses are now available online and via in-person classroom courses delivered through accredited Empowered trainers personally trained and certified by Mohanji.

The Empowered series continues to be the most popular program **bringing profound transformation** in people. Support from Empowered trainers for group discussions, contemplation and sharing experiences makes the journey engaging and interesting, even as it is intense and requires deep contemplation. The key aspects of this program include:

- **Know yourself** - recognise, understand, connect and accept yourself
- **Build your potential** - rising above your limiting



beliefs, habits and patterns

- **Maintain stability** - consciously unhook from binding attachments
- **Master your mind** - being conscious, in full control of your mind matter
- **Attain the perpetual silence** - Dive deeper, penetrating into the inner silence through detachment from the senses, emotions, intellect and ego.

"Every moment, remember who you are. You are the energy which is enlivening the personality. You have a personality, but there is something which is making this a reality – that is your soul, your source."

- Mohanji

Over the course 2023, Empowered online series (1 to 4) were held 10 times in English and Serbian





languages, each time bringing new people into the fold. The natural progression from there is to the Empowered 5 series conducted in-person and in Mohanji's physical presence.

The first Empowered 5.0 program was held in 2022 and 2023 saw it happening in person twice, in Serbia and India.

The Serbian retreat was special, as it was the first ever Empowered program to be held in one of the Mohanji Spaces- the Mohanji Peace Centre in Obrenovac.

It happened soon after the consecration and inauguration of the Centre in late June. Besides Mohanji's presence, the atmosphere of the centre and the proximity of the deities enabled the participants to plunge into their inner journey of silence over 10 days.

Approximately 200 people used this opportunity to participate both in-person and online. Mohanji introduced **new techniques that helped the participants penetrate deeper into silence.** Again in December, Empowered 5.0 with Mohanji happened in a tranquil location in Palghar near Mumbai, making it possible for people from the



Indian subcontinent and Asia to attend.

More in-person Empowered 5 series are planned in 2024 at the Mohanji Spaces, with further upgrades in the format and contents so that participants can begin to **experience the taste of true mastery over mind!**

"I have gained a lot, and I feel it is lot more than I can realize at the moment. It was quite a journey in getting to understand myself deeply and accepting myself more. I was surprised what surfaced and with Mohanji easy techniques of breathing it was possible to release a lot. So much love is in my heart."

- Anita, Serbia

*"I felt welcomed and accepted and really felt that i made some progress in dropping patterns that have been holding me back. Honestly it is such a lightness and brightness, inspired to continue carrying this forward. The other participants were also so beautiful to spend time with together. The fact that i feel this - more trusting - is a sign of progress. **This programme - so transformational.**" -*

Liz, UK





For more details on the Empowered series, please visit the website <https://mohanji.org/courses/> . or write at empowered@mohanji.org

Mai-Tri Method

“Experiences of various kinds leave their residue in the human constitution. Some of the residue causes energy blockages in the system. In a system like the Mai-Tri method, the intention of the Master comes as energy; the willpower of the receiver combined with the intention of the Master creates a situation where the release happens from the blockages.”

Mohanji

The Mai-Tri Method is a highly effective and profound **method of deep cleansing and harmonizing**. This method helps to unhook deep seated impressions and patterns from the causal layer addressing the root cause and bringing inner cleansing.

Today, **more than 350 Mai-Tri practitioners all over the world practice the Mai-Tri Method**, connecting to Mohanji's consciousness as the source, while Mohanji himself is not directly involved in the process. **At least 10,000 Mai-tri sessions - online and in-person - were performed in 2023**, with thousands of clients benefitting from them. But even more

beings, probably millions of human and animal beings have received food because of the the golden rule of Mai-Tri method: **“50% of the energy exchange amount must be used for feeding hungry beings (Annadaan).”**

After the first Mai-Tri meet in 2022, Mai-Tri practitioners came together in 2023 as well for the **Global Mai-Tri Meet** along with Mohanji to be inspired and motivated to increase their contribution in helping people in all parts of the world.

Testimonials:

“In the first Mai-Tri session, the Mai-Tri Practitioner told me that my throat chakra was blocked. Now, after four sessions of Mai-Tri, I can feel a great change. I have become expressive, more productive and more energetic. No more postponement and inertia.”

-Marjan, Iran

“Every Mai-tri session has a profound impact on me, showing an exponential increase in my energy levels and inner balance, clearing many blockages in my body, heart and mind. I feel happier and calmer with positive results in both my day-to-day interactions and my career, helping me work towards my purpose with more clarity.”

Sreshta Shetty, India



“Through Mai-Tri, I received many blessings both as a practitioner and as a client. Through my work as a physiotherapist, I meet people whose cause of pain is on a subtle level. Mai-tri is a tool by which such pain is reduced or completely eliminated. I am happy that as a channel of Mohanji’s energy, I can help others.”

Alida Kovacevic, Bosnia and Herzegovina

For more information, write to mai-tri@mohanji.org or visit mohanji.org/maitri

Priest Training Program

In the Mohanji Centers, the establishment of temples ushered in a program initiated by Mohanji to **provide traditional Vedic training for aspiring priests**. Commencing in November 2023, this program is facilitated by **qualified priests and Vedic experts hailing from Kerala**.

The comprehensive syllabus meticulously covers all facets of a priest's responsibilities, encompassing daily temple rituals from dawn to dusk, as well as the observance of special festivals and various life rituals from birth to death. Spanning 66 weeks, the syllabus is structured into two levels, with the aim of completion by the 3rd week of February 2025.



Currently, approximately **30 trainees from 9 countries** are actively participating in this training initiative. Additionally, during a designated week, the esteemed former chief priest of Shirdi, Sulakhe Maharaj, provided invaluable insights and teachings, particularly focusing on the practices associated with Shirdi Sai Baba.

New Registrations and Expansions

The Mohanji Foundation consolidated its global presence in 2023. Its headquarters are in Switzerland with the Mohanji International Foundation being the central body that connects to various registered Mohanji Foundations across countries.

Brazil marks the newest country where the Foundation's registration was pursued. As the largest country in South America, Brazil holds strategic importance and the Foundation's presence there has the potential to transform thousands of lives in that region.

The existing Mohanji Foundation organisations in Bosnia and Montenegro also went through restructuring to make them stronger bodies as well as connect them more closely to the central organisation.

The official website mohanji.org is as of now **available in many languages - Hindi, Farsi, Spanish, Italian, French, Dutch, Russian, Macedonian, Serbian, Slovenian, Bosnian and Vietnamese** boosted the Foundation's digital presence this year. The aim is to make the website **available in all major global languages** to extend the reach and transformative impact to a much larger population.

New launches

Meditations

Mohanji has offered free guided meditations online since he first delivered the Power of Purity meditation in 2007. Each year, more translations are recorded to allow newer audiences to access them. To this day, there are **eight guided meditations and three guided processes, supporting** forty-two (42) languages, from common languages (e.g. English, Hindi, Spanish, Mandarin) to relatively unknown languages such as South Sotho and Hiligaynon! In 2023, a new guided meditation called the “Doorway to Heaven” was released! It is a short meditation which focuses on harnessing one’s breath as the bridge to higher consciousness.

2023 saw as well the release of new process called the **Abundance Process**, a guided process created by Mohanji to enable individuals to break the shackles in their mind and embrace an attitude and mindset of true abundance.

Mohanji meditations and podcasts are available on the official website (www.mohanji.org), the Mohanji mobile app and popular external platforms (Insight Timer, YouTube, Spotify).

Books

The following books were published in 2023:

Mast - The Ecstatic (Danish, Italian)

The Power of Purity (Danish, German, Portuguese, Farsi, Spanish)

Miraculous Days with Mohanji (Spanish)

Home for A Refugee (English and Serbian)

Special Projects

Temple for Lord Guruvayurappan in Vrindavan

The Mohanji Foundation is working on a special project to **build a temple for Lord Krishna** (in the form of **Guruvayurappan**) in the holy land of Vrindavan (India), the land where Krishna spent several years of his childhood. The project was launched in 2022 with the first phase of land acquisition and initial ceremonies to take the blessings of the main priest. In 2023, work continued further on this grand attempt to **uplift the glory of Sanatana Dharma**.

The vision of this project goes beyond just building a temple to actually 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. The temple would also **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.

There is a much deeper significance to this particular form of Lord Krishna as the idol of Guruvayurappan (in modern day Guruvayur, Kerala) is believed to have first come on earth in the land of Vrindavan and worshiped by Krishna's parents, Vasudeva and Devaki. Hence, by re-establishing a temple for Guruvayurappan in Vrindavan, a cycle that spans multiple yugas, is actually being completed.



This has great significance in the establishment of the principles of Sanatana Dharma and for the **ensuing stability and righteousness for the modern world**.

2023 saw further progress on this project. Additional land was acquired, architectural markings were completed to precisely identify the location of the sanctum sanctorum and a detailed RFP process was undertaken to identify the architects that would be entrusted with the sacred task of building the temple.



Mohanji Foundation Presence Across The World

90+

Countries
with a
Presence

43

Countries
with
Activities

18

Registered
Countries

18 Registered countries

- | | | | | | |
|----------------|-----------|-------------|-------------|--------------|---------------|
| ● USA | ● Canada | ● Peru | ● Brasil | ● UK | ● Netherlands |
| ● Slovenia | ● Croatia | ● Serbia | ● Macedonia | ● Denmark | ● Switzerland |
| ● South Africa | ● India | ● Australia | ● Malaysia | ● Montenegro | |



8 MEDITATIONS & 3 PROCESSES

42 LANGUAGES

- English
- Spanish
- German
- French
- Italian
- Russian
- Hungarian
- Macedonian
- Serbian
- Croatian
- Romanian
- Slovenian
- Arabic
- Tagalog
- Japanese
- Vietnamese
- Hindi
- Gujarati
- Tamil
- Bangla
- Nepali
- Malayalam
- Odia
- Kannada
- Telugu
- Marathi
- Hiligaynon
- Afrikaans
- Bulgarian
- Farsi (Persian)
- Finnish
- Dutch
- Indonesian
- Thai
- South Sotho
- Mandarin
- Punjabi
- Turkish
- Ukrainian
- Danish
- Albanian
- Czech





The plan for 2024, is to initiate construction related work on the site.

Shirdi Sai Baba temple complex in Harda (India)

In late 2022, the Mohanji Foundation acquired land in central India in a town called Harda. Once the land was demarcated, Mohanji set the vision for this land to be **a compact version of the Sai Baba temple complex** in Shirdi. So the space is meant to have a Sai Baba temple, Dwarkamai, Chavadi, Lendi Baug and halls for meditation and satsangs. As in all the Mohanji Foundation spaces, annadaan (food donation) will be a key component and a separate hall for food service will be built as well.

The vision for this space is meant to spread the consciousness of Shirdi Sai Baba so that his life's message of compassion, kindness and respect for all becomes a lifestyle that is adopted by more and more people around the world.

Preliminary work on this land has commenced and the master plan for the land is currently underway. In 2024, we anticipate that we will be in a position to initiate construction on the land so that the temple



begins to take shape.

Honors and Awards

Mohanji Foundation USA received a commendation resolution from the House of Delegates, Commonwealth of Virginia, honoring Mohanji and the work done by Mohanji Foundation in the commonwealth, the USA and around the world. This honor came on the occasion of the 10th anniversary of Mohanji Foundation's establishment in the USA.

Contact:

Website: mohanji.org

Email: info@mohanji.org

Facebook: facebook.com/MohanjiOfficial

Instagram: instagram.com/MohanjiOfficial

Youtube: youtube.com/@MohanjiOfficial





World Consciousness Alliance (WCA)

Uplifting Humanity, Inspiring Benevolence, Promoting Harmony

The World Consciousness Alliance (WCA) stands as a beacon of unity, bringing together artists, entertainers, musicians, and filmmakers dedicated to elevating global consciousness through kindness, compassion, respect, and love.

Recognising the profound impact of art, music, and film on the human heart and mind, WCA harnesses these mediums to catalyze societal transformation.

In 2023, the WCA team focused on streamlining their initiatives, recognising a growing public yearning for physical interaction in the post-pandemic world. In response, the '**WCA Jam Sessions**' were introduced, initially in Macedonia and the US. These sessions offer open music events where individuals collaboratively create music with the noble aim of bettering humanity.

Concurrently, efforts were made to rejuvenate the organization with **new board members and**





volunteers. This infusion of fresh perspectives revitalized our planning for 2024, including a collaboration with the ACT Foundation for the Mohanji Day event in Frisco. Additionally, plans are underway for events at local senior homes, bringing the uplifting power of entertainment to these communities.

A pivotal development was the establishment of a **partnership with the ACT Foundation**, wherein the WCA will contribute its musical and entertainment expertise to all their events.

The WCA also reinstated its **interview series, showcasing the talents of various artists.** These interviews, beyond their informative content, are repurposed into short, engaging video clips for social media, enhancing the alliance's digital engagement and outreach.

In alignment with their humanitarian ethos, the WCA continued to **support partner charities.**

Notably, funds were raised to aid psychological care programs in Ukraine, offering solace to those affected by the ongoing conflict.

The WCA is laying a robust foundation, gearing up for expanded growth in 2024. With increasing volunteer participation, they plan to scale their impact and

reach, moving towards their goal of **harnessing the transformative power of entertainment for the betterment of humanity and the world.**

If you would like to join WCA's mission, contact via: info@wca.earth.

Please visit their social media channels: LIKE, FOLLOW and SUBSCRIBE.

Email: info@wca.earth

Website: <https://wca.earth>

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

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

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

Linkedin: <https://www.linkedin.com/company/world-consciousness-alliance>





Harmonious Harmonies: Hearts Liberated

*Spreading Love and Unity through Transformative
Melodies*

In the realm where spirituality intertwines with rhythm and melody, Hearts Liberated emerges as a beacon of enlightenment and unity.

Rooted in the teachings of the esteemed spiritual master Mohanji, this music band embarked on a transformative journey in 2023, aiming to **unite and liberate hearts across the globe through the universal language of music.**

Unveiling the Debut Album: “Hearts Liberated”

A significant milestone marked Hearts Liberated

journey in 2023 with the launch of their debut album, aptly titled **“Hearts Liberated.”** This album intricately weaves soul-stirring melodies and profound messages, serving as a resonating anthem for their mission to inspire and liberate hearts worldwide.

Melodic Reverence at Prominent Festivals

Hearts Liberated had the honor of performing in two prominent festivals, Exit and Ada Awakening Festival, where they seamlessly intertwined Mohanji’s teachings with their music. These performances served as transformative platforms,



uniting diverse audiences while communicating messages of enlightenment and unity.

“Father”: A Musical Ode to Mohanji

The band’s official music video for the song “Father,” a heartfelt tribute to Mohanji himself, encapsulates the essence of their musical journey. This video, available on their YouTube channel (www.youtube.com/@heartsliberated), invites viewers into the realm of love and liberation that Hearts Liberated passionately advocates.



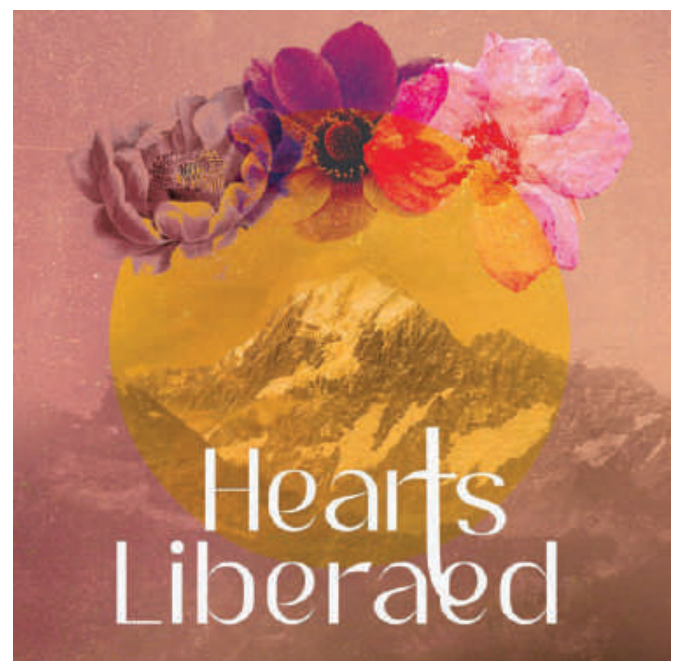
Gratitude and Dedication

Expressing heartfelt gratitude, Hearts Liberated acknowledges Mohanji and the Mohanji Foundation for their unwavering support and boundless inspiration throughout their musical voyage. It’s this guidance that fuels their dedication to disseminating messages of enlightenment and unity.

A Future of Upliftment and Unity

As the curtains draw on 2023, Hearts Liberated stands firm in their commitment to uplifting individuals and unifying souls worldwide. With eager anticipation, the band looks forward to continuing their mission of touching hearts and uniting people on the path of liberation in the years ahead.

For those eager for updates and to immerse themselves in the transformative melodies of Hearts Liberated, the band encourages a visit to their official YouTube channel and website.



Scan the code to watch our first music video for the song father!



FATHER lyrics

I was waiting for so long
To get out of the dark night of my soul
Gave up on myself long time ago
Wondering what am I here for

Then I heard your voice
Clearly telling me,
You're ready, I am here
Always remember
Faith is the key
You must believe, in yourself

Father, Father, Father
You saved me
Father, Father, Father
You saved me

You took my sadness, anger and pain
Pulling me out of mind's vicious game
You gave me purpose, showing me the way
Unconditionally loving me for what I am

Father, you gave to me
A home and family,
I feel safe, I feel free
I always remember,
Faith is the key
Now I do believe, in myself

Father, Father, Father
You saved me
Father, Father, Father
You saved me

Connection Conviction Consistency
This is your holy trinity
To the garden of eternity
Surrender, detach, jump and dare
The rest is mine, I'll take care
I am with you

Cuz' I'll never ever let your hand
Be brave, be bold, yes you can
I am with you
There's nothing more to know to learn
Forget the illusions, let them burn
I am with you

Now I hear your voice,
Clearly telling me,
You're ready,
You are free
Always remember faith is the key
You must believe, in yourself

Father, Father, Father
You saved me
Father, Father, Father
You saved me

Youtube: youtube.com/channel/UC8KLsh9uJMdf6q1tQTcOqA

Facebook: facebook.com/heartsliberated

Instagram: instagram.com/heartsliberated/



WORDS FROM THE WISE

“

“Mohanji is a great spiritual leader who emphasizes purity, faith, unconditional love, and selfless service towards fellow beings of all species. His legacy will surely leave an infinite mark in this finite world.

Mohanji's desire to network businessmen with high moral practices is evident in his teachings and the foundation's activities. By promoting compassion, non-violence, and selfless service, Mohanji and the Mohanji Foundation are contributing to humanity and human suffering in various ways. Their efforts to raise awareness, nurture universal values, and provide support to the needy are making a positive impact on the world.”

Ali Tezolmez

Honorary Council of Vietnam to Turkey



Preserve





Himalayan Academy of Traditions

Preserving & Nurturing Ancient Culture & Heritage

Mohanji envisioned and founded the Himalayan Academy of Traditions (HAT) to preserve, revitalise and champion the traditional knowledge, sciences, arts and values of Bharat (ancient India) and disseminate this timeless wisdom that withstood the test of time to bring alignment and heightened awareness across the world.

The HAT is focusing on **instilling traditional values, nurturing self-worth** in the fast-paced world, and **adding value through teachings that promote awareness and acceptance**. The Academy has established various schools dedicated to yoga, dance, music, Sanskrit, martial arts, and more, driven by experienced professionals who conduct the training and teaching modules globally, in-person and online.

"The Himalayan Academy of Traditions aspires to emerge as a worldwide institution committed to imparting profound education, enlightenment, and a source of genuine inspiration. The mission is to safeguard and share the eternal truths and cherished traditional values of a bygone era, encouraging individuals to embrace authenticity and embark on a personal journey towards self-discovery. In the spirit of 'Be You,' it will advocate a conscious and unwavering commitment to one's true self,

empowering generations to unearth profound truths from within."

- Mohanji

Highlights:

The global headquarters of the Himalayan Academy of Traditions (HAT) are being planned at Shirdi, India, to house the various schools. Within the umbrella of the Himalayan Academy and its diverse schools, each division serves as a vanguard in **propagating a spectrum of teachings and conduct programmes**, including the venerable Sanskrit, the transformative art of yoga, the soul-stirring melodies of Indian traditional music, the expressive language of Dance, the discipline of Martial Arts, and holistic rejuvenation through therapies. With a mission to bring the value of Bharat to the wide world, HAT is committed to delivering these teachings that assure a transformative and enriching experience for all who embark on this journey.

The blueprint and project plan for the same is in progress, and it is envisioned to be live by 2025.

Contact:

info@himalayanschool.com

www.himalayanschool.com



Himalayan School of Traditional Yoga

Making traditional yoga teachings accessible to all of mankind, beyond boundaries of country, religion, gender, class and wealth.

Rooted in the timeless teachings of Maharishi Patanjali, the great sage of yore who codified the Yoga Sutras, traditional yoga embodies the essence of yoga in its original form.

HSTY's training methods and lessons remain unwaveringly loyal to these ancient teachings, with no change in form or presentation, preserving their authenticity and wisdom throughout the ages. The school's mission is to **make yoga accessible to all**, beyond barriers of country, religion, gender, class and wealth.

Simple yet profound, people can easily adopt these practices in their daily lives and 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. The Academy aspires to

build a community of traditional yoga teachers and practitioners to promote greater self-awareness and well-being.

Highlights

➤ **Yoga Teacher's Training Program**

A 200-hour Yoga Alliance certified teacher's training program was conducted first online for four weeks and then two weeks in person in Bangalore, India, with participants from India, Europe, and America.

➤ **9th International Yoga Day (June 2023)**

Various yoga programs were conducted in Europe, India, South Africa, and the USA for diverse age groups, including children, senior citizens, and corporates, celebrating with the Indian Armed Forces and in Mohanji Centres, schools and even a luxury cruise-liner.



➤ **Ayur Dehi Wellness Series**

One-day workshops were held on healthy eyes, neck and shoulders, back pain, and blood pressure in English and Serbian from April to October.

➤ **Celebrate Life Festival**

A three-day event in Pula, Croatia, showcasing our involvement and commitment.

➤ **Summer Camp in the Balkans**

Collaborated with EBC kids to provide a joyful yoga experience for children.

from our senior faculty.

- One-on-one therapy classes on therapeutic yoga for individuals with specific needs.
- Yoga Sutras Study circle with three sessions a month to dive into their profound knowledge.
- Launch the booklet 'Light Yogic Exercises' to bring simple, effective and practical yoga to the masses.
- Broader worldwide participation in International Yoga Day celebrations
- Create a community of three hundred certified yoga teachers
- Work with state governments to introduce yoga training in schools/colleges

Plan for 2024

- Conduct diverse one to seven-day workshops throughout the year
- 'Yoga Outreach: Train the Trainer' program to train volunteers and our Mohanji Youth Club and Early Birds Club members in different regions on basic yoga to conduct programs in schools, colleges, and corporates, with support

Contact:

Website: www.himalayanschool.com

Email: info@himalayanschool.com

Facebook: facebook.com/HSTY.yoga

Instagram: instagram.com/hstyoga/

Testimonials:

*HSTY is **the best yoga method** for me. It works deeply on a mental, spiritual and physical level.*

All chanting, concentration and asanas give me the balance that I need to have a better life. My body and soul never felt better. The best yoga poses to build balance and improve concentration.

- Nooshin, Canada





Himalayan School of Traditional Dance (HSTD)

Awareness, alignment and devotion through the traditional dance forms of Bharat.

HSTD provides a global platform for traditional Indian dance forms, allowing people to connect to themselves through dance, experience joy while appreciating the nuances and aesthetics of classical art forms, and simultaneously progress towards inner transformation. The primary goal of the school is to spread harmony, connect people to the spiritual essence of the art forms and enable them to experience the joy of liberated existence.

“Spread harmony by uniting the aspects of Bharat-bhaav (devotion), raga (melody) and taal (rhythm)-the synchronised movements of classical dance forms of Bharat to every corner of the earth.”

– Mohanji



Highlights

2023 was another remarkable year for using dance to touch lives and make a difference in the world. After almost four years since the launch of the branch, it continues to mark its presence around the globe with unique content, teaching methods and tailored programs that cater to a wide range of students – from novices to experts.

This year, HSTD students unleashed their creativity and passion for dance by raising awareness through themed dance performances showcasing the rich artistic heritage and the glorious spiritual significance of ancient Bharat’s traditional festivals, powerful pilgrimage centres, Avatars, Masters and deities, etc., as well as important global events such as International Yoga Day, World Gratitude Day, to mention a few. This has helped grow their social media presence significantly.

- **Stage Performances:** Starting with a special performance in Puri on Mohanji’s birthday, the dance students demonstrated creativity and deep passion for dance with twenty-five highly appreciated and well-attended performances (12 in Europe, 9 in the USA, 4 in India and 1 in Australia), platform’s global mission to **spread love through dance**.
- **Training:** The student base continued to expand with participants from the United States,



Canada, Serbia, Spain, Croatia, Denmark, India, Qatar and Australia. The school launched two batches of their foundation courses, organised two special sessions for senior students and conducted a three-month workshop specifically designed for children.

- **Divine Explorations:** They explored nineteen ancient and spiritually powerful locations and conveyed their significance through dance for our global community and enthusiasts of dance and Indology.
- **Online Presence:** Their social media presence has substantially grown across platforms, through especially crafted themed posts around various festivals showcasing the vibrant heritage of Bharat. Notably, the blog '**Temple and Dance**' series, which provides insights into the rich cultural and spiritual significance of sacred places through dance, was highly appreciated.
- **Media:** Insightful interviews with global magazines, such as Canvas Rebel, Voyage Dallas, and Bold Journey magazines.

Contact:

Website: <https://himalayanschool.com/dance/>

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

Facebook: <https://www.facebook.com/HSTD.dance>

Youtube: <https://www.youtube.com/HimalayanSchoolofTraditionalDance/>

Others: <https://himalayanschooloftraditionaldance.wordpress.com/>

<https://hstddancediaries.wordpress.com/>



Himalayan School of Traditional Music (HSTM)

Connecting people and adding values in daily lives beyond any barriers through sound expressions.

HSTM aspires to use the power of music to unite people and nurture creative expression through training in various traditional music forms such as Carnatic and Hindustani, traditional instruments such as veena, tabla, mridangam, sitar, harmonium, flute, tanpura etc.

The school also aims to **spread ancient Bharat's scriptural treasures and create a profound impact through the resonance of sacred music** through music albums in various languages under our Purana Parampara initiative.

"Music holds the unimaginable power to bring minds together in different ways."

- Mohanji



Highlights

Under the **Purana Parampara initiative**, the **Jnanappana**, a devotional, philosophical poem by 16th-century Malayalam poet Poonthanam, was brought.

This scripture is known to **spreading the power of devotion** and help human minds understand the essence of life through the simple language of music. The poem is expressed in a simple language understandable



Himalayan School of Traditional Martial Arts and Therapy (HSTMAT)

A traditional psycho-physiological martial art form with a legacy of 5000+ years

HSTMAT's mission is to preserve and propagate *kalaripayattu*, a traditional psycho-physiological martial art form of Kerala with a legacy of 5000+ years.

to even ordinary people and considered **the equivalent of Bhagavad Gita**, the towering scripture of Lord Krishna's sage wisdom to the world.

In 2023, Jnanappana music albums were released in Kannada, Telugu and Marathi.

Plan for 2024

- Bring out Jnanappana in Odia, Hindi, Bengali, Gujarati and English
- Various training programs on music and musical instruments
- Offer training by HSTM teams and centres in multiple locations.

Contact:

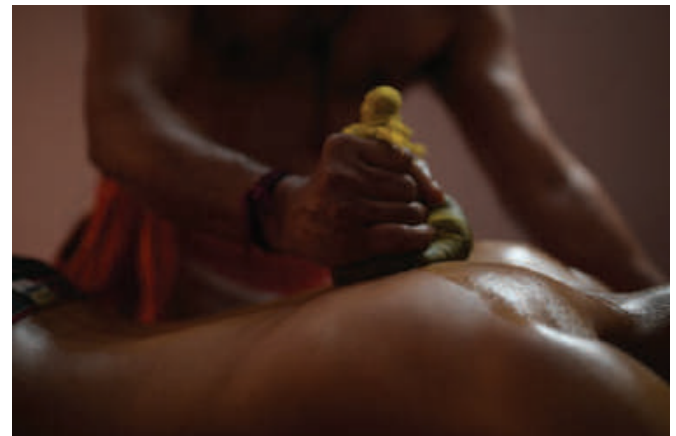
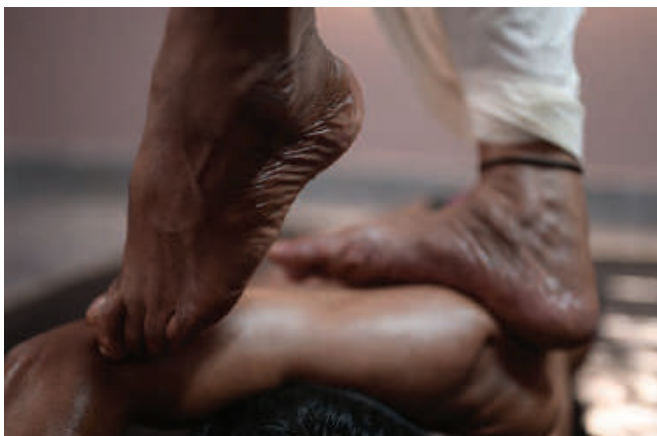
Facebook: <https://www.facebook.com/HSTM.music>

Originating independently from the legendary Parashurama and Sage Agastya, who sourced it from Lord Shiva, kalaripayattu is considered **the oldest form of physical training in human history**. Deeply rooted in Ayurvedic texts and Vishnu Purana, it **combines the dynamic skills of attack and defence with the secret knowledge of the *marmas*** (energy meridians).

Marma chikitsa (treatment), a healing system aligned with *kalaripayattu*, focuses on musculoskeletal and neurological health, making the Himalayan School of Martial Arts Therapies (HSTMAT) a unique endeavour to **enhance life and health through traditional natural therapies**.

"At the Himalayan School of Traditional Martial Arts and Therapies, ***kalari marma therapy* is more than just a treatment; it's an alignment of the human body**. Our approach transcends ordinary therapies; there is no manipulation, only pure and traditional *marma chikitsa*."

- Mohanji





"It is very unique, and it is very effective. I took 7 days treatment and found it to be **really amazing**. It was definitely **very effective** and helped me go through my daily routines with much more ease and flexibility. Try his place once, if you have any serious ailments like slip disc or back pains, muscle ailments, these are likely to be sorted out by these people. I wish them all the best. They are very service oriented and they are very kind at the same time. It doesn't run like a business. Honestly, that was my experience. So that is very rare in today's world."

- Nitin, India

Highlights

The first HSTMAT centre is operational in Bengaluru, with female and male therapists managed by an expert Gurukkal who consults with every patient. Patients from India and overseas have experienced the transformative power of our *marma* therapies, achieving full recovery from various chronic, deep-seated and debilitating health conditions.

Plans for 2024

- Expand HSTMAT centres in major cities in India and globally.
- Initiate training of *kalaripayattu* in at least one centre

Testimonials:

"Thank you HSTMAT for having me treated with Sarandev with magic in his skills & technique. Felt alive. Thanks once again."

- Vinay Kumar, India

Contact:

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

Email: hstmat@himalayanschool.com

Himalayan School of Traditional Language

Introducing the world to the ancient science that was written in Sanskrit

Established in 2020, the HSTL is dedicated to reinvigorating and disseminating Sanskrit globally through systematic classes, awareness programs, and engaging activities.

The school's mission extends beyond linguistic education to foster appreciation for Bharat's ancient culture and heritage. By making Sanskrit accessible and 'cool', **HSTL aspires to inspire people to explore Sanskrit** not only as a literary pursuit but also as a **profound scientific discipline**. They want

to integrate Sanskrit and an understanding of the scriptures into daily life, fostering mental peace and alignment.

With a goal to teach Sanskrit to individuals, communities and corporates through a structured tiered training with four levels - Manisa, Medha, Prajna, and Pratibha, the school ultimately endeavors to help one



"Sanskrit, the heartbeat of profound belief, echoes human refinement and rhythm. As the timeless mother of languages, it stands as an indestructible, ever-flowing energy—a testament to eternal truth and the grand tradition it embodies."

- Mohanji

Highlights 2023

- Online livestream training to chant the sacred Sri Rudram chant and experience its benefits
- Online programs on several topics from spiritual Masters, devotional singing/chanting, spiritual topics, etc.
- Conducted Sanskrit day programs like acts, skits, Storytelling chanting etc by Children.
- Conducted sessions on Stotras-Balamukundashtakam

- Conducted Complete Bhagavad Gita Discourse (Hindi) in our YouTube Channel
- Conducted sessions on Saundarya Lahari Discourses YouTube Channel
<https://www.facebook.com/himalayanschooloftraditionallanguage>

Plans for 2024

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

Contact

Email: sanskrit@himalayanschool.com

Facebook:

[facebook.com/himalayanschooloftraditionallanguage](https://www.facebook.com/himalayanschooloftraditionallanguage)



Practical spirituality is the essence of the Vedic Kids programs. Not limited to Hindus, Indians or people of Indian origin, they currently have six batches with enthusiastic participants from the Americas, Europe, Asia Pacific, Africa and India, regularly attending weekly sessions for three tiers of learning: Basic, Intermediate and Advanced.

“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

Spreading the ancient Vedic knowledge of Sanatana Dharma among children and young adults

Vedic Kids an online global platform dedicated to spreading 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 themselves into influential individuals in society.



Highlights

Children between the ages of five and seventeen are admitted to **weekly classes held online on the weekends.**

The current batches of Vedic Kids include:

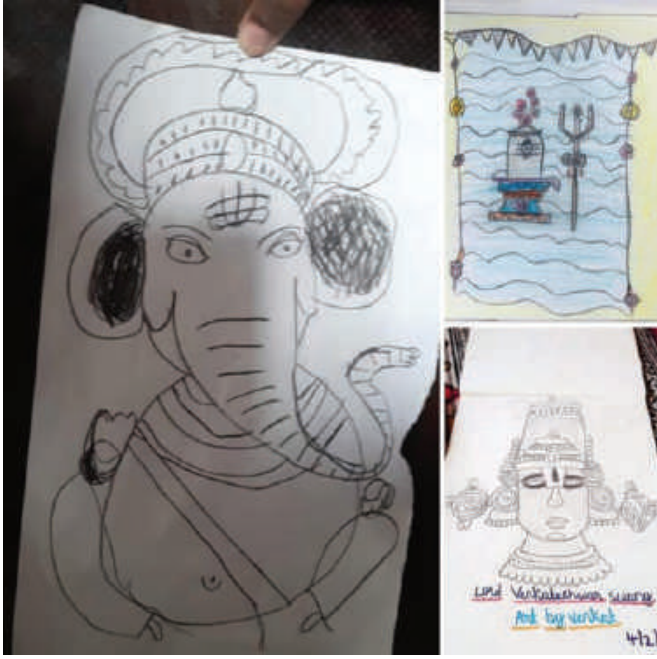
- Gargi - 1st level
- Markandeya - 1st Level
- Dhruva - 1st Level
- Maithreyi - 1st Level
- Nachiketha - 1st Level
- Ekalavya - 1st Level

Each class consists of three segments:

- Prajnana (Vedic Chanting) – Teaching Slokas/ Stutis/ Mantras
- Praharshana (Vedic Knowledge)- Stories, Activities, Singing divine songs
- Prabodhana (Vedic Activities) - Yoga, Meditation

Regular practice of the class material throughout the week is encouraged. The participants share their practice audio/videos in their online groups, which are peer- and instructor-reviewed, and feedback/ rectifications are 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 out and shared by the participants



every week to encourage themselves and others. The calendar is highlighted with important events and festivals.

During the year 2023, Vedic Kids also had the opportunity to **perform in programs conducted at Shirdi Sai Baba temple in Palakkad** (Kerala) as well as **contribute to the birthday celebrations of Mohanji**. The children also celebrated all festivals of Sanatana Dharma, including **Mahashivaratri, Ganesha Chaturthi, Krishna Janmashtami, Navaratri, Gurupoornima** with great gusto and enthusiasm.

Research suggests a **strong correlation between learning Sanskrit and the development and maturation of a child's brain**. Improved critical thought, language comprehension, verbal memory retention skills, and decision-making have all been linked to the process of gaining a better command of the language. It has also been suggested that **learning Sanskrit, particularly at a young age, improves a child's reading comprehension and speed**.

Hence, Vedic Kids launched a five-day online Sanskrit-speaking workshop, after which children were able to already converse in basic Sanskrit!

Testimonials

"We are fortunate to join Vedic Kids. My daughter joined Vedic Kids after Covid. The way of teaching is very good. Importance of festivals, how they have to be celebrated are also taught. Moral Values are also discussed in class. I see the change in kids from 2020 to 2022. Thank you"

Surya, India (parent)

"Vedic Kids has been a kind of turning point for my daughter in the last 7-8 months. As parents we are able to teach only little slokas or little importance of festivals. But Vedic kids has given an official look into it. I feel really proud when she is reciting shlokas. She is slowly overcoming nervousness, compared to before. I thank Mohanji and all the Gurus for making us one more step closer to Sanathana Dharma. Thank you so much."

Smt. Lavanya Vaddaadi (parent)

Plans for 2024

- Vedic Kids curriculum books and training for teachers
- Offline classes in many locations worldwide
- Bring in renowned scholars, practitioners and adepts to interact through our platform.
- Publications of story books based on ancient Indian scriptures and a book on Sanatana dharma.

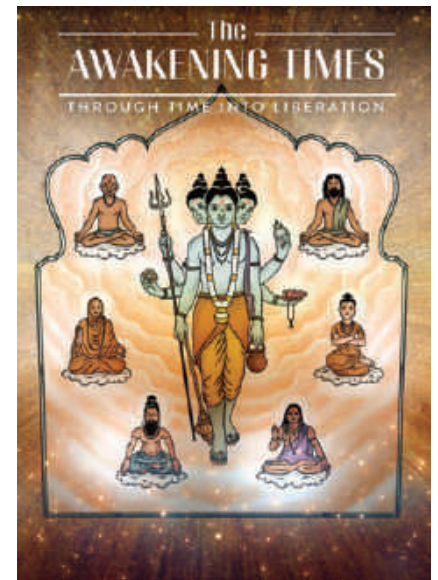
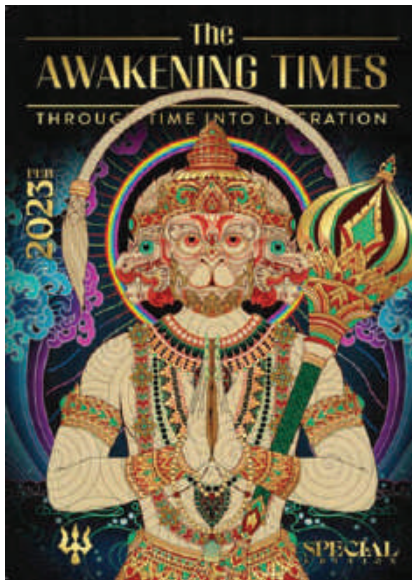
Contact:

Email: Vedickids@himalayanschool.com.

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

YouTube: <https://www.youtube.com/@vedickids2278>

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The Awakening Times

Exploring the universal and timeless quest for life purpose, meaning, and fulfillment

Introduction

TAT is a pioneering global hub for spiritual enlightenment, reaching readers across 130 countries and demonstrating its content's international appeal.

The Awakening Times team is committed to bringing 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.**

The magazine explores and presents the subtleties of existence through the experiences of numerous spiritual explorers, Masters, and experiential spiritualists.

The TAT monthly issue is **the perfect companion for spiritual awakening**, covering esoteric and spiritual history, philosophy, metaphysics, holistic health and lifestyle.

Their online platform has carefully curated content **to guide those seeking the highest truth in the here and now.**

Highlights

• Stories and Special Projects:

TAT team crafted and disseminated uplifting online monthly issues in the previous year. In February, a special edition commemorated Mohanji's birthday– an anthology of inspiring spiritual testimonies and narratives. Additionally, they collaborated with ACT Croatia in May for an issue in Croatian.

• Making Friends - Partnerships and New Encounters:

Their advertisements are included by Viha Connection magazine in their digital and print platforms, they also participated in the Humankind First, the official pre-event and workshop for the 2023 Parliament of World Religions, and were featured at the Mystic Fair in Croatia alongside the Mohanji Croatia Association.

• Exclusive Interviews and Spiritual Insights:

The editorial and creative team of the magazine engaged in enlightening conversations with over fifty remarkable individuals across all walks of life – high achievers, philanthropists, healing practitioners, filmmakers, musicians and artists of repute, as well as powerful spiritual Masters.



Contact Information:



Website: awakeningtimes.com/

Email: awakening.times.magazine@gmail.com

Facebook: [facebook.com/](https://facebook.com/theawakeningtimesmagazine/)

theawakeningtimesmagazine/

Instagram: instagram.com/the.awakening.times.magazine/

Plans for 2024

New Year, New Adventures:

As TAT is entering in their tenth year of existence in 2024, they are planning to launch the TAT Sat (Spiritual) Academy, an exciting 24 ART project, and a series of surprises throughout the year.





Gurulight

Yoga and meditation retreats, spiritual and wellness products, inspiring books and literature.



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. Gurulight is **offering an eclectic mix of fragrances, yoga and wellness products, spiritual assortments, and handicrafts** made by local artisans carefully curated from various countries. The programs division organises **yoga, meditation retreats, and regular tours exploring Bharat's rich, diverse heritage.**

Greenwood

- ✧ Home For a Refugee - Devi Mohan
- ✧ JagaMohana - Subhasree Thottungal
- ✧ In Silence With Mohanji - Linda Abrol
- ✧ Past Life Regression Therapy - P Uma Devi
- ✧ As I Knew Him – Mina Obradovic
- ✧ Baba – Rajesh Kamath
- Expanded the 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)

Highlights

Publications and Products

➤ New Book Launches

- ✧ The Ultimate Gamble - Christopher

➤ Translations

- Mast - The Ecstatic (Dutch, Spanish)
- The Silence of Shiva (Dutch, Spanish, Malayalam)
- Miraculous Days with Mohanji (Dutch)



- The Power of Purity (Dutch, Hindi, Marathi, Kannada)
- Kailash with Mohanji - The Inner Kora (Kannada)
- Shubharatri Chintakal (Malayalam)

Programs

➤ **Kailash with Mohanji:** After a hiatus of 3 years, the much awaited Kailash with Mohanji program was organised in 2023. A group of sincere seekers from around the world congregated in Kathmandu to embark on this journey of a lifetime. After a few days in Mohanji's powerful presence and with his loving guidance on the right approach to a Kailash yatra, the group

then proceeded to Kailash Mansarovar. With divine grace supporting them, the entire group had a blessed experience and almost everyone completed the parikrama of Mount Kailash.

➤ **Mahashivratri:** A special 12-hour homa (sacred fire ceremony) was organized for abundance, grace, love, blessings and well-being. It was performed under Mohanji's guidance by a Mohanji Acharya on the auspicious occasion of Mahashivaratri (1st March 2022), a day dedicated to Lord Shiva.

➤ **Divine Trails of Puri:** The first even pilgrimage-plus-retreat was organized in the sacred town





of Puri, home of Lord Jagannath. The program was special as it overlapped with celebrations of Mohanji's birthday in this holy land. A large group of international pilgrims spent a week

in Puri, taking in the sights of the various temples and the rich heritage of the land. Puri is also special for being home to several exalted spiritual masters such as Sri Yukteshwar Giri,





Totapuri Maharaj, Chaitanya Mahaprabhu and more. Gurulight curated a program that allowed participants to absorb the feel of all these places alongwith an exclusive retreat with Mohanji.

- **Divine Trails of Varanasi:** Continuing on the series of Divine Trails, Gurulight arranged a special trip to the ancient city of Varanasi, a city synonymous with the holy river Ganga and famous for the destination of all seekers of liberation. Over four days, the group was able to experience the various flavours of the city, including temples, samadhis of Masters, a special cruise on the river Ganga as well as food trail!
- **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:** Special homas were organized during Navratri (April and October), nine days dedicated to the Divine Mother's worship, at Mohanji's Bangalore ashram.
- **Divine Trails of 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.

Contact:

Email: contact@gurulight.com

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Facebook: facebook.com/GuruLightWorld

Instagram: Instagram.com/GuruLightWorld/

YouTube: youtube.com/channel/UCcEF1UEcuf-xxHmlV7B80Q



WORDS FROM THE WISE

“

“Mohanji Foundation and all its allied platforms have come up and are growing, not only adding value to the society worldwide but also raising the collective consciousness of all who are being associated with each one of them directly or indirectly.

I believe this is the beginning of a true spiritual revolution under the direct guidance of Mohanji which is the dire need of the hour considering so much decay in the society on all fronts in this Kali Yuga. Mohanji's teachings of creating Masters and not mere disciples is so evident not only from all the Empowered programmes held till now, which have changed the total genetic structure of individuals attending them, including me!

Ever since I met him a decade back, Mohanji has transformed me in various ways. Today, adding value to the society, in line with Mohanji's vision, has become the primary goal in my life. To walk on the path of Dharma and Karma are the pillars of my learning from Mohanji.

I only see growth and big transformations with the numerous activities around the globe, making this world a better place to live in with values based purely on Sanatan Dharma. From my part, I urge all like-minded individuals to come together to support Mohanji's global mission to make Earth a better place for coming generations to live in.”

Dr Harpreet Wasir

Senior Cardiac Surgeon (New Delhi, India)



Empower





Early Birds Club (EBC)



Waking up early to create stable and positive people

Mohanji formed the Early Birds club as a global platform where individuals from all walks of life wake up early and inspire each other to utilise 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**. Enhance interaction, engagement and value within their global platform, they enable participants to **strengthen their sense of purpose**.

EBC 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 to improve physical wellness, meditation and deep breathing exercises to alleviate stress, journaling feelings to improve mental health, and daily planning, to-do lists, work prioritisation and purpose to foster discipline

Branches such as the Book Reading Club, the Conscious Living Club, and the Fitness Club, which have their own activities, discussions, and events were spontaneously created, and engage, inspire and transform members to sharpen their skills and remain positive, purposeful and efficient.

"EBC delivers people of the world to the world"

- Mohanji



Highlights

- **EBC Popular Talk Show** Interviewed great personalities across the spectrum
 - ✧ A natural cosmetics brand owner educating on toxins in cosmetics
 - ✧ Mental health from a doctorate from the California Institute of Human Science, previously interviewed by Deepak Chopra.
 - ✧ A bicycle-travelling nomad on the road for thirteen years
 - ✧ Author, researcher, founder and head of the Institute of Sustainable Fashion
 - ✧ A certified nurse-midwife and birth assistant, an expert in natural homebirth
 - ✧ Professional engaged in training dogs and homoeopathy for dogs
 - ✧ An accredited counselor for proper nutrition and supplementation
 - ✧ A doctor, author and body-oriented trauma therapist
 - ✧ A writer and mentor
 - ✧ A permaculture designer, consultant and researcher
 - ✧ A promoter of mental health and an innovative expert on mindfulness and mindful self-compassion programs
- ✧ A hypnotherapist, life coach, and Instagram influencer
- **The Book Club**
 - ✧ Engaged participation in reading books like Mast and The Book of Mirad, among others.
- **Daily Dose of Positivity**
 - ✧ EBC daily practice of sharing motivational quotes continues to receive positive responses, as they periodically continue to share the morning routine and Mohanji's podcasts.
- **Programs**
 - ✧ Weekend Wellness Program saw diverse activities with sessions on Conscious Gapless Breathing, pranayama basics, Yogilates and yoga.
 - ✧ The end-of-year 28-day productivity challenge, centred around the book, 'Eat That Frog' focusing on productivity and goal-setting.
 - ✧ The EBC Balkans team organised workshops on aromatherapy, mental health and homoeopathy. They also organised a free four-day conversational English course for children and employees from the Institute for the Education of Children and Youth in Belgrade.
 - ✧ EBC Americas introduced
 - ★ The weekend Morning Positivity Routine featuring yogic exercises, mantra chanting, positive affirmations, and meditation that set a positive tone for participants, influencing their entire day.





Plan for 2024

EBC eagerly looks forward to more exciting opportunities to connect with a broader audience, develop innovative programs, and build upon the success of existing initiatives.

Contact:

If you want to join EBC activities or support with your skills, knowledge or resources to create a powerful future generation, please reach out at info@earlybirdsclub.org.

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

Email: info@earlybirdsclub.org

Website: www.earlybirdsclub.org

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

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

- ★ The Early Walk Easy Rise challenge in spring to wake up early and do a 1-mile walk, which evolved into a 100-mile walk in 30 days in summer, motivating many to adopt a consistent walking routine.
- ★ The 21-day Yoga Nidra program led by a certified Yoga Nidra instructor to de-stress and achieve a good night's sleep to make waking up early effortless. Many experienced improved sleep quality and energy.

✧ EBC Balkans

- ★ Celebrated their first 1000 followers on Instagram
- ★ Launched a monthly membership for a five-day guided morning routine, a program for an offline morning routine for the other days, a daily quote, online get-togethers, and one in-person educational workshop every quarter.

EBC Teens

Dare to be Different



EBC Teens empowers youth to build inner stability through discipline, positivity, and selfless service.

By instilling meaningful values, they help teenagers gain skills and self-confidence to chart their success, inspiring them to create a better, cleaner, and more sensitive world for ourselves and the next generations to take forward. **EBC Teens bridges a child's potential and an adult's power to benefit the global community.**

"EBC delivers people of the world to the world"

- Mohanji

Highlights

- **Re-organisation**

At the start of the year, the team worked on streamlining their internal teams and built the board from the ground up, putting together a team of dedicated and empowered young teens to work behind the scenes.

- **Blog**

The EBC Teens Talk blog re-started. This blog is a platform for all teens to share their thoughts and perspectives, especially little moments and ideas that bring joy. Many teens contributed poems, articles, and musings, from travel tips to eco-friendly gifts.

- **Online Programs**

Interviews with individuals engaged in exciting endeavours and work to enhance the lives of others were conducted. This aims at motivating and inspiring teens through these conversations showcased on their YouTube channel. Everyone is capable of creating positive change in their own way. One of this year's highlights was a roundtable discussion titled "Us and Seva", where various EBC Teens members shared their experiences and why seva matters so much to them.

- **Social Media**

EBC Teens channels have been buzzing with videos and posts that delivered their inspiring and empowering messages to teens globally.



Plans for 2024

- Collaboration with EBC Kids on a show run entirely by kids and teens!
- Curating teens' writing and artwork to showcase on their blog
- Plan events with more rigour and have a consistent stream of events and workshops for teens worldwide to enjoy.
- Prioritizing selfless service (charity/volunteering).

If you would like to join EBC Teens, contact them at teens@earlybirdsclub.org.

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

Contact:

Website: teens.earlybirdsclub.org

Instagram: @earlybirdsteens

Youtube: @ebcteensglobal

Facebook: @earlybirdsteens

Blog: <https://ebc-teens.blogspot.com/>





EBC Kids

Empowering children to become empathetic, benevolent, stable and confident future citizens.

EBC Kids is a synergised global platform for children aged five to twelve years with participation from twenty-seven countries that aims to empower an international 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.

Creating a better world by helping today's children become powerful, purposeful, quality individuals rooted in values and traditions is at the core of EBC Kid's mission. This platform encourages children to embrace a positive and healthy life, **motivating children to wake up early and learn core values of unconditional love, compassion, kindness, positivity, and respect.**

Their aim is to build disciplined, kind, compassionate individuals who care about the environment as much as those in it.

This platform is a playground for exploration, **encouraging kids to discover their passions, nurture and showcase their talents, uncover hidden interests, and learn new skills.** By embracing this enriching experience, children can find their true calling, as they are being engaged in various activities based on the United Nations Sustainable Development Goals.

"We have to wake up our children to themselves – their whole potential, their whole originality."

– Mohanji

Highlights

Infographic with Stats

- Regular 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.

➤ Publications

- ❖ Hindi translation of the 'Bedtime Stories Vol. 1'
- ❖ Compilation and release of three books on Mohanji's birthday in February 2023
 - ★ **'Bedtime Stories Activity'** book to develop reading ability and enhance creativity while performing various literary and critical thinking activities.
 - ★ **'Bedtime Stories with Illustrations Vol. 2'**, to teach moral values most engagingly. Our tiny members made illustrations for the stories during the Illustration classes we conducted.
 - ★ **'Mohanji with Kids – Nurture and Empower'**, to gather Mohanji's most precious messages for children that will help them start early in life and shape their personality by imbibing values of kindness, compassion, non-violence, and self-love, among others.
- ❖ EBC Kids books are now available in all Indian marketplaces, including Gurulight, Amazon, and Flipkart.

➤ EBC Kids Classes

- ❖ 3-month courses were conducted in: Himalayan School of Traditional Dance (HTSD) Bharatnatyam Foundation Level 1, Graphic Design and Illustrations.

➤ Collaboration with Ammucare Mohanji ka Aangan

- ❖ Translation of the morning schedule, gratitude affirmations and Mohanji's video to Hindi so the Aangan children can easily understand and adopt the daily routine.

- ❖ Sessions for Delhi Aangan children explaining the morning routine, how to track progress and the Reward tally.

- ❖ EBC Kids dedicated volunteers ensured success despite lacking internet and computers, vernacular language, and interpretation and communication.

➤ Events and Programs

- ❖ Two Ignite the Spark workshops with Mohanji on kindling a child's inherent potential that helps them shine brighter in the world.
- ❖ Starting November 2023, conducting a monthly morning talk show on Facebook Live with a child nominated to perform the morning routine and lead a talk show, thereby encouraging children to follow our morning routine.
- ❖ Starting July 2023, creation of a global online talent show allowing children to showcase their unique talent, knowledge and skills. A monthly topic is announced, and children send their submissions through drama, dance, speech, music, etc. We announce the winners at the end of the month. Topics so far were Earth Day, compassion, ocean, love, etc.
- ❖ A nine-day challenge in January, with morning routine, yoga, meditation, and



EBC KIDS MORNING TALK SHOW

POWERFUL MORNING MANTRA

SHORT INFO/PROGRAM

- ◆ Follow EBC Kids Morning Routine
- ◆ Interaction with children about their likes and dislikes
- ◆ Sharing benefits of waking early and following standard morning routine
- ◆ Sharing benefits of doing yoga in the morning
- ◆ Emphasize self-awareness and conscious living habits



NOVEMBER 12, AND PLANNING
TO CONDUCT ON EVERY
SUNDAY
7AM-8AM IST



inspiring stories, aimed at fostering healthy habits, mindfulness, and inspiration in children.

- ✧ International Yoga Day celebrations in the Balkans with yoga sessions for children in schools and kindergartens in Pula, Belgrade, Novi Sad and Skopje.
- ✧ A children's summer camp in Novi Sad, the third year in a row, for 200 children, introducing them to yoga and its benefits and moral stories.
- ✧ Conducting a children's program in St. Ana, Slovenia, with Conscious Dancing for twenty children.
- ✧ Conducted the first ever children's program at the Mohanji Peace Center, Obrenovac, Serbia, called 'Adventure of Empowered: Meet your Super Heroes', a comprehensive program combining yoga, interactive moral-based workshops, and Conscious Dancing.
- ✧ Recording of the EBC Kids Balkans anthem, nurturing unity and identity.

- ✧ For the second year in a row, the club conducted Kids Evening Club every Sunday, providing children with regular exposure to moral stories and the Freedom meditation, promoting positive values and relaxation.

- ✧ *United Nations Sustainable Development Goals:* Since Jan 2021, the Club 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, which has taken the UN Global Goals to 160 countries. Every month, the activities are planned around a new SDG goal to educate and spread awareness among children and their families:

- Launch of the website and enhancements to add the EBC Kids Talent Show.

These activities reflect a holistic approach to child development, encompassing physical health, mental well-being, creativity, and values that contribute significantly to building a positive and nurturing environment for the children. Their positive interactions on the global platform helped

them make friends globally and discover that the maxim, 'A healthy mind in a healthy body,' is indeed true.

Plan for 2024

- More exciting opportunities to connect with a broader audience, continue with flagship programs, develop new ones, and build upon the success of existing initiatives.
- Expand more classes in the following areas: Artificial Intelligence, languages, robotics, creative writing, yoga for children, poetry classes, graphic design, video-making and arts and expand promotion to reach more kids globally.
- Implement programs at more Mohanji ka Aangans by introducing the morning schedule and gratitude affirmations in vernacular languages, bringing these children to the same platform a few times a year with the Global EBC family where they can interact and learn from each other, conducting book reading sessions of our books and workshops.
- **Publications**
 - ✧ Two more books, 'Mohanji with Kids Vol 2' compiling Mohanji's messages for children to shape their personality from a young age and "Bedtime Stories for Children Vol 3", with illustrations by children depicting Bharat's rich culture and values, is also planned.
 - ✧ Serbian and Dutch translations and audiobook versions of the EBC kids books.
- Upgrade and enhance the website.
- Implement more initiatives and projects promoting the club's core values.

Contact Information:

If you want to join EBC Kids activities or support with your skills, knowledge or resources to create a powerful future generation, please reach out at kids@earlybirdsclub.org.

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

Contacts:

Email: kids@earlybirdsclub.org

Website: www.earlybirdsclub.org

Facebook: facebook.com/earlybirdskids

Instagram: instagram.com/earlybirdskids

YouTube: [youtube.com/channel/](https://youtube.com/channel/UCTqOWuLKvCC7Ow-_CK7a4pA)

[UCTqOWuLKvCC7Ow-_CK7a4pA](https://youtube.com/channel/UCTqOWuLKvCC7Ow-_CK7a4pA)

Testimonials

*"Nine months into joining EBC Kids, I could see tremendous changes in my eleven-year-old daughter. Her **confidence improved**. She became more responsible at school and home. She has started taking initiative and has become proactive in everything."*

– By a parent

*"EBC Kids is an interactive group where **children are appreciated for the smallest contributions**. It is an excellent platform that kept us engaged during the pandemic crisis and continues to do so."*

– By a child participant



Mohanji Youth Club

Be Good. Do Good.



The Mohanji Youth Club (MYC) is a global youth network that inspires and empowers the youth to explore and express their full potential beyond the limitations of the mind, break their boundaries, and live authentic, positive, and purpose-driven lives.

MYC continues in its efforts to achieve its vision of a robust, positive youth in society! It is inspired by Mohanji's work and teachings to "**Be Good. Do Good**".

Highlights

Empowerment and selfless service were the focus of MYC in the year 2023. Mohanji often says: "Today, we need more social workers and psychotherapists than police officers. **Prevention is better than cure.**" Hence, besides food donations, the team focused on **supporting mental health and well-being**.

➤ Meetups and Online Programs

Hundreds of youth across eight countries were empowered through **selfless service, workshops, dance, and education**. An opportunity to meet new friends, learn meditation and Conscious Walking, talk and meet each other, brainstorm, inspire each other and share knowledge.

➤ Book Club

Sessions on the Clubhouse app were held, reading Mohanji's book, 'Power of Purity' and discussing youth-related topics.

➤ Selfless Service

MYC volunteers believe that helping those in need helps youth grow compassionate and unselfish, **be grateful** for what they have and **lead by example**.

In that regard, they collaborated with Ammucare in India and the ACT Foundation worldwide



to feed and serve as many beings in need as possible and support people's mental well-being, regardless of race or culture.

A twenty-one-day feeding challenge to inspire people to share food daily was held and food was served to street animals and birds, underprivileged people and families.

UK team members flew to Ukraine and helped there under the ACT 4 Ukraine initiative.

It was a lot of hard work, but they found time to have fun, cheer up the Ukrainians, and brighten their day.

The year came to a close with the building of warm beds for street cats in Belgrade, Serbia, and donating New Year's gifts to underprivileged children in Skopje, Macedonia.

➤ Festival of Youth

On August 27th, 2023, MYC organised **the first ever Festival of Youth in collaboration with the Early Birds Club at the Mohanji Peace Centre in Obrenovac** to unite young people between the ages of fifteen and thirty, to **promote togetherness, kindness, peace, quality friendships, stability, healthy habits and stability among youth**, nurture togetherness beyond man-made barriers and encourage altruism and personal development. It consisted of fun games, Conscious Dancing, vegan meals, spending time in nature, musical

performances and educational workshops—simple tips for kindness and greater sensitivity, entrepreneurship, etc. Youth joined from the Balkans, Slovenia, Netherlands and the USA.

Plans for 2024

In 2024, in addition to various selfless activities, MYC is planning to create several courses for youth, focusing on self-confidence, stability and positivity.

Contact:

If you want to join MYC activities or support the club with your skills, knowledge or resources to create a powerful future generation, please contact at youth@mohanji.org.

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

Email: youth@mohanji.org

Website: www.mohanjiyouth.org

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

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

ClubHouse: [clubhouse.com/house/mohanji-youth-club](https://www.clubhouse.com/house/mohanji-youth-club)



MYC Global Volunteer Meet

Sunday, January 14, 2024

at 4:00 pm CET / 08:30 pm IST / 03:00 pm GMT / 10 am EST





Success Empowered

Creating powerful healthy & inspired workplaces

Success Empowered is a leadership and business training enterprise dedicated to transforming the business and professional environments.

They envision a world where **the workplace is a source of strength and fulfilment and believe a positive and empowering work environment can help people reach their full potential.**

Their training courses are designed to impart valuable skills and a deep understanding of environmental adaptability and self-management. The sessions are more than just educational opportunities; they draw from Mohanji's core teachings and a profound knowledge of self-awareness and the potential this has to lead people to great effectiveness in their professional and personal lives. They empower experiences and deliver practical tools and frameworks to assist professionals in personal development.

Highlights

2023 marked a pivotal moment in Success Empowered's journey as they moved from conventional wellness initiatives to a purposeful emphasis on **transforming people and groups via real self-leadership**. It was a year of realignment and reinvention as they modified their terminology and methodology to **address the changing demands of the modern world** effectively.

"**Mpowered for Success**", their flagship program designed for CEOs, top-tier managers, entrepreneurs, and emerging leaders, experienced a dramatic makeover into an entertaining web series, enabling a varied global audience by allowing learners to interact with our information at their speed.

They increased their reach by holding several LinkedIn webinars. These weekly sessions included



a wide range of subjects– benefits of conscious leadership and implementing in practice, identifying and achieving success, pranayama and breathing techniques for increased focus and concentration, etc.

Several workshops were conducted at events, including the Automotive Company BMTS Technology in Serbia and the 'Celebrate Life Festival' in Croatia (How to be a winner in life).

As their new program launches in 2024, a significant time was invested this year in redesigning programs and recording and editing an online course to showcase their core offerings, due for launch in the beginning of 2024.

Plans for 2024

Proud of its progress in **empowering professionals and leaders**, the team is committed to continuously inspiring and enhancing the business world and the workplace as we head into 2024.

Contact:

If you want to join the Success Empowered growing team, contact them at team@successmpowered.com.

You can also visit their 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: [instagram.com/successmpowered/](https://www.instagram.com/successmpowered/)

Linkedin: [linkedin.com/company/successmpowered/](https://www.linkedin.com/company/successmpowered/)







The Road Ahead





A Message from Mohanji

Hello Everybody,

I hope you had a wonderful year.

2023 was a hectic year for us. **A year of celebrations and milestones** too. ACT Foundation celebrated its 20th anniversary in two places – London and Serbia. Ammucare also celebrated its 20th anniversary in New Delhi, India. These were beautiful functions, especially because we were able to respect all the volunteers and the people who led ACT Foundation and Ammucare for the last 20 years of its existence. And we are grateful that **because of them, we are here today**. Now we are growing and branching out further.

Mohanji Foundation inaugurated **five new Centres** in Australia, Scotland, Serbia, Slovenia and the United States of America. In all these places, except America, we consecrated Sai Baba, Lord Dattatreya and Lord Ganesha, and activities started happening there.

All these initiatives need manpower, determination, dedication of people, and that's all grace. Everything is grace. We started without anything. Ammucare started with no capital in 2003. Now, when we look back after 20 years, we see that so many people have come, helped, participated, and they also got tremendous satisfaction. **Tremendous grace flowed** through them. Their life got enhanced too. It has been a **grand collaboration**.

Personally, **I have a lot of satisfaction in my heart**. All these years, we walked. Many of us walked together. Some people left us. Some people stayed. I'm grateful for everything, everybody.

Apart from the activities of the Mohanji Foundation and the associated foundations, I got involved in many other projects outside the Foundation, which were not necessarily founded by me, but by our well-wishers and we are their well-wishers as well.

All of these programs were very **meaningful and relevant in today's times**. Be it business conclaves



such as that organized by the Indo Transworld Chamber of Commerce in Kochi or by the Amicability Diplomatic Club in Varanasi, or temple projects such as the Guruvayurappan temples in Vrindavan and London, or the inauguration of the 108 Shivling temples in Tali, Kerala, or the *prana pratistha* of Bhagavan Nityananda in Udupi, every program was beautiful and aimed at increasing the stability of the people and the nation.

I also had the opportunity to engage with the youth in India and Europe, both at Universities and with the cadet corps, with a view to shaping their outlook to the future, and it was fulfilling for me too.

This was just a synopsis. The year has involved extensive travel.

But **purpose leads us.**

Purpose is far more important than our physical abilities or lack of abilities. So **I kept moving**, and I'm happy that I moved because I met most of you in various places. We interacted. We had a good time together. I hope the same happens in 2024.

As we look ahead into 2024, one word that I would like to give you is **HARMONY**.

At any cost, **maintain harmony.** Remember to maintain harmony. This is very important for you, for your stability, for your growth, for your relevance, and to have a great life. Inner harmony is very important.

Looking at this in some more detail, a few key words are important to remember:

ABUNDANCE

Our Tradition is the tradition of abundance. The Dattatreya tradition, the Raja Yoga path, is a path of abundance. There's no dearth of anything. Then why are there shortages? Only because we don't believe in it. We don't trust it. We don't trust in ourselves. Often, we don't trust that we can have abundance in our life. We self-defeat it. We want abundance, but at the same time, we don't believe that we can have abundance.

You are born abundant. You have an abundance of time with you. Time is an abundance. Use the time well. **Time is your money, the currency of life.** **Use your time wisely.** Use the time to understand yourself, accept yourself, respect yourself, and love yourself.



ACCEPTANCE

Acceptance is a very, very important thing. In 2024, if you want to practice one thing, practice this!

If you cannot accept yourself, you cannot accept the world. Neither can the world accept you. Whatever the world is going to give us, it could be good, it could be bad, so many calamities are expected. So many people have predicted wars, more situations like COVID, and pandemics. People have predicted various things, including satellite outages and no satellites to support the transmissions. But if anything happens, whatever happens, you should remain stable. **The fundamental is self-acceptance.**

Self-acceptance, self-respect, self-love. All are very important. At every point in time, think about the conflict you are entertaining. How much are you accepting? How much are you resisting? How much are you rejecting? And that will tell you where you stand in life.

If you accept yourself with all your flaws as well as strengths, you will feel great. You will be stable.

Remember this word at any cost. **Whatever makes you unstable, stay away from it.** Whether it's a relationship, a situation, a time, an event or an

experience which tilts you and makes you unstable, get back to stability as soon as possible. This is for your sake, for which you need to forgive and forget, too. You have to forgive and forget for unburdening yourself, not for others' sake. Other people may accept you or reject you, but that doesn't matter. For your sake, you need to forgive yourself and forget. **No guilt, no regret.** When life is bringing your situations, flow through it with **maximum flexibility and acceptance.**

APPRECIATION

While you go around accepting yourself, while you are stabilizing in yourself, learn to appreciate. *"Hey, look here, I am breathing. I have food to eat. I have love around me. People are caring."*

The Mohanji family is a reality. We are all one. We are one family. We are together. Appreciate what you have in abundance and be grateful for it.

Do not look at the deficiencies because that will suck your energy out. It's important to appreciate every small thing with a **childlike wonder.** You will appreciate life, and you will be happy that you were born. You will even appreciate your sorrows and the lessons you learn from failures.



AWARENESS

Beyond what you project to the world, there is a You inside which is making you, helping you project yourself. Remember that awareness. **Awareness of who you actually are.** When this matter, this energy leaves the body, we call that body a dead body. That matters- it's within you. Be aware of it always.

AHIMSA

Ahimsa means non-violence. **No violence in thoughts, expressions, or actions.** Never hurt anybody. Because if you hurt other people through your expressions or actions, so many people will hurt you. Whatever you sow, you will reap. Better to give love, kindness, and compassion. **Sow compassion, sow kindness, sow love,** you'll reap that.

BROTHERHOOD

All of us are the same. All the beings of Earth are one, one family. **One world, one family.** Go beyond all the differences that society has given to us, all the concepts, and look at humanity as one family. Start nurturing brotherhood so that you have relatives everywhere. It doesn't matter who their parents are, where they have come from, or their upbringing.

Everybody in the world is fighting their own wars, their own struggles, their own battles. So try to give them kindness, understanding, support, and some kind of companionship, if possible, or at least don't disturb them. No caste, country, culture, or religion can divide us. **Nothing can divide us.** We are all one.

BRILLIANCE

Always be brilliant. **You are bright by birth.** When you are selfless, when you are caring, when you are compassionate, you are bright.

Another aspect of brightness is staying away from darkness. Staying away from darkness simply means not being involved in emotional situations or emotions of various natures: ownership, possessiveness, binding factors of life, and staying away from illusions.

Stay with the truth. The truth is that you are alive today. You're walking today; you're reading this today, now. This is the truth; stay with the truth. And be brilliant, be bright. Give light to people.

BECOMING

Becoming who you really are. This is a good



practice for 2024. Stay away from whatever you are not. You're not anger, hatred, jealousy, or revenge. You're none of these.

Do not engage in things that do not expand you. Gossip does not expand you. Talking bad about people diminishes you. That's not becoming you.

You are compassion, kindness, love, and selflessness. **You are brighter than the brightest. Be that. Becoming is always being that** - not succumbing to emotions and staying afloat, using your intelligence.

BEINGNESS

Be you. That means moving from the gross to the subtle. The physical - the body, mind, intellect, ego, all those things are helpful to experience the Earth. But, if you go back to what inspires these or supports them, it is to experience whatever you are experiencing. So being aware of that, being That, being or fundamentally being yourself.

If you really want respect from the world, you should be trustworthy. Trustworthiness is a great virtue, and to attain that, there are four Cs.

COMMUNICATION

Communication is very vital. Communication is an art. **Speak only when you have to, and speak kindly.** Always remember the other side, the listener's angle, and how they feel.

Please remember any word we utter may be interpreted, or mostly, will be interpreted as how they are. So keep an eye on their state before you start speaking. In other words, **listen more and speak less. Feel more, speak less.** What you need to convey truly, or if you want to make a change, do it yourself. Lead through example. If you don't love somebody or consider somebody apart from you, not part of you, they will do the same to you. Disconnection happens.

So, as I mentioned, **harmony is extremely important.** And if you're not harmonious with anybody around you, even one person, that simply means that deficiency is sitting in you, not in the outside world. The outside world is your own projection. If you don't trust other people, they don't trust you.

In 2024, I would like to see much more **meaningful, encouraging, stabilizing, and loving communication.**



CONNECTION

The next point is connection. Connection is very vital. **We are eternally connected to the God factor.** It's an energy, supreme energy, huge brightness, brighter than a million Suns, that which sustains and maintains the entire Universe. That is the God factor. We are a part of the God factor. We are a unit, but the unit is connected to the Universe.

If two people are connected using their own faculties, and with a clear understanding of each other, there'll be no separation. If somebody is separated, that simply means that person was never connected to you deep enough or never understood you, never accepted you.

As a person, **your strength of personality is determined by your stable connection.** A mature person will never go away from any connection. They will take time to connect, but they will never go away once connected. So those who are departing from you, going away from you, bless them because they could never connect to you in the first place. Don't blame them, don't harm them, don't criticize them. They could not connect to you!

CONVICTION

Conviction is something which you really, truly believe from your heart. What you believe in drives you. If you don't believe in something, it cannot add to your stability. Take your time to believe in something. But **once you believe in it, stay put and have a very stable conviction.**

CONSISTENCY

Consistency is very important. If you are not consistent, you will not be respected or trusted by anybody. Keep your time, value others' time, keep your promises and always be consistent in whatever you deliver.

COMMITMENT

Lastly, commitment. When you are committed, stay committed. A promise is always a promise. Once you promise, it should be delivered

DECISION

The most important decision to make is what you want from life. That should have firm conviction, vision (firm vision, clear vision) and clarity of purpose. Take your decision based on that.



DISCIPLINE

And to support it, to move in that path, you need **discipline**. Especially practising how to come out of distractions.

DETERMINATION

You need strong determination to achieve your goals.

DHARMA

And finally, Dharma or righteousness. Always stay with the truth, do what is right, never harm or hurt anybody, never resort to violence, and never steal or betray anybody. Follow Dharma so that you remain pure. Your path will automatically help you to go further because **Dharma protects those who protect the Dharma**.

These are food for thought, and probably, this will help you to stabilize yourself in 2024 and even beyond.

As I conclude this, I once again wish you a very happy New Year. **May all of you, yourself, your family, and all your friends enjoy the happiness and joy of life.** May all of you have great fulfillment and satisfaction from life and whatever you're doing. May you all perform it with deep dharma, righteousness, and goodness, and may you have the ability to share what you have in abundance with everybody around you who does not have it and thus feel rich inside.

I wish you great richness inside. That's what will attract richness from the outside. While I talked about harmony, I repeat, **please maintain harmony with everybody.**

There are no enemies. It's all in your mind, and they are all people. As I said earlier, everybody is going through their own struggles. We must respect it. We are all going through our own path. We are all our own histories. So, respect it. Never exploit anybody, never betray anybody or steal from anybody. Let them all be happy with what they have got. What destiny provided them, we should not be envious. We should be happy with what destiny has given us. And we work towards improving it, strengthening it, stabilizing it.

Humanity first, harmony next, happiness forever.

I wish you a great 2024, and I hope we will meet this year and in all years.

I love you so much, and I walk with you. I really want to see you happy and successful in life. So, **share and grow**. Do not hesitate to share. When you share, you're showing the abundance that is already in you.

God has given you whatever you have. Be grateful, be harmonious, and always look at everybody as your own family.

One world, one family.

I love you. Have a great year in 2024!

Love,
MOHANJI



Join Hands for a Better World





Join Hands for a Better World

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



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



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

Mohanji



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