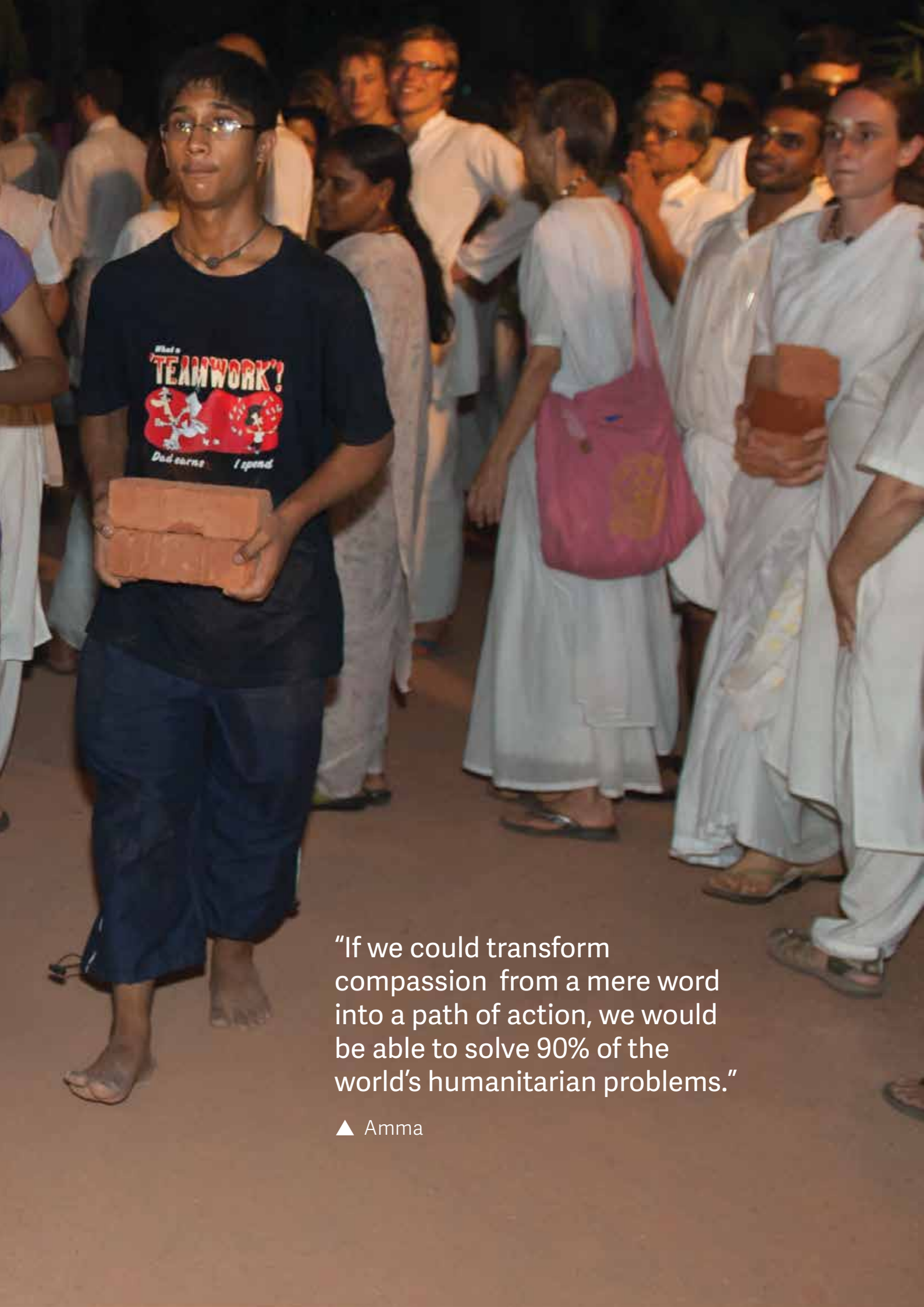


COMPASSION IN ACTION



AMMA'S HUMANITARIAN
REACH BEYOND INDIA





"If we could transform compassion from a mere word into a path of action, we would be able to solve 90% of the world's humanitarian problems."

▲ Amma





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"As long as there is enough strength to reach out to those who come to me, to place my hand on a crying person's shoulder, I will continue to embrace people. To lovingly caress them, to console and wipe their tears until the end of this mortal frame—this is my wish."

▲ Amma



UNIVERSAL MOTHERHOOD

Sri Mata Amritanandamayi Devi is known by millions around the world as **Amma—Mother**. Her every single breath is dedicated to loving and serving suffering humanity. Her unifying compassion transcends political, regional, linguistic, and religious differences.

In this way, she has become a **spiritual leader**, humanitarian, and visionary who leads solutions for the urgent and multi-dimensional challenges our world is facing.

COMPASSION

In 1953, Amma was born in a poor fishing village in the Kollam district of Kerala. **As a little girl, she saw many things that troubled her.** Some villagers were starving while others had more than enough to eat. Some people were sick and in intense pain, unable to purchase a single painkiller. Many families couldn't afford stable homes and lived in coconut-thatched huts—dwellings easily swept away during heavy rains. Amma's inborn nature was such that witnessing this agony of others was unbearable.

LOVE

Though just nine years old, **Amma decided the purpose of her life was unconditional love**—she wanted to reach out to anyone in need of help, in whatever way she could. She would share her food with hungry children at school. She would bathe and clothe the elderly who were neglected by their families. She would give whatever possible to impoverished people in debt.

AN EMBRACE, DARSHAN

As Amma became a young woman, **many of the distressed came to her for help.** Though not the custom of her village, Amma began to spontaneously embrace them to comfort them—both men and women. Experiencing her divine motherly nature, it was the villagers who started to call her Amma. Such simple acts of kindness, and yet it was what ignited the beginning of her global reach.

Today, **Amma has lovingly held more than 40 million people in her arms.** From impoverished villagers to international celebrities to Heads of State, Amma gives her darshan in this form to everyone who arrives. **She has travelled the world,** conducting free public programs across India and in the Americas, Europe, Asia, Australia, the Middle East, and Africa.



HOPE

Many who come to Amma open their hearts to share their sorrows. Drying their tears, she learns of their family problems, medical problems, financial problems, social problems. It is in response to these circumstances that Amma has launched all of her humanitarian initiatives. Her work not only **relieves people of their pain,** but **instills them with courage and self-confidence.** Lives are transformed.



WORLDWIDE HUMANITARIAN IMPACT



162 projects
in 48 countries



100,000 volunteers
from all ages and
backgrounds



30 million
beneficiaries



Amma truly embodies the ancient concept of Universal Motherhood. It is a love and compassion felt not only towards one's own children, but towards all people, animals and plants, rocks and rivers—a love extended to all of nature. Indeed, to a woman in whom the state of true motherhood has awakened, all creatures are her children.

ACTION

In 1981, Amma's vision to love and serve all of creation crystallised in the form of the official registration of **the Mata Amritanandamayi Math (MAM) as a spiritual and humanitarian organisation.** In 2005, we received **Special**

Consultative Status with the United Nations, the beginning of our partnerships with various UN agencies.

Our programs are multifaceted in order to reach people who are suffering across many levels. **Amma's leadership awakens a sense of oneness** with our fellow human beings, regardless of background or circumstances.



amma.org/embracingtheworld



FOREWORD

Amma often says that this world is like a beautiful flower, and each country is like one of its petals. Every petal contributes to the overall beauty and harmony of the flower. Though each petal is unique in its shape, color, and texture, all are essential. If even one petal is damaged or withers away, the entire flower loses some of its charm and completeness.

In the same way, every nation, every culture, and every individual plays a vital role in the well-being of the world. Amma, through her love and compassion, blesses each petal—each country, each being. In doing so, she is embracing not just one part, but the whole flower—the entire world.

Though each petal is unique in its shape, color, and texture, all are essential. If even one petal is damaged or withers away, the entire flower loses some of its charm and completeness.

People from all over the globe come to meet Amma. They come from different backgrounds, religions, races, and cultures. Yet, when they are in Amma's presence, they all feel at home, for Amma's love embraces all human beings. Whether Amma is visiting a country with a



▲ In 2011, Amma established a school for children from a slum on the outskirts of Nairobi.



Amma gently said, “My son, if you can help even one person—if you can ease their pain, bring them a smile, or give them hope—you have done the greatest service to humanity.”

different language, tradition, or way of life, people feel instantly connected to her.

Many individuals open their hearts to Amma, sharing their deepest sorrows and the pain of living in a world where kindness and human connection often seem to be missing. They speak of loneliness, loss, and emotional struggles. Amma listens to them with full attention, wipes away their tears, hugs them, and gently rests their heads on her shoulder.

These moments of shared vulnerability have made Amma’s heart even more compassionate. But more than that, they have inspired her to take action—to create initiatives and efforts that aim to reduce human suffering, both physically and mentally.

Through her love and tireless service, Amma continues to remind the world that true peace comes when we see ourselves not as separate, but as parts of one universal flower—each petal precious and interconnected.

Amma had asked me to travel to countries affected by natural disasters and other crises. My journey across the Americas during such times opened my eyes in many ways. In places like Haiti, Mexico, and Costa Rica, I came face-to-face with the harsh reality of human suffering. Whether caused by nature or by human actions, these calamities left deep scars on people’s lives.

There were times when I felt overwhelmed and wondered if our efforts made any real difference. Once, in a moment of deep frustration and despair, I turned to Amma for comfort. I asked her how we could carry on when the suffering seemed endless and our impact so small.

Amma gently said, “My son, if you can help even one person—if you can ease their pain, bring them a smile, or give them hope—you have done the greatest service to humanity.” Those words have stayed with me ever since. Whenever I feel that serving others is futile, Amma’s voice echoes in my heart, reminding me that even one act of kindness can change a life—and that is enough.

If we take Amma’s words to heart and each of us does something selfless for humanity, the world will become a more beautiful and fragrant flower.

Swami Dayamritananda Puri

Executive Director
Mata Amritanandamayi Centers
North America

GUIDING A WORLD OF PEACE & UNITY



▲ "Amma is addressing the issues that are relevant for the 21st century. What the government has to do, Amma is doing."

Shri Narendra Modi, Hon'ble Prime Minister of India

"This is a love that never varies. This is all she has to give away, and gives it tirelessly to all of us." ►

Dr Wayne Dyer, Renowned motivational author





▲ "I believe that she stands here in front of us—
God's love in a human body."

Dr Jane Goodall, Primatologist &
UN Messenger of Peace

▼ "Darkness cannot compete with her."

Jim Carrey, World-famous actor & comedian



AMMA'S HONOURS & INTERNATIONAL ADDRESSES

Over the past 30 years, Amma's voice has become much sought after for its words of peace and wisdom, and every year Amma is invited to address international gatherings—from the Parliament of the World's Religions to events of various UN agencies to government and academic-sponsored functions.

Amma goes to the heart of the most pressing problems our world is facing, presenting clear analysis and concrete solutions. In acknowledgement of her wisdom and life of selfless service, prestigious organisations have offered Amma recognition, and she has received many awards and honours.

HONOURS BESTOWED

2025 Vivekananda International Relations Peace Award

2023 Chair of the Civil 20 Engagement Group, India's G20 Presidency

2023 World Leader for Peace and Security Award, Boston Global Forum

2019 Doctorate of Humane Letters from the University of Mysore, Mysuru

2018 Largest Financial Contribution to Swachh Bharat Abhiyan (Clean India Campaign), New Delhi

2017 Soldiers of Peace International Association's Commemorative Gold Medal for Peace, Toulon

2017 Medal of the Provence-Alpes-Côtes d'Azur Region, Toulon

2017 Hindu Ratna Award, Kerala

2015 Fashion4Development Medal of Honor, New York

2014 Kavithilakam Pandit Karuppan Award, Kerala



▲ Amma addresses the UN Academic Impact Conference, New York

2010 Doctorate of Humane Letters from SUNY, Buffalo, New York

2007 Prix Cinéma Vérité, Paris

2006 James Parks Morton Interfaith Award, New York

2006 Philosopher Saint Sri Jnaneswara World Peace Prize, Pune

2005 Mahavir Mahatma Award, London

2005 Centenary Legendary Award of the International Rotarians, Kerala

2002 Gandhi-King Award for Non-Violence, Geneva

1998 Care & Share International Humanitarian of the Year Award, Chicago

1993 Hindu Renaissance Award, Hinduism Today



▲ Interfaith Summit to Protect Child Dignity in the Digital World, Abu Dhabi



▲ Joint Declaration of Religious Leaders Against Modern Day Slavery, The Vatican



▲ Doctorate of Humane Letters, SUNY, Buffalo, New York

INTERNATIONAL ADDRESSES

2025 Karma Yogini Sangamam, Seva Bharathi Dakshin, Nagercoil

2023 World Hindu Congress, Bangkok

2023 Civil 20 Addresses with India's G20 Presidency, India

2018 Interfaith Summit to Protect Children Online, Abu Dhabi

2015 Summit of Conscience for the Climate, Paris (video message)

2015 UN Academic Impact Conf on Tech for Sustainable Development, New York

2014 Joint Declaration of Religious Leaders Against Modern Slavery, Vatican

2014 Conversations on Compassion, Stanford University, California

2013 100 Birth Anniversary Celebrations of Swami Vivekananda, New Delhi

2012 UN Alliance of Civilizations, Shanghai

2009 Inauguration of Vivekananda Intl Foundation, New Delhi

2008 Summit of the Global Peace Initiative of Women, Jaipur

2007 Cinéma Vérité Film Festival, Paris

2006 James Parks Morton Interfaith Awards, New York

2005 Rotary International, Kochi, Kerala

2004 Parliament of the World's Religions, Barcelona

2002 UN Global Peace Initiative of Women Religious & Spiritual Leaders, Geneva

2000 UN Millennium Peace Summit, New York

1995 50th Anniversary of the United Nations, New York

1993 Parliament of the World's Religions 100th Anniversary, Chicago

YOU ARE THE LIGHT

AMMA CHAIRS CIVIL 20 FOR INDIA'S G20 PRESIDENCY

In 2022, Amma became the first spiritual leader to chair the G20's Civil 20 Engagement Group (C20). You are the Light—the Civil 20 India tagline—was a message that carried hope to millions of people around the world.

G20 is an intergovernmental forum of most of the world's largest economies and accounts for two-thirds of our population. The Govt of India held its Presidency for 2023. C20 brings the voices of the world's civil society organisations (CSOs) and non-governmental organisations (NGOs) to the G20 Heads of State. It is their work that undertakes at a grassroots level the suffering of our most vulnerable people and the destruction of our natural world.



c20.amma.org



◀ The C20 Policy Pack was released at the Summit in Jaipur, Rajasthan.

May the ethos of vasudhaiva kutumbakam—the world is one family—awaken, be put into practice and bear fruit in everyone. May we realise a world where there is endless peace and harmony.

▲ Amma, Honourable Chair, Civil 20 India 2023






CIVIL 20 INDIA 2023

#YouAreTheLight

Amma's vision of **a world family rooted in compassion and dharma** shone through the entire C20 journey. Although the global community faced grim challenges coming out of the COVID-19 pandemic, there were also reasons for optimism and confidence.

The Civil 20 Policy Pack was **founded upon India's ancient traditions of selfless service and inclusive community participation.**

Events included participants that ranged from government ministers to volunteers in remote rural areas

C20 India reached out to the highest number of people in G20's history.



1,300+ meetings both in-person and online



6,000 CSOs and NGOs from **154 countries**



27 villages across India held compassion-driven community forums



12,000+ events in India, Australia, Canada, France, Germany, Greece, Israel, Kenya, Korea, Portugal, Spain, Switzerland, and the US



4.5M people connected through mass outreach campaigns for health, environment, and community empowerment



\$6M project initiated by Amma to support malnourished pregnant women and people with disabilities



COMPASSION - THE NEED OF THE HOUR

C20 Symposium in Chicago

As part of its international reach, Civil 20 India held a one-day symposium at our centre in Chicago, Illinois. Swami Amritaswarupananda Puri, Amma's most Senior Disciple and C20 Troika Member, led the discussions with a focus upon the crucial need for compassion in today's world.

Swamiji said countries bear the dual responsibility of protecting borders while promoting unity. Upholding dharma means taking only what we need and giving back to society and nature.



▲ Malkhanpur, Uttar Pradesh was one of 27 Indian villages we visited to listen to the people and bring their concerns to the G20 leaders.



Civil 20 Amrita Working Groups

It was clear that the C20 team with all its 16 Working Groups had undertaken their work with utmost sincerity, love, and dedication. Each and every one worked day-in and day-out to explore, gather the necessary information, research, polish, and fine tune proposed solutions that begin at the grass-roots level of our world. We led five of these Working Groups.

- **Sustainable & Resilient Communities: Climate, Environment, & Net Zero Targets**
- **Integrated Holistic Health**
- **Gender Equality & Women's Empowerment**
- **Education & Digital Transformation**
- **Technology, Security & Transparency**



▲ Amma and Shri Kailash Sathyari, Nobel Peace Laureate, light the lamp at the C20 Inception in Nagpur, Maharashtra.

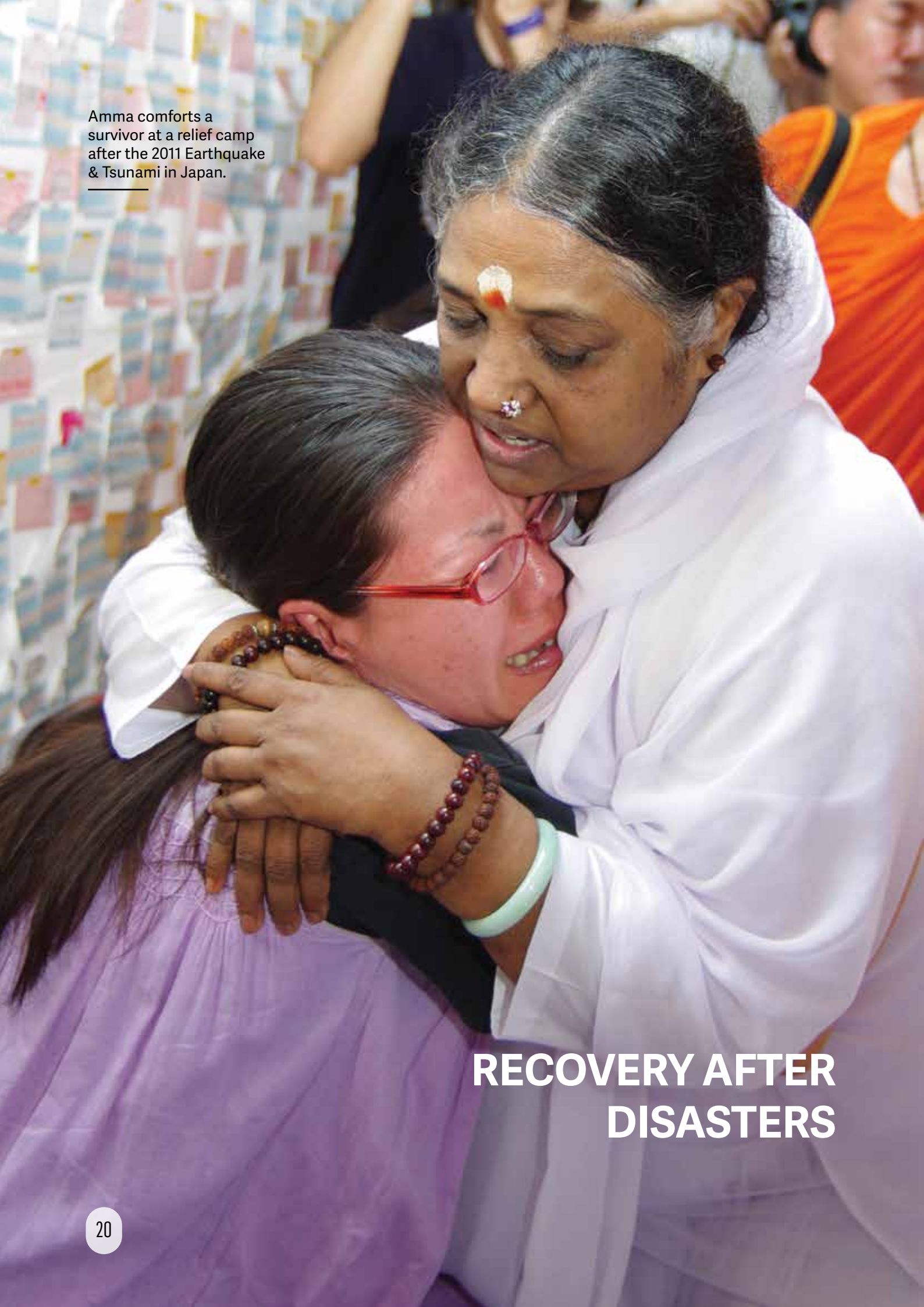


▲ Community discussions in Nairobi, Kenya.



Human formation of the C20 logo in Bhubaneswar, Odisha.

Amma comforts a survivor at a relief camp after the 2011 Earthquake & Tsunami in Japan.



RECOVERY AFTER DISASTERS

Why it Matters

Natural disasters will increase 40% from 2015 to 2030

As global temperatures rise, natural disasters are more frequent, severe and increasing at an alarming rate. At the same time, our world is witnessing a troubling rise in armed conflicts, compounding the challenges to peace, security, and sustainable development.

“Nature, human beings, everything is disturbed both inside and outside. It is as if Nature is surrounded by people holding her at gunpoint. Let us all pray that everyone may live in peace and there be no more tragedies.”

- Amma



Delivering supplies for
people in slums in Brazil
during COVID

SUSTAINABLE & RESILIENT: MAJOR INITIATIVES

With a dual focus on rapid response and extensive long-term rehabilitation, Amma is committed to a holistic approach to disaster relief, supporting survivors long after the spotlight has faded away. Our provision of long-term aid has carried thousands through the darkest periods of their lives into the light of a hopeful future.

THE HANDS THAT SERVE

2022: WAR IN UKRAINE

Watch the documentary
about our relief work at bor-
ders in Poland and Hungary
amrita.link/ukraine



When the conflict started between Russia and Ukraine, volunteers from Amma's centres across Europe rushed to Ukrainian border crossings in **Poland** and **Hungary**. They provided refugees with basic needs, information on shelter and travel, and contacts for medical and psychological support.

The team also coordinated with the Govt of India's **Operation Ganga** to urgently help citizens reach home.

KEY POINTS

- Stations at border crossings to support refugees when the war broke out
- Coordination with India's Operation Ganga to help citizens reach home
- Shelter and basic needs inland and at our centres across Europe
- €115,000 to UN Women to reach women and children in Ukraine
- India's Prime Minister, Shri Narendra Modi, met with our volunteers in Poland



▲ Our volunteer Marcin Krol with India's Ambassador to Poland, Nagma Mallick, at a border crossing into Poland.

As the conflict progressed, the volunteers set up a station further inland in Poland to **continue support for refugees**. As well, Amma's centres across Europe opened up to accommodate the people who were pouring in.

In 2023, Amma donated **€115,000 to UN Women** to reach women and children in war-torn areas of Ukraine.

During a visit to Poland in 2024, the **Hon'ble Prime Minister of India, Shri Narendra Modi**, thanked our volunteers for helping Indian citizens reach home.



Hon'ble Prime Minister Shri Narendra Modi with our volunteers in Poland in 2024.



embracingtheworld.com  embracing the world.



EMBRACING THE WORLD
 KATASTROPHENHILFE
 UMWELTSCHUTZ
 GRUNDBEDÜRFNISSE
 Nahrung | Unterkunft | Bildung |
 Gesundheit | Lebensunterhalt



REACHING OUT FROM ISOLATION

2020 TO 2022: COVID-19

In 2020, COVID-19 began its relentless impact as a global health crisis—one that killed people and attacked societies at their core. Worldwide, Amma's institutions and volunteers focused on how to reach people desperately in need of help.

One of the most crucial initiatives was supporting communities through provision of food and **basic needs** to the **poor, isolated, elderly** and **people with disabilities**. The efforts spanned the globe.

For example, our volunteers in **Brazil** and **Mexico** reached the **poorest of the poor** by distributing food and supplies to slum areas. In **Malaysia**, they initiated a food bank that also delivered groceries to families who couldn't visit.

KEY POINTS

- Food and basic needs for the poor, elderly and people with disabilities worldwide
- Reaching people in slums in Brazil and Mexico
- Red Cross Catalonia awarded Amma Spain with a Certificate of Merit
- Providing masks, awareness, and access to vaccines worldwide
- A helpline in the Americas to reach people in distress

As well, the Ashram in **Barcelona, Spain** provided **food worth \$240,000 to 4,800 families** in need. The Red Cross Catalonia awarded Amma Spain a Certificate of Merit for its efforts.

Immediately after the outbreak, volunteers across the world also worked hard to **stitch and deliver masks** and **share vital information**. Then as the pandemic progressed, they assisted people in **accessing vaccines**.

Meanwhile, teams in the Americas ran a **helpline** with the intention to reach the most vulnerable populations.





REUNITING FAMILY & FRIENDS

2016: EARTHQUAKE IN ITALY

In 2016, a series of earthquakes devastated central Italy and the town of Valfornace was among those battered by the disaster. Amma's volunteers built **a new community centre** to support the citizens as they recovered—a

space for social gatherings, after-school activities, and celebrations. In 2019, Amma handed over the keys to the hall to Valfornace's mayor at her program in Milan.



SUPPORT IN THE AFTERSHOCKS

2016: EARTHQUAKE IN NEPAL

In 2015, an earthquake in Nepal killed nearly 9,000 people and injured another 22,000. In the aftermath, Amma directed **immediate on-the-ground-relief** with teams arriving the day after. Many people were living in the streets due to fear of aftershocks.

The Ashram volunteers distributed **essential relief supplies** and warm clothes, as well as tin sheets and tarpaulins for temporary shelter. Two tons of essential medicines and surgical items were provided, as well as 100,000 Tetanus shots.



100,000

Tetanus shots



2 tons

of medical
supplies



BUILDINGS TO REBUILD LIVES

2013: TYPHOON IN THE PHILIPPINES

Typhoon Haiyan-Yolanda hit the Philippines in 2013, killing more than 6,300 people and displacing hundreds of thousands. Ashram volunteers travelled from neighbouring countries to provide **immediate relief** to survivors.

Amma also donated \$1 million to support **long-term recovery**. The funds went to reconstructing schools, building community centres and providing scholarships to 530 children. Most of them lost one or both parents in the storm.



\$1M

in rehabilitation



530

scholarships for children





FEARLESS IN THE FACE OF TRAGEDY

2011: EARTHQUAKE & TSUNAMI IN JAPAN



In 2011, an earthquake measuring 9 on the Richter Scale triggered a massive tsunami that hit the north-east coast of Japan. The disaster caused **a major accident at a nuclear power plant** in the region.

Within two days, Amma's volunteers helped to distribute **food and water** in relief camps near the epicentre. Teams also **cleaned rubble and debris** from homes and streets and provided **psycho-logical counselling** to survivors.



\$1M in scholarships for children

For children orphaned by the disaster, Amma donated \$1 million to pay for their education.

A few months later, during her Japan tour, **Amma decided to visit the disaster area** and one of the relief camps. Along the seaside, she led prayers for peace and harmony in nature.



HOPE DURING COMPLEX CRISES

2010: EARTHQUAKE IN HAITI

After the catastrophic earthquake struck Haiti in January 2010, we shipped 11 palettes of medical supplies to Haiti, where they were received by Partners In Health. In response to the deepening crisis, Amma arranged for **food, basic supplies** and **materials to construct shelters**.

Volunteers from the US travelled to Haiti with a medical team to address conditions on the ground. They identified 30 children who had lost parents or other close relatives in the disaster and been forced to drop out of school. We provided scholarships for those children, which got all of them to return to school.



11 palettes
of medical
supplies



30 children
provided
scholarships



RECONNECTING SURVIVORS IN THE AFTERMATH

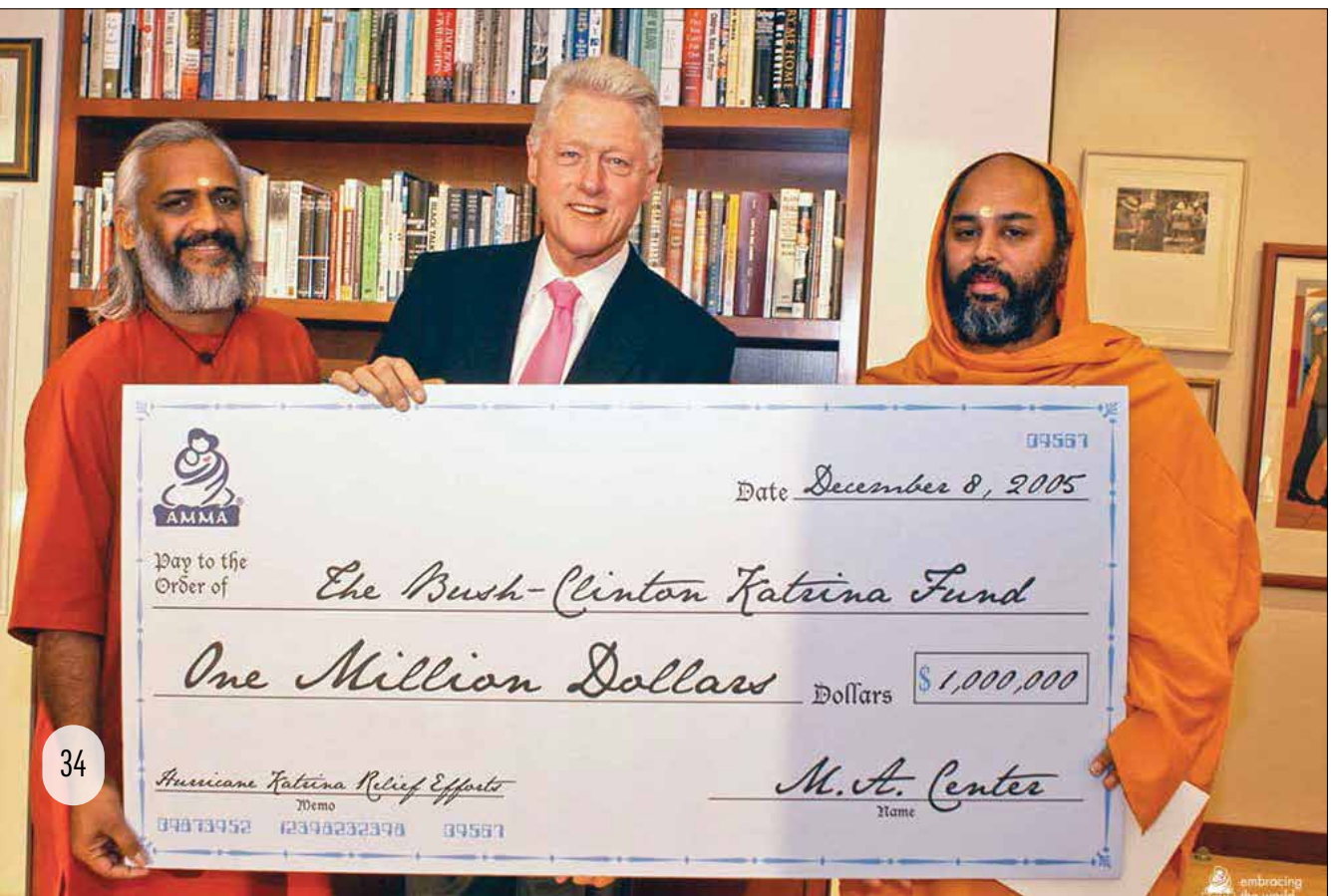
2005: HURRICANE KATRINA IN THE USA

Hurricane Katrina struck New Orleans, taking nearly 1,400 lives. We responded by delivering **food, clothing, school supplies** and other essential items to the refugees. Our volunteers visited relief sites and provided **medical care** and **emotional support**. We also helped the displaced to **locate one another via a dedicated website** we built for the survivors.

In December 2005, Amma made a donation of \$1 million to the Bush-Clinton Katrina Fund.



\$1M to the
Bush-Clinton
Katrina Fund



SHELTER TO BEGIN AGAIN

2004: HOMES IN SRI LANKA AFTER THE INDIAN OCEAN TSUNAMI

The Indian Ocean Tsunami took more than 227,000 lives in the region across 14 countries. It was one of the deadliest natural disasters in recorded history.

Amidst Amma's massive \$46-million relief efforts, **160 homes were constructed in Sri Lanka**

in the form of apartment blocks in Thekkawat-
ta, Kalutara District and Periyanilavani, Ampara
District. The structures were built according
to government specifications, with each
three-story structure having 12 units.



▲ Amma hands over the keys for new houses to Sri Lanka's Honourable President, Sri Mahinda Rajapaksa.





Swami Dayamritananda and team prepare meals for the displaced during the 2025 wildfires in Los Angeles.

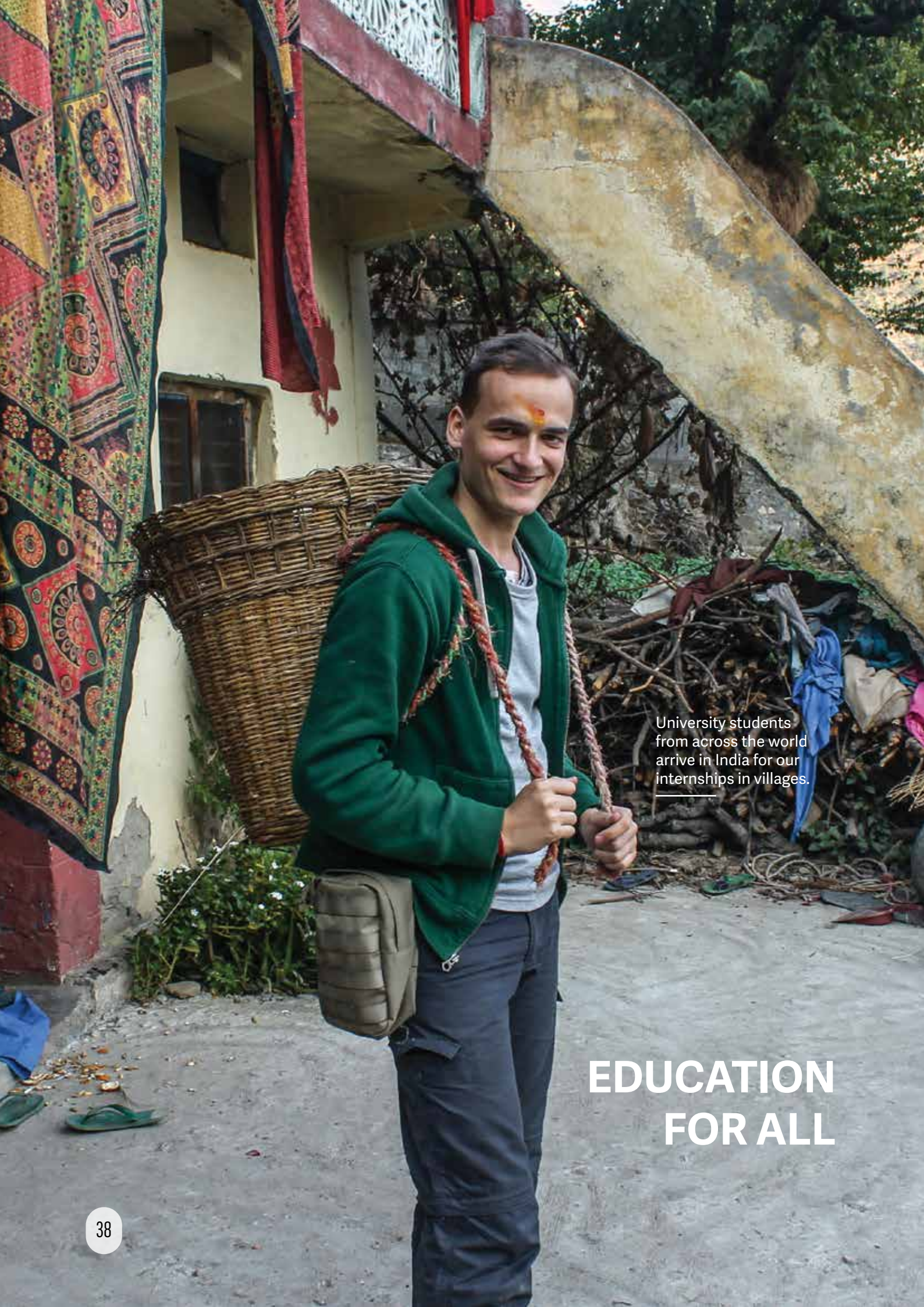
EVERY ACTION COUNTS: COMMUNITY-LED RESPONSE

When tragedies strike, our volunteers are ready to act at the grassroots level and they often achieve this by partnering with other local organizations. Although the efforts may seem small in scale, they are wide in the scope of selfless service—Amma's teaching that every act of compassion can have a profound impact on the lives of others.

A FEW OF OUR PROJECTS

- **2025: Wildfires in Los Angeles, USA** - hot meals at shelters, clothing, toiletries, phone chargers, counselling; longterm support
- **2024: Floods in Valencia, Spain** - clearing streets of debris, serving meals, essential supplies; longterm support
- **2024: Hurricane in Southeastern US** - food, water, essential supplies, blankets in Asheville, North Carolina
- **2023: Earthquakes in Turkey** - blankets and gas heaters sent by donors from Kuwait
- **2022: Floods in Australia** - meals, first aid supplies, support for a local shelter, longterm food provisions, educational books for children; a focus on surrounding First Nations communities
- **2017: Hurricanes in Puerto Rico** - 3,000 pounds of food and other essential items delivered from California





University students
from across the world
arrive in India for our
internships in villages.

EDUCATION FOR ALL

Why it Matters

**1 out of 3 children worldwide
never sets foot in a classroom.**

Universal education has proven to be the most effective means of eliminating endemic poverty—every year of school increases an individual's earning capacity by 10 percent or more. At the same time, reaching out to humankind's higher socioeconomic strata with values-based education enables them to drive inclusive growth and support systemic change.

"Along with knowledge about the world, we have to understand ourselves. Only then will our education be complete."

- Amma

AMRITA UNIVERSITY'S NOBLE MISSION OF COMPASSION-DRIVEN RESEARCH

Established in 2003, Amrita Vishwa Vidyapeetham is a visionary multi-disciplinary, research-intensive, private university educating a vibrant student population of over 30,000 with a 2000+ strong faculty.

It carries a profound mission of providing values-based education with an emphasis on **compassion-driven research** to address our world's mounting humanitarian crises.

Accredited with the highest possible 'A++' grade by India's National Assessment and

Accreditation Council, Amrita offers more than 300 UG, PG, and Ph.D. programs that include Engineering, Management, and Medical Sciences, including Ayurveda, Life Sciences, Physical Sciences, Agriculture Sciences, Arts & Humanities, and Social & Behavioral Sciences.

With its headquarters at Coimbatore, Amrita has 10 campuses

Amaravati, Andhra Pradesh

Amritapuri, Kerala

Bengaluru, Karnataka

Chennai, Tamil Nadu

Coimbatore (HQ), Tamil Nadu

Faridabad, Haryana

Haridwar, Uttarakhand

Kochi, Kerala

Mysuru, Karnataka

Nagercoil, Tamil Nadu

As Chancellor, Amma says there are two types of education: education for living and education for life. Studying to become a professional is education for a living, while education for life requires an understanding of the essential human values. At Amrita, we believe that education should also impart a culture of the heart, based on enduring values and inner strength.

And then as a research-intensive university, **Amrita is focused on alleviating major global problems** related to poverty, starvation, sickness, environmental pollution, and contamination. We believe that if we could transform compassion from a mere word into a path of

action, we would be able to address most of the world's problems.

If we take this step courageously, then our research and its outcome will have a special impact, spontaneity, and power. This has translated into many latest advancements and innovations that have culminated in greater societal benefit.

As well, Amrita stands at **the strategic juncture of two streams of cultures: East and West**. It is our vision to bring both together to bridge the division through meaningful collaborations with world-class universities and innovative approaches that will benefit the entire planet.



▲ Amma is Founder and Chancellor of Amrita Vishwa Vidyapeetham.



▲ Dr Mariagrazia Squicciarini with UNESCO France addresses our International Conference on Gender & Technology.

Amrita has been lauded around the world for its achievements, especially as a young university. In 2025, it emerged as the **8th ranked university** in the **National Institutional Ranking Framework (NIRF)**, alongside our **Amrita School of Medicine, Kochi** ranked as **9th Best in Medicine**.

Amrita's top researchers are also making their mark, with **37 faculty earning spots on Stanford University's prestigious list of top scientists** for the year 2025. This places scholars with the university among the top 2% of researchers worldwide, for the sixth year in a row.

In the prestigious **Times Higher Education (THE) University Impact Rankings 2025**, a pioneering initiative to recognise universities around the world for their social and economic impact for a sustainable future, Amrita has been ranked among the **Top 41 in the world** and **Number 1 in India** for the fifth year in a row.

Amrita has been ranked among the **Top 41 in the world** and **Number 1 in India** for the fifth year in a row.



Times Higher Education
Impact Rankings 2025



37 of Amrita's researchers have been listed in Stanford's prestigious top 2% of scientists worldwide.



▲ UNESCO's South Asia Chapter of Women for Ethical AI was inaugurated at Amrita University in January 2025.

Today we are **joined with more than 150 international universities**, including prestigious institutions such as Oxford, Stanford, Harvard, Yale, and Princeton. We have also established a groundbreaking joint-degree partnership with the University of Arizona.



AMRITA'S THREE UNESCO CHAIRS

LEAD COMPASSIONATE SOCIAL CHANGE

Amrita University currently hosts three UNESCO Chairs that align with Amma's mission to join academic excellence with uplifting those who are suffering across the world. With over 850 Chairs in more than 110 countries, UNESCO members unite to transform universities into centres of excellence that not only teach but also serve humanity.



UNESCO Chair on Gender Equality & Women's Empowerment

- **Vision:** Advancing gender equality through research, community engagement, technology, and policy. A distinct feature is its vulnerability mapping, which identifies underlying challenges faced by women and girls
- **Established:** October 30, 2016 and is India's first Chair on Gender Equity
- **Chairholder:** Dr Bhavani R Rao, Dean of Social & Behavioural Sciences

"Empowering women through building strength in numbers in her community is an inclusive approach that can bring about a great change for her and in the whole of society."

- Dr Bhavani R Rao



UNESCO Chair on Experiential Learning for Sustainable Innovation & Development

- **Vision:** Shaping a comprehensive academic framework to help build sustainable communities worldwide. The Chair equips students and faculty to co-create solutions in rural and vulnerable communities through hands-on, interdisciplinary learning
- **Established:** June 12, 2020
- **Chairholder:** Dr Maneesha Vinodini Ramesh, Provost & Dean of Sustainable Development

"We aim to empower marginalized communities, particularly those at the base of the socio-economic pyramid, and pave the way for a sustainable future."

- Dr Maneesha Vinodini Ramesh



The official bestowing of
Amrita University's first
UNESCO Chair took place at
Paris on October 30, 2016.





UNESCO Chair on Assistive Technologies in Education

- **Vision:** Championing educational access for people with disabilities through innovative assistive technologies. The Chair leads research and development based on the latest AI, audio and video solutions.
- **Established:** April 15, 2025
- **Chairholder:** Dr Prema Nedungadi, Associate Dean, School of Computing
- **Co-Chairholder:** Dr. Raghu Raman, Dean, School of Business

“People with disabilities should be active participants in developing technologies to expand their access to education, not mere beneficiaries.”

- Dr Prema Nedungadi

“What the world needs are servants, not leaders. Everyone’s wish is to become a leader. Let us become a servant instead. That is the only way to become a real leader.”

▲ Amma

LIVE-IN-LABS CO-CREATES CONCRETE SOLUTIONS ACROSS RURAL INDIA

Live-in-Labs® is Amrita University's ground-breaking internship programme based upon Amma's vision for research that **serves the lowest and most vulnerable strata of society**. Students spend time in impoverished villages across the country to help them grasp the issues the poor confront.

Since Amma began Live-in-Labs® in 2013, Amrita University has reached more than **1 million beneficiaries** across **25 states**. Students with **more than 30 institutions from around the world** have travelled to India to join. Overall, students and faculty have clocked in a monumental **400,000+ hours in the field** working towards sustainable development in rural communities.

1M+ beneficiaries

25 states across India

2800 villages

700+ grassroots projects

1M+ hours in the field

The students witness firsthand the **challenges of daily village life**—like shortages of food, clean water, healthcare, education, sanitation, stable housing, and electricity. More importantly, they have the opportunity to truly **listen to the people**. The students then use this experience to identify and assess community needs and develop and implement viable solutions. The projects are **comprehensive, affordable, and sustainable**.



E4LIFE PHD FELLOWSHIP—EDUCATION FOR LIFE

Each year, Live-in-Labs® commits **\$5.1 million** to support **100 fully-funded fellowships for PhD students** dedicated to developing sustainable solutions for rural India. These scholars, representing a wide range of disciplines—including engineering, social sciences, health sciences, and environmental studies—engage in rigorous, field-based research directly in villages across the country.

With **over 70% of participants coming from international backgrounds** and projects spanning 14 thematic focus areas, the program fosters a unique, interdisciplinary, and globally collaborative environment for real-world impact.

INTERNATIONAL RECOGNITION

Live-in-Labs® has been **recognised globally** for its innovative work that combines **compassion-driven science with practical impact** to improve lives. This includes the prestigious Times Higher Education (THE) Asia Awards and International Green Gown Awards.





MAKING ADULT LITERACY ACCESSIBLE THROUGH A SIMPLE TAP

The **Amrita Learning App** is a groundbreaking **free mobile reading tool** designed primarily for **adult learners**, including those who are low-literate, learning English as a second language, or facing learning difficulties like dyslexia. It



\$225,000

awarded by
XPrize

is available at
Google Play and
Apple App Stores.

Amrita University
created the app
for the **Barbara**

Bush Foundation Adult Literacy XPRIZE, a
competition that challenges teams to develop
mobile applications for adult literacy in the US.
More than 36 million adults in the country lack
basic English reading skills.



As a finalist, the goal was not just to teach literacy skills, but to **develop positive ways of viewing the world** with strength gained from faith in oneself, positive role models, strong values and optimism.



LEAVE NO ONE BEHIND

At the **grassroots level**, volunteers at our **centres around the world** connect with their communities to build access to education. Efforts include **scholarships, tutoring, and basic needs**. In this way, Amma reaches students who would otherwise remain vulnerable and marginalised. They gain not just knowledge, but strength through self-confidence.

A FEW OF OUR PROJECTS

- **Since 2024 - Mexico** - Basic needs and educational supplies for children at a rural school in the Toluca district in Mexico where the community faces endemic poverty
- **Since 2015 - Haiti** - Bursaries for women from poor families to study computer engineering and allied subjects at a technical institute
- **Since 2014 - Spain** - A scholarship program for youth in distress including migrants, juvenile offenders, and other at-risk children
- **Since 2012 - Canada** - Bursaries for children taken into foster care to support their higher education at universities and community colleges



▲ Bringing education and basic needs to children in Toluca, Mexico





**BUILDING AFRICA,
TOGETHER**

Why it Matters

70% of Africa's population is under the age of 30

Africa is both the birthplace of humankind and today's fastest-growing population—by 2050, one in four people will be African. With vast natural resources and cultural depth, it holds immense potential for driving sustainable development, peace, and prosperity worldwide.

"Our highest, most important duty in this world is to help our fellow beings."

- Amma



Amma's initiatives began in 2009 in Kenya. Through her vision, we are supporting a continent of empowered communities, equitable access, and sustainable peace. An Africa where humanitarian action supports long-term resilience and every voice contributes to shared progress. While Africa faces challenges, it also exhibits strength and potential.

A SANCTUARY OF HOPE

AMRITA WATOTO BOMA: CHILDREN'S SCHOOL, NAIROBI

In 2011, Amma established a **care centre** for about 150 children on the outskirts of Nairobi, Kenya. Spread across 11 acres on the banks of the Athi River, Amrita Watoto Boma provides **food**, an **English-medium education**, and **healthcare** in a loving environment.

The school was built to serve children living in the nearby slum, where access to education is extremely limited. It offers a safe, welcom-

ing place to learn—close to home and free of charge. For many students, it is their first step into a classroom.

Today, it is run with the assistance of seven teachers, two cooks, a gardener and our volunteers. Every Sunday, about 250 children from the surrounding area also arrive for our free meal program.



150 students

enrolled for free
education



7

teachers



2

cooks



250 children

provided weekly
free meals



TOOLS TO BREAK FREE FROM POVERTY

VOCATIONAL TRAINING FOR YOUTH IN NAIROBI

In 2011, Amma launched a **vocational training program** in Nairobi, Kenya **for young adults in the nearby slum settlement**, Jam City. In association with the CAP Youth Empowerment Institute, the centre was attached to our children's care home.

Using computers and hands-on classroom sessions, the skill sets range from **tailoring** and **housekeeping** to **carpentry, plumbing,** and **electrical trades**. **Team building** and **leadership skills** are an integral part of the courses.

The course completion rate is more than 98 percent, with most students finding work at existing companies where they earn well above the poverty line. Some students are inspired to start their own businesses, building lives of independence.

Beyond the training itself, course participants say the centre became like a **second home** for them.



98% course
completion
rate



BRINGING BACK THE POWER TO SEE FREE CATARACT SURGERIES

Free cataract surgeries are carried out in impoverished and rural areas with **a focus on Sub-Saharan Africa**. Ophthalmologists, optometrists and nurses from Spain volunteer to connect with medical and community service organisations in each country so they can reach people in slums and remote tribal communities.

Efforts began in 2011 in **Kenya** and since then, have also reached **Cameroon, Senegal, Sierra Leone, Burkina Faso, and Zambia**. As of today, the teams have performed more than 9,700 procedures and provided over 36,850 pairs of eyeglasses.

In May 2025, we reached the **UN's Kakuma Refugee Camp** in Kenya, one of the world's largest

concentrations of the displaced sheltering 300,000 refugees.

As well, we initiated **Vision Screeners Training** in Kenya's Samburu County in October 2024. The remote region in the country's north has limited infrastructure due to its vast, arid, and rugged terrain. **Twenty-seven community health volunteers** were equipped with the tools to detect early signs of eye diseases, prevent blindness, and improve overall vision in their villages.

Eye conditions are more prevalent in Africa than other parts of the world due to diet, proximity to the equator with intense UV rays, poor sanitation due to drought, and lack of eye care doctors. Patients with cataracts range from babies to the elderly.



9,700

successful cataract surgeries



36,850

free pairs of eyeglasses



6

African nations



27

volunteers for eye health in villages



WHEN SMALL THINGS COUNT

THE WHITE C(R)ANE PROJECT

It began in 2014 when Matthias Höfeld with AYUDH, our youth movement, learned about the free cataract surgeries in Africa. Blind himself, he decided to start a fundraising campaign in Europe to provide **white canes for the visually impaired in Kenya**.

Though a cane costs a mere \$12, the amount is beyond the reach of many people in the country. The first set of 300 canes was handed over to students of the Thika School for the Visually

Impaired in Kiambu County, and about 3,000 were given throughout the country as the project continued to expand.

In 2020, AYUDH volunteers in Kenya partnered with Safaricom Foundation, a leading communications company in Africa, to distribute 20,000 white canes worth more than \$250,000. They especially reached out to **tribal communities**.



23,000

white canes
distributed



\$250,000

worth of
support



REPAIRING HEARTS FOR NEW LIVES

FREE HEART SURGERIES IN KERALA FOR CHILDREN FROM AFRICA

Children from impoverished families in Africa have undergone **open heart surgery at Amrita Hospital, Kochi**. Most of the patients had



19

open heart
surgery patients



**5 months
to 14 years**
in age



4

African
nations

congenital heart diseases, but could not afford treatment in their home countries. In partnership with Rotary International's "Gift of Life Project", the procedures were done **completely free-of-cost, including travel expenses**.

In 2019, ten children arrived from Uganda and in 2022, nine hailed from The Gambia, Uganda, Ethiopia, and Zambia. The recipients have ranged in age from 5 months old to 14 years old. One of the fathers expressed how although the children have surgical scars, they are wounds of joy in life.

▼ Dr R Krishnakumar, Amrita Hospital, Kochi's Head of Paediatric Cardiology, cradles a 5-month-old patient.



A COMMON BOND

AMRITA UNIVERSITY GRANTS SCHOLARSHIPS FOR STUDENTS FROM AFRICA

In 2022, our Amrita University launched a scholarship program to support 350 students from African nations to travel to India for higher education. With **an emphasis on Amrita's medical schools**, Amma envisions a common bond to support sustainable development across the continent. This cultural and academic exchange is based upon **universal human values** and empowering youth with **knowledge** and **compassion**.

Celebrating unity in diversity, the University has connected with key government officials and educational institutions across 15 countries: Burkina Faso, Burundi, Côte d'Ivoire, Djibouti, Equatorial Guinea, Gambia, Morocco, Niger, Nigeria, Rwanda, Sudan, Tanzania, Togo, Uganda, and Zimbabwe.



350
scholarships
available



15
countries
connected



▲ Working in-the-field in villages in Punjab.



▲ Amrita-Africa Summit in New Delhi, attended by dignitaries, ambassadors, and high commissioners from various African nations.



◀ Students from African nations share expressions of their diverse and unique cultures at Amritapuri campus.

REACHING OUT TO RWANDA

FIRST VOCATIONAL TRAINING HAPPENS IN KIGALI

In 2018, Amrita University sent a team to Kigali, Rwanda to pilot an **ICT-enhanced (Information and Communications Technology) motorcycle repair course** for the first time outside of India. It was also **Amma's first humanitarian initiative in the country**.

Twenty-five people from two separate locations took part: 20 students from the Integrated Polytechnic Regional College (IPRC), a premier vocational training institute in Kigali, and five students from the Circle de Sportiff slum, located in the city's outskirts.



20

students at a
polytechnic



5

students trained
in a slum



GUARDIANS OF A VITAL NEED

WOMEN IN RURAL TANZANIA TRAINED TO MANAGE COMMUNITY WATER SUPPLY

In 2021, the **Women in Sustaining the Environment** (WISE) project, a collaboration between Amrita University and Tel Aviv University, **expanded to Moshi, Tanzania**. WISE empowers women as **Water Ambassadors** to monitor and maintain clean drinking water in their communities. Moshi is prone to water shortages and droughts, alongside sourcing from unreliable, often contaminated systems.

Twelve women from four villages were chosen, as women and girls carry the high burden of water supply in their families. Over six weeks, they conducted surveys across 450 households to identify key issues. One of the most crucial was that men exclude them from decision-making for water management.



12 women

trained as water
ambassadors



450

households
surveyed



6

weeks of data
collection



3 villages

held focus group
discussions



INSPIRE, COLLABORATE, TRANSFORM

OUR UNESCO CHAIRS TAKE PART IN STRENGTHENING AFRICA'S FUTURE

Both of Amrita University's UNESCO Chairs participated in envisioning how to strengthen interdisciplinary and collaborative research across Africa. **Transforming Knowledge for Africa's Future**, an international forum by UNESCO, took place at the African Union headquarters in Addis Ababa, Ethiopia from September 30 – October 2, 2024.

Attendance was vast and included representatives with all of the African Union's 55 member states, officials with the continent's top universities, and UNESCO representatives from across the globe.

They addressed how the future of humanity is inextricably linked to Africa's future, and yet

there are long-standing imbalances in knowledge production and academic research across the continent. Transforming these systems is crucial for Africa to overcome the existing barriers and unlock its full potential for sustainable development.

Dr Maneesha Ramesh, UNESCO Chair on Experiential Learning for Sustainable Innovation and Development, took part in a session on research cooperation for water, and **Dr Bhavani Rao, UNESCO Chair on Women's Empowerment and Gender Equality**, participated in a session on gender equality in STEM education.



▲ Dr Bhavani Rao and Dr Maneesha Ramesh at the African Union headquarters in Addis Ababa, Ethiopia.



▲ Dr Maneesha Ramesh speaks about the urgent need to empower African nations to drive their own development.





Reaching out to the
homeless in streets
across France

**FOOD & SHELTER ARE
BASIC RIGHTS**

Why it Matters

More than 28% of the world population suffer from food insecurity and about 20% live in inadequate housing conditions.

Food insecurity and lack of safe shelter are multifaceted issues affecting both developing and developed nations. While the problem is disproportionately concentrated in the developing world, the underlying need for sustainable solutions is universal.

“There are two types of poverty in the world. The first type is due to the lack of food, clothing and shelter. The second type is the poverty of love and compassion. We need to deal with the second type of poverty first. If we have love and compassion, we will wholeheartedly serve and help those who lack food, clothing and shelter.”

- Amma

FEEDING THE WORLD WITH LOVE

CARING FOR PEOPLE AS GLOBAL HUNGER INCREASES

In 1995, our volunteers worldwide began to collaborate with their local food banks and soup kitchens. Many also began their own projects to provide **food, clothing and other essential supplies** for people in need. Today, Amma's volunteers serve more than **10 million meals** each year across India, Africa, the Americas, Asia, Australia and Europe.

RESCUING FOOD, REACHING PEOPLE

In 2008, we began the practice of **food rescue** at our centre in **Barcelona, Spain** and then **Toronto, Canada** in 2017. This involves going to local grocery stores, restaurants, and bakeries to **collect surplus items** which would otherwise go to waste.

We **then deliver** it to households, food banks, soup kitchens, and homeless shelters, saving both food and resources from going to landfills. In Spain, about **5,000 families** are reached each year, and in Canada, about **4,500 kg** of food goes to local organisations.

EACH YEAR



10M

free meals
globally



5,000

families
receive
groceries in
Spain



4,500 kg

of food to
distribution
partners in
Canada



▲ Serving people in the streets of Atlanta in the US



▲ Breakfast for impoverished children in Australia



▲ Reaching people in the streets of Brazil

▼ Ready to deliver surplus groceries in Spain



A PROMISE TO PROTECT SHELTER FOR INDIGENOUS WOMEN IN AUSTRALIA

She has made it her mission in life: **any woman or child in her community who needs protection can come and stay with her.** Gayili Banduk Marika Yunupingu, who is a Gumatj Clan Elder, has opened her door to those who suffer from domestic violence or consider suicide as the only way out.

Until recently, the only shelter was a tin-plate open shed. We partnered with Traditional Cultural Practices, a local NGO, to build **an insulated and air-conditioned demountable home** to protect the residents from the area's extreme weather.

At her 66th birthday celebrations, **Amma also inaugurated** a program to uplift the community's young women by **reconnecting them with their traditional arts.** Through the teachings of their Elders, this inspires the women and their children to honour their land and culture.

Watch the short
documentary



BUILDING BRIDGES OF TRUST

A UNIQUE PROJECT HELPS THE HOMELESS ACROSS FRANCE

Volunteers throughout France **visit urban streets on a weekly basis to meet the people living there.** By building long-term relationships, **the goal is to offer a bridge** to the society from which those in need of homes are marginalized.

They were inspired to start the project in **Paris in 2011**, as **the number of people without permanent shelter was on the rise.** The team began from scratch, heading out to see what people needed, and they quickly connected

with established organizations and NGOs to learn the protocols.

Known as **Les Maraudes**—the roamers—the project is now also active in the cities of Lyon, Marseille, Toulouse, Grenoble, Clermont-Ferrand, Le Havre, Chartres, Lorient, et Dreux. The volunteers work with the constant thought: **“What if this were me?”**

They **provide practical items** such as food, hot drinks, clothing, medical supplies, and blankets to those in need. Once trust is built, they assist in connecting people to **shelter, healthcare, and psychological support.**



10
cities



3 to 4
volunteers
each team



1
visit per
week to
beneficiaries

Watch Les Maraudes
in action
amrita.link/maraudes





Planting trees at
our centre in San
Ramon, California

**PRESERVING OUR
PLANET**

Why it Matters

10 million hectares of forest are destroyed every year.

Environmental work is crucial more than ever because the health of our planet directly impacts every aspect of our lives. Climate change, loss of biodiversity, and environmental degradation threaten ecosystems, human health, food security, and economies.

"Our earth is serving us. The sun, the moon and the stars all serve us. What can we do in return for their selfless service?"

- Amma

EVERY SAPLING COUNTS

PLANTING TREES TO SECURE OUR FUTURE

Amma teaches that forests play the most important role in maintaining nature's harmony and that every country should try to protect its remaining forests and **plant as many trees as possible**.

In ancient India, people would perform rituals to worship trees, especially if there was a need to cut one down. They saw the Creator in creation. They loved and protected Nature as a visible form of God.

Following Amma's words, in 2001, our volunteers began official tree planting campaigns in their local areas. Today, we have planted more than **six million trees worldwide** and are a member organisation of the **United Nations Billion Tree Campaign**.



6M trees
planted
worldwide



ONE GRAIN AT A TIME

THE GLOBAL SEEDBALL CAMPAIGN

We are encouraging volunteers to make seedballs as **an easy and sustainable way to increase green spaces and support biodiversity** in their local environments. It's a simple process of rolling tree and plant seeds into balls of soil, clay and other organic materials. They are then dispersed in public spaces such as forests, parks, roadsides, and other wildlife areas where they naturally germinate.

In 2023, Amma began the Global Seedball Campaign as Chair of Civil 20 during India's G20 Presidency. Volunteers planted **more than 1 million seedballs worldwide**. This included

Swami Amritaswarupananda Puri, Amma's most senior disciple, leading a dispersal at our centre in Hof Herrenberg, Germany.

The **Honourable President of India, Smt Droupadi Murmu**, joined the campaign with the Government of Puducherry.

The Indian Navy and Tamil Nadu Forestry Department also took part. The teams distributed **another 1.4 million seedballs**, including by helicopter.



2.4M
seedballs
dispersed
worldwide



◀ Swami Amritaswarupananda leads dispersal in Germany



Honourable President of India, Smt Droupadi Murmu, takes part ▶



CLEAN WORLD, BEAUTIFUL WORLD

PUBLIC CLEANUP DRIVES

Our volunteers gather in their communities to undertake the cleaning of public spaces such as city streets, parks, forests, and beaches. This includes the **sorting of garbage, proper disposal of waste, and recycling**. They also conduct **public awareness campaigns** to make others aware of the systems in place to prevent waste, including a special focus on plastic pollution.

EACH YEAR



100,000
volunteers



1,700
clean-up drives



Inspired by Amma



Canada



Kenya



Israel



New Zealand



Italy

PROTECTING BEES PROTECTS US ALL

BEEKEEPING ACROSS CONTINENTS

Through pollination, bees play a vital role in the production of food supply and the preservation of nature. But due to today's environmental degradation, the world's bees are disappearing.

In 2004, Amma inspired devotees to begin **beekeeping to support local populations** and strengthen the surrounding ecosystems. In centres worldwide, we are learning how to care for hives and the ecosystems around them.



1/3 of the food

we eat depends
on pollination by
bees.



SOWING SEEDS FOR A BETTER FUTURE

SUSTAINABLE COMMUNITIES WORLDWIDE

Throughout the world, our centres are working to become **local models of sustainable living**. Several of our projects and events have been formally recognised by UNESCO as part of the **UN Decade on Education for Sustainable Development**.

The centres host workshops in **sustainable living, permaculture, beekeeping** and **conservation techniques**, while residents incorporate lessons learned into daily life. By experiencing live examples of communities that are in har-

mony with nature, visitors get inspired to implement similar techniques in their own homes.

As well, our teams have come up with creative and useful ways to **upcycle waste**. They make all kinds of items, from planters to purses to water bottle holders.

Eco-building techniques are used whenever possible. The centres employ rainwater harvesting, produce food from organic farms, gardens, and orchards, and make organic fruit and vegetables available to their local communities.



▲ 28 sustainable homes under construction in our ecovillage in France



ONLINE, GRASSROOTS, WORLDWIDE

THE INDEED CAMPAIGN FOR NATURE

The InDeed Campaign for Nature is based on Amma's ideas about **practical ways to use the Earth's remaining resources**. It is what each of us can do right now—in our own backyards—to help restore the lost harmony between humanity and nature through **6 easy commitments**:

- Conserve Water
- Reduce your carbon footprint
- Plant a tree
- Grow your own vegetables
- Carpool
- Build a house for birds or bugs

The campaign was planned as a **one-year project** to share the knowledge of how as a community, we can work together to improve the

health of our planet's environment. During that time in **2013**, more than **26,000 participants** officially dedicated themselves to taking part.

Now years later, people continue to share these ideas. In 2014, the InDeed Campaign for Nature was officially recognized by UNESCO as a **project of the United Nations Decade of Education for Sustainable Development**.



6
simple
commitments

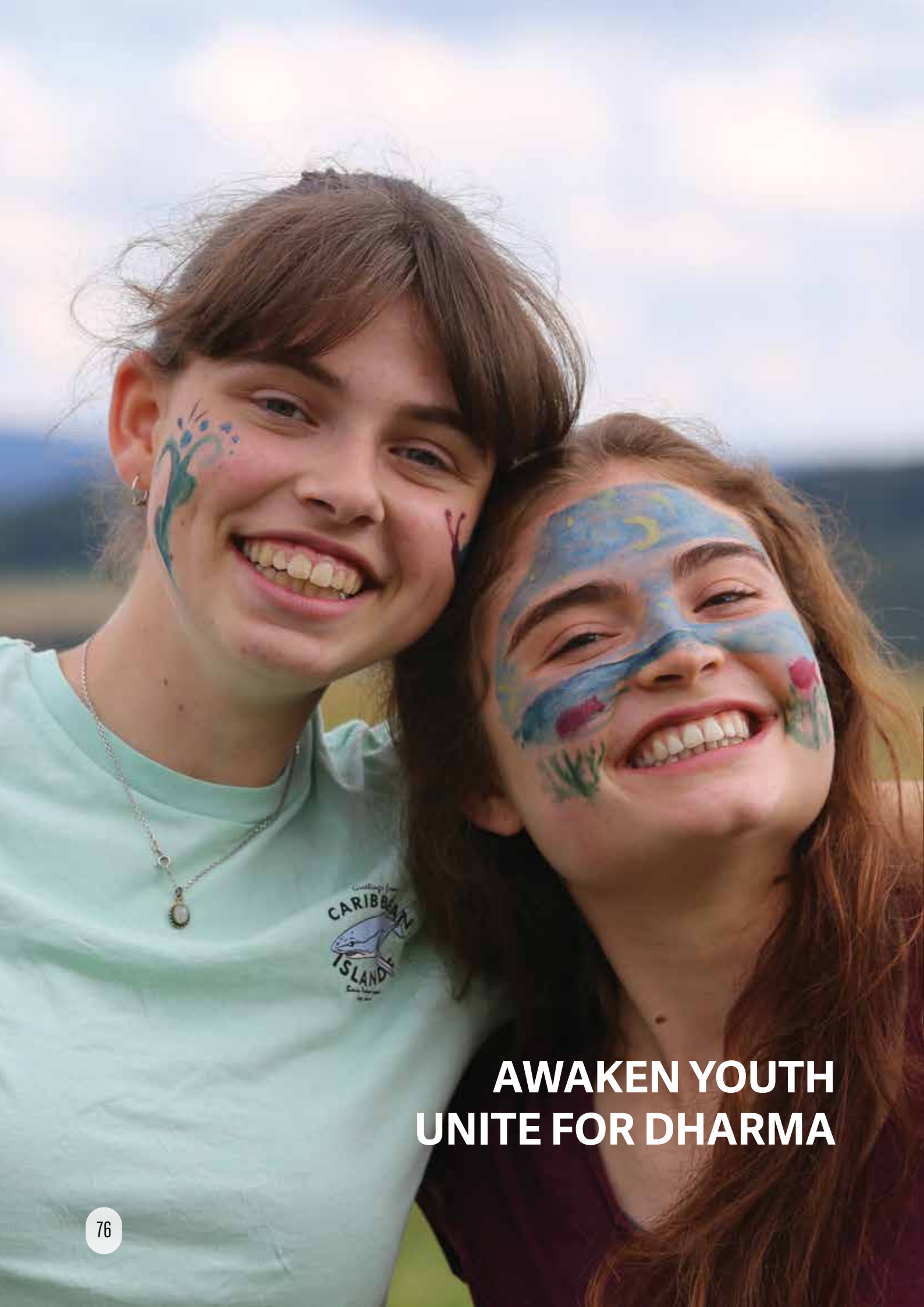


1
year project
across 2013



26,000
participants





**AWAKEN YOUTH
UNITE FOR DHARMA**

TOMORROW IS TODAY

OUR YOUTH MOVEMENT

Founded in 2001, AYUDH is an international network of people from 15 - 30 years old who are committed to creating a better future for everyone. Inspired by Amma, they work to build a peaceful and sustainable world by cultivating universal values of love, compassion, tolerance, unity and respect.

With 5,000 members in more than 50 countries, their projects are envisioned to meet the needs of each community.



▲ 300 youth from 27 countries gathered in Amritapuri for an international summit



Planting trees in Italy

WHAT DOES AYUDH STAND FOR?

AYUDH is short for Awaken Youth Unite for Dharma or the Sanskrit Amrita Yuva Dharma Dhara, which means "peace", or "without war". Activities are organised by and for youth based on four pillars:

"If our youth arise and act, they have the strength and dynamism to generate a huge transformation in society."

▲ Amma

GREEN INITIATIVES

- Tree planting campaigns and sapling distributions
- Trash collecting events, recycling and upcycling classes
- Creating urban community and personal gardens
- Discussions and workshops on sustainability

SOCIAL SERVICE

- Providing relief during natural disasters
- Caring for the homeless or the elderly
- Serving in soup kitchens around the world
- Distributing sanitation supplies
- Tutoring underprivileged children
- Creating initiatives for gender equality



Visiting the elderly in France

PERSONAL EMPOWERMENT

- Programs to encourage compassionate leadership
- Inspiring talks given by renowned leaders
- Spiritual discussions between youth and mentors
- Classes on yoga and meditation
- Activities to cultivate mindfulness in everyday life



Fatou Jeng is a Climate Change Youth Advisor to the UN Secretary General



AYUDH Americas Summit

INTERCULTURAL EXCHANGE & YOUTH SUMMITS

- International summits to unite young change-makers
- Long term volunteer work arranged in other countries
- Youth parliaments around the world
- Music and Arts highlighted during AYUDH gatherings

OUR GOALS

Globally, our projects surround the United Nations 17 Sustainable Development Goals. In Europe they also align with the European Youth Goals. AYUDH offers the unique opportunity to create change locally, yet on a massive scale.





Find out more
amrit.am/ayudh

◀ Taking part in a session at the UN in Geneva



▲ Preparing to serve at a food bank in the USA



▲ Clothing for migrant workers in Ahmedabad

Giving a voice to young people, AYUDH has released several declarations and statements on topics such as education, sustainable development, inclusion and diversity and mental health. This has caught the attention of decision-makers from the local and the international level, including institutions of the United Nations and the European Union.

AYUDH is also **a member of the annual Youth Economic and Social Council (ECOSOC) at the United Nations** and has carried out many initia-



2001
 AYUDH was founded in India



5,000
 members today



50+
 countries

tives in partnership with UN bodies. Three of our projects have been awarded best practice projects by the European Commission.



▲ Swami Amritaswarupananda inspires the summit in Europe





WELLNESS WITHIN AND WITHOUT





International Day of Yoga 2017 at our centre in Chicago.



Find out more
amma.org/spiritual-practices

YOGA & MEDITATION

In 1987, Amma started yoga and meditation techniques for **physical health, mental peace** and **clarity of intellect**. Today, they have benefited more than 7.4 million people worldwide.

The teachings guide **a holistic way of life** rooted in moral values. This awakens our infinite potential and inherent completeness, through the

proper adjustment of the body, emotions and intellect.

Since human nature is fundamentally the same everywhere, **yoga can be adopted universally**



7.4M
 people
 reached
 worldwide

“Our efforts to remove hatred and indifference from the world begin by trying to remove them from our own mind.”

▲ Amma

regardless of caste, religion, gender, or nationality. Amma shares that it is a priceless gift from the ancient sages of Bharat to the entire world.

The practices also support **collective wellbeing**. We are not isolated islands, but an inter-linked chain. Knowingly or unknowingly, our actions do influence others. When done with love and awareness, yoga radiates peace and compassion to all around us.



Toulon, France



Centre Amma, France



Nigata, Japan



Moscow, Russia



Amritapuri



A PRESENCE THAT TRANSFORMS LIVES

Amma's humanitarian initiatives began in Kerala in 1989. Today, it is a global network of volunteer-run national and regional nonprofit organisations in 48 countries. We have reached over 30M people with a large part of our efforts focused on rural India.



5.9M

people given
free healthcare



\$85M

for disaster
relief



300,000

people
housed



15,000

women's
self-help groups



\$26M

in construction
of toilets



\$15M

for clean
drinking water



55,000

children granted
scholarships



100,000

pensions for the
destitute



6M

trees planted
worldwide

"We are all beads
strung together on
the same thread
of love."

▲ Amma







“Everyone in the world should be able to sleep without fear, at least for one night. Everyone should be able to eat to his fill, at least for one day. There should be at least one day when hospitals see no one admitted due to violence. By doing selfless service for at least one day, everyone should help the poor and needy. It is Amma’s prayer that at least this small dream be realized.”

- Amma, Sri Mata Amritanandamayi Devi



Mata Amritanandamayi Math
Amritapuri PO, Kollam
690546 Kerala, India



Find out more at
amma.org/humanitarian