Centenary Anniversary of Shrii P.R. Sarkar
1921-2021

HIS CONTRIBUTION TO WOMEN
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Dedicated to
Prabhat Rainjain Sarkar
Shrii Shrii Anandamurti

WITH DEEPEST GRATITUDE
For teaching us leadership skills
For inspiring us to treasure our self-worth
For encouraging us to work for the wellbeing of all
For shining a bright light so we could find our inner joy
For reminding us that “no one is going to hand us our rights on a platter”
Remembering Auntie

On this special occasion we remember Avtk. A’nanda Bha’rati A’c., lovingly known to all as “Auntie.” She was appointed by P.R Sarkar in 1965 to be the first head of the Women’s Welfare Department (WWD). Under her guidance, a solid organizational foundation was created.

We celebrate her exceptional leadership skills along with her disposition. She treated everyone with motherly affection and had the unique ability to lift the spirit of even the most troubled and confused souls. At the same time, she was a strict task master and accepted no compromise when it came to core organizational and moral values. She encouraged everyone to dedicate time to yoga/meditation practices and to render social service. She led by impeccable example.

Like a true yogi, disappointment, sadness, and fear were completely off Auntie’s radar and her joyful, contagious enthusiasm for the mission made her a natural leader.

Today, Auntie is not physically present amongst us, but her great love and indomitable spirit of service continues to guide us.

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I
n 1955, the great visionary Prabhat Rainjan Sarkar, also known as Shrii Shrii Anandamurti, founded the socio-spiritual organization Ananda Marga to promote self-realization and service to humanity.

In 1965, he founded the Women’s Welfare Department (WWD) – run exclusively by women – so they could have their own structure within the greater organization. The purpose was to work for the socio-economic and personal wellbeing of women.

Today, WWD is an international, voluntary, service organization active in over 80 countries. It is managed by missionary workers and local volunteers who focus not only on the wellbeing of women and children, but also society in general.

The missionary workers receive specialized training in advanced yoga and meditation techniques with the dual purpose of nurturing their own inner potential and providing tools for other women to do the same.

Many of the volunteers and missionary workers receive Neohumanist Education training, which is a philosophy that seeks to implement a new vision of holistic education. These women carry that philosophy back to their respective projects and seek to imbue that philosophy in all they do. For instance, the missionary workers are also vegetarians who promote a healthy lifestyle and are deeply committed to supporting the environment. On the 4th of August 1978 P.R. Sarkar founded Girls Prout (GP) in Patna, Bihar, India and named its global headquarters in Scandinavia. GP is the female wing of Proutist Universal and was created to address the specific needs of women and girls. Today it is an international movement with chapters all over the world.

Some of its objectives include:
- Programs for women & girls to achieve equal rights and opportunities with men
- Propagating and implementing the socio-economic programs of Prout amongst women
- Fighting all sorts of suppression of women, particularly poverty, sexism, racism, and classism.

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From the dawn of the human species until about 10,000 years ago, woman governed society and were revered as goddesses due to their magical ability to bring forth life. According to historians, in India that all changed with the arrival of Aryan patriarchal tribes to the Indus Valley civilization.

Henceforth, the stories told and later written by the male priests of these patriarchal religions denied the existence of the matriarchy, demeaned the goddess, and created the myth of male superiority and female inferiority. This provided men the moral authority to exclude women from leadership positions, educational activities, and spiritual pursuits. Thus, women were obliged to assume subservient roles in all spheres of life.

In his role as spiritual guide, Shrii Shrii Anandamurti strongly denounced these age-old dogmas and encouraged women to study the yoga scriptures, practice hatha yoga, and perform advanced meditation techniques. In the early 1960s, he personally instructed women in these practices and later trained them to teach other women. He trained male and female Aca’ryas (spiritual teachers) and afforded both genders the exact same status and constantly encouraged women and girls to develop their full potential on the physical, economic, psychic, and spiritual spheres.

History depicts the sad and painful episodes of women’s exploitation throughout the world. To fulfill this sinister design, dogmas were created that led to psychological and economic exploitation. Dogmas were cunningly popularized, and women were denigrated to slavery. Psychic exploitation has been infused into the minds of women and many symbols that are religiously observed are nothing but symbols of slavery. In many religions of the world today, women are not allowed to become priests...

Shrii Shrii Anandamurti

The biological and psychological differences between the sexes are complementary.

Gender does not define us.

Embracing universality and freedom from dogmas is essential to our humanity.
Human beings have an innate longing to experience pure joy and a deeper understanding of their essential nature. In his philosophy, Anandamurti describes this state as Radhabha’va. “Radha” refers to the quintessential feminine; bhava is an elevated mental state, so Radhabha’va is a mental state of tender, loving blissfulness.

Shrii Shrii Anandamurti suggests that to experience our essential nature we need to accentuate the feminine qualities. Also, women in their roles as mothers, daughters, sisters, wives, and friends have fine-tuned their sentimental and emotional natures, which is why they have been revered since the dawn of human civilization.

You as the most dignified section of human society must do something for the universal human beings.

Shrii Shrii Anandamurti
Hatha Yoga
asanas practice especially designed for women

Physical fitness and self-defense programs for women

Advanced Yoga Meditation Practice

Sattvik vegetarian diet to purify body and mind

Lalita Ma’rmika
Dance to Voice the Inner Spirit invented by Parvati, the wife of Shiva, over 7,000 years ago. It brings inner happiness and bliss.

Kaoshikii Dance created in 1978 especially for women to develop mental stamina and fearlessness. It also cures many diseases, keeps the body youthful, and facilitates an easy delivery in childbirth.
Women and Society

P.R. Sarkar celebrated the sacredness of all life and emphasized that men and women have equal dignity - it is the sacred birth right of every human being, regardless of their gender or nationality, to be afforded the opportunity to fully express their physical, economic, psychic, and spiritual potentialities.

P.R. Sarkar denounced in the strongest terms the exploitation of women perpetrated by a male-dominated social order and advised that in the case where a woman's physical strength is less than that of a man, the society should always endeavor to protect the woman and that special attention should be paid to the comforts of women who are mothers.

He reminded us that:

We must abolish all dogmas and liberate women from psychic exploitation and demand:

- Free education for all women in all countries of the world.
- Zero discrimination in the social, educational, and religious realms.
- Provision of economic and social security to all women.
- Equal job opportunities and equal pay.
In the annals of human history, we find women

- Whose memory glorifies not only womanhood but the entire world.
- Who contributed enormously to social reform, educational pursuits, science, technology, philosophy, and spirituality.

“We stand to create a powerful, dynamic, and upsurging social consciousness, especially among women, so that they are inspired to rise, abolish dogma, and annihilate all symbols of slavery, and usher in a new era of coordinated cooperation and glorious achievement. Let women be the vanguard of a new revolution which humanity must achieve for a glorious tomorrow.”

Shrii Shrii Anandamurti
The Women’s Welfare Department

The Women’s Welfare Department is dedicated to ensuring all women have the opportunity to realize their physical, mental, and spiritual potentialities. It works to improve the lives of women, children, and the family in the areas of education, health, economic self-sufficiency, relief assistance, and social awareness.

AMURTEL
Provides emergency and long-term relief to women and children during and after natural calamities.

HPMGL
Hari Pari Mandala Gosthi Ladies strives for the spiritual upliftment of society by popularizing kirtana, devotional songs, music, and dance. It encourages women to form small bands in order to propagate devotion through the arts as the highest expression of our humanity.

PWSA
Progressive Women’s Spiritual Association strives to improve the lives of women through intellectual development, spiritual guidance, and social awareness through mechanisms such as study circles.

Seva Dal
Focuses on projects and programs that reach the most neglected section of society to ensure they gain access to the minimum necessities of life.

Girls’ Volunteers
Organizes classes and camps to develop physical fitness and self-defense skills to protect women from physical and economic exploitation as well as to encourage their independence.

Nari Abhyudaya
Creates opportunities for women by providing skill-training to enable them to set up small-scale commercial and industrial projects for their economic self-sufficiency.

Master Units
Are rural, multipurpose development projects that use sustainable agriculture practices and renewable energy. They house social service programs to provide for the needs of the local population.

NHE
Neo-humanist Education focuses on the development of the whole person including the physical, emotional, intellectual, creative, intuitive, and spiritual capacities.
Girls Prout

Girls Prout (GP) is a socio-economic and cultural organization, dedicated to the welfare of women.

**Some of its objectives include:**

- Creating specific PROUT programs that directly benefit women.
- Propagating and implementing PROUT amongst women.
- Fighting against all sorts of suppression and torture of women, particularly poverty, sexism, racism and classism.
- Helping women achieve equal rights and opportunities with men.
- Promoting dignity, self-determination, and economic independence.
- To fight suppression of women in society, particularly poverty, sexism, racism and classism.
- To promote women’s rights amongst progressive organizations and movements.
- To promote women’s rights amongst progressive organizations and movements.

Some of the current organizations around the world based on Girls Prout includes ProutSisters (international) and Prout Women (USA).
If women are given an opportunity for education, adequate healthcare, economic self-reliance, and involvement in their own progress, their all-round health and wellbeing will, in turn, be reflected in the improved welfare of their children and the community.  

Shrii Shrii Anandamurti
Global Network
WWD & GP
Programs
In 80 Countries