



HELPING WOMEN DISCOVER THEIR WINGS



WWD SOUVENIR

MANILA SECTOR

CELEBRATING 100 YEARS BIRTH ANNIVERSARY OF
SHRII SHRII ANANDAMURTIJI - FOUNDER OF ANANDA MARGA WWD



THE ANANDA MARGA WOMEN'S WELFARE DEPARTMENT MANILA SECTOR (South-East Asia)

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"There is no
chance for
the welfare
of the
world
unless the
condition of
women is
improved.
It is not
possible for
a bird to fly
with one
wing."

SHRII SHRII
ANANDAMURTI



OCTOBER 2021

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A TRIBAL ELDER RECEIVING A RELIEF
PACKAGE FROM AMURTEL DAVAO



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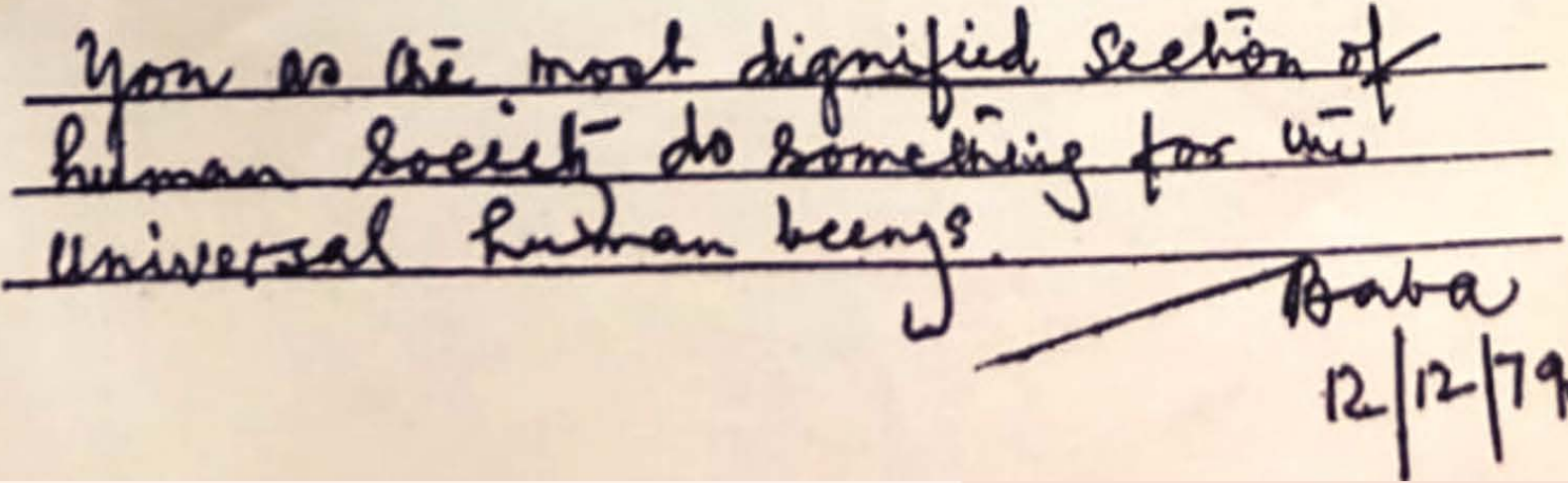
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PREFACE

HELPING WOMEN DISCOVER THEIR WINGS



On the occasion of the Centennial Birth Anniversary of the Founder of Ananda Marga – Shrii Shrii Anandamurtijii, we would like to highlight the role of women in the society and their contribution in making this world a better place to live in. Let us become a part of this mission to liberate women from the clutches of exploitation, thereby strengthening the base of our society.

In May 1965, Shrii Shrii Anandamurti introduced the Women’s Welfare Department with the purpose of creating a powerful, dynamic, and upsurging social consciousness 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. A true human society can only be created when all its members, male and female, young and old, black and white, have equal opportunity to express all their potentialities. Today women have not only excelled in every field of professional as well as social life but are at the helm of leading and transforming human society. They have been and continue to be the pillars of our social and familiar structures. Her inbuilt capacity to endure, her tremendous mental strength to fight, her motherly affection binds our family and society together. Hence empowering women that are still suffering at the hands of backward and dogmatic social setups by making them self-reliant is needed for all round growth and development of our society.

Social evolution is inevitable and a significant evolutionary milestone achieved by modern human society is its capability to recognize women as an indispensable equal partner to its development and growth. Malala Yousafzai, a Nobel Prize winner is another glaring example of a young schoolgirl who stood firm against the Taliban forces in Pakistan and defended rights of girls to education. Taslima Nasreen the noted Bangladeshi writer who has been in exile since she dared to speak out truth – tortures women have to go through in a world where they are considered mere object of pleasure. Merkel, Hillary Clinton, Hasina Sheikh are some successful women in world politics. Women entrepreneurs are central figures of our national economy. Women leaders in banking, business (CEOs), civil services, technology, journalism, art and literal, space research have displayed exemplary dedication in their fields.

In the words of Shrii Shrii Anandamurtiji "There is a greater degree of sentimentality in women. Consequently, women can perform extraordinary feats that men cannot. Had these potentialities been harnessed for constructive activities, there would have been many benefits for the world, but as this aspect of women's psychology is not known, society could not utilize their potential fully."

Women in today's society have certainly gained influence when we compare them to the women of the past; yet we still need to go far to achieve a complete balance between genders. Although women have achieved freedom but this is not true in all cases since discrimination still remains.

Today our society is bleeding since women are tortured every single moment in every corner of the world. Women are the victim of domestic violence, rape, exploitation in the workplace, dowry harassment and multitude of physical, emotional and psychological tortures. When she breaks down shattered miserably, unable to restore herself either society is impacted adversely or she becomes the embodiment of power and becomes a vital change agent to bring about the unthinkable in the society.

Shrii Shrii Anandamurtiji says "Women must not be suppressed, and there should not be domination of males in the society. Society should have a cooperative leadership, not a subordinated leadership; there should be coordinated, cooperative leadership, leadership between males and females.

Renaissance people will have to start a movement immediately to fight against all these disparities. Otherwise if fifty percent of population that is the ladies remain downtrodden how can there be all round progress of human society? So these are all the social duties, the social responsibilities of the Renaissance movement. Renaissance people will have to wage war on these disparities, these inequalities they will to be rooted out of the society."

To abolish dogma and exploitation and to liberate women from exploitation, a three pronged approach must be immediately adopted in the backward, underdeveloped and downtrodden regions of the world:

- Free education for all women.
- No discrimination in the social, educational and religious realms.
- There should be provision of economic and social security to all women.

The Women's Welfare Department has undertaken several women and children's projects all over the world with the aim of achieving above mentioned objectives. The functioning of the department is under sanyasini didis – highly dedicated, spirited and well trained women who have renounced the material world with the singular purpose of serving Human Society. All projects are supervised and guided by our didis who, by dint of experience in executing these projects in different regions of the world, bring invaluable global expertise in social service. Their sacrifice and contribution for the upliftment of women and children in different corners of the world is too valuable. They have worked tirelessly with tremendous courage surpassing colossal hurdles to build centres such as shelters for deserted women and children, relief centres, medical units, schools, skill development units, etc. these projects are supported by local member of WWD such as housewives, students, volunteers and working women without whose support these projects would have not been possible, WWD congratulates and acknowledges their contribution for the social cause.

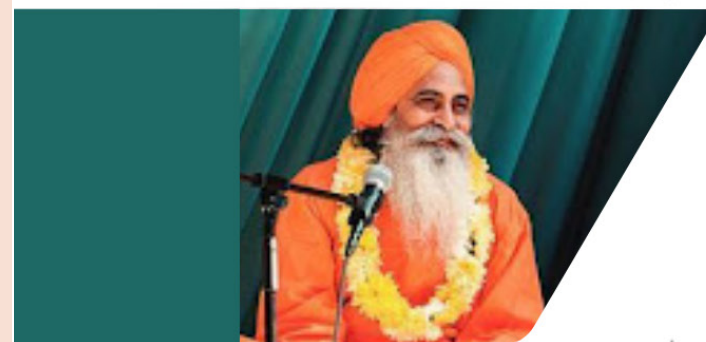
MESSAGE FROM REV. PURODHA PRAMUKHA

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September 3, 2021

MESSAGE

It gives me immense pleasure to know that the Women's Welfare Department (WWD) of Ánanda Márga Pracárika Samgha, Maharlika (Manila sector) is going to celebrate the Centennial Holy Birth Year celebration of Marga Gurudeva, Shrii Shrii Ánandamúrtiji 2021. I am glad to learn that on this auspicious occasion, they will also publish a SOUVENIR.

Since its inception, WWD has been rendering commendable service by awakening women in respect of their dignity and rightful status in the society and to take up the challenge of self-enlightenment and emancipation from social injustices & social bondages.

With the sublime grace of the divine cosmic entity, WWD Maharlika will ever move ahead with its pious mission of serving the suffering women of society with the underlying spirit of Neo-humanism.

With my best wishes for its very success.



Ac. Vishvadevananda Avt.

Ácarya Vishvadevánanda Avadhúta
Purodha Pramukha and President
Ánanda Márga Pracárika Samgha

MESSAGE FROM THE CWWS

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September 1, 2021

MESSAGE

It gives me pleasure to know that the Women Welfare Department of Ananda Marga Pracaraka Samgha Manila Sector is going to celebrate centennial birthday of our most beloved Baba (1921-2021). I am glad to know that on this auspicious occasion, WWD will organize a symposium and publish a SOUVENIR.

As WWD is working amongst women's fair welfare, we feel that all women should believe in themselves and in the fact that they are capable of building a healthy society. I strongly believe that women are more competent and confident in taking up bigger challenges and raising the bar in any field.

There is a need of personality development training periodically. The perfect personality means physically fit, mentally strong and spiritually elevated. Only such spirited women can march forward to create blessedness in one's individual life and for the entire creation with a universal outlook.

Finally, women as the dignified section of human society would be able to restore their dignity of the past (pre-historic times), when women in the society were considered as divine beings.

With my best of wishes for its very success!



Av. An. Danavrala Ac
Avadhutika Ananda Danavrata Acarya
Central Women's Welfare Secretary (CWWS)
Ananda Marga Pracaraka Samgha

MESSAGE FROM THE SWWS

ANANDA MARGA PRACARAKA SAMGHA (MANILA SECTOR)

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September 10, 2021

MESSAGE

As I am the in-charge of Manila Sector, on the behalf of Women's Welfare Department Manila Sector, I am very happy to organise WWD Symposium and publish a souvenir on the occasion of the Centennial Birthday Celebration of our most beloved Baba (Shree Shree Ananda Murti jii).

Since its inception, WWD has been rendering commendable service by awakening women in terms of their dignity and rightful status in the society. We stand to create a powerful, dynamic and upsurging social consciousness, especially amongst women, so they are inspired to rise, awake, abolish dogma and annihilate all symbols of slavery, and usher in a new era of coordinated cooperation and glorious achievement. Let womanhood be the vanguard of a new revolution that humanity must achieve for a glorious tomorrow.

Thanking you,

In Him

Av. An. Anupama Ac

Avadhutika Ananda Anupama Acarya
Sectorial Women Welfare Secretary (SWWS)
Ananda Marga Pracaraka Samgha
Manila Sector



ABOUT WWD

THE FOUNDER



**Shrii Shrii Anandamurtijii
(Prabhat Rainjan Sarkar)**

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.

In yogic science, he introduced the propound new meditation practices. He recodified the system of intuitional science so as to include social practices and he undercut the notion that spiritual work can be done in isolation from the society, asserting instead that sadhana without service and sacrifice amounts to spiritual exploitation.

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.



ABOUT WWD EARLY BEGINNINGS

On May 23rd 1965, Shrii Shrii Anandamutijii announced the establishment of the "Women's Welfare Department" at Patna (Bihar).

Avadhutika Ananda Bharati Acarya was the first lady whole time worker of Ananda Marga Pracaraka Samgha. She was the first Central Women Welfare Secretary of the Women's Welfare Department. She was a very sentient and simple hearted lady. She was a great devotee and spiritualist with a very loving nature.

Her dedication to the mission was exemplary. She combined profound wisdom and fervent commitment to her cause with incredible organizational and management skills. Through her indomitable spirit and compassionate selfless personality, she contributed a lot to human society in general and to women in particular. She worked hard for the mission until she took her last breath on the 15th January 1990.

Now, many dedicated Sanyasinis from all over the world are relentlessly working to carry forward the mission of WWD throughout the globe with the help of Local Full Time workers and sisters.

The Women's Welfare Department (WWD) is one of the departmental wings of Ananda Marga. The WWD heads all the departments run for and by women. Shrii Shrii Anandamurti has given an equal status to women as that of men and emphasized that neglecting women will create an imbalance in the society. He implemented programs such as Narii Abhyudaya, Sisters Homes, Maternity Homes and Invalid Ladies Homes, so that women can be cared properly, become economically self-sufficient and lead a prestigious life. His thoughts on women and their role in history is very well summed up in His book, "Awakening of Women". It is the founder of WWD who for the first time in modern history declared that women are eligible for priesthood.



Avadhutika Ananda Bharati Acarya
First Lady Whole Timer

ABOUT WWD OBJECTIVES & STRUCTURE



WWD has founded in order to meet the needs of women and their families. Being run exclusively by women, it offers an organizational platform through which they may articulate and learn how to deal with their practical needs. At the same time it gives them the opportunity to make their own decisions and plan, manage and evaluate their own projects and activities, taking into account the strategic gender needs in different situations.

AIMS AND OBJECTIVES OF WWD

- Free education for all women in all countries of the world.
- No discrimination in social, educational and religious realms.
- The provision of economic and social security to all women.
- To recognize equal rights, dignity, and responsibility of both men and women.
- To eradicate ignorance, superstition and inferiority complexes from women's lives.
- Emancipation of women in the spiritual and mental planes.

WWD STRUCTURE

For the upliftment of society, WWD organize events and programs in various areas of development such as education based on universalism, disaster relief, physical training and defense, self-sufficient sustainable communities, medical care, health training and intellectual development.

For smooth and productive functioning of the Department it is further divided into several sections.

- WWD General
- Ananda Marga Universal Relief Team ladies
- Progressive Women's Spiritual Association
- Hari Pari Mandal Gosti Ladies
- Girl's Volunteers
- Seva Dal
- Nari Abhyudaya

WWD IN ACTION

WWD General (W.W.D. G.)

Women's Welfare Department General works tirelessly for the upliftment and wellbeing of all women and children. Hundreds of schools (based on Neo-Humanistic outlook) and children's homes are run all over the globe.

The receptive capacity of child is great, but to enhance this receptivity the method of education should be thoroughly psychological. Emphasis is laid on moral education and the inculcation of idealism. The sense of universalism is awakened in the children. Real education teaches a pervasive sense of love and compassion for all creation.

Seva Dal (S.D.)

Seva Dal is an organization aiming to conduct effective relief and social service activities in a wide ranging manner. It has been created to fulfill the historical need of enhancing, standardizing and co-coordinating the philanthropic activities of the mission all over the globe in crucial situations of the human society. Created as an intensive and selfless service network. Seva Dal was also established to involve the common masses in organizing their divergent and urgent necessities of life. Seva Dal was created in 1990 with the aim of establishing a true people's organization and rendering dedicated service to the humanity. Some of the various activities include alms distribution, narayan seva, water distribution etc.

"I addressed you little girls as the dignified section of human society, and I know I am cent per cent right in feeling so. And I expect these little dignified beings, dignified section of the society, will be – should be – more and more, and still more, dignified by dint of their work, their rendering of more and more, selfless service to suffering Humanity."

Shrii Shrii Anandamurtijii

WWD IN ACTION

Narii Abhyudaya (N.A.)

Narii Abhyudaya centres work for the upliftment and empowerment of women economically, intellectually, socially and spiritually. It works to build up a financial base for economically deprived women. It aims to generate income and impart skill and to make them self-sufficient. It runs several skill generating centres in handicraft and other practical skill as well on computer and English skills.

Struggle is the essence of life. Yours should be a pauseless struggle against corruption, hypocrisy and animality.

Shrii Shrii Anandamurtijii

Hari Pari Mandal Gosthi Ladies (H.P.G.M.L)

HPMGL is an international movement founded by Shrii Shrii Anandamurtijii on 10th October 1970, the objective of which is that women will gather together and propagate devotional songs, music, and dance for the service and upliftment of society, thus by creating a sweet, spiritual and devotional environment.

Kiirtan touches the innermost core of the human heart and arouses soft spiritual sentiment in a person. The inner motive of kiirtan is to create a blissful ideation. This ideation blossoms like a full flower creating a feeling in the human heart like flower bud opening deep within. Kiirtan awakens subtle human feelings and transports one into great Bliss.

"You will notice that when people do kiirtan out of deep love, a highly powerful spiritual vibration is created. Those who do kiirtan feel that vibration in their minds, and hearts and everywhere. They become virtually intoxicated with unbounded bliss. That sort of bliss is not attainable by a person of knowledge. It may be that a person of knowledge will one day become one with Parama Purusa (Supreme Consciousness), but he or she will not be able to attain that bliss; nor is that bliss attainable by a person of action. That bliss is attainable only by a person of devotion. The 'wholesale right' to that boundless bliss lies with that devotee only."

Shrii Shrii Anandamurtijii.

WWD IN ACTION



Girl Volunteers (G.V.)

Self defense trainers provide training in various forms to women cadres for protecting and safeguarding themselves from antisocial elements. Several Girls Volunteer camps are organized in different regions to train and guide women in the field of discipline and to make them more confident and stronger.

Shrii Shrii Anandamurtijii has given a comprehensive mechanism to strengthen women and create a society where men and women will be treated with equal dignity and honour.

"You Girls should always remember that anyone underestimates you, or looks upon you as inferior, you should give a very blunt reply."

Shrii Shrii Anandamurtijii



Ananda Marga Universal

Relief Team Ladies (A.M.U.R.T.E.L.)

AMURTEL was founded in 1977, it is managed by women and is a response to the crying needs of women and children. In addition, it offers selfless service to all people in need.

Concerning the role of AMURTEL, Shrii Prabhat Ranjan Sarkar said, "We stand to create a powerful, dynamic and up-surging social consciousness, especially amongst women, so they are inspired to rise, awake, abolish dogma and annihilate all symbols of slavery, and usher in new era of coordinated and glorious achievement."

AMURTEL runs medical units, free eye camps, free medical camps, food/clothes/blankets distribution programs and relief stores in poverty-stricken regions. The department has rendered continuous relief to areas struck by natural disasters.

WWD IN ACTION

Principles of AMURTEL

- Each human being has the right to meet their basic needs of nourishment, accommodation, medical assistance, clothing and education.
- Our planet has limited, though sufficient resources to meet the basic requirements of life. Resources need to be used properly and fairly in order to improve the quality of life of all living beings.
- Everyone should be assured equal opportunity for growth and development. The freedom to use one's potential for fulfillment of physical, intellectual and spiritual needs is a fundamental right of all humankind.
- Everyone is valuable member of human society, regardless of race, religion, colour, gender or social status, and deserves to be treated with understanding and respect.
- By respecting women, and ensuring their integration and active participation in development projects, a harmonious growth of family, community and society can be actualized.

"There are hundreds of millions of hunger-stricken people throughout the world. AMURT/AMURTEL must come forward and do something concrete for them – we must give them substantial food, otherwise they will continue to suffer from malnutrition. We must give nutritious food; simply feeding them will not suffice."

Shrii Shrii Anandamurtijii



PROGRESSIVE WOMEN'S SPIRITUAL ASSOCIATION (P.W.S.A.)

PWSA is a global socio-spiritual movement aiming to establish moral and supportive values in women to help the onward march of society by giving a dynamic and progressive movement in every sphere of life. Its purpose is to utilize women's talent to the maximum for the progress of self and welfare of humanity.

PWSA is a group of women which encourages women in general to participate in intellectual and spiritual discussions. The team organizes seminars, workshops, camps, study circle and yoga/meditation sessions for women of all categories to develop their intellectual and spiritual faculties.

WWD IN ACTION

Aims and Objectives of PWSA

- 1. To acquaint every woman with spiritual science and show her how to realize divinity in her daily life.
- 2. To guide her towards the sublime path by means of which she will be physically fit, mentally strong and morally elevated.
- 3. To impart all around training so that she can be a worthy citizen capable of respectably maintaining her socio-economic status.
- 4. To encourage every women to become literate and help provide the intellectually gifted with opportunities and financial aid for higher education and research.
- 5. To help her to march ahead along the rationally proven spiritual path and emancipate herself from age-old taboos and outdated religious practices.
- 6. To promote the ideal of one human family by fighting all narrow and disintegrating factors such as casteism, sexism etc.
- 7. To encourage the spirit of service in all spheres: physical, mental and spiritual.
- 8. Rendering relief services wherever possible.
- 9. Protecting life, property and personal liberty of all peace loving person by raising public consciousness.
- 10. Protecting meek, submissive, socio-economically exploited and unwanted girls and providing sisters' homes and children's homes for them.



"The difference in biological characteristics between men and women speaks only of co-ordinated cooperation, not of subordinated cooperation."
Shrii Shrii Anandamurti

FOOD FOR THE SOUL EQUAL RIGHTS FOR MEN & WOMEN

Everything in this panoramic world is changing. There is a saying that as one bank of a river collapses, the other bank builds up. From the dawn of human civilization until today so many new, prosperous human settlements, so many impressive towns and cities, ports and metropolises have sprung up. After a period of glorious existence, they have crumbled in the ravages of time. They have turned into ruins, mere relics to be researched by inquisitive historians.

[This pattern of change is not restricted to the realm of physicality, the psychic world has also undergone many changes, many transformations. The difference between the thought patterns of those primitive people who in the earliest stage of human civilization first thought of building a human society and those of people today is vast indeed.]

In the primitive age, society was matriarchal. Although in that ancient society both men and women were granted equal freedom, in practical life women were given greater importance. As women's dominance increased more and more in the course of time, the whole social structure came to be matriarchal and founded on a matrilineal order. In that prehistoric age, as I have said on earlier occasions, people would identify themselves with their mothers. While introducing themselves they would mention the names of their mothers, grandmothers and great-grandmothers. These are signs of a matrilineal order. Together with that came the matriarchal system, that is, property was handed down from mother to daughter. Thus the matrilineal order as well as the matriarchal system continued for quite a long time. Traces of the matrilineal order and matriarchal social system can be found even today in south India, especially in Kerala, Mizoram and some other hilly regions of eastern India.]

Like everything else, human society undergoes change. Over time, out of historical necessity as various individual and collective problems of society cropped up, the pattern of men's dominance, as opposed to that of women, became prevalent. It is likely that the importance of physical strength increased in the process of solving the internal problems of society and of resisting external attack. Thus, just as at one time the matrilineal and matriarchal social system evolved to meet a particular historical necessity, similarly, to meet another type of historical necessity, there arose the patrilineal and patriarchal social order. From then on, all power became concentrated in the hands of a gotrapitá [patriarch] instead of a matriarch. In Indian history, such a period of social transition occurred at the time of Lord Shiva.

With the establishment of male dominance in the society, all power was concentrated in the hands of men. Women were gradually deprived of all their rights – social, cultural, religious, political and economic. Some religious preceptors declared in the name of God that women were inferior to men in all respects and issued many commandments against them. Everyone knows that many litterateurs, philosophers and novelists wrote remarks that degraded women. As a result of all this, on the one hand male lawmakers formulated many social regulations, penal codes and so on against women, and on the other hand women began to curb their own rights by thinking and saying, "We women are weak, we cannot undertake such huge tasks as men; how can we women solve such big and complex problems?" "My God! This is work for men, how can we women accomplish this?" As a result of harbouring such weak thoughts, women lost their self-confidence. You know the proverb, "As you think, so you become." If one analyses deeply the annals of the past two thousand years in both the East and the West, one sees that women, compared to men, could not achieve any great work in the different spheres of life.

EQUAL RIGHTS FOR MEN & WOMEN

Fortunately, nothing is permanent in this world. Times are changing; human psychology is also changing; and along with the psychology, the trend of history is also changing. Because history is the expression of collective human psychology. Men today are beginning to realize that women can no longer be treated as commodities. Those days are gone. Women, too, are thinking, "We will no longer remain weak, feeble or inactive. We will no longer passively tolerate injustice, torture, exploitation, insults and hatred at the hands of male exploiters." The women's liberation movements in the East and West have originated out of this changed collective psychology. The auspicious signs of the awakening of women are clearly visible in every sphere of social life.

Those who are sympathetic to all humanity will surely admit that all animate and inanimate entities are the creation of the Supreme Father. He gave to everyone intelligence, competence and physical power. Hence, all men and women have the right and opportunity to establish themselves in society, depending on their sincere endeavour. Today that opportunity has come to women. Now there is not much opportunity to use physical might. This is the age that gives importance to the intellect. People can see there is no longer much emphasis given to physical strength – more is given to the intellect. In previous ages, people wielded ordinary hammers with their immense strength, but today they operate electric hammers a thousand times more powerful pressing a simple button. That is, the importance of physical strength has dwindled, and the importance of intellectual strength has increased. So the physical advantages that were used by the male-dominated society to drive the steamroller of oppression over women, today just will not do.

In this changed social atmosphere, the future of women is bright. The common masses will awake, their self-confidence and intelligence will increase. The way of writing history will be changed. Already it has started to change. In the future it will change more. You should remember that no one in human society is negligible. The life of a hundred-year-old widow also has value in this universe. She should not be neglected or unwelcome. We have not given her due honour or service, wrongly thinking she is a burden to the world. This is an example of our ignorance; it is not her fault.

Everything can be explained by some historical necessity. We have not put our minds to this task. Had we really bothered to do so, we would have discerned that behind every incident, behind each and every crest and trough of events, there lies a historic purpose. If we think deeply we shall find the historic purpose and shall see that nothing is useless or purposeless. Everything happens for some great future possibility.

A great change is coming in the collective psychology. The value of intellectuality is increasing as compared to physical strength. And it is not that intellect is only for a handful of people, it is increasing in the whole collective body. That is how the change is coming. The pace of this change will accelerate more and more.

August 1984, Calcutta
Excerpt from the Book: The Awakening of Women
by Shrii Shrii Anandamurti

FOOD FOR THE SOUL EQUALITY IN THE PSYCHO-SPIRITUAL SPHERE

Every spiritual realization – from the higher spiritual realm to the comparatively low psycho-spiritual realm – comes about through the medium of hormones secreted by the ājīṇā cakra and the sahasrāra cakra (these hormones are called sudhā in scriptural language). According to some people, women are not entitled to this sort of higher spiritual realization because of certain physical short-comings.

In this regard, I want to clearly state that certainly there are differences between men and women in certain crude vṛttis [propensities]. (This is not the proper occasion or time to explain it, but if I find time in the future I will explain about human propensities in detail.) It is true that as there are some differences in the expression of certain vṛttis, there will also be differences in the lower glands and sub-glands between men and women. The number of glands and sub-glands is also different. Certainly also, there are some subtle differences in the ājīṇā and sahasrāra cakras, as these centres directly control the lower glands and sub-glands, but we should remember that these differences pertain to only a few crude propensities. (For example, attachment. When a woman looks upon someone as an enemy, she sees him or her as a fierce enemy and if she looks upon someone as a friend, she takes that too to the farthest extreme, and so on.) But in the spiritual, supra-mental and psycho-spiritual spheres, there are no differences between men and women. Rather, women can attain the highest spiritual experiences that men can attain. There is no logic whatsoever to justify depriving women unnecessarily or making their path of progress thorny. There is no logic in the contentions that only males are entitled to liberation or salvation or that women must be reborn as men to attain liberation or salvation. Rather these statements imply an inherent selfish, exploitative psychology, and the personal and collective interests of men. If anyone tries to advance illogical arguments to perpetuate such exploitation, that sort of cunning will not last long.

Both sons and daughters receive the affection of Parama Puruṣa, both are His beloved children. Logic tells us that Parama Puruṣa cannot make distinctions or discriminate between His sons and daughters. It is not reasonable to think that He, being the Supreme Father, will take the boys on His lap and feed them sweets, and deprive the girls of all opportunities.

*Sīṛī nāṛu khābe shudhu khoka kole base,
Ār khuku tomār ela bujhi vāner jale bhesē'!*

*[Will you seat your son on your lap and feed him sweets,
And consider your daughter only as a burden?]*

4 September 1988, Calcutta
Excerpt from the Book: The Awakening of Women
By Shrii Shrii Anandamurti

FOOD FOR THE SOUL

THE EMANCIPATION OF WOMEN

Women are the mothers of society and therefore men have a duty to serve women. Men are greatly indebted to them. Hence there is no question of women having to regain their freedom from men. Rather, their struggle to rid themselves of whatever shortcomings they may have may be considered as their struggle for emancipation. To bring about the necessary rectification of these shortcomings the following should be taken into account:

Physical weakness of women: Because women are physically weaker than men, men treat women as their property. For this same reason, women cannot earn money as men do, and that is why in marriage men demand a dowry from the bride's parents. In those societies where women do have the capacity to earn money like men, on the contrary, there is no dowry system. To eradicate the dowry system women must develop their ability to acquire economic resources. This is the only way.

Lack of education: (1) Women have many shortcomings due to a lack of education. For example, women intensely love their own children, but have less affection for their own nieces and nephews, what to speak of the children of others. (2) Because women are uneducated, they put more emphasis on caste. These ideas weaken the foundation of society.

Therefore, womankind must overcome these shortcomings in order to emancipate themselves.

22 March 1956, Jamalpur
Excerpt from the Book:
The Awakening of Women
By Shrii Shrii Anandamurti

FOOD FOR THE SOUL

PRABHAT SAMGIITA

SONG FOR WOMEN

MORÁ MUKTA BHÚMIR MEYE
DUNGRI PÁHÁRE JHARÁ DHÁRE
JOĖR KINÁRE GHÚRI NECE GEYE
MORÁ MUKTA BHÚMIR MEYE

KADAM PALÁSH NIYE KARI GO KHELÁ
SÁRÁ DINER BELÁ
MAHUL KULIRI SHIITALA CHÁYE
MORÁ MUKTA BHÚMIR MEYE

BÁNKÁ VANA PATHE JETE JETE
KHOMPÁY NITE GÁNTI MÁLÁ
MODER, CHANDE GÁNE
MANER KHUSHIIR SANE
VANER HARIÑ DEKHE CEYE
MORÁ PARAMA PURUŚERI MEYE
MORÁ MUKTA BHÚMIR MEYE

We are the blessed girls of the land of liberation,
singing and dancing on slopes and hills
beside sparkling fountains and streams.

We play and play the whole day long
with the flowers kadam and palash.

We play along the narrow lanes
lined with shady mOua trees.

Meandering on the forest paths
we weave garlands into our hair.

The forest deer rejoice to see
our blissful song and dance.

We are the blessed girls of the land of liberation.
We are the blessed girls of God.



SCAN ME

TO LISTEN



Prabháta Sam'giita
(Songs of the New Dawn)
is a collection of 5018 spirituality-
related songs composed by
Prabhát 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.

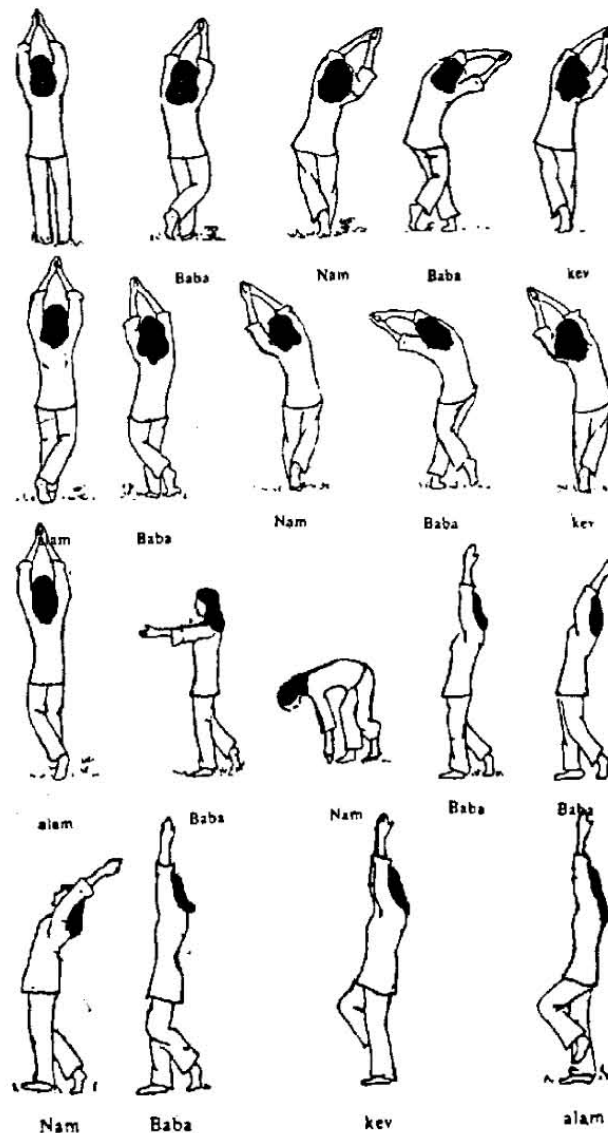
FOOD FOR THE SOUL KAOSIKII DANCE



On 6 September 1978 Shrii Shrii Anandamurti introduced the physically, intellectually and spiritually beneficial exercise Kaosikii:

"I invented kaosikii on September 6, 1978. This dance is both an exercise and a medicine for twenty-two diseases. It is a sort of panacea for almost all female diseases, and for many male diseases in younger boys. It is a medicine for most liver diseases. It ensures safe deliveries for women, and also checks the advent of old age. It is a medicine."

(4 December 1978, Madras)



Meaning of the different mudras:

- The two hands when upraised and folded together represent: "Now I am establishing a link with Parama Purus'a (Supreme Consciousness)."
- Both hands bending to the right indicate: "I know the right way to request You".
- The bending of the body should be at a 45° angular projection.
- The leftward movement represents: "I know how to fulfill your demands."
- The movement of bending in front suggests complete surrender.
- The backward movement represents: "I am ready to face all obstacles that may come."
- The last two steps represent: "O Lord, I repeat your rhythm."

FOOD FOR THE SOUL 3 BASIC ASANAS FOR WOMEN

In Sanskrit, yoga postures are called asanas. Asana means "a posture giving physical comfort and mental composure." Asanas affect the glands, nerves, muscles and all the organs of the body. There are many physical benefits, but the most important effect is on the mind. The practice of asanas places pressure on the endocrine glands, and this results in the regulation of hormones secreted from those glands. The hormones affect the emotions, and the resultant emotional balance facilitates concentration and meditation. So asanas help prepare the mind for meditation.

Benefits of Asanas

- Balance the hormone secretions from the glands.
- Give flexibility to the body.
- Improve respiration, as well as blood and lymph circulation.
- Massage the internal organs.
- Detoxify the joints.
- Relax the nerves and muscles.
- Cure diseases.

While practicing asanas the body should be cool and calm. The stomach should not be full. The room should be clean and warm, and there should be no smoke in the air. Except for the meditation postures, asanas should not be practiced during menstruation or pregnancy. In general, asanas should only be practiced on the advice of a proper teacher.

Spread a blanket or mat on the floor and try these simple and effective asanas:

Yogamudra

Sit cross-legged. Hold your left wrist with your right hand behind your back. Slowly lowering your chin, then your neck, bend down as far as you can go, breathing out as you go down. Stay there for 8 seconds with your breath held out, then rise up breathing in. Practice eight times.

Cobra

Lie on your stomach. Place your hands facing down on the floor beside your ears. Supporting your weight on your palms, push up and raise the chest, looking up towards the ceiling. Breathe in while rising, and hold your breath in that position for 8 seconds. Come down to the original position while breathing out. Practice eight times.

Long Salutation

Kneel down with your buttocks resting on your heels and your toes pointing forward. With your palms together, extend your arms up vertically next to your ears. Slowly bring your arms and head down as one, first bending your neck, then the whole upper body, until your fingers hit the floor, keeping your buttocks as close to your heels as possible. Now stretch out with your forehead and nose resting on the floor. Breathe out as you go down, and stay there with your breath held out for 8 seconds. Then rise up breathing in. Practice eight times.

After practicing asanas, one should do a skin massage and then lie down in deep relaxation for at least two minutes. The skin massage helps in the absorption of sebaceous oils which are naturally secreted onto the skin surface. Deep relaxation gives the body a chance to assimilate the positive energy gained from the asanas.



SALIENT ASPECTS OF WWD

NEO-HUMANIST EDUCATION | MASTER UNITS | CHILDREN'S HOMES

NEO-HUMANIST EDUCATION:

*"SA'VIDYA'YA
VIMUKTAYA":
"EDUCATION IS THAT
WHICH LIBERATES".*

The real meaning of education is trilateral development: simultaneous development in the physical, mental and spiritual realms of human existence. This development should enhance the integration of the human personality. By this, dormant human potentialities will be awakened and put to proper use. Educated are those who have learnt much, remembered much and made use of their learning in practical life.

OBJECTIVES OF NEO-HUMANIST EDUCATION:

- To develop physical well-being and mental capabilities through yoga, meditation sports, play and other activities.
- To facilitate personal growth in areas such as morality, integrity, self-confidence, self-discipline and co-operation.
- To awaken a thirst for knowledge and love for learning.
- To equip students with academic and practical skills necessary for life and higher education.
- To develop a sense of aesthetics and appreciation of culture and to infuse the curriculum with literature, art, drama, music and dance.
- To encourage a universal outlook, free from discrimination based on religion, race, creed or sex, and to foster a respect for all cultures.
- To promote awareness of ecology in its broadest sense, the realization of the inter-relatedness of all things and to encourage respect, care and universal love for all.
- To recognize the importance of teachers and parents in setting an example.



SALIENT ASPECTS OF WWD

MASTER UNITS:

"MODEL SELF-SUFFICIENT UNITS".

Master Units, also called "cakranemii" which means "the nucleus of the cakra", (wheel) are spiritual eco-villages, serving as models of self-sufficiency, sustainable development, cooperative management, environmental consciousness and service-minded spirituality. These miniature forms of Ananda Marga will gradually expand until finally they will cover the whole world. Master Units will develop all possible services, particularly in the fields of education, culture, economics and spiritual development.

PRIMARY REQUISITES OF AN IDEAL MASTER UNITS ARE:

- To provide food throughout the year, sufficient raw material must be produced through agriculture and scientific farming.
- There should be production sufficient fibres and fabrics for clothing.
- Primary and post-primary schools should be established.
- General and specialized medical units should be established.
- Undertake schemes to construct houses for extremely poor people.

THERE ARE SEVERAL COMMON POINTS WHICH SHOULD BE IMPLEMENTED IN ALL MASTER UNITS:

- Schools including the primary, post-primary and higher secondary schools.
- Hostels, including junior hostels and higher hostels.
- Children's homes, including junior homes, senior homes and students homes.
- Medical units.
- Cottage industries.
- Dairy farms.
- Plantations.

On all Master Units, only bio-fertilizers like compost, cow dung, neem spray, etc. should be used. Chemical fertilizers must be avoided. Our Master Unit program is a combination of oriental sublimity and western dynamicity.

BESIDES THESE COMMON POINTS, THESE ARE SPECIAL FEATURES OF MASTER UNITS WHICH SHOULD BE IMPLEMENTED:

- A wheat grinding machine or flour mill to produce flour.
- A bakery to produce bread etc.
- A seed bank.
- A cheap Seed Distribution Centre. The centre will collect good quality seed and sell them at cheap rates. Seeds may be purchased from local farmers at the end of each harvest, purchased at cheap rates in the market or cultivated, but the centre should provide good quality seeds at cheap rate to the people.
- A Free Plant Distribution Centre. This centre will grow plants from the seeds and seedlings. The following system should be used to prepare plants for distribution.
- Sericulture and silk weaving centre.
- Bio-gas plants. This means that there must be a dairy farm. Water hyacinths are also good for producing bio-gas.
- Butter production.
- Apiculture.
- An ideal Farming Training Centre.
- A Sanctuary.



CHILDREN'S HOMES:

SALIENT ASPECTS OF WWD

WWD runs Children's Homes for the all-round development of children who have lost their parents or come from economically deprived families. Such children are taken care of by Sanyasinis and are provided with a conducive atmosphere for their physical, mental, emotional and spiritual development.

ideal environment

The environment in which they are brought up motivates them to develop a service oriented outlook and deep spiritual insight making them aware and responsible citizens. These children not only grow into independent adults but are also encourage to selfless service to raise the living standards and moral values of society.



WWD PROJECTS AND ACTIVITIES

IN MANILA SECTOR



REGIONS:

Maharlika (Philippines) | Indonesia |
Malaysia | Thailand | Vietnam |
Singapore | Laos | Cambodia | Myanmar



AMSAI CIREBON

CIREBON, INDONESIA

TK AMSAI in Cirebon is one of the oldest school of AM in Indonesia. TK AMSAI was the first school started and registered with Indonesia Education Department at April 6th, 1991 by Didi Ananda Krtatiirtha'. It was the first English medium kindergarten in Cirebon. It is a non-profit, non-denominational, non-religious, and non-political project.

In February 1996, a building was bought for the school by Didi Ananda Madhuvidya with the help of margiis from many different places. And since May 2002, Avtk.Ananda Vratii A'c. has been responsible for its running and development.

The school aims to awaken each child's thirst for knowledge, while developing their personality through practical learning which based on the Neo-humanistic Education.

Being a non-profit project, the school only budgets to cover running and maintenance costs through school fees.

TK AMSAI Cirebon offers Early Childhood Education programmes. It uses a combination of several curricula, namely the Circle of love Curriculum (NHE) and The National Curriculum guided by the Regulation of the Minister of Education and Culture of the Republic of Indonesia.

TK AMSAI Cirebon, since its establishment in 1991 until now has been assisting the government in implementing programs to educate the young generation of the Indonesian nation through Early Childhood Education. Since May 2002, the Head of the Ananda Marga Cirebon Foundation at TK AMSAI is Avadhutika Ananda Vratii A'carya and the school principal is ZULFA, S.Pd.AUD.

In 2020, the School has shifted from face-to-face learning to online learning due COVID-19 outbreak where learning is carried out at students' homes instead of school. Learning delivery is done through learning tutorials from teachers once a week & virtual lessons.

AMSAI Cirebon
Jalan Ampera XII No: 05, Pekiringan Village,
Kesambi District, Cirebon City
45131



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AMURTEL PROJECTS

JAVA, INDONESIA

The cascading events on 28 September 2018 on Sulawesi island of Indonesia are characteristic of a catastrophic disaster scenario where major earthquakes triggered near-field tsunami, and landslides, which resulted in direct damages, impacts, and constrained humanitarian access. So far the disaster has claimed 2,100 fatalities and 680 are still missing. Moreover 68,451 houses were damaged or destroyed displacing 222,986 people (source: ahacentre.org).

AMURT in Indonesia is providing kindergarten teachers with psycho-social support to help themselves recover from the traumatic events and the effect on their families, as well as enabling them to welcome back and support their old students. In the two day trainings the teachers learn about the process of trauma, how to mitigate it, and how to design appropriate back to school activities for their students. After an initial pilot training the education officials in the area enthusiastically organized for AMURT to train hundreds of kindergarten teachers in the Palu and Sigi sub-districts of Sulawesi. Considering that more than 900 schools and kindergartens are affected, the students, teachers and their facilities would need assistance for months to come.

AMURT INDONESIA'S LONG TERM EARLY CHILDHOOD DEVELOPMENT PROGRAM

AMURT Indonesia is supporting the government's shift to the new child-centered curriculum through our project entitled "Developing an Early Childhood Teacher Training System that is Effective and Duplicable". This project runs from 2014-present and is built upon our earlier pilot project in Pariaman, West Sumatra following the 2009 earthquake. Direct beneficiaries of the current project are 46 mentored schools, 200+ teachers and 2,600+ children in 48 communities. Our distinct teacher training is designed with the untrained practicing teacher in mind and consists of several mutually-reinforcing sub-components.





KINDLE SCHOOL MEDAN, INDONESIA

Kindle School is a therapy center with a holistic approach and personalized approach. We focus on creative learning-based activities that enhance the growth of the children. Kindle is a place for children to explore and grow physically, mentally and spiritually in an environment friendly space.

Yoga sessions give the children great fun, help to develop balance, strength and body awareness, increase the concentration, focus and attention, build self-esteem and confidence. It brings harmony to the body, mind, emotion, and spirit of the child.

Occupational therapy & Sensory integration is given to help children to function in daily life activities and occupations. Kids can develop, maintain and improve self-help skills such as self care, life at school & home, play, social interaction and independent living. It includes: Gross motor skills, fine motor skills, visual motor skills, self care skills, oral motor skills, sensory integration, motor planning skills, neuromotor skills.

Brain Gym—was created in the 1970's by Dr. Paul Dennison Ph. D and Gail Dennison. It is a set of movement to enhance learning ability—"Educational Kinesiology". Brain gym helps our students to learn anything faster and perform better, more focused and organized, overcome learning challenge, and reach new levels of excellence.

Activities:

- Occupational therapy, life skills
- Motor & sensory integration
- Music & art for self expression
- Yoga & Ecology of joy
- Games & outdoor activities, Floor time
- Brain Gym, RMT, learning movement

ADVISOR : AVTK. A. SHUBHADA A'C (DIDI)
AM yoga and meditation teacher; A licensed Brain Gym ® Instructor & consultant—USA; Double doodle play instructor; licensed instructor for Building block Activities of MOVEMENT BASED LEARNING, INC.

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KUPU KUPU SCHOOL BALI, INDONESIA

Ashtaungika Kupu Kupu School is a service project in rural Bali aimed at enhancing the life quality of children and adults, specifically women.

Our work is focused on assistance to self-help, free English classes, Yoga and Meditation Classes, and free sewing courses.

In Bali, there is much desire and curiosity to learn English and yoga. For many people, this is a luxury that is simply not possible. And sometimes, the courses does not even exist. Learning English creates better prospects for getting a job, living better life, and rising from poverty.

In the Sidan village, where we have built our project, there have been no such opportunities earlier. We want to offer that which the local population want, but can't have because of poverty, or lack of access. Most of our activities are free, but some are on a donation basis so that we can support the basic operations of the center. We still however depend on donations to pay teachers and maintain the center.

The people behind this project are Didi Ananda Samprajina, Didi Ananda Kanina, and a group of local people from Ananda Marga

If you wish to help in any way, please contact us. Every little help matters.



Kupu Kupu School
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Contact: +66 70 996 48 97
Email: ashtaungika@gmail.com
FB: fb.com/ashtaungika



AMSAI LAMPUNG LAMPUNG, INDONESIA

AMSAI Lampung is engaged in Early Childhood Education which is Playgroup and Daycare classes located in Seputih Raman District, Central Lampung Regency. The Early Childhood Program is carried out with the aim of providing meaningful concepts for children through play-based and experiential learning. Children can do activities and explore their curiosity optimally by putting educators in the position of companions, mentors and facilitators. This helps young children develop optimum potentials, both psychological and physical, which include 6 aspects of the Standard Level of Child Development, namely moral and spiritual values, socio-emotional, cognitive, language, physical/motor, independence and creativity. All these prepare the pupils for basic education and Neo-humanistic outlook. To address the 6 aspects of Early Childhood Education, AMSAI Lampung implements a curriculum that is a combination of NHE Curriculum and 2013 curriculum competencies from the Indonesian Ministry of Education and Local curriculum.

AMSAI Lampung was established on June 2009, starting with 2 children at one residential place. On October 2009, a new school building was inaugurated with the help of loaned funds and makeshift school supplies assisted by a margi named Radhika who used to teach at Lampung International Kindergarten. Since then, more students enrolled, although the school still struggles with lack of school facilities and materials. Didi Ananda Manila is the current Director of the School.



AMSAI- Lampung
Jalan Lapangan Merdeka Utara No. 17
Village Seputih Raman Lampung Tengah District 43155

WOMEN'S WELFARE DEPARTMENT



PERSATUAN ANANDA MARGA YOGA PUCHONG

SELANGOR, MALAYSIA

Persatuan Ananda Marga Yoga Puchong has its origins as Ananda Marga Yoga Society, Puchong, and was set up by Didi Ananda Madhuvidya with the help from the Klang margiis, particularly Vinit Kumar, in the year 2000. After Didi Ananda Madhuvidya left, Didi Shubrajyoti took over the charge. Subsequent Didis who headed Puchong Jagriti were Didi Ananda Acira, Didi Tattvaveda and Didi Nirmala.

The change of name was made this year, 2021 as a new committee was formed.

The core activities of our center are yoga and meditation classes. We also organize talks, detox camps, and donation drive to help the indigenous communities. During the pandemic, our classes and activities are being held online via Zoom.



Persatuan Ananda Marga Yoga Puchong
10-2, Kalan Kenari, 18-A, Bandar Puchong Jaya Selangor, Malaysia
Mobile & WA no. : 011-0030 7659; 012-209 1675

WWD MANILA SECTOR



AMSAI DIGOS & GENSAN MAHARLIKA (PHILIPPINES)

AMSAI is a non-stock, non-profit educational institution offering Pre-Primary and Primary education courses. Its expressed goal is to provide a holistic and accessible neo-humanistic education to the community, especially to the marginalized.

In the early eighties, AMSAI started putting up early childhood schools in many areas in Mindanao, mostly serving communities of poor and marginalized population. Over the years, it has added up higher levels to its course offering, as per the demand of its satisfied stakeholders.

At present, AMSAI has campuses in General Santos City and Digos City in Southern Mindanao, both accredited under the Department of Education.

Aside from Basic Education courses, it also offers Yoga and Spiritual Living Programs to those who are willing to go deeper into the Spiritual Practice of Ananda Marga. Real education should not only address academic disciplines and skills, but most importantly the psychic and spiritual aspects of one's existence, as these serves as the true backbone of one's life. In this light, AMSAI welcomes spiritual aspirants from around the globe for retreats, immersions, seminar/workshops, and health camps that are either long term or short term depending on their needs.



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AMSAI DIGOS
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AMSAI (UNLAD BATA)-BICOL MAHARLIKA (PHILIPPINES)

Ananda Marga Special Academic Institution (AMSAI) Unlad-Bata - Bicol, is a Pre-school and Elementary service school in Jose Panganiban, Camarines Norte in the Bicol Region of the Philippines. It is serving the local community along with the Indigenous Children (Kabihug, Aetas) in that mountainous area of the Philippines. The Kabihug Tribe is one of the oldest tribal communities in Bicol known as nomadic people, with no land and homes to call their own. They belong to the full-blooded tribe of Negritoes, mostly shorter, with darker skin tone and curlier hair than your average Filipinos.

Our school was started in 2003. It opened with just a pre-school, and then eventually we saw the need in the community and added another grade level, at least one grade level every year, until eventually, we were able to produce elementary graduates since 2010.

Unlike regular schools in the country, AMSAI schools incorporate Yoga in their daily routine as part of Morning Circle, to set the pace of the day. AMSAI Bicol has healthy number of pupils from Pre-school to Primary Level (grade 6). Since the community is marginalized, the school has been depending on the donations and pledges from different organizations and individuals to maintain its operations. We appreciate any support.



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BAAN UNRAK CHILDREN'S HOME

SANGKHLABURI, THAILAND

Founded in 1990, Baan Unrak Foundation has been a pillar and frontline organization in Sangkhlaburi as well as the surrounding border area to Myanmar. In the last 30 years, Baan Unrak has provided food, shelter, education, medical care and relief to over 40,000 families and 1,000 children and women fleeing from domestic violence, extreme poverty and orphanhood.

What we do

Children's home. Today, Baan Unrak is home to 130 children (aged 9 months - 17 years old) and 10 single mothers. It employs 20 staff, most of whom are former children or mothers of the home.

The children's home provides the following:

- A caring, structured, and nurturing environment where children can grow and thrive.
- A medical clinic, nursery and access to education
- In addition to school and activities, the children have their daily chores and responsibilities, the teenagers participate monthly to relief work in the community, instilling the value of helping others.
- Scholarships to children entering university or vocational training: Baan Unrak graduates include nurses, engineers, teachers and managers.

Outreach and Relief work in the Community. Many families of Sangkhlaburi and the neighboring border towns to Myanmar have suffered through severe hardship in the past years and have not since recovered. Extreme poverty, combined with a lack of rights and opportunities for migrant children and families have left these families with few recourses and a desperate need for basic food staples, hygiene and medical care.

From the very beginning, Baan Unrak has been instrumental in offering relief to the most vulnerable; those who are too old to work, disabled, widowed or left alone with little children. By building a strong network with social workers in the community to identify families in need, Baan Unrak gives monthly food donations and medical counseling by a certified nurse, serving over 200 families and individuals.

Additional programs

Over the years, Baan Unrak has also created a variety of sustainable projects at the children's home. These initiatives provide training and skill-building opportunities for the mothers of the home, as well as the children who enjoy baking and taking care of the fruit and vegetable garden.

- Weaving and Sewing center
- The Restaurant & Café
- Organic Garden and Farm

BAAN UNRAK CHILDREN'S HOME

"Baan Unrak is my home. I grew up here, I got good care from my care-mom Didi and other brothers and sisters. I have a really big family and I love them all. Baan Unrak gives really good things to me and all the children here. We have a better life, get education, and learn meditation to share our love with to all the people and everything. Even though sometimes I get angry and sad at many things, I'm always happy to be home and spend time with my family."

Sumitra, former child of the home, currently in her 3rd year of university.



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Calls: Call/Fax Our Home: +66 034 510778 Cell: +66 089-9362426



TONRAK ANANDA MARGA SCHOOL

SANGKLABURI, THAILAND

Located near the Burmese border, Sangklaburi is a home to a diverse population of 45,000. The larger part of this population is the Burmese immigrants and Karen or Mon hill tribes. They are often stateless, without nationality or proper human rights.

In 2001 we saw some of the children from Baan Unrak children's home struggling in the public school while others did not have proof of their legal status to attend.

We felt we had to do something, so in a small dimly lit house we started our school with a handful of students, dedicated teachers and a set of beliefs:

We believe that learning should study in a SAFE environment and be encouraged to have FUN! We believed, and still do, that children need to be INSPIRED TO LEARN. We believe violence, whether it is from a student or a teacher, teaches students to be violent and nothing more.

We believe students should be taught about more than the 3r's. They should learn about the ENVIRONMENT and be taught to be concerned about the WELFARE OF OTHER BEINGS, including all people and animals.

In 2005, we built our school and became fully accredited. Members of the community liked what they saw and now most of our students come from outside the Baan Unrak community.

Who are our students?

Most of our students are stateless. Many were born in Thailand to Burmese parents who left Myanmar due to conflict and poverty. Consequently, they are not citizens of either country. Because of this, their future is quite uncertain. The combination of instability, poverty, and lack of community has lead to a general moral decline in our community.

Our Objectives

There is an substantial unmet demand for English speakers in Thailand. Those who are hard working, honest and able to communicate in English have enormous opportunities even without being properly registered.

The aims of Tonrak Ananda Marga School are therefore have students:

- Build confidence
- Be happy, responsible members of the community
- Master the English language
- Develop a moral compass
- Understand how to work together
- Successfully complete the basic education in line with the requirements of the Thai Ministry of Education.

How do we meet these objectives?

We have a wide variety of projects which enable the children to develop a wide variety of skills and learn that helping others can be fun and fulfilling. Our classes are student centered. Children are taught to think for themselves.

Our values are grounded in the Neo Humanist philosophy that inspires the human being to lead a simple, honest and hardworking life. The philosophy guides us to understand the importance of our environment and all life around us. It inspires us to enlarge our compassion and desire to serve and help where needed.

Our values are therefore;

- We look after the environment, recycle, reuse and reduce
- We lead a vegetarian life and are opposed to the horrors of the meat industry.
- We serve and help whenever needed



Environment

Children participate in a wide range of programs that allow them to learn about and respect the environment.

We started a village wide garbage pick up campaign in 2006. Our students go to other schools in the community to to help teach them about the importance of proper garbage disposal.

Our students then lead a community wide clean up campaign. Each year, our students, plus other students from throughout the community pick up literally tons of garbage. More importantly, people in our community see far less garbage onto the streets and it stays much cleaner year round.

Arts and Traditions

We believe in developing the aesthetic sense of our students. In addition to our art program, we have classes in traditional dance to allow the students to fully understand the traditions of Thai culture.

Respect and Care for Animals

We have an animal sanctuary on our campus. We believe that exposing the children to these animals helps them learn how to love and exist peacefully and responsibly with other beings.

TONRAK ANANDA MARCA SCHOOL
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FB: [fb.com/baanunrakschool](https://www.facebook.com/baanunrakschool) | E-mail: baanunrakchool@gmail.com



THAI ANIMAL SANCTUARY SANGKLABURI, THAILAND

Thai Animal Sanctuary is a self-funded and donation based organisation working for the welfare and protection of animals in the community. Our animal sanctuary and clinic is located in a remote mountain village on the Burmese border and the nearest vet is 4 hours away by car. We offer a free veterinary service to animals and perform regular sterilizing and vaccination programs.

The Sanctuary was formed in 2007 and over the years has seen different Managers, Vets and Volunteers and without them, none of the care we provide to the animals of Sangklaburi would have been possible. Each and every one has made their mark and for that, we and our animals will be forever grateful.

Didi Ananda Anuraga is one of the Founders of the sanctuary. Due to pandemic challenges, urgent donations is needed to continue to support the basic requirements of at least 35 dogs and 15 cats in our care.

Donations can be made to our new Thai account:
Thai Animal Sanctuary, Neohumanist Foundation
Acc no: 660-3-26209-6 (Swift Code KRTHTHBK)
Krungthai Bank, Sangklaburi branch
You can also donate via PayPal to
info@thaianimalsanctuary.com
<http://www.thaianimalsanctuary.com/>
Contact +66 89 206 0193 | info@thaianimalsanctuary.com



BAAN UNRAK WEAVING & SEWING CENTER SANGKLABURI, THAILAND

In 1995, Baan Unrak began a small weaving and sewing center. The objective was to provide jobs and vocational training to single mothers, while preserving the traditional Burmese weaving style.

In our community one of the greatest challenges for single mothers, and women in general, has always been the lack of opportunities. This leads to insufficient income to support the family and, ultimately, the decision to abandon their children.

We weave our own fabric using traditional Burmese methods on wooden looms. Then we hand craft a variety of products, from men, women and kids apparel to kitchen and dining accessories.

We sell the products in our local shop, online on Etsy, and through partners around the world. All the profits from this project support our Children's Home.

VIEW THE COMPLETE CATALOGUE OF OUR PRODUCTS HERE:



SCAN ME

WOMEN'S WELFARE DEPARTMENT



ANANDA PARAGA MASTER UNIT

HANOI, VIETNAM

Ananda Paraga is located on the top of a beautiful hill in the Muong tribal area at the northern part of Vietnam. It was newly built in 2020 with the collective efforts of all north Vietnam margiis. We have been hosting various activities in this MU such as meditation camp, fasting camp, detox camp, English classes, charity activities to the local tribal village, and conferences. We have also been continuously doing organic crop production.

Our visitors here used to call Ananda Paraga as Land of Love and Joy. We welcome you all to visit our Ananda Paraga Master Unit - the perfect place for spirituality.



ANANDA PARAGA MASTER UNIT
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Ky Son District, Hoa Binh Province, Vietnam.
Mobile & WA no. : +84 58 326 6001

WWD MANILA SECTOR



ANANDA UMA MASTER UNIT BIEN HOA CITY, VIETNAM

Ananda Uma Master Unit was founded in 1992 by Didi Ananda Lalita. This 6-hectares property is located in a rural industrial area 45 km from Ho Chi Minh City. It takes 1.5 hrs from Ho Chi Minh City to the Master Unit.

The Master Unit is named "Ananda Uma". Ananda means Bliss and Uma is the name of Parvati, and also means "Mother" or "Lady of the Mountain", "tranquility" and "brightness". The Vietnamese name is "Vùng đất Uma chân phúc", which means Bliss land. We are developing our project in such a way that city people can ride/drive to stay at the Master Unit and work in it during weekends.

The long-term objective of the MU is the establishment of self-sufficient Organic Farming model community close to nature. In the future, these units will serve as examples of self-sufficiency and all-round development of the individual and the surrounding communities.

We have been providing basic medical services, mass feeding, children events to the village, and hosting Ananda Marga functions. Banana, jackfruit, moringa and neem trees were planted. Whenever they grow fruits, the produce are sold for project maintenance.

At the rented area, they plant papaya trees, coconut trees, banana trees, and other fruit bearing trees. We have also built a free range duck's house, of which, their stool can become fertilizer for trees and crops.

Next year, we plan to build the main meditation hall, kitchen and toilet. Once the building is finished, we can have a space to invite people more for meditation classes, asanas, camping, farming, etc. Visitors can stay at longer period to experience healthy yoga lifestyle in nature, and enjoy a conducive atmosphere for spiritual practices, and progressive social action. We will also put up an Apiculture (bee-keeping), and bamboo garden. We hope to get more support from members of Ananda Marga and develop the Master Unit to provide all possible services for the community.

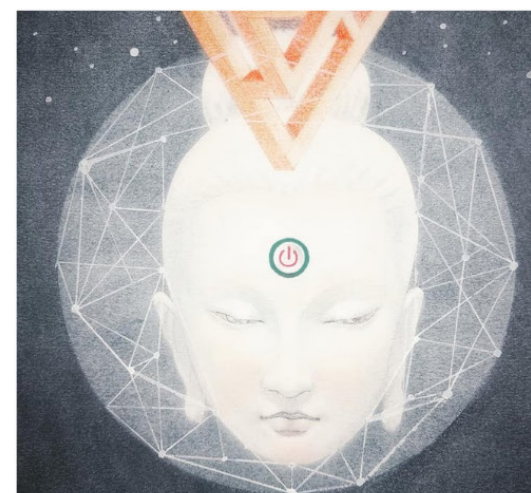
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TRANSCENDENTAL ART WORKSHOPS SINGAPORE

Didi Ananda Tattvaveda, a visual artist herself, aims to bring her students to a guided journey of self discovery and self awareness through her art workshops. She explores different art media, such as soft pastels, pen and ink, graphite, flower and vegetable (arrangements), etc.

Art should not be merely 'for art's sake', but instead should be for service and blessedness. Hence, these art activities are goaded towards transcending the human mind into the limitless source of creativity and intuition. Didi also conducts regular spiritual philosophy study groups.

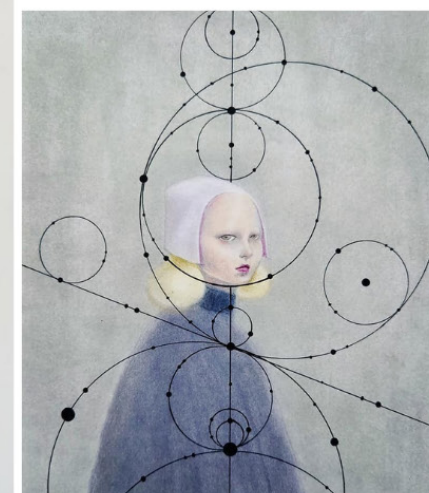


As above, so below;
as within, so without;



as the universe,
so the soul...

4. 2018 universe ball



Didi's FB Account: fb.com/tattvaveda.ananda.9
Find more of her works (and students' output) here:
fb.com/heartpastelfineart-455860471917684/

WWD Activities

Medan, Indonesia

Didi Ananda Subodha organizes regular detox camp, kaosikii, youth program on yoga and meditation, yoga for kids teacher training, parenting and mothers coaching, and team building training for teachers.



Yoga
Meditation
Casses
Treatment
Daily cleansing
Game
Outing
Self study

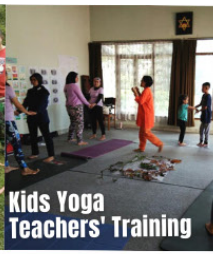
Detox Camp



Youth Camp



Team Building



Kids Yoga Teachers' Training



Parenting and mothers' coaching

Sangklaburi, Thailand

'The Baan Unrak Home children distributes relief goods and solar panels to an isolated village cut out from road access due to the flood.



Sangklaburi, Thailand

The WWD in Sangklaburi headed by Didi Ananda Devamala regularly conducts medical mission to the poor families in the villages around the Baan Unrak Children's Home.



Bali, Indonesia

The Ashtaungika Community Garden was initiated by Sis. Maya Devi of Gianyar unit last January 8th, 2021. This permaculture project aims to raise the community's awareness of environmental harmony. The garden is put up beside Kupu-Kupu School so that the school children can participate in taking care of it as well.



Bali, Indonesia

WWD in Gianyar first organized a Sisters' Retreat last October 2-3, 2020, initiated by Didi Ananda Kanika, Anandamayii, Maya Devi and Nandita. Thereafter, it is being held regularly every 2 or 3 months. It is a wonderful opportunity for sisters to develop and strengthen their inner strength, since the program includes spiritual activities, detox program, social and spiritual classes, etc.



Bali, Indonesia

A new project of WWD Gianyar - Sentient food production. Five sisters are now working on this project which seeks to introduce sentient food to the community while creating job opportunities for women.



Women Welfare Department (WWD)

Symposium

Helping Women Discover their Wings

There are many beliefs about what it takes to be a woman that limit what a woman can do and must do. Join us in this symposium as we explore the role of women today and how one can develop oneself to play our own role in society today.



Dr. Ashu
From Tatanagar, India

Yogic Lifestyle



Daphnie Divya
From Malaysia

Mindful Movements
for
Mental Peace & Strength



Citrajyoti
From Singapore

The role of parents
as first teachers
in a child's life



Didi Ananda Devamala
Service in Baan Unrak children's home

The effects of Microvita on
our Mothers' and Children's
community



Didi Ananda Danavrata
Central Women's Welfare Secretary

The role of women
In the Society

2021
Sep. 10th
GMT+7 (Vietnam time)
5:20pm-8:00pm

Registration Link : <https://forms.gle/h7T75npXR14yftup8>

The Ananda Marga WWD Manila Sector proudly presents: "Helping Women Discover their Wings" Virtual Symposium, on the occasion of the Centennial Birth Anniversary of its founder Shrii Shrii Anandamurtijii.



Watch Here!

In This Symposium

We highlight the role of women in the society and their contribution in making this world a better place. We join the clarion call to upsurge the social consciousness among women and inspire them to rise, abolish dogma and break all symbols of slavery and usher in a new era -- the era of the awakening Women.



Daphnie Divya, Malaysia

Mindful Movements for Mental Peace and Strength

We can use movement as a way to look inward. Through stillness and slowing down, we can create a rich sense of space by moving our minds around our bodies. Adding mindful movement to one's daily routine is a great way to reset the mind and remove stress out of the body, in a gentle and supportive way. In her talk, Daphnie demonstrated several movements and activities derived from her Movement Program. She has been using this movement program in her learning centre for children who learn differently. The feedback she got from parents is very encouraging. The best part is that, the movement is not limited to children alone; anyone from babies to the elderly can benefit in many ways too. The brain's ability to change and adapt as a result of experience is the key to the success of this movement program.



Citrajyoti, Singapore

The Role of Parents as First Teachers in Child's Life

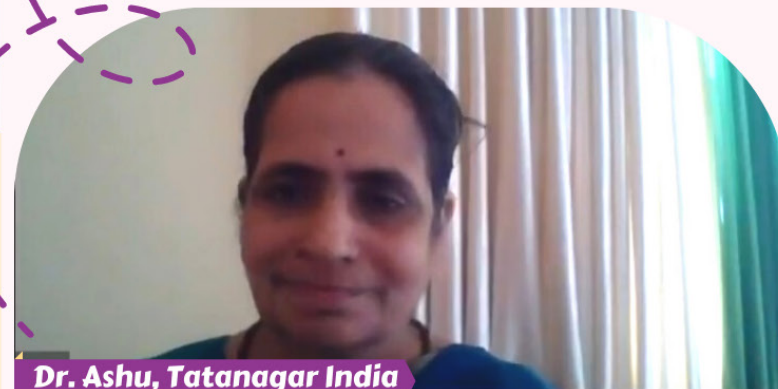
"Parents, being the first teachers of a child, are holding an utmost important role of educating a child. Children learn best through stories and games." In this 20-minute talk, the speaker shared an outlook of what shaped her beliefs as an educator by showing snippets of her daily life on how she incorporates the NHE teachings in school with the children under her care, as well as at home with the little one who came into her life 4 years ago. She drew examples from children's literature.



Didi An. Danavrata, AMPS CWWS

The Role of WWD in the Society

The Women's Welfare Department (WWD) is one of Shrii Shrii Anandamurtijii's greatest contribution to humanity. Its purpose is to restore the ancient dignity of women to the society. How can this take place? Women have to be aware of how women exploitation in different ways, and be educated in a spiritual culture. To rise to this call, empowering women psychologically, economically, socially and spiritually, make up the major agenda of WWD.



Dr. Ashu, Tatanagar India

Yogic Lifestyle

Yoga is a movement from imperfection to perfection. To bring this movement, we have to see that our every action is from the physical to mental and culminates into the spiritual. To achieve this, we have to follow a lifestyle that will help us achieve our goal - the yogic lifestyle. Some aspects of these yogic lifestyle covered in the talk are: Food, Asanas, Kaoshikii, and Kiirtan. With the help of natural therapy knowledge, the speaker enlightens us on how the body functions, and how Yoga practices affect our whole being.



Didi An. Devalama, Thailand

The Effect of Microvita on our Mothers' and Children's Community

Didi Ananda Devamala has been running the Baan Unrak Children's Home in Sanklaburi Thailand since 1990. Inspired by the Microvita Theory introduced by Shrii Shrii Anandamurti, she takes on the task of practical and spiritual experimentation of how to invite and utilize positive microvita in the Home that she's working with.

ONLINE PROGRAMS

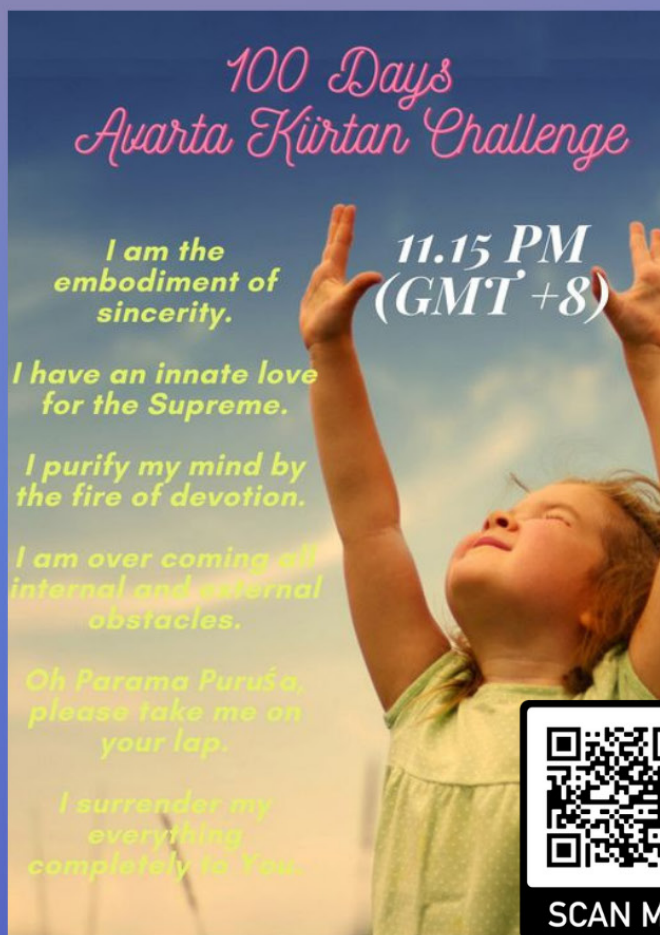


Meeting ID:
823 2590 6400
Passcode: Kevalam ZOOM LINK

Daily Paincajanya and Avarta
Kiirtan hosted by Didi Ananda
Svastika. There is also spiritual
talk from different acaryas
twice weekly.



Since February 25, 2020, we have daily Kiirtan. At
present, we have 3 hrs. Kiirtan every Wednesday, Friday
& Sunday via Zoom platform. The schedule includes
Bhajans, Prabhat Sam'giita, Kiirtan, Meditation and
spiritual talk.. please feel free to join!
Initiated by: Didi Ananda Vratii



Organized by Didi Maheshvarii, this 100 Days Kiirtan
Challenge takes inspiration from Baba's 100 years
birth anniversary. Aired daily from May 27, 2021 to
September 5, 2021.

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-Hieu Anh Advaeta: +84 90 701 0317

There is no chance
for the welfare
of the world
unless the condition
of women is improved.
It is not possible
for a bird to fly
with one wing.

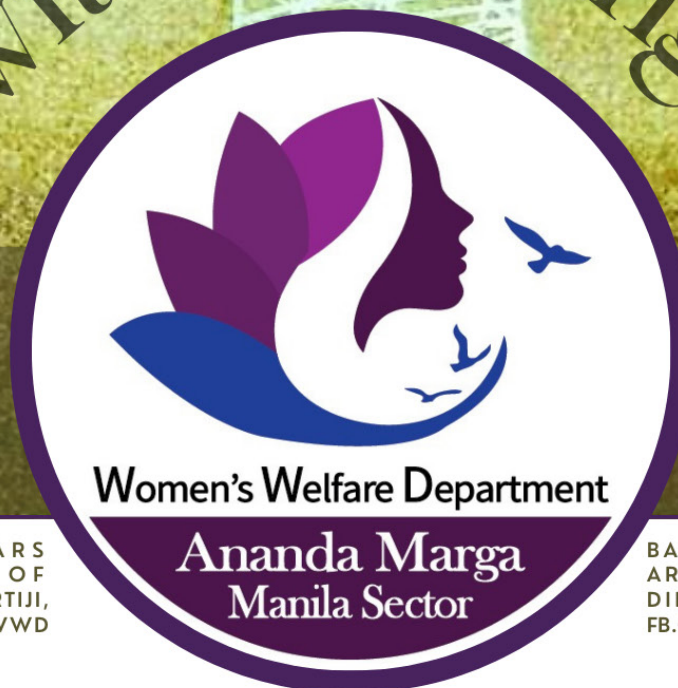
BY: P.R. SARKAR



SCAN ME

Get updates about WWD from our
FB Page: **Ānanda Mārga Pracaraka
Samgha WWD Manila Sector**

CELEBRATING 100 YEARS
BIRTH ANNIVERSARY OF
SHRII SHRII ANANDAMURTIJI,
FOUNDER OF ANANDA MARGA WWD



For DONATIONS, deposit funds to:
Metrobank (Anonas Branch)
Account no: 3477- 347-55631-5
Account name: Ananda Marga
Pracaraka Samgha
Swift code: MBTCPHMMXXX
Inform deposit to: Didi A. Anupama
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BACK COVER
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