

Souvenir Newsletter

2021

AMURT

PHILIPPINES



Celebrating 100 Years of Legacy of Shrii Shrii Anandamuti ji

- Founder of AMURT



LEAVE NO ONE BEHIND

Reaching
the Unreached

About Us

AMURT IN THE PHILIPPINES, INC. is a non-stock, non-profit charitable institution duly organized and registered under the Securities and Exchange Commission of the Republic of the Philippines since May 7, 1986. Its parent organization - AMURT Global - is registered in India since 1965.

Organizational Structure

Shrii P.R. Sarkar
Founder and Inspiration

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Central Secretary, AMURT Global

Acarya Liilananda Avadhuta
AMURT Coordinator, Manila Sector

Acarya Siddheshvarananda Avadhuta
Sectorial Secretary, Manila Sector

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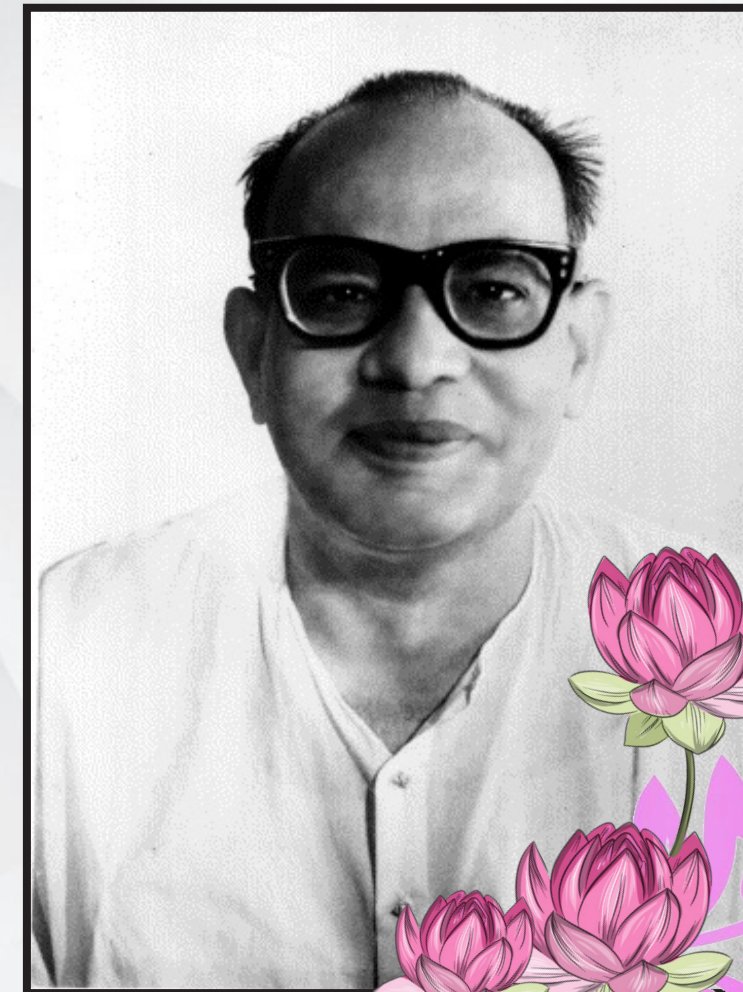


In Celebration of the Centennial Birth Anniversary of

Shrii Shrii Anandamurti jii

(Prabhat Ranjan Sarkar)

Founder of AMURT



Ananda Vanii Ananda Purnima 2021

The firmness of a person's resolve makes him great. However lowly a person may be, he can become great by his determination. If you have a firm resolve to realize your goal, you shall become great. Without a firm resolution, you cannot achieve anything.

- Shrii Shrii Anandamurti -

1 ANANDA VANII

For Ananda Purnima 2021

INTRODUCTION

3 PREFACE

4 MESSAGE FROM SECTORIAL SECRETARY

Ac. Siddheshvarananda Avt.

5 THE FOUNDER

The Legacy of Shrii Shrii Anandamurti Jii

7 WHAT IS AMURT?

The Principles and Mission of AMURT

FOOD FOR THE SOUL

8 THE FOUR KINDS OF SERVICE

How one is to serve others?

9 SONG OF SERVICE

Prabhat Samgiita songs with the spirit of service

SERVICE RESPONSES

10 METRO MANILA

20 BICOLANDIA

24 CALABARZON

25 ILOILO

26 CEBU

28 SOUTHERN MINDANAO

30 SPOTLIGHTS: POST-YOLANDA RESPONSE

FEATURES

32 PSYCHO-SPIRITUAL SERVICE

33 LOCKDOWN RECIPE: RAMEN

34 VOLUNTEER STORIES

36 CERTIFICATES & RECOGNITIONS

HELP US

40 AMURT CHANNELS

Get in touch with an AMURT Unit near you

ON THE COVER

Photo by **RAVI PRAKASH (DIGO ALCUZAR)**

A Family's Abode during Typhoon Aftermath in Sioron, Catanduanes



“Bayanihan”

THE FILIPINO COMMUNITY SPIRIT

of helping each other without expecting anything in return, to achieve a common goal, is called *bayanihan*. Over calamities and many difficulties that has plagued our country, the *bayanihan* spirit prevailed and had continued to be the backbone of many communities to quickly stand back up on their feet, ever resilient.

<< PHOTOGRAPH BY

RAVI PRAKASH (DIGO ALCUZAR)

Villagers help each other rebuild their homes that were blown away by strong winds of Typhoon Rolly and Ulysses - a usual routine in the typhoon frequented island of Catanduanes.

PHILIPPINES is an archipelago of thousands of islands where an average of 6-9 typhoons would make land-fall per year, making it one of the most prone countries in the world to tropical storms. Imagine such scope of the disaster scenario (along with other man-made and natural calamities) amidst a pandemic where an invisible virus is taunting to strike at any opportune space and moment. The threat is real and the anguish is deeply felt, amongst families losing their homes, their loved ones and means of living; young and old locked down and quarantined in hunger; individuals stranded far from home; children left with difficult access to child support and education. These are just few in the whole plethora of challenges being faced by many communities in the country every day.

Through this AMURT Souvenir Issue, we wish to share the humble but impactful ways that our volunteers, donors and sympathizers have contributed in alleviating the suffering of many. May this be a testament that with bayanihan spirit guiding our service activities and responses, we can make huge undertakings. An individual may only do so little, but together, we can surmount any difficult circumstance that may come our way!

Indeed, we can never give enough credits and pay gratitude to the service and generosity of our volunteers and donors. They have been the Supreme's instrument in caring to His children in distress. May they consider this opportunity of having the divine work through them be their most valued reward, and inspiration to continue serving.

As we celebrate the Centennial Birth Anniversary of our dearest Founder, Shrii Shrii Anandamurti Ji, we offer this humble garland or our service to humanity, to the Supreme Being. May more people heed to the call of service to their fellowmen, as this itself, is a truly meaningful service to our Diving Creator. Namaskar!



DELIVERING ESSENTIAL HOPE | PAGE 10



ANANDA MARGA PRACARAKA SAMGHA MANILA SECTOR

Sectorial Office: 46 Maamo St., Sikatuna Village, Diliman,
Quezon City, Philippines, 4001

NAMASKAR!

On the special occasion of Centennial of birth day celebration of Baba, our Marga Guru Shrii Shrii Ananda Murti jii, founder of AMURT Shri Prabhat Rainjan Sarkar (1921-1990), it gives us immense satisfaction and pleasure to present a souvenir issue for AMURT (Ananda Marga Universal Relief Team) in the Philippines, Inc.

This is to highlight the gargantuan efforts made by our dedicated team of volunteers, sympathizers and donors in response to the Covid -19 pandemic, community lockdowns, typhoons, and other natural and man-made calamities in many communities in the country. All of them deserve our appreciation for their timely and unconditional support.

AMURT has done tremendous silent work to homeless, the poorest of the poor and needy families, and desperate communities who are at loss with options (material and financial) to provide for their families and loved ones during this pandemic. Even though there are rigid community restrictions in place to control the spread of the COVID, AMURT has managed to reach many nooks and corners of many communities with confidence, determination, and hope, in the spirit of serving humanity with its slogan “service to humanity is service to GOD”.

I consider my personal experience of working for the needy and victims of calamities to be a humble reward as it gave me an opportunity to serve. It gives me pure joy to see the AMURT team’s presence making people feel hope, inspiration, and the love and care of the divine force manifested in each one of them. Our means of serving may be little or insignificant to some, but we have nevertheless expressed our message of hope, love, compassion and feeling of brotherhood and sisterhood for this whole family of ours called ‘humanity’.

Ac Siddheshvarananda Avt.
Sectorial Secretary



PRABHAT RANJAN SARKAR
“SHRII SHRII ANANDAMURTI JII”
FOUNDING PRESIDENT

FROM HIS EARLY CHILDHOOD in Bihar, India, where he was born in 1921, Shrii Shrii Anandamurtijii has been attracting others by his love for humanity and guiding them along the path of self-realization. Adjusting the ancient science of Tantra Yoga to meet the needs of this age, he developed a scientific and rational philosophy and a system of practical disciplines for physical, mental and spiritual development. Recognizing him as a spiritually realized master, his followers called also “Baba” (father).

Those who followed his teachings found their lives transformed as they overcame the weakness and negative tendencies of the mind and experienced a deep peace and bliss within. Inspired by his selfless example, they turned their energies to serving the societies and elevating the oppressed.

In 1955, while still leading a normal family life as a railway official, Shrii Shrii Anandamurtijii formed the organization Ananda Marga (“The Path of Bliss”), and began training missionaries to spread his teachings of “self-realization and service to humanity” all over India and later throughout the world. Reflecting the broadness of his universal vision, Ananda Marga has become a multi-faceted organization with different branches dedicated to the upliftment of humanity through education, relief, welfare, the arts, ecology, intellectual renaissance, women’s emancipation, and humanistic economy.

Starting in 1963 he spearheaded an educational movement for all round development. This began with the introduction of the Education Relief and Welfare Section (ERAWS) which grew to an international network of schools.

In the field of ecology and environmental awareness, Shrii Shrii Anandamurtijii propounded the philosophy of Neo-Humanism, extending the spirit of humanism to include love for animals, plants and the inanimate world. He started global plant exchange program to save and propagate thousands of plant species around the world. In conjunction with this he also started sanctuaries for animals in the various locations around the world.

In the realm of philology and linguistics, Shrii Shrii Anandamurtijii wrote volumes on the Bengali and Sanskrit language which still require years of deep scholarly study to be understood. These volumes trace the evolution of words, phrases and cultural traditions that comprise today's tapestry of Indian languages as well as offering new and important insights into Indo-European and other languages of the world.

In the field of science, Shrii Shrii Anandamurtijii introduced the theory of Microvita which subsequently has interested scientists around the world. In a series of discourse, Shrii Shrii Anandamurtijii has struck at the heart of conventional physics and biology, as he points out that the basic building blocks of life are microvita – emanation of pure consciousness. The microvita theory provides a link between the worlds of perception and conception and implies that the distinct disciplines of physics, biology, and mathematics will merge into one science of understanding the real nature of the universe.

In the field of music, literature and art, Shrii Shrii Anandamurtijii urged artists to create art for service and blessedness and not merely "Art for art's sake." He wrote guidelines also for accomplishing this goal. Shrii Shrii Shrii Anandamurtijii not only wrote long philosophical treatises, he has enriched us as well with children's stories, fiction, comedy and drama. His most dramatic contribution is the 5018 songs known as PrabhatSamgiita (Songs of the New Dawn) which he started giving in 1982 until his departure on October 21st 1990. These beautiful songs express the universality of the human spiritual heart. Most of the songs were written in Shrii P.R. Sarkar's mother tongue, Bengali. Bengali – English scholars have given the highest praise to these songs, in terms of their poetic and symbolic expression.

For the collective welfare of the entire society he propounded the theory of PROUT (Progressive Utilization Theory), which stands for the maximum Utilization and rational distribution of all the resources and potentialities of the world – physical, mental and spiritual – and the creation of a new, humanistic social order of harmony and justice for all. His uncompromising moral stand against corruption and exploitation and his demand for social justice brought about the opposition of certain vested interests and the Communist Party of India, and resulted in the persecution of Ananda Marga and his own arrest in 1971 under false charges. During his seven year incarceration, he survived a poisoning attempt by jail officials and fasted on a glass of liquid for 5-1/2 years in protest. Ultimately acquitted of all charges by the High Court, he was released in 1978 and from then until his departure in 1990 he guided the rapid expansion of his mission all over the world.



WHAT IS AMURT



AMURT (ANANDA MARGA UNIVERSAL RELIEF TEAM) is one of the few private international humanitarian organizations founded in India. Since its inception in 1965 its original objective was to help meet the needs of the affected population after disasters that regularly hit the Indian sub-continent. Over the years AMURT has established teams in thirty-four countries, to create a network that can meet disaster and development needs almost anywhere in the world. In 1985 we broadened our goals to include long-term development. We feel that we can play a useful role in helping vulnerable communities break the cycle of poverty and gain greater control over their lives. For us, development is human exchange: people sharing wisdom, knowledge and experience to build a better world.

Our Mission

AMURT'S MISSION is to help improve the quality of life for the poor and disadvantaged people of the world, and those affected by calamity and conflict. We encourage and enable individuals and communities to harness their own resources for securing the basic necessities of life and for gaining greater economic, social and spiritual fulfillment, while honoring their customs, language, and religious beliefs.

Our Principles

- Every human being has the right to meet his or her own fundamental needs such as nourishment, accommodation, medical care, clothing, and education. The resources of the earth should be used in a just and appropriate way to meet those needs.
- Every human being regardless of race, creed, gender, color or social status is a dignified member of the human family and should be treated with understanding and respect.
- It is only by showing respect for women, and ensuring their integration and active participation in the development process, that a harmonious growth of the family, community, and society as a whole can be achieved.
- Development is a balanced process that maintains an equilibrium between industry and the environment, urban and rural growth, human needs and available resources. Development should lessen the gap between the rich and poor and provide opportunities for all.
- Appropriate development begins within the social and cultural framework of each community. It enables underprivileged communities to gain a greater degree of independence to determine their own future.

THE 4 KINDS

WHAT SHOULD A PERSON DO? Life is a mission. I have said that human life is an ideological flow. That is, human life is a mission; life itself is a mission; one's very existence is a mission. Átmamokśárthāṁ jagaddhitāya ca – "Whatever one is to do one is to do for átmamokśa – for his or her own liberation – and for the elevation of the entire world, elevation of the entire human society." One is to do both these things: that is, these two things are one's mission.

Átmamokśárthāṁ. Now you know, everything is moving in this world. It will have to move. And suppose a person says, "No, I won't move." Even then, he or she cannot remain stationary, he or she will have to move downwards. So you should try to move upwards, otherwise you will have to move downwards, because nothing in this world is fixed, nothing in this world is stationary; everything is moving, everything moves. If you do not move this way [up], then you will have to move this way [down]. So, Átmamokśárthāṁ – "Whatever one is to do, one is to do for his or her own mokśa." Mokśa means [non-qualified] liberation.

Then, jagaddhitāya ca. A person is doing everything for his or her own spiritual elevation, own liberation, for complete emancipation. That he or she is doing for his or her liberation is well and good, but is he or she not a selfish person? Whatever one is doing, one is doing for one's own liberation – but one is not doing anything for others. You say – is it not a fact? The person is selfish. So while one is doing something for one's own liberation, one is to serve others also. And how is one to serve others? The best service is viprocita sevā [intellectual service].

You know sevā, that is, service. Service is of four kinds:

1. Shūdrocita sevā is serving with your physical body, rendering physical service, rendering medical service. Service rendered by a shūdra is shūdrocita service.
2. Then kśatriyocita [martial service] is security service, helping the weak.
3. Then vaeshyocita sevā [economic service] is relief work, feeding the poor, helping the needy.
4. Then viprocita sevā is preaching morality, teaching, preaching the ideology, doing dharma pracāra [spiritual propagation]. They are all viprocita sevā.

Now the best sevā – all the sevās are of equal standard, but the result of viprocita sevā is of permanent nature, while the results of the other three sevās – shūdrocita, kśatriyocita, and vaeshyocita – are of temporary nature: not less important, but of temporary nature. For a hungry man, what will be the best sevā? To feed him. That sevā will not be of permanent nature, but for the time being, it will be the

OF SERVICE

BY SHRII SHRII ANANDAMURTI



most valuable sevā. If a man is hungry, if he is crying, if he is dying, will you say to him, "Just do [half-bath] and start Iishvara prañidhāna [meditation]"? No, no, no – give him food. Yes, it has got temporary importance. But viprocita sevā is of permanent importance. That is why it is called the best sevā.

Now, all these four items come within the scope of hita [welfare]. That is why it has been said, jagaddhitāya ca. Jagat means "world", hita means "benevolent service". So whatever you are to do, you are to do for your own liberation – átmamokśárthāṁ. Then, jagaddhitāya ca – "for the hita of the jagat." Hita includes all the four sevās – shūdrocita, kśatriyocita, vaeshyocita, and viprocita. But you should remember that viprocita sevā is of permanent nature.(1) So a good person should follow this principle: that his or her life is for [self-realization and the welfare of the universe:] átmamokśárthāṁ and jagaddhitāya ca.

18 December 1971 morning, Patna

Published in: Ánanda Vacanámrtam Part 30



PHOTOGRAPH BY MAHAVIIR RAMIREZ

Prabhāta Sam'giita - Songs of the New Dawn

- is a collection of 5018 spirituality-related songs composed by Prabhāt Ranjan Sarkar over the span of eight years (September 14th 1982 - October 20th 1990).

These songs are an expression of supra-aesthetic science, encouraging the aspirant to transcend the boundaries of mundane life and become ensconced in the beauty of spiritual bliss.

His love and infinite compassion for all the creatures are manifested in this song. It is our sacred duty to render selfless service to the neglected and distressed people around the world.

Prabhat Samgiita No. 3714

"The Song of Service"
(31/08/1986)

JIIIRNA VISHIIRNA
JIIVER KARIBO SEVÁ

ÁRTE KSUDHÁRTE
BÁINCÁBE NATUVÁ KE BĀ
JIIVER KARIBO SEVÁ
JIIIRNA VISHIIRNA
JIIVER KARIBO SEVÁ

ÁDHITE BHOGE JĀRĀ
VYĀDHI YĀ TANĀTE SĀRĀ
SE MĀNAVA PASHU VIHAUNGA
SABĀRI JANNYE MORĀ
LATĀ GULMERA ÁCHE PRĀN
TĀDERO TARE BHĀVĀ
JIIVER KARIBO SEVÁ

DŪR KE KÁCHE TENE CHI
SAUNGE SABE NIYECHI
PRĀNE O MANE MENECHI
SAMPADA SABĀRI MÁPĀ
JIIVER KARIBO SEVÁ

Inner Spirit:

We shall serve the impoverished and emaciated.
Otherwise, who else will save the distressed and the hungry?

We are for all human beings
animals and birds and for all those
who suffer mentally and physically.

Even the plants and creepers have life.
We have to care for them too.

Let us bring the distant ones close to us.
Let us respect all and accept everyone wholeheartedly.
The wealth (of the world) is limited
and to be shared with all.

METRO MANILA



PHOTOGRAPH BY NIKHIL NICO PRIMALEON

AMURT distributes washable face masks - a major essential during the COVID-19 pandemic.

Relief Response During Pandemic

METRO MANILA, MARCH 12, 2020 -- The government imposed hard lockdown in Metro Manila in an attempt to curb the spread of the COVID 19 pandemic. In the beginning days of the lockdown, AMURT Philippines, through the generous help of one Councilor of the local Barangay, initiated to let its headquarters space be used for receiving, sorting, and packing fresh vegetables to be distributed to several areas in the locality. These were donations from different

individuals and humanitarian groups. Volunteers would flock to the AMURT headquarters helping with cleaning and packing for several days in a row. AMURT also took care of feeding the volunteers and preparing and disinfecting the place daily as per basic health protocols. A van was arranged by the Councilor to aide in the distribution of the food supplies. After several days, dry goods such as rice, noodles, canned goods and other groceries were added into the relief packs as more and more donations and pledges poured in. With the goal of giving healthier food option in mind, AMURT initiated to cook healthy vegetarian hot meals served with rice for distribution. This went on almost every day in the beginning, and would later continue once a week when the lockdown eventually eased down.

TIMELINE OF RESPONSE ACTIVITIES IN METRO MANILA - NCR

22nd to 30th March, 2020. AMURT Headquarters was used as sorting and repacking area for fresh vegetables distributed to areas covering the local Barangay. AMURT provide meals for at least 15 volunteers daily, as well as provided most volunteers for logistics.

31st March, 2020. Distributed rice and fresh vegetables to several at least 250 families in Barangays near Sikatuna - Botocan , Kruz na Ligas, Malay , Camus, UP Diliman , Ocampo St. (Phase-2 Diliman), and Kamias West.

1st April 2020. Distributed 200 packs of relief goods (rice, monggo beans, vegetables, etc.) at TAYTAY Rizal.

2nd April 2020. Distributed 200+ packs of cooked meals on various places in Quezon City – Kamias St., NIA Rd. etc.

7th April 2020. Distributed 300 packs of relief goods at Kruz na Ligas Diliman, Quezon City.

9th April 2020. Distributed 300+ relief goods (3kg rice, cooking oil, bihon noodles) to Barangay Stawa and Purok 2 Taytay Rizal. Hot meals served to homeless people.

14th April 2020. With the help of a Charity, AMURT distributed 300 packs of relief goods consisting of (rice, mongo beans, tomato, soy sauce) at Payatas Road, Quezon City.

15th April 2020. Distributed 200+ packs of hot meals at Brgy. Sta. Ana (Bloc 03), Parang Exodus Taytay Rizal.

17th April 2020. Distributed 250+ Packs of cooked food at Metom and Taas Tabigo St., Barangay Commonwealth, Quezon City.

21st April 2020. Distributed 180 packs of relief goods (rice, soy sauce, vegetables) for 180 families at Brgy. Pinyahan Inter Road, Quezon City.

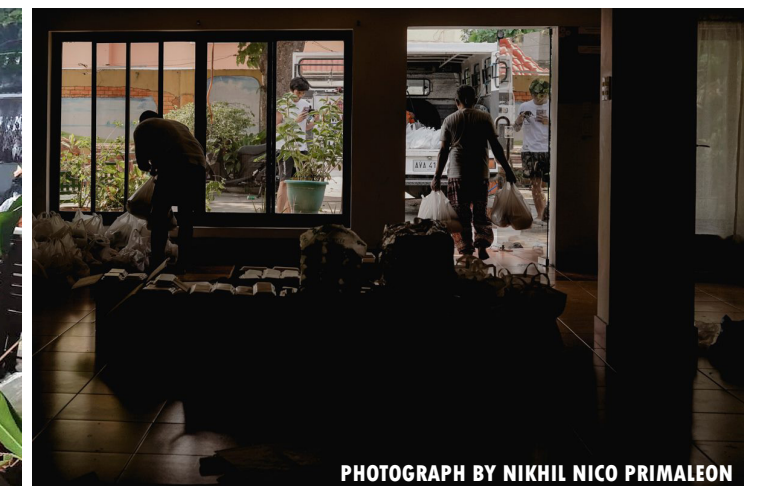
22nd April 2020. Distributed 250 packs of hot meals for the fire victims at Brgy. 105 Tondo, Manila.

25th April 2020. Distributed hot meals to residents of Sitio Malaking Parang, Brgy. San Juan, Taytay Rizal.

27th April 2020. Distributed 200 packs of relief goods (vegetables, rice, mongo, soy sauce) at Molave St. Project 2, Quezon City.



Since lockdown, AMURT headquarters is a buzzing place with volunteers sorting and packing relief supplies day and night.



PHOTOGRAPH BY NIKHIL NICO PRIMALEON

9th to 11th April 2020. Served cooked food to 150 homeless people. 300 people were served in Kamias St., Kalayan, Kariton, V. Luna, Aurora, Anonas, Edsa, NIA Road Brgy. Piñahan. Also distributed fresh vegetables, rice, mungo, soy sauce, Vitamin-C, biscuits, milk for children, etc.

29th April 2020. Relief distribution to 220 families in Sitio Malaking Parang, Brgy. San Juan Taytay.

2nd May 2020. Distributed 253 food packs and RTW clothes to senior and their families in Brgy. Dolores San Gabriel Compound Taytay Rizal

7th May 2020. On the special occasion of the celebration of Baba's birth day more than 1,160 homeless individuals were served with healthy vegetarian cooked food.

9th May 2020. Distributed cooked food to 260 families at Harvard St. and Aurora Boulevard Q.C., also served cooked food in Quezon City Memorial Circle where many homeless families are temporarily staying during the community lockdown due to pandemic.

May 12th 2020. Distributed 252 food packs at Brgy. San Juan Taytay; served cooked food to 180 people in Quezon City Memorial Circle.

May 13th 2020. Distributed 130 packs rice and vegetables at Harvard St. Brgy Rodriguez, Cubao, Quezon City.

May 16th 2020. Distributed 230 cooked food packs at Magistrado Arellano St. Bacood, Sta. Mesa, Manila.

May 18th 2020. Distributed 170 packs of cooked food packs at Quezon City Memorial Circle.

May 21st 2020. Distributed 4 kg of rice to 152 families in Montalban; 120 cooked food packs at Kamias Street.

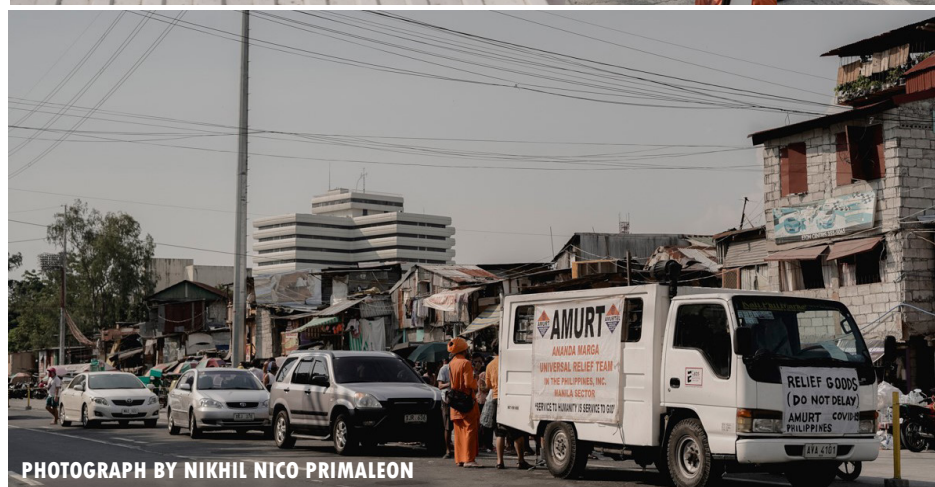
May 23rd 2020. Distributed Rice and Vegetables to nearby villages around the AMURT Office.

May 24th 2020. Distributed 2 kg rice and vegetables to 240 families, in Barangay Central opposite Heart Center, East Avenue, Manila, while 150 people were served with cooked food.

May 27th 2020. Distributed 146 package of 2kg rice and fresh vegetables in poorest Families in Brgy. Tata Loan in Rodriguez Manila, and cooked food 146 families.

May 31st 2020. Distributed 161 packs of rice and mixed fresh vegetables in Barangay Obrero, District 4 Scout Santiago Rocas Ave., Manila, and cooked food to 180 homeless people.

June 4th and 5th 2020. Distributed nutritious and delicious bread from Gardenia paired with sentient vegetarian pancit noodles (bihon). This is keep-



PHOTOGRAPH BY NIKHIL NICO PRIMALEON

ing in line with Gardenia's Corporate Social Responsibility (CSR) program focused on promoting healthier and better life style starting at an early age. The food packs were handed mostly to young children. Distribution was made in four indigent communities in the following 3 barangays: Socorro, Tatalon, Obrero in Quezon City and Barangay Wawa, Rodriguez, Rizal.

June 11th 2020. AMURT distributed 300+ packs of bihon noodles and butter bread to every household door to door at Brgy. Malinis Quezon City.

June 13th 2020. AMURT distributed 300+ packs of bihon noodles and butter bread to every household door to door at Don Rocas St. Brgy. Obrero Quezon City,

June 21st 2020. Distributed 200+ packs of food packs to residents of Aurora Boulevard, Quezon City.

June 24th 2020. AMURT distributed 300 packs of rice with bihon at Brgy. Malinis Quezon City.

June 26th 2020. AMURT distributed 200 packs of milk and biscuits at Don Rocas St., Brgy. Obrero Quezon City.

June 27th 2020. AMURT distributed 150 packs of cooked food at Arboretum, U.P. Diliman, Quezon City.

June 28th 2020. AMURT distributed 200 packs of cooked food at Brgy. Pin-yahan, Nia Rd. Quezon City.

July 4th 2020. AMURT distributed 200 packs of cooked food at Brgy. Pinyahan, Nia Rd. Quezon City.

July 10th 2020. AMURT distributed 300 packs of hot Binignit (made with coconut milk, sweet potato, etc.) at Don Rocas St. Brgy, Obrero. Quezon City.

July 11th 2020. AMURT, in collaboration with the Cebu Pacific Team, distributed 500 packs of cooked food to the Local Stranded Individuals (LSIs) who are temporarily housed at the Libingan ng mga Bayani, Taguig. Also distributed 150 packs of cooked food in Cubao, Quezon City.

July 15th 2020. AMURT distributed 200 packs of Relief Goods at Arboretum, UP Diliman, Quezon City.

July 20th 2020. AMURT distributed 150+ packs of cooked food at Brgy. Pin-yahan, Nia Rd. Quezon City.

July 22th 2020. AMURT distributed 150 packs of relief goods at Brgy. Malinis Quezon City.

July 25th 2020. AMURT, in collaboration with Cebu Pacific Team, distributed 300 packs of cooked food LSIs at the Libingan ng mga Bayani, Taguig.



^ Locally stranded individuals (LSIs) housed in make shift tents at the Libingan ng mga Bayani, Taguig. ^ LSIs line up patiently to collect relief supplies.

^ A father beams after receiving a box-full of goods.

PHOTOGRAPHS BY NIKHIL NICO PRIMALEON

August 1st 2020. AMURT distributed 150 packs of cooked food at Nia Rd. Brgy. Pinyahan, Quezon City. Also distributed 150+ packs of relief goods at Purok Malinis, Brgy. U.P. Bliss.

August 8th 2020. AMURT distributed 200 packs of cooked food at Aurora Blvd., Cubao, Quezon City. Also distributed 200 of cooked food in various areas in Quezon City.

August 9th 2020. AMURT distributed 150 packs of cooked food at Nia Rd., Brgy. Pinyahan, Quezon City.

August 12th 2020. AMURT volunteers in bicycles distributed 150+ packs of cooked food to various areas in Quezon City.

August 14th 2020. AMURT distributed 200+ packs of cooked food in various places in UP Diliman, Quezon City.

August 15th 2020. AMURT distributed 150 packs of cooked food at Nia Rd. Brgy. Pinyahan, Quezon City.

August 16th 2020. AMURT distributed 250 packs of cooked food in various areas in Quezon City.

August 17th 2020. AMURT distributed cooked food and 200 packs of relief goods to various areas in Quezon City.

August 18th 2020. AMURT distributed 200 packs of relief goods in Nia Rd. Brgy. Pinyahan, Quezon City.

August 22nd 2020. AMURT distributed 250 packs of cooked food in various places in Quezon City.

August 25th 2020. AMURT distributed 200 packs of relief goods at Area 17, UP Campus, Quezon City.

August 26th 2020. AMURT distributed 250 packs of cooked food at Nia Rd. Brgy. Pinyahan, Quezon City.

August 27th 2020. AMURT distributed 250 packs of cooked food at various places in Quezon City.

August 31st 2020. AMURT distributed cooked food with juice drinks at Area 17, UP Campus. Quezon City.

September 1st 2020. AMURT, in collaboration with Cebu Pacific Team, distributed 500+ packs of cooked food for the LSIs at the Libingan ng mga Bayani, Taguig City.

September 5th 2020. AMURT, in collaboration with Cebu Pacific Team, distributed 300+ packs of cooked

food for the LSIs at the Libingan ng mga Bayani, Taguig City.

September 9th 2020. AMURT, in collaboration with Cebu Pacific Team, distributed 400 packs of cooked food for the LSIs at the Libingan ng mga Bayani, Taguig City.

September 12th 2020. AMURT distributed 200 packs of relief goods at Pook Malinis, UP Bliss, Quezon City. Also, in collaboration with Cebu Pacific Team, AMURT distributed 300+ packs of essential goods for the LSIs at the Libingan ng mga Bayani, Taguig City.

September 14th 2020. AMURT, in collaboration with Cebu Pacific Team, distributed 300+ packs of cooked food & relief goods for the LSIs at the Libingan ng mga Bayani, Taguig City. Also distributed 100+ cooked food for the homeless peoples in Quezon City.

September 27th 2020. AMURT, in collaboration with Baba's angels, distributed 200 packs of cooked food in various places in Metro Manila.

October 3rd 2020. AMURT distributed 100 packs of cooked food at Phase 1, Pinagsama Village, Taguig City.

October 4th & 6th 2020. AMURT distributed cooked food & relief goods in various places in Quezon City.

October 7th 2020. AMURT distributed 200+ relief goods at Area 17, Brgy. UP Campus, Quezon City.

October 12th 2020. AMURT distributed 250 packs of cooked food in various places in Quezon City.

October 17th 2020. AMURT distributed 200 packs of cooked food at Cubao area, Quezon City.

October 25th 2020. AMURT distributed 150 packs of cooked food at Nia Rd. Brgy. Pinyahan, Quezon City.

November 13th 2020. AMURT distributed 500 packs of cooked food to evacuees and flood victims during the Typhoon Ulysses at Malanday Elementary School, Marikina City.

November 14th 2020. AMURT distributed 370 packs of cooked food, 150 essential items (powdered milk, biscuits, baby diapers, noodles), and 150 packs hygiene kit (shampoo, detergent, toothpaste, bath soap,



^ Dada Siddheshvarananda (rightmost) poses with donors from Gardenia Bakeries.



^ Cebu Pacific and Philippine Army has been an important partner in AMURT's aid with the LSIs.



PHILIPPINE ARMY
www.army.mil.ph

^ AMURT poses with Cebu Pacific QSS Team and Army personnels before distributing relief supplies.

clothes) to Typhoon Ulysses evacuees at Dela Peña National High School, Brgy. Taniong, Marikina City.

November 17th 2020. AMURT, together with Maharlika Samaj, distributed 200 packs of relief goods with RTW clothes, and 200 packs of cooked food for flood victims of Typhoon Ulysses at Wawa Dam, Brgy. San Rafael, Montalban, Rizal.

November 18th 2020. AMURT distributed 400 packs of relief goods house to house (rice, hygiene kits, laundry soaps) to Typhoon Ulysses victims at Centilia Village, San Mateo, Montalban Rizal.

November 21st 2020. AMURT distributed relief goods (groceries & RTW clothes) at Kasiglahan Village, Brgy. San Isidro, Montalban, Rizal.

November 22nd 2020. AMURT distributed breakfast meals for the homeless people at Aurora Blvd, Cubao, Quezon City.

December 26th 2020. AMURT distributed 200 packs of cooked pancit bihon for the homeless people around Quezon City.

January 30th 2021. Local Full Timer (LFT) volunteers, on their bicycles, distributed cooked meals to homeless people in Quezon City streets. 150 packs distributed.

February 6th 2021. LFT volunteers distributed 100 packs of cooked meals along Cubao and NIA Road, Quezon City.

February 14th and 15th 2021. In celebration of Nilakantha Divas, AMURT distributed 200 packs of cooked food for the homeless people in the streets of Quezon City.

February 20th 2021. AMURT distributed 100 packs of cooked rice and sentient vegetarian food in Cubao, Quezon City.

March 5th 2021. Our LFT volunteers distributed 100 packs of hot meals for the homeless people along the streets of Quezon City.

March 6th 2021. Our food distribution is divided into two areas: Makati City & Quezon City. 150 packs of

hot meals were served.

March 13th 2021. AMURT distributed 100 packs of cooked rice and vegetables to the homeless people in Quezon City.

March 20th 2021. AMURT put up free pantry of fresh vegetables at the AMURT Office for the residents of the local Barangay. Also distributed 120 packed meals to homeless people in the streets.

March 27th 2021. AMURT went to Brgy. San Rafael Montalban, Rizal for Mass Feeding program. 200 packs of hot meals served.

April 7th 2021. AMURT cooked 65 packs of vegetarian pancit that was distributed by the local Barangay Council to 16 families on lockdown in Matipid Street, providing the families hot home-cooked dinner meals.

April 8th 2021. AMURT continued its lockdown relief operation by providing hot home-cooked vegetarian spaghetti to 75 people in Malumanay Street, Sikatuna Village, Quezon City.

April 12th 2021. Moving on with its lockdown relief operation, AMURT reached out to Barangay Krus na Ligas and delivered 35 packs of hot home-cooked sotanghon to feed 14 families in Lt. J. Francisco St. in coordination with Kagawad Irene dela Cruz.

April 10th 2021. AMURT provided hot home cooked mixed vegetables and rice for the nourishment of Covid patients on home quarantine in Barangay Krus na Ligas. We handed over a total of 180 cooked meals to the Barangay for distribution.

April 15th 2021. One of our major donors, Gardenia Bakeries Philippines, Incorporated once again responded to our request for the donation of Gardenia bread to provide additional nourishment for Covid-19 patients and families in quarantine due to the current pandemic. Gardenia Bakeries provided AMURT with 400 packs of Gardenia Wheat Raisin Loaf (600 g). This was served with home-cooked vegetarian pancit. In coordination with our barangay partner (Kagawad Irene Dela Cruz), 190 families in E. Ramos



Ananda Marga Youth hand-in-hand delivering packages of 'hope'.

Street, Barangay Krus na Ligas, Diliman, Quezon City were served. Another 205 packs were served in 3 streets (Maimpok, Malumanay and Matipid) in Barangay Sikatuna Village, Quezon City in coordination with our barangay partner (Kagawad Alex Cordero).

April 17th 2021. Namaskar, today we served 120 packs of vegetarian bihon with rice for the homeless along the streets of QC.

April 22nd 2021. AMURT distributed 130 packs of cooked meals at various areas in Quezon City.

April 24th 2021. Our LFT brothers and volunteers went to different streets at Quezon City to distribute 166 packed meals to street people.

April 26th 2021. Distributed 100 packs of cooked meals to homeless people along the streets in Quezon City.

May 25th 2021. On the occasion of Ananda Purnima – the Centennial Birth Anniversary celebration of Mahasambu-ti Ananda Murti, AMURT Philippines distributed 130 bags containing groceries, rice and face shields to the residents of Barangay Manuyo 2, Las Pinas City. 100 children re-



Dada Siddheshvarananda delivering message of hope, "love is all there is" to the LSIs.



AMURT Pantry in Las Piñas delivering healthier nourishment to the villagers.



Volunteers in bicycles ready to deliver food packets in the streets.

ceived packs of goodies.

May 26th 2021. In Barangay Rocas, Rodriguez, the Bacood Unit distributed 250 packs of groceries with rice, noodles, vegetables, clothes. The beneficiaries also enjoyed sumptuous spaghetti pasta with prasad sweets.

May 26th 2021. AMURT Philippines arranged a free community pantry at Airmen's Village, Las Piñas where 220 families received a pack of groceries, fresh vegetables and rice. Hot bowls of healthy macaroni soup were also served to 100 indigent students of Gatchalian Elementary School.

May 26th 2021. In Barangay Tambakan and Bernabe in Las Piñas, 300 families living in dumpsite areas received grocery packs (with faceshields). 200 children were served sumptuous plates of spaghetti pasta and packs of goodies.

May 27th 2021. 35 packs of groceries were distributed to people in various areas around Las Piñas.

May 27th 2021. In Mahiyan, Matipid, Malumanay and Mahinim Streets in Quezon City through harmonious cooperation with Kagawad Alex and his team 100 packs of groceries were distributed to families. They were also served sumptuous spaghetti.



BICOLANDIA

PHOTOGRAPH BY NIKHIL NICO PRIMALEON

LEAVE NO ONE BEHIND | Finally, aid has reached a small fishing village after the destructive typhoon.

Relief Response in Typhoon-struck Bicol Region

BICOL REGION, NOVEMBER 2020 -- The Philippines was hit by three consecutive typhoons—Quinta and Ulysses; and Super Typhoon Rolly in only a period of one month.

An initiative for an AMURT operation in Bicol, with the approval of Ananda Marga's Sectorial Secretary was to set off to do relief efforts. Dada Ratnananda was appointed as the AMURT coordinator.

Dada Ratnananda, together with two volunteers were the advance team. This team left last November 10, 2020. Unfortunately due to some Pandemic travel protocols and permit to travel. There

are difficulties in travelling to the region. Eventually, with the help and through the connection of one of the volunteers to a private group led by mountaineers/tour coordinators they were able to travel to Bicol Region despite the strict security on every border.

A series of relief operation in Camarines Sur and Albay were done by AMURT in Bicol together with the said private group. The position of AMURT in Bicol was following the well planned relief operations of the said group instead of actually leading. These operations helped them cross towns through proof of service (Certificate of appreciation).

TIMELINE OF RESPONSE ACTIVITIES IN BICOL REGION

On November 24, 2020, the Bicol Team set foot in Catanduanes – a secluded island on the eastern tip of the country fronting the Pacific which makes it more frequented by strong storms and cyclones. With three super typhoons in a row, the whole island was in dire need of aid. The Bicol Team decided to augment its resources and focus their operations in the island for a longer time in order cover many worst hit areas mostly inaccessible due to pandemic protocols and lack of transportation networks by land and sea. >>

REACHING THE UNREACHED

In an initiative to establish grassroots connections in order to be able to continuously deliver relief services in the island amidst constant difficulties in land and sea transportation, “BICOL EXPRESS” is born.

Bicol Express consisted of locals from Catanduanes, Albay, and Camarines Sur; AMURT in Bicol; and private group of mountaineers / tour coordinators. This collective that aims to do a medium term relief for Catanduanes and some parts of Bicol. >>



November 12th 2020. AMURT did house to house distribution of relief goods in Barangay Dahat and Barangay San Roque of Lagonoy Town in Camarines Sur. These barangays were isolated due to damaged bridge. 200 packs delivered to families affected by the typhoon.

November 13th 2020. Relief goods were handed to residents of Brgy. Station Church Site, Libmanan Town, Cam Sur (70 packs); Brgy. Labao, Libmanan Town, Cam Sur (60 packs); Brgy. Masagana, Sipocot Town, Cam Sur (60 packs). The recipients were also served with vegetarian hot meals. These areas were also mostly isolated because of difficult roads.

November 15th 2020. Relief goods were handed to residents of Tinambac, Camarines Sur. In collaboration with Rotary Club of Pili (Albay) and Gala Outdoors, 400 relief packs were distributed to the Barangays New Caaluan, Bagacay and Sogod. The recipients were also served with hot meals and bread.



^ AMURT reps paying audience to the Governor of Catanduanes.



^ Local coordination being secured before operations.



^ Roofing of one unit house successfully repaired thru AMURT's assistance.

November 18th 2020. AMURT Bicol Team distributed relief goods (rice, canned goods, cup noodles) to families affected by Typhoon Ulysses at Brgy. Malolos (Town) Albay, Bicol Province. Beneficiary: 286 families.

November 21st 2020. AMURT Bicol Team organized a mass feeding (1 loaf bread, 1 pack peanut butter) to families affected by Typhoon Ulysses, at Brgy. Pawa (Muslim Community) Tabacco City, Albay. Beneficiary: 80 families.

November 23rd 2020. AMURT Bicol Team goes to Brgy. San Carlos, Tobacco City, Bicol for distribution/feeding – 300 packs for 300 families of (1 loaf bread, 1 pack peanut butter).

November 25th 2020. AMURT Bicol Team arrived in Virac, Catanduanes, Bicol make an assessment of the communities affected by Typhoon Ulysses and Typhoon Rolly.

November 26th 2020. AMURT Bicol Team received a CERTIFICATE OF APPRECIATION. Given by Office of The Punong Barangay, Municipality Of Gigmoto, Biong ,& Sicmil Gigmoto, Catanduanes, Bicol Province. Distributed 500 packs of relief goods (rice, canned goods, noodles, etc.) for 500 families in various places.

December 4th 2020. AMURT Bicol Team distributed 150 packs of relief goods (rice, canned goods, and noodles) to various Barangays in Bicol.

December 16th 2020. AMURT Bicol Team accomplished the roof repair of one unit house at Imperial Homes, San Isidro Village, Virac, Catanduanes which was damaged by the strong winds during Typhoon Ulysses and Typhoon Rolly.

December 19th 2020. AMURT in cooperation with the Sisidlan Institute group, distributed relief packs to the various areas in Our Lady Village, Imperial Homes and Relocation Area in San Isidro Village, Virac, Catanduanes. 280 families benefitted.

December 21st 2020. AMURT Bicolandia Team in cooperation with the Sisidlan Institute group, distributed 180 packs of relief goods in Sitios Sunduan, Kabinitan, Tondo, Labandera St., Brgy. Pagsangahan, San Miguel, Catanduanes, Bicol Province.

January 17th 2021. AMURT, Bicol Xpress together with local volunteers led another relief operation at Brgy. Obo in San Miguel, Catanduanes. This operation benefited 260 families who each received grocery packs.

January 31st 2021. AMURT Bicol Team organized a mass feeding and Neo-humanistic Art Workshop to the children of a Relocation Area in San Isidro Village, Virac, Catanduanes. Volunteers Dharma and Shakti led the activity. About 150 plates of healthy snacks were served to the children.

February 6th to 7th 2021. AMURT Bicol Team conducted a relief operation in Dugui San Isidro and Dugui San Vicente. This effort was with the help of UMOC, LeafLife Outdoors, and MAWF. Two hundred fifty relief packs and hot meals were handed to the locals. Fun neo-humanistic art activities were organized for the children as well.

April 11th 2021. Sitio Labanay, Brgy. Magnesia Del Sur, Virac Catanduanes: families received relief packs, and served with hot meals. The children in the village enjoyed Neo-humanistic art activities with the volunteers. This operation was made possible with the cooperation and support of LeafLife Outdoor Adventure and the volunteers of MAWF.



Typhoon victims weep in joy upon finally receiving a humble bag of food items delivered by AMURT.



JANUARY 21st 2020, CALABARZON REGION.

In the wake of Taal Volcano eruption, the communities surrounding Taal area were evacuated, leaving behind their homes and livelihoods which were already engulfed by thick layers of volcanic dust. In response, AMURT Philippines quickly dispatched a team to distribute relief packs of essential food items, RTW clothes, water and hygiene supplies to residents in the Cavite and Laguna areas. With support from sympathizers in Manila, many families were served.

November 20th 2021, LOPEZ QUEZON.

AMURT Philippines, in cooperation with Pinoy Fitness, Pep Squad Creatives, Prime Nursing Services, Maharlika Tai-Yo Wellness Center, and Ananda Marga Youth, distributed 500 packs of relief goods to families in communities affected by the recent Super Typhoon Ulysses. The relief goods were delivered house-to-house and the team made sure to cover every household in the Barangays.



TIMELINE OF SERVICE ACTIVITIES IN ILOILO CITY

January 16th 2021, Brgy. Amparo Pavia, Iloilo. A mass feeding, neo-humanist children program, and Health Talk were organized by the Iloilo unit with 63 kids, 16 parents, 13 youths as beneficiaries. Margiis of Jaro Unit was full force to provide hot meals to more or less 100 beneficiaries in coordination with the Brgy. Chairman and the head teacher of day care center. The children enjoyed the interactive story as well as the mothers are very attentive to medical education by our unit Secretary Sis Iishvari, (Dra. Amelia Guarin), Dada Aravinda took care in giving lecture to the youth. After which is the serving of meals.

January 30th 2021, Brgy. Balabag, Pavia Iloilo. A mass feeding, children program, and Health Talk were organized benefiting 130 kids, 8 mothers. Games for children and medical education for the mothers are the primary program in this barangay. The beneficiaries are very attentive in these stress-relief activities. It somehow relieves them in this time of pandemic. This program was in coordination with the Barangay chairman, Brgy. Councilors, SK Youth and local social welfare. Food distribution followed after the pracar program.

February 27th 2021, Brgy. Alalasan, Iloilo City. Mass feeding and Pracar activity for 150 kids, youth and parents. Due to strict implementation of social distancing the pracar was done at the covered court and the kids was not around for the games. Youth lecture was handled by Dada Aravinda and Sukhadeva while mothers and grandmothers was handled by Dra. Iishvari. After the program is the food distribution.

March 20th 2021, Aeta Community @ Brgy Lanit, Iloilo City. Mass feeding and pracar program for 84 kids and adult beneficiaries. Fun stress-relieving games were organized for children, which ended with serving of sumptuous sentient snacks.

May 1st 2021, Brgy. Bo. Obrero, LaPaz Iloilo City. Feeding program to 124 kids and senior citizen. The food distribution in collaboration with Rotaract-Iloilo and with coordination with the Brgy. Chairman and councilors.





CEBU CITY, PHILIPPINES -- The local Ananda Marga Center has been doing regular feeding and relief programs every Tuesday with the help of youth volunteers. Donation-based fund-raising yoga classes are held every week to sustain the service programs of AMURT.

TIMELINE OF SERVICE ACTIVITIES IN CEBU CITY

November 25th 2020. Mass feeding and art activities were organized for children of Sugbo. Healthy U Sentient Vegan Restaurant sponsored the snacks served to children. 50 children were beneficiaries.

December 15th 2020. AMURT Cebu organized a mass feeding of healthy meals to at least 300 children and 200 adults who were fire victims in Barangay Looc, Mandaue City. Kitchen utensils and hygiene kits were also distributed. Before serving the meals, we taught the children spiritual songs and dances and we engaged them in art workshops for two hours as therapy to the trauma they had experienced in losing their homes and properties due to the fire. The children actively participated in our socio-spiritual songs, dances & art workshop. They chanted together with us the universal mantra of compassion, "Baba Nam Kevalam".

January 12th 2021. For our regular Tuesday service program, we distributed rice, soya sauce, vinegar and sugar to 75 families. We also served cooked food to 100 kids. Plus dancing and games with the kids.

February 23rd 2021, Pardo Bulacao Barangay Hall, Cebu City. Distribution of relief items (hygiene kit, dry food items, clothes) to at least 50 families. The AMURT Team was assisted by the Barangay Bulacao officials.

March 2nd 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were distributed to 50 children in the streets of Cebu.

March 9th 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were distributed to 50 children in the streets of Cebu.

March 16th 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were distributed to 50 children in the streets of Cebu.

April 6th 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were distributed to 50 children in the streets of Cebu.

April 13th 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were shared to 50 children in the streets of Cebu.

April 21st 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were distributed to 50 children in the streets of Cebu.

April 27th 2021. Sitio Roosevelt, Brgy. Busay, Cebu City. Through joint cooperation with AYUDA Group, and with assistance from the Barangay Busay officials, 50 children were served with healthy meals and also enjoyed fun filled art activities.

May 11th 2021. Through AMURT's bike to feed Team, 50 vegetarian packed meals were distributed to 50 children in the streets of Cebu.

May 18th 2021. Capitol Grounds, Cebu City. 50 children were served with healthy meals and also enjoyed fun filled art activities led by volunteers.

May 27th 2021, Sampaguita Capitol Site, Cebu City. In celebration of the Centennial Birth Anniversary of Shrii Anandamurtiji, AMURT & TEAM KADAUGAN organized a mass feeding for 100 people. The children enjoyed the fun art activities, stories & games.

BIKE TO FEED PROGRAM >>>

Youth volunteers would cover the city streets in Cebu with their bicycles to distribute packed meals to the homeless street dwellers.



SOUTHERN MINDANAO

AMURT IN DAVAO is committed to capacitate itself to be able readily respond to natural and man-made emergencies in the local region. As such, it has established a relief storage supplied by two drop off and collection centers for relief items. Its hot kitchen team with a capacity to serve maximum 500 hot meals per day can always quickly be mobilized for food assistance during emergencies.

- 9.06.2020** | Brgy. Leon Garcia, Agdao District, Davao City. Food ration to the victims of the fire blaze in a highly congested community of Agdao District (130 families). The area is presently classified as a COVID high-risk area, that's why the community has been receiving very little support from private sectors. Items distributed: vegetarian food packs, drinking water, bread, rice, Vitamin C packs (c/o) Ms. Padma Snell
- 9.08.2020** | Brgy. Leon Gracia, Agdao District, Davao City. Second leg of food rations to the 130 families affected by the fire incident. Special banana cake treats were also distributed to the children staying at the temporary shelter.
- 10.07.2020** | On the occasion of the celebration of the Ananda Marga Golden Kiirtana Divasa or 50 Years of the universal mantra Baba Nam Kevalam (love is the essence of all), we did food distribution to our near-by village by giving each of 70 families 3 kilos of rice, 1/2 kilo mung beans, pack of rice noodles, banana cake and rummage of used clothes.
- 1.1.2021** | Sitio Namnam, Marilog District, Davao City. Distribution of Grocery Packs and Rtw Clothes to Manobo-Matigsalug community. The tribal community and our team sends our deep gratitude to our generous donors whom the Almighty has utilized to send help to those in need. Beneficiaries: 120 families
- 2.5.2021** | St. Jude Area, Buhangin, Davao City. Distribution of Relief Items (Hot Meal packs for Dinner, Bread, Hygiene Kits, Rtw Clothes and undergarments) to the Feb.4 Fire Victims. Also included Formula Milk and prescription medicine for 1 infant and 1 toddler. Individuals Served: 65; Families: 18

TIMELINE OF RESPONSE ACTIVITIES IN SOUTHERN MINDANAO



- 3.13.2021** | Brgy. Duterte, R. Castillo Agdao, Davao City. (1st Leg of Response Operation) 245 packs of family meals served for displaced residents of a recent fire incident.
- 3.15.2021** | Brgy. Duterte, R. Castillo Agdao, Davao City. (2nd Leg of Response Operation) 245 packs of family meals, and 145 pastry snacks for children served for displaced residents of the fire incident.
- 3.24.2021** | Shariff Aguak, Maguindanao. Relief distribution to displaced Muslim communities under armed conflict between the government forces and BIFF militant forces. 260 Relief packs containing food items, and hygiene kits were distributed. Linkages established with local Bangsamoro umbrella NGO (CBCS) for AMURT to serve as disaster response arm of the Bangsamoro consortium. A physical space for office, accommodation and relief operation purposes was secured in Cotabato City (care of Kadtuntaya Foundation). Endorsement for AMURT to deliver service operations in BARMM high conflict areas was also granted by the Regional Director of the Ministry of Social Services and Development (MSSD).
- 5.8.2021** | Brgy. Tibungco and Brgy. Ilang, Davao City. 250 packs of family meals served for displaced residents of a recent fire incident affecting Muslim communities in the coastal area
- 5.24.2021** | AMURT set up a Community Pantry for the residents of Cabantian, Davao City. Fresh vegetables, fruits, and groceries were handed to at least 100 beneficiaries.
- 5.26.2021** | On the occasion of the celebration of the Centennial Birth Anniversary of Marga Guru Shrii Shrii Anandamurti, 250 packs of groceries and clothes were distributed to the Manobo-Matigsalug tribal families in Bry. Matigol and Napalico, Arakan North Cotabato. Children were served with yummy banana cakes and bags of goodies.



LEYTE PROVINCE

TYPHOON HAIYAN, known in the Philippines as Super Typhoon Yolanda, was one of the most powerful tropical cyclones ever recorded. On making landfall, Haiyan devastated portions of Southeast Asia, particularly the Philippines. It is one of the deadliest Philippine typhoons on record, killing at least 6,300 people in that country alone.

AMURT GLOBAL'S REHABILITATION AID IN POST-YOLANDA

SHELTER AND HOUSING. AMURT construction teams have been rebuilding individual homes in the barangays of Agnaya and Asgad. A total of 116 homes were rebuilt and 59 homes were repaired. 60% of the beneficiaries, selected through a lottery system, have started moving into these permanent structures that are built to resist powerful storms.

AMURT offered the beneficiaries design choices, to give their homes a personalized feel. Hence, people could opt for terraces, or bigger living spaces, or more windows. In this way AMURT accommodated individual needs, providing people with a sense control over rebuilding their lives.

This reconstruction project was made possible through the tireless endeavor of the mayor of Salcedo to secure suitable land for the houses. Many of the beneficiaries lived too close to the ocean, in what has now been declared a "no build zone," and had no choice but to relocate.

AMURT has forged a highly productive relationship with the mayor and his team in what has become an exemplary private-public partnership. Right from the beginning, when AMURT was still mobilizing resources, the spirit of cooperation prevailed, with the mayor providing AMURT with vehicles and warehouse space.

EDUCATION. AMURT's reconstruction teams, under the capable leadership of local civil engineers, have built 39 new classrooms and repaired 189 classrooms in 108 schools, making it an important implementing organization in East Samar. AMURT's efficiency and excellence have attracted visits from high ranking officials. Both the president of the Philippines and the secretary general of education have visited our project to witness the achievements and offer their appreciation for the way AMURT prioritized the need to get children back to school.

AMURT has adopted the motto, popularized after the 2004 tsunami in Indonesia, of "building back better." So, not only did AMURT rebuild and repair, but it upgraded entire school campuses, replacing all termite-infested wooden structures, for example, and even repainting the flagpoles.

In addition, AMURT has renovated or constructed 23 daycare centers, transforming dark and cramped facilities into cheerful, light-filled centers of learning.

AGRICULTURE. An estimated 33 million coconut trees were destroyed by Typhoon Yolanda, wiping out the livelihood of many already poor farmers. Given that coconut trees take 6 – 9 years to grow to maturity, an alternative source of income is crucial. AMURT has been in a dialogue with the Department



of Agriculture of Salcedo municipality, and the farmers themselves, to find alternative solutions.

AMURT rebuilt and improved the municipal demonstration farm, which serves as a source of seeds and organic fertilizers for local farmers (with the capacity to generate 20 tons of fertilizer each month). Moreover, the training facility built by AMURT will provide the farmers with new farming methods such as compost making and integrated pest management. AMURT sees the demonstration farm as a catalyst for sustainable agricultural development.

AMURT staff worked with local farmers to form 33 new farmers' associations, and to unite all the associations into a farmers' federation that serves 1900 farmers. The federation distributes essential farming inputs to the farmers, and purchases and markets their produce, thereby cutting out the middle men so more profits go to the farmers themselves. This was a crucial step as the Department of Agriculture will only fund farmers who organize themselves into a federation.

PSYCHOSOCIAL. AMURT hired eight social workers to help children overcome their trauma. AMURTEL conducted day care

teachers' trainings and counseling sessions for parents on how to deal with mental disorders.

WASH (WATER SUPPLY - SANITATION - HYGIENE PROMOTION). AMURT provided septic tanks to village households; provided running water and added kitchens, toilets to existing Kindergartens, schools and public facilities.

LIVELIHOOD. In 2015, AMURT was the biggest employer in the area. Training courses in "Basic Management & Entrepreneurial Skills" were offered to the community residents. Sixty (60) youths have availed sponsored programs for vocational training on Food and Beverage, Cookery, Automotive, and Driving. AMURT office has at some point functioned as a Labor Placement Agency for Graduates.

ENVIRONMENT (AFFORESTATION PROGRAM). AMURT has launched a 98 ha. Afforestation Program in collaboration with the Department of Environment and Natural Resources. In the first round we planted 10,000 jungle trees. 300 students from three local High Schools volunteered. The Department got inspired and donated another 35,000 jungle trees for an Eco-Park.



BABA NAM KEVALAM, OUR PSYCHO-SPIRITUAL SERVICE



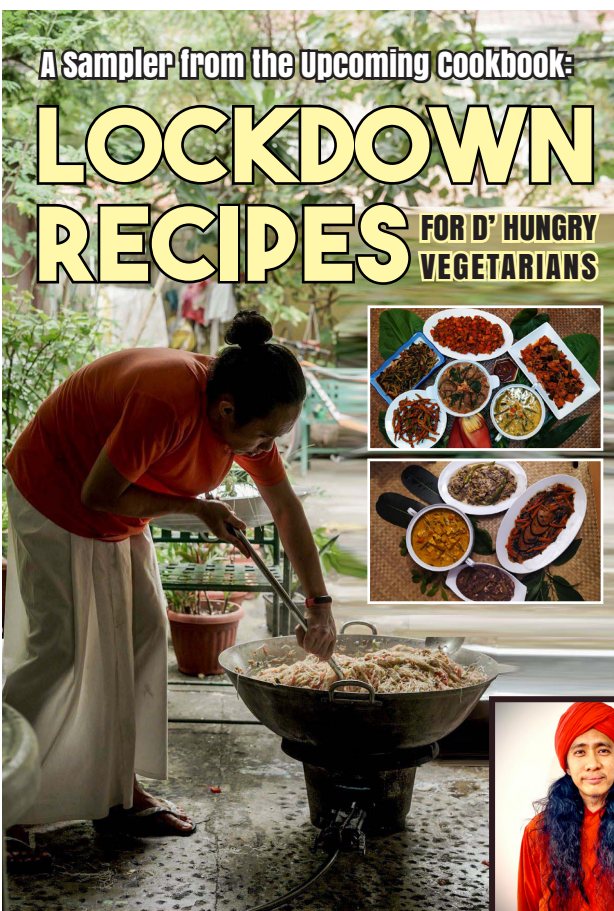
“BABA NAM KEVALAM” are Sanskrit words, which means “only the infinite love”, or “love is the essence of all”.

The characteristic of the mind is it takes the form of what it thinks. What you think, so you become. Therefore, it is a necessity to always maintain good thought. Singing Baba Nam Kevalam ensures a feeling of love and care for others, enjoins positive thought, and removes psychic complexes such as inferiority, superiority complexes, depression and so on.

We try to spread this vibration as much as we can whenever we try to serve others, because service is not only physical service. Psychic and spiritual service is an utmost.



Sentient Ramen



RECIPES FOR THE SOUL

INGREDIENTS

- ½ tsp. Asafoetida
- 1 3-inch piece ginger
- 1 tsp rosemary
- 1 tsp green chilies (diced)
- 6 cups unsweetened soya milk
- 2 Tbsp tamari or soy sauce
- 2 Tbsp white or yellow miso paste
- 1 tsp sesame oil (for flavoring; add more to taste)
- 8 ounces ramen eggless noodles

TOPPINGS (flexible)

- 1/2 cup chopped green coriander (for garnishing)
- 5 ounces extra-firm fried tofu
- 5 ounces fried veggie meat roll
- Carrots
- Whole corn
- Green bell pepper
- Baby bok choy
- Cabbage
- Petchay
- Seaweed

COOKING INSTRUCTIONS

1. Heat a large pot over medium-high heat.
2. Once hot, add green chilies, rosemary, ginger, and asafoetida. Sauté, stirring occasionally for 5-8 minutes or until it develops a slight sear (browned edges).
3. Add 2 Tbsp of miso paste.
4. Add 1 cup unsweetened soya milk.
5. Add remaining 5 cups unsweetened soya milk, add tamari or soy sauce.
6. Bring to a simmer over medium heat, then reduce heat to low and cover. Simmer on low heat for at least 30 minutes, up to 2-3, stirring occasionally. The longer it cooks, the more the flavor will deepen and develop.
7. Taste and adjust seasonings as needed, adding more soy sauce or sesame oil if desired.
8. While waiting, prepare any desired toppings as mentioned above.
9. NOODLES: Fill a large saucepan or pot with water and bring to a boil. Once boiling, add ramen noodles (depending on size of the pan, you may need to do this in two batches / use fewer or more batches if altering batch size), and cook according to package instructions - about 4-5 minutes. Drain and set aside.
10. Place the desired toppings, such as carrots, bok choy, pechay, cabbage, whole corn, or fried tofu etc.
11. Best served hot.

About the Author:

Dada Da'naviira is a yogic monk of Ananda Marga. After cooking and feeding thousands of people almost daily during COVID-19 lockdowns, this book has been “COOKED”.



Volunteer STORIES



Of all the volunteering works I've joined, AMURT has been the best. The group has always been purposeful and helpful, not just in the time of calamity but they consistently lend a hand to those in need, which I find so inspiring and impactful.

As a volunteer, I know that sometimes relief operations aren't that simple – it could be pressuring sometimes. But, in AMURT, they make us feel at home and at ease. Some operations may be physically tiring but we don't notice nor feel it because everybody just seems to be enjoying helping and we're just simply happy with every task we're doing. The environment and the energy of the people around gives motivation to each other. Everyone in the group harmonizes, they're kind, fun, and accommodating.

I will always be grateful for being given the opportunity to help and be a part of AMURT – a group that genuinely has the heart to help others.

ELI KERR, Volunteer



I would like to thank AMURT for their efforts to mobilize the team to help and serve others during the lockdown and making a big difference during crisis. AMURT did not only provide essential items to those in need, but also moved people's heart to support each other more in various aspects of daily life. I know sometimes helping others is not easy, especially in events when you personally in your own family needs help. I admire the people in AMURT, volunteers and donors who are always finding ways to lend their hands in times of difficulty. Being able to volunteer with AMURT has helped me overcome this feeling of helplessness that there's nothing that I can do.

CHARLIE ONG, Volunteer



AMURT gives me an opportunity to be of service. It's not just about giving money, but about how I feel when I dedicate my time into helping others. I do this because, during the pandemic, when most people are suffering, I realized I needed to do something.. anything.. just to alleviate the pain that the tragedies have caused – not just to those people affected, but even for myself.

Every time I see posts on social media about those tragedies, I can't help but feel pained. And when I think of all the unnecessary stuff I gave to myself in the past, giving something for someone in need feels good. It's my gut telling me to get up and just do anything even as mundane as buying groceries, or repacking freshly cooked meals to feed just a number of people. Any little act of goodness I do, helps me sleep better at night, knowing that at least I did something – even just little things. As the saying goes, "Little things can make BIG difference".

KATHERINE LEMENCE, Volunteer & Donor

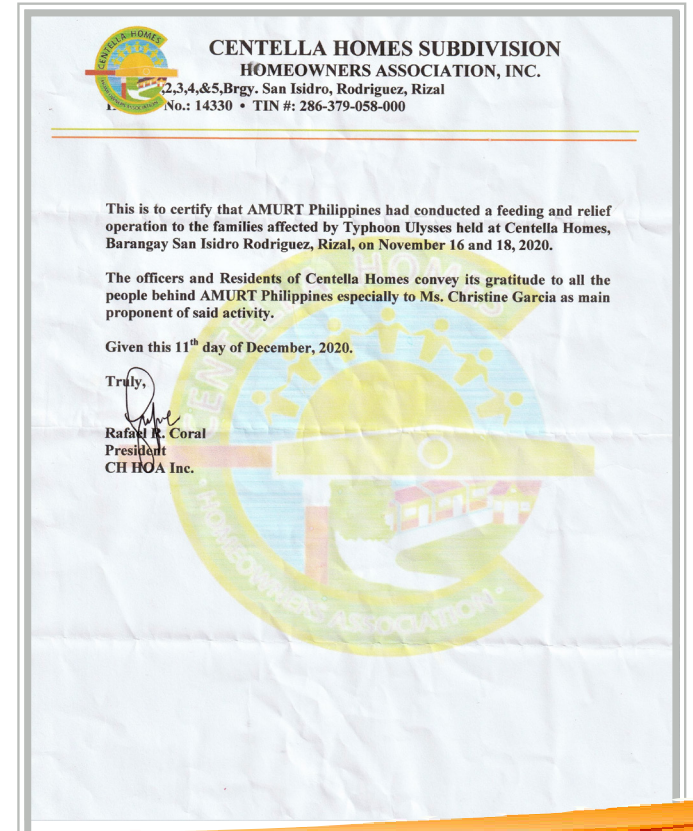
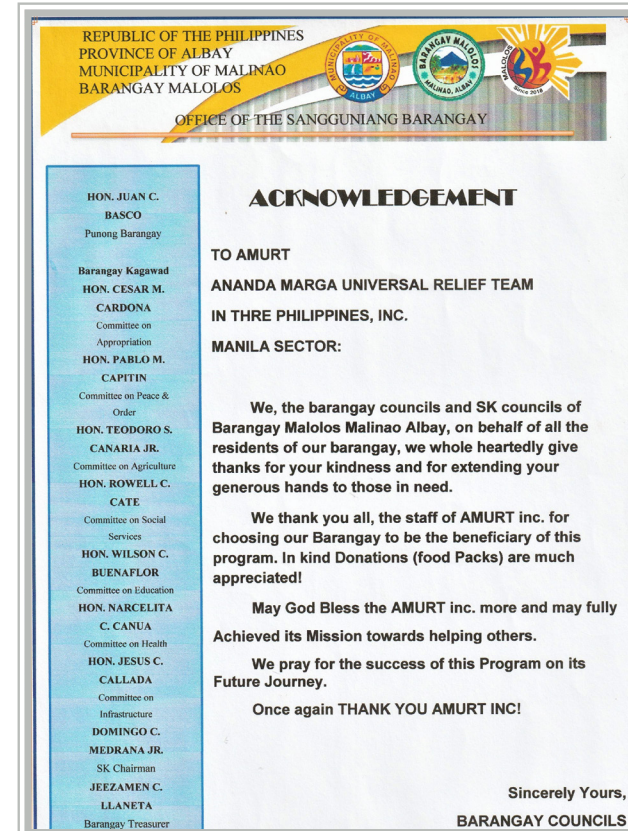
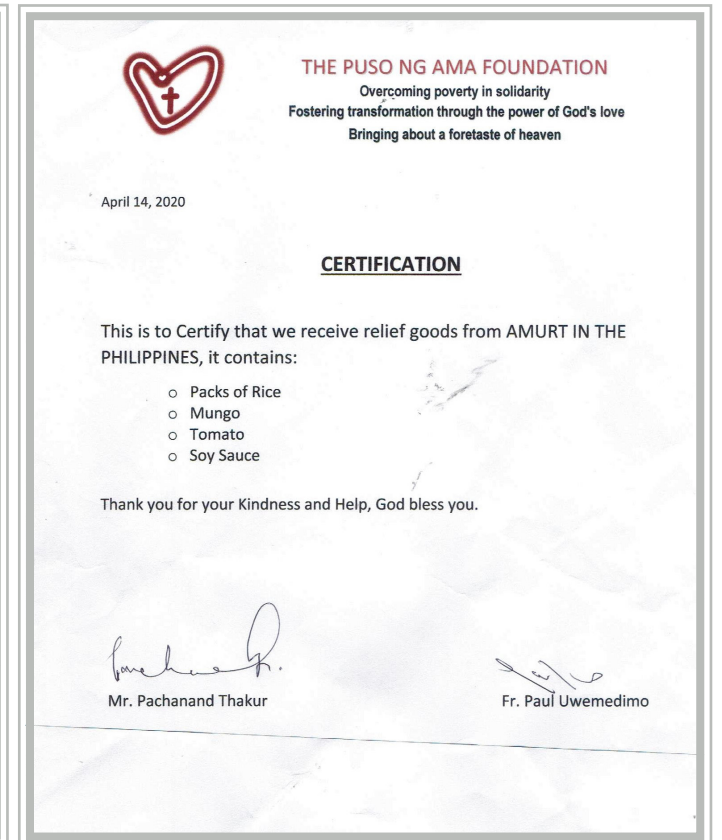
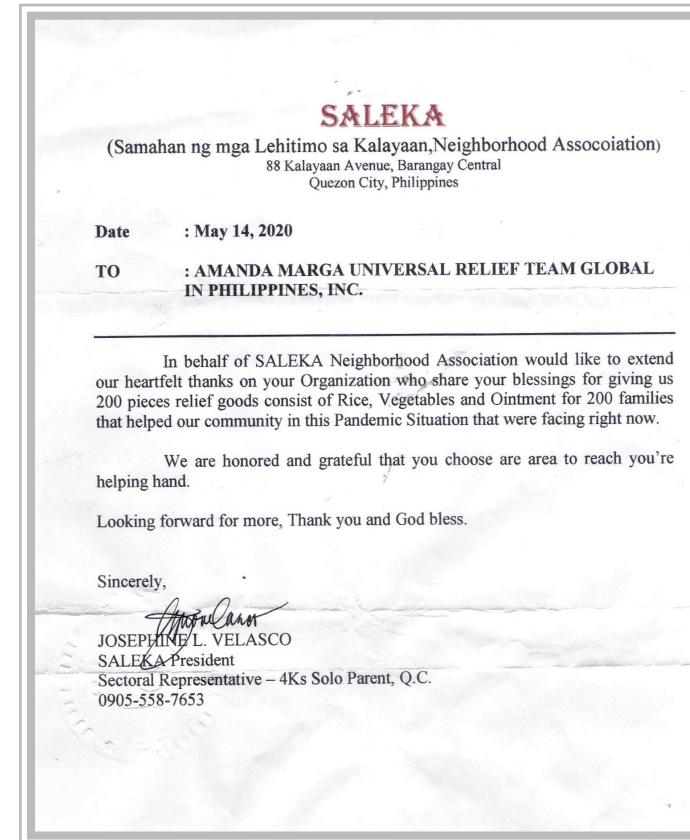
With AMURT, we were able to serve in the remote and marginalized communities in Mindanao. And the life there is poor, and very sad. And we've always taught ourselves to look for the beauty in it...to look for the beauty in the faces of the children, and to be grateful.

We would use this aspect to see situations with a silver lining, and to assess where we could give something, where we could provide something as educators. If we could teach also people to be grateful, we could have an amazing world where negativity could not grow and foster, and children would have a smile on their face. Thank you!



Teachers **SHEENA & DAYAN**, Volunteer Facilitators
PASTERA LARAN







AMURT PHILIPPINES

How can you help?



Helping comes in many ways:

- ✓ **vol-un-teer**
verb: freely offer to do something.
- ✓ **do-nate**
verb: give (money or goods) for a good cause.
- ✓ **spread our cause**
verb: gradually let more people know

Find an AMURT Unit near you:

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Iloilo City: 6th Street Lawaan Village, Balantang Jaro, Iloilo City	Contact: amiloiolera@gmail.com (033) 327-1283
Davao City: Ananda Marga Compound, Km.11 Cabantian Highway, Cabantian, Davao City, 8000	Contact: fb/amurtdavao (082) 224 6268

In meditation, there must always be the feeling that you want to serve Him. If this is the feeling, immediately the mind gets concentrated. If in meditation there is the culmination of service, everything will be achieved. Even through the preliminary lessons of meditation (Nama Mantra), a spiritual aspirant can get salvation. But even one practicing higher meditation (Vishesh Yoga) cannot attain it if there is no feeling of service, and meditation is done just for the sake of exhibition of one's heroism. When internal service is not done properly, the external one also is not done properly. Therefore, it is said, "Liberation of self and service to humanity". In "liberation of self", there is internal service; and in "service to humanity", there is external service. Both are needed. By external service the mind is purified, and with the purified mind, internal service can be done by everyone.

Shrii Shrii Anandamurtijii

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Perennial Inspiration



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