



Let our effort to discover our own essential nature, that indwelling Universal Power, be a characteristic feature of the new millennium we are about to enter. Let this be recognized as one of the important goals of the next century.

– Amma's address to the United Nations' Interfaith Celebration, 1995

This is the moment to awaken the love and compassion within us. This is the time to pray with our hearts and work with our hands. Let us lend a helping hand to those who are grieving and thus light lamps of kindness and compassion.

– Amma's New Year Message, 2005



Sri Mata Amritanandamayi Devi

Through her extraordinary acts of love and self-sacrifice, Mata Amritanandamayi, or Amma (Mother) as she is known, has endeared herself to millions of people around the world. Tenderly caressing everyone who comes to her, holding them close to her heart in a loving embrace, Amma shares her boundless love with all—regardless of their beliefs, who they are or why they have come to her. In this simple yet powerful way, Amma is transforming the lives of countless people, helping their hearts to blossom, one embrace at a time. In the past 35 years, Amma has physically hugged more than 25 million people from all parts of the world.

Her tireless spirit of dedication to uplifting others has inspired a vast network of charitable activities through which people are discovering the beauty and sense of peace that come from selflessly serving others. Amma teaches that the Divine exists in everything, sentient and insentient. Perceiving this underlying unity in all things is not only the essence of spirituality but also the means to end all suffering.

Amma's teachings are universal. Whenever she is asked about her religion, she replies that her religion is Love. She does not ask anyone to believe in God or to change their faith, but only to inquire into their own real nature, and to believe in themselves.

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Amma's Life

Born in a remote coastal village in Kerala, Southern India, Amma says that she always knew that there was a higher reality beyond this changing world of names and forms. Even as a child, Amma expressed love and compassion to everyone. Amma says, "An unbroken stream of love flows from Amma to all beings in the universe. This is Amma's inborn nature."

About her early years, Amma says, "Right from childhood, Amma wondered why people in the world have to suffer. Why must they be poor? Why must they starve? For example, in the area where Amma grew up, the people are fishermen. Some days they go out fishing but don't catch anything. And because of this, there are times when they have to go without food—sometimes for several days. Amma became very close with these villagers and had many chances to learn about the nature of the world by observing their lives and difficulties."

"Amma used to do all the household chores, one of which was feeding the many family cows and goats. To do so, every day she had to go to 30 to 40 houses in the neighbourhood and collect tapioca peels and other such leftovers. Whenever she went to visit these houses, she always found that the people were suffering—sometimes due to old age, sometimes poverty, sometimes disease... So, Amma would listen to their problems, sit with them and share their suffering and also pray for them."

"Whenever she had time, Amma used to lead these people to her parents' house. There, she would give them a hot bath and feed them, and occasionally she even stole things from her own house to give to these starving families."

"Amma observed that when children are young, they depend upon their parents, so they pray that their parents live for a long time and that they do not become sick. But when these same children grow up, they feel their parents—who are now old—are a burden. They think, 'Why should I do all

this work for my parents?' Feeding them, washing their clothes and treating them with care become a burden to these same children who previously prayed that their parents would live for a long time. So, Amma would always wonder, 'Why are there so many contradictions in this world? Why is there no real love? What is the real cause of all this suffering and what is the solution?'

"Even from early childhood Amma knew that God—the Self, the Supreme Power—alone is Truth and that the world is not the absolute reality. Therefore, she would spend long periods immersed in deep meditation. Amma's parents and relatives didn't understand what was happening. Out of ignorance, they began scolding her, opposing her spiritual practices."

But Amma was immersed in her own world, totally unaffected by the criticism and chastising of her family. During this time, Amma had to spend her days and nights outside, under the open sky, forgoing food and sleep. At that time, it was animals and birds that took care of her, bringing her food and stirring her from deep meditative states.

Amma says, "During meditation and throughout the day, Amma would inquire into the source of all the sorrow and suffering she saw around her. At one point she felt that the suffering of humanity was due to people's karma, the fruit of their past deeds. But Amma was not satisfied with this and went deeper. Then from within came the answer: 'If it is their karma to suffer, isn't it your dharma to help them?' If somebody falls into a deep pit, is it correct to simply walk by, saying, 'Oh, it is their karma to suffer that way'? No, it is our duty to help them climb out..."

"Experiencing her oneness with all of creation, Amma realized that her purpose in life was to uplift ailing humanity. It was then that Amma started this spiritual mission, spreading this message of Truth, love and compassion throughout the world, by receiving one and all."

Today, Amma spends most of the year travelling throughout India and the world in order to uplift suffering humanity through her words and the comfort of her embrace. Her ashram is home to 3,000 people, and thousands more visit every day from all over India and the world. Ashram residents and visitors alike are inspired by Amma's example, and dedicate themselves to serving the world. Through Amma's vast network of charitable projects, they build homes for the homeless, give pensions to the destitute, and provide medical care for the sick. Countless people all over the world are contributing to this loving endeavour.

"In the end," Amma says, "love is the only medicine that can heal the wounds of the world. In this universe, it is love that binds everything together. As this awareness dawns within us, all disharmony will cease. Abiding peace alone will reign."

"My religion is Love."



*"Love is our true essence.
Love has no limitations of
caste, religion, race
or nationality.
We are all beads
strung together on
the same thread of love."
—Amma*

Why



Tens of thousands wait patiently in line, often through the night and into the morning hours, for a chance to receive a blessing, a motherly hug and a few soothing words from this smiling woman in a simple white sari. They know that their turn will come; she doesn't turn anyone away, even if it means embracing people for a whole day and night, nor does she charge any money. Regularly, Amma gives darshan for hours on end, without a moment's rest. In some places, she has embraced 40 to 50 thousand people in a single programme, sitting almost 24 hours to do so.

When asked by the BBC, "Why do you hug people?" she replied, "That is like asking a river, 'Why do you flow?' It simply flows because that is its nature. In the same way, this is Amma's nature—a mother expressing her love to her children." This unique, extraordinary expression of universal love is known as Amma's darshan.



n Love Flows

“As long as there is enough strength in these hands to reach out to those who come to her, to place her hand on a crying person’s shoulder, Amma will continue to give darshan.

To lovingly caress people, to console and wipe their tears until the end of this mortal frame —this is Amma’s wish.”

—Amma





*"The world
should know
that a life
dedicated to
selfless love
and service to
humanity is possible."
—Amma*



Amma travels constantly throughout the world in response to the heartfelt longing of people who seek lasting peace and harmony in their lives. Everywhere she goes, huge crowds gather to hear her speak, to experience her unique devotional singing and, above all, to receive her loving embrace (darshan) or simply to be in her presence. Year after year Amma returns to her children, encouraging them in their efforts to imbibe her message of love and service to others.



*"Where there
is love
there is
no effort.
Other people's
happiness
is my rest."
—Amma*

Amma in Toulon, France



BARCELONA 2004

“May Peace & Happiness Prevail”

“If, in the future, there is a Third World War, let it not be a war between countries, but rather a war against our common enemy, poverty.

“In today’s world, people experience two types of poverty: the poverty caused by lack of food, clothing and shelter; and the poverty caused by lack of love and compassion.

“Of these two, the second type needs to be considered first—because, if we have love and compassion in our hearts, then we will wholeheartedly serve those who suffer from lack of food, clothing and shelter.”

Parliament of the World’s Religions, Barcelona, Spain



NEW YORK 2000

“The Real Change Must Happen Within”

“We have stepped into the new millennium with great hopes and expectations of change. But though the numbers denoting the year are different, essentially nothing else has changed. The real change must happen within us. For only when conflict and negativity are removed from within can we play a truly constructive role in establishing peace.

“Simply transferring the world’s nuclear weapons to a museum will not in itself bring about world peace. The nuclear weapons of the mind must first be eliminated.”

Millennium World Peace Summit, United Nations General Assembly, New York



GENEVA 2002

“Awakening Universal Motherhood”

“The essence of motherhood is not restricted to women who have given birth; it is inherent in both men and women. It is an attitude of the mind. It is love, and love is the very breath of life.

“Today, when competition and animosity are the norm everywhere, it is feminine qualities—the patience and tolerance of women—that create whatever harmony there is in the world. Just as a complete electrical circuit depends on the presence of both positive and negative poles, life flowing in all its fullness depends on the presence and contribution of women as well as men.”

Global Peace Initiative of Women Religious & Spiritual Leaders at the United Nations, Geneva

Left: Amma received the 2002 Gandhi-King Award for Non-violence from Dr. Jane Goodall, the previous recipient, in the presence of His Excellency Sergio Vieira de Mello, the late U.N. High Commissioner for Human Rights

International Acclaim



“You are all blessed because you are constantly showered with the blessings of Amma. Her divine mission should be your inspiration to make right use of life and add value to society.”

Dr. A.P.J. Abdul Kalam, President of India, talking to students of Amrita University



“What I cherish most about Amma is that she not only *talks* the talk, and is an embodiment of unconditional love, but she expresses that love in action. She *walks* the talk! Amma is the change she wishes to see in our world.”

Ms. Yolanda King, Director, Martin Luther King, Jr. Center, USA, speaking at Amritavarsham50



“The world today needs proof that our human values are useful, that such qualities as compassion, selflessness, renunciation and humility have the power to create a great and prosperous society. Amma’s work provides us with the much-needed proof.”

Mr. Atal Behari Vajpayee, former Prime Minister of India, speaking at the inauguration of AIMS, Amma’s charitable hospital



“I feel it’s a great honour to share a platform with a woman who is so remarkable, and who is the very embodiment of goodness. She believes that God does not discriminate between the sexes, and I believe she stands here in front of us, God’s love in a human body.”

Dr. Jane Goodall, world-renowned primatologist and recipient of the 2001 Gandhi-King Award for Non-violence



“The principles that Amma teaches can be applied in all countries. With her embrace she is bringing solace to multitudes of people everywhere.”

Mrs. Riitta Uosukainen, Finnish Councillor of State



“Amma, your embrace has become a worldwide treasure sought by princes and peasants, women and men, babies and frail elderly. Your embrace is not just to comfort the suffering, but is a gift of strength and spiritual energy to all who work to embrace the world—the world of work, the world of government and the world of family.”

Rev. Dr. Joan Brown Campbell, former Executive Director of the United States Office of the World Council of Churches

INTERNATIONAL FORUMS

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| <p>2006 Amma receives the James Parks Morton Interfaith Award in New York.</p> <p>2004 Amma delivers a keynote address at the 2004 Parliament of the World’s Religions, Barcelona, Spain.</p> <p>2003 In honour of Amma’s 50th birthday, people from all around the world come together in Kochi, Kerala, to participate in Amritavarsham50, an international gathering for peace and harmony.</p> <p>2002 The World Movement for Non-violence confers upon Amma the Gandhi-King Award for Non-violence at the UN in Geneva.</p> | <p>2002 Amma is the keynote speaker at the Global Peace Initiative of Women Religious & Spiritual Leaders at the UN, Geneva.</p> <p>2000 Amma is a keynote speaker at the Millennium World Peace Summit, UN General Assembly, New York.</p> <p>1995 Amma addresses the Interfaith Celebrations at the 50th anniversary of the United Nations, New York.</p> <p>1993 The international journal <i>Hinduism Today</i> confers upon Amma the Hindu Renaissance Award.</p> <p>1993 Amma addresses the Parliament of the World’s Religions’ 100th Anniversary in Chicago. The Parliament elects Amma as a “President of the Hindu Faith.”</p> |
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Embracing the World for Peace & Harmony

More than a celebration of Amma's 50th birthday, Amritavarsham50 was a prayer for world peace and harmony—a beautiful expression of Amma's power to unite humanity for the benefit of the world. Earlier Amma had warned that 2005 could be a very difficult year for the world. She said it was as if dark clouds were covering the world, but with our prayers we could disperse those clouds or make them rain grace. She urged everyone to pray for world peace and harmony.

Amritavarsham50—Amma's 50th birthday celebration, September 2003: From around the world, over half a million people gathered together in Kochi, India, for the four-day event. The ceremony for the Convergence of the Waters of the World and the Parade of Nations were at the heart of this international event. Participants carried river water and flags from the 191 countries of the United Nations. As the procession entered, the packed stadium reverberated with the ancient Peace Prayer, *Om Lokaah Samasthaah Sukhino Bhavantu*, may all beings in all the worlds be happy. Amma poured all the waters into one urn in a beautiful prayer for unity and world peace.

International entrepreneurs, peace-makers, educationalists, spiritual leaders, environmentalists, India's foremost political leaders and cultural artists, and 200,000 participants packed the stadium every day. India's President, Vice President and Deputy Prime Minister expressed their gratitude to Amma for her immense humanitarian efforts. On this occasion, the Ashram announced many new compassionate outreach programmes.

The President of India's address, aimed especially at the thousands of young people in attendance, called upon them to uphold noble ideals and to serve the poor. Artists from around the world performed traditional dance, music and theatre from their countries in a huge celebration of cultural diversity. Inspired by Amma's inexhaustible outpouring of love, 12,000 volunteers fed and took care of the 200,000 people who participated in the event each day.



Amritavarsham50



*Om Lokaah Samastaah Sukhino Bhavantu
May all the beings in all the worlds be happy*



CONFERENCES

CEOs—Poverty Alleviation: His Excellency the President made an urgent call to the Indian business community to come forward and help India's undereducated rural population. "Unless poverty is removed globally, we may not get stability," he said. Plans for transforming rural communities were submitted to him.

Religion: Hindu, Muslim, Christian, Buddhist, Jewish and Jain religious leaders discussed how practising the principles of any religion, in truth, should sow peace and tolerance, rather than prejudice and conflict.

Women: Women leaders explored Amma's concept of universal motherhood as the principle of unconditional love inherent in both women and men.

Youth: Twelve young men and women from Asia, the United States, South America, Europe and Australia spoke to thousands of youths about how Amma has transformed their lives.

Log on to: www.amritavarsham.org



Love and Serve



"The beauty and charm of selfless service should never die away from the face of this earth."

—Amma

In India and internationally, Amma groups and centres provide much-needed sanctuaries where people perform spiritual practices and community service together and deepen their search into the meaning of life.

Amma teaches that world peace will come only when people understand that everything in the universe is a manifestation of the Divine. To help bring about this understanding, Amma encourages everyone to not only engage in practices like meditation, but also to serve those who are suffering. Only when we can see and serve the Divine in others will we be able to experience it in ourselves. Selfless service is thus an important part of spiritual life.



"To those who ask, Amma would say that if we have at least a little compassion in our hearts, we should try to commit ourselves to work an extra half hour a day in some way for the sake of those who are suffering—this is Amma's request. Today's world needs people who express goodness in their words and deeds. If such noble role models can set an example for their fellow beings, the darkness now prevailing in society will be dispelled."

—Amma

"Amma has influenced so many people all over the world, and these people want to be able to do something with what they have received from Amma. They don't just want to sit in meditation; they want to share the love that Amma has given them."

—Swami Paramatmananda



Amma centres: left to right, in France, USA and Japan

Humanitarian *Aid*

- ◇ Disaster Relief
- ◇ Free Homes
- ◇ Orphanage
- ◇ Free Food, Medicines and Pensions
- ◇ Sponsored Weddings for the Poor
- ◇ Free Legal Aid
- ◇ Care Homes for the Elderly







Amrita University students join the relief operations in Gujarat (2001)



Gujarat village leaders help Amma's tsunami relief work (2005)

Disaster Relief

Since 2001, Amma's Ashram has responded to a number of natural disasters, both providing immediate emergency relief and implementing long-term rehabilitation programmes. Amma's empathy and concern for the disaster victims is so complete that she responds to every aspect of their situation—not only fulfilling their material and emotional needs, but also keeping an eye on their future. Amma's reconstruction of three villages in Bhuj following the Gujarat earthquake of 2001 (see page 31) made such an impact on the people there that when the tsunami hit South India in 2004, the village leaders made the three-day journey to Kerala to help Amma rebuild houses for the tsunami victims near her ashram.

Aside from the tsunami and the Gujarat quake, the Ashram has provided relief to victims of Hurricanes Katrina and Rita in the United States (2005), to victims of the Kashmir-Pakistan earthquake (2005) and to flood victims in Mumbai (2005).

UNITED NATIONS SPECIAL CONSULTATIVE STATUS

On July 24, 2005, the United Nations conferred Special Consultative Status to Amma's Ashram. This status was conferred upon the Ashram in recognition of its outstanding disaster relief work and other humanitarian activities. It is the Ashram's intention to work with the various agencies of the UN's Economic and Social Council to provide humanitarian relief efforts around the world.

Humanitarian Aid



Former President Bill Clinton receiving a check from the M.A. Center, U.S.A.

UNITED STATES OF AMERICA

Following hurricanes Katrina and Rita—which struck the Gulf Area of the United States in August and September 2005, respectively—Amma sent a message to her service groups in America, asking them to think of the best way they could help the affected people: “Amma is heartbroken over Hurricane Katrina and how it killed hundreds of people and destroyed an entire city and all its wealth. No words can pacify those whose life and livelihood were intricately connected with this city. ... How can we console them? How can we relieve their pain, the emotional turmoil they are going through? Besides providing food, clothing and shelter, how can we help them regain faith, courage, optimism and self-confidence? Most importantly, how can we lend a hand to the children, the sick and the elderly? We should contemplate deeply on these questions, find the right answers and implement them immediately.”

More than 100 of Amma’s service groups throughout North America responded by giving carloads,

vanloads and truckloads of food, clothing, school supplies and other essential items. Extensive medical care and emotional support was given. Many visited relief sites and helped in any way needed. “Project Katrina Reunite,” an Internet-based project helping displaced persons locate one another, was initiated. More than 150 volunteers participated in this endeavour, and several hundred missing persons were thus reunited with their loved ones.

Then, on December 8th 2005, the Mata Amritanandamayi Center (located in San Ramon, California) donated \$1 million U.S. (Rs. 4.3 crores) to the Bush-Clinton Katrina Fund. Swami Ramakrishnananda and Brahmachari Dayamrita Chaitanya (representing the M.A. Center) personally handed over the check to former President Clinton. The donation is one of the largest the Fund—which is run by former U.S. Presidents George Bush, Sr., and Bill Clinton—received from a non-governmental organisation.

KASHMIR / PAKISTAN



Distributing blankets in Kashmir

In response to the earthquake which devastated areas on both sides of the border between Kashmir and Pakistan in October 2005, Amma sent a relief team, including volunteers from her Delhi Ashram, to console the victims and to distribute food, blankets and other supplies. The Ashram will reconstruct three villages in Uri, one of the areas in northern Kashmir most affected by the quake, and would like to do the same in Pakistan if the government there will permit.

MUMBAI



Providing for flood victims, Mumbai

In July 2005, 94.4 cm of rain fell in Mumbai on a single day. Millions were affected, especially slum-dwellers whose makeshift houses were simply washed away. The Ashram immediately began providing essential items such as raw and cooked food, kitchenware, bedding and clothing. Doctors from AIMS, accompanied by two fully equipped ambulances, attended to about 50,000 patients and distributed medicines worth a total of \$1 million U.S. (Rs. 4.3 crores). They treated people with lung and skin infections, malaria, dengue fever and typhoid, among other ailments, as well as attended to pregnant mothers and people suffering from malnutrition and anaemia.

Humanitarian *Aid*



(l-r) a typical tsunami-relief house in Alappuzha, Kerala; international volunteers; a housing colony in Nagapattinam, Tamil Nadu

The core of the Ashram's massive tsunami-relief project has been the construction of 6,200 houses in Kerala, Tamil Nadu and the Andaman & Nicobar Islands (off the east coast of India), as well as in Sri Lanka. As of the beginning of April 2006, the Ashram had already completed 3,000 homes in Kerala and Tamil Nadu, had begun work on 100 houses on South Andaman Island, and had nearly completed a colony of apartment buildings and a colony of houses in Sri Lanka. These first 3,000 houses were completed in a mere 12 months. In both Tamil Nadu and in Kerala, the Ashram was the first non-governmental organisation to complete tsunami-relief houses according to government standards. Out of his admiration for the Ashram's work, India's President, Dr. A.P.J. Abdul Kalam, visited one of the Ashram's tsunami-housing construction sites in Tamil Nadu and participated in a house-key-distribution ceremony at Amma's main ashram in Kerala.



(l-r): a tsunami-relief housing colony in Ernakulam, Kerala; an international volunteer; a typical tsunami-relief house in Kollam, Kerala

In Kerala, many of the houses are being constructed along the backwaters or even on islands and are thus inaccessible for supply trucks. Ashram residents and volunteers from around the world have thus helped carry the needed bricks, sand and gravel from supply stations. Houses are being constructed in the districts of Kollam, Alappuzha and Ernakulam.

In the Tamil Nadu districts of Cuddalore, Kanyakumari and Nagapattinam, the Ashram is building entire colonies, complete with electricity, plumbing, systems of roads, buildings for childcare and other amenities.

KERALA, TAMIL NADU, ANDAMAN-NICOBAR ISLANDS & SRI LANKA



Pudukkupam Village, Cuddalore District, Tamil Nadu

In Sri Lanka, houses are being constructed in the Sinhalese-populated village of Thekkawatta, (Kalutara District, Western Province) and in the Tamil-populated village of Periyaniavanai (Ampara District, Eastern Province). In April 2006, the first phase of construction in Thekkawatta—a colony of three-storey buildings each containing 12 apartments—was nearing completion, as was the first phase in Periyaniavanai.

The Ashram's first phase of 100 houses in the Andaman Islands will be in Bamboo Flat, South Andaman. Here, the Ashram is using prefabricated houses approved by the Chennai Public Works Department, which come complete with electric fans and provisions for refrigerators etc. The twin-type houses measure 1000 square-feet and will not only conform to the local tribal customs and traditions but be earthquake- and tsunami-proof. Some houses will be on stilts. As all the materials—an estimated 1,000 tons—have to be shipped from the mainland, the cost will come to around Rs. 5 crores (\$1.15 million U.S.). The Ashram is the first non-governmental organisation to offer to construct houses on the island.

Apartments in Thekkawatta, Kalutara District, Sri Lanka



Village colony, Kanyakumari District, Tamil Nadu





The tsunami rushes into the Ashram

When the tsunami struck Amritapuri and the neighbouring coastal villages on 26 December 2004, Amma's Ashram became the centre of relief operations. More than 140 people were killed in the immediate area and countless houses were destroyed. It was Amma herself who waded through the water, directing the evacuation of the 20,000 people visiting the Ashram at the time. She sent her disciples out into the flooded village to rescue people and search for the injured and dying.

Amma deployed ambulances, doctors and medical supplies from her AIMS Hospital to the devastated areas on both India's east and west coasts and immediately began supplying food, clothing and shelter to tens of thousands. The morning after, she visited relief camps set up at Amrita University, consoling the families and sharing their immense grief. A few days later, the Ashram assisted the grief-stricken community with the mass cremation of its loved ones and brought together thousands to pray for the deceased and the bereaved.

Ashram residents leading villagers to safety



One of thousands of broken homes in the area around the Ashram





AMMA'S PLEDGE

Amma's Ashram pledged 100 crores, \$23 million U.S., in tsunami relief aid. It proposed to rebuild all the homes that were completely destroyed by the tsunami in Kerala, as well as take up reconstruction in Tamil Nadu, Andhra Pradesh, Pondicherry, and the Andaman & Nicobar Islands. The Ashram distributed 15 million rupees, \$350,467 U.S., to families in the Kerala districts of Kollam, Ernakulam and Alappuzha for buying cooking vessels, and provided them with counselling, education and homes for orphaned children.

After meeting with the President of Sri Lanka, Amma, on behalf of Healthcare Charities, Inc., U.S.A. (an initiative of Amma's devotees), offered 30 million Indian rupees, \$685,000 U.S., for relief work, including the construction of hundreds of homes and, if the government permits, a free pension plan and the adoption of orphaned children, where relatives request it.



"Those who are engaged in selfless service... may receive hundreds of thousands of dollars but will deliver the equivalent of millions to people in need.

"This is because their motives are selfless; they simply desire to benefit society. Rather than take any remuneration for themselves they give all they can to those who are suffering." —Amma

Evacuation of the elderly from the Ashram hospital

Humanitarian *Aid*



Within hours of the disaster in the vicinity of Amritapuri, Amma transformed the Ashram's local colleges into relief camps. She arranged the collection and distribution of all necessary supplies, considering every last detail. So intense was her concern for the needs of the villagers that for 24 hours she took neither food nor rest, not even a drop of water.



The Ashram fed not only 2,000 village evacuees and 3,000 ashram residents in its own camps, but also 15,000 people in the 12 government shelters nearby. The Ashram provided everything it could from its storerooms. Evacuees were given blankets, sleeping mats, soap, clothes and medical care.

Within a few weeks, the Ashram distributed cash payments to thousands of families for replacing household cooking vessels. Volunteers spent time with the villagers, consoling them, listening to them and offering their support. They also helped the families to clear away the sludge and rubble from the houses left standing. For months afterwards, the Ashram kitchen served 10,000 meals three times a day to the relief camps and to 18 food counters in the devastated villages near Amritapuri. This massive operation was supported by volunteers and a fleet of lorries that went out three times a day providing both food and hope.



Temporary shelters constructed by the Ashram in Alappad, Kerala

Within a week of the tragedy, construction of temporary shelters for the homeless began on Ashram land. Nine shelters, complete with electricity, ceiling fans and separate bathrooms, were built within a few weeks. In Alappad, Kerala and Samanthampettai, Tamil Nadu, the Ashram provided shelter for 550 families. The Ashram connected its temporary shelters with the AIMS Hospital and the Amritapuri Ashram hospital via a telemedicine satellite link.

LONG-TERM TSUNAMI RELIEF PROJECTS

- Rebuilding more than 6,200 homes in Kerala, Tamil Nadu, Pondicherry, Andhra Pradesh, Andaman & Nicobar Islands.
- Rebuilding hundreds of homes in Sri Lanka through Healthcare Charities, Inc., U.S.A. (an initiative of Amma's devotees).
- Providing pensions for widows in the two adopted villages in Tamil Nadu and in the area around the Ashram.
- In Tamil Nadu, the ashram has donated 600 fishing boats, engines, and fishing nets. In Kerala, the ashram has donated 100 boats, engines and nets. The approximate cost for this is Rs. 4.3 crores, (\$1 million U.S.). On an average 7 families will be supported by each fishing boat.
- Free education and vocational training for more than 2,500 young people including:
 - 800 nursing assistants trained at AIMS
 - 1000 automobile drivers and security guards trained at the Ashram's vocational training centre
 - Seven young women educated at the Ashram's Teacher Training College in Mysore
 - Hundreds of women trained in tailoring, candle-making and toy-making

Within the first three months after the tsunami struck, over 20,000 volunteers, including Ashram residents from India and abroad, students and members of the Ashram's youth wing have helped with the relief work.

Providing free meals at the temporary shelters in Alappad, Kerala



Humanitarian Aid

PONDICHERRY & TAMIL NADU



darshan (top) and rice distribution (bottom) in Nagapattinam

The east coast of India, from Pondicherry to Kanyakumari, suffered terrible devastation—especially in the worst-hit area, Nagapattinam District, where 7,000 people were killed. There, Amma's disciples set up a comprehensive disaster-relief operation, organizing medical aid and clothing for 9,500 refugees. The Ashram also distributed 185 tons of uncooked rice over the next several months. Hundreds of students from Amma's university, doctors from AIMS Hospital and volunteers rushed to help and console the people in the affected areas.

The Ashram also established seven relief camps, built shelters for 100 families and adopted two villages that required the reconstruction of thousands of homes and community facilities. It is also sharing the construction of a third.

In February 2005 Amma visited the people at the Ashram's temporary shelters. Amma gave darshan and distributed rice. She lovingly reassured them and calmed their fears about living next to the sea.

SRI LANKA

Amma was invited to Sri Lanka by the government "to bless Sri Lankans of all faiths and races and to bring peace and prosperity in their lives." During her three-day visit, Amma visited two relief camps in the Tamil area of Ampara, where she distributed 15,000 saris and dhotis. Accompanied by the Prime Minister, Mr. Mahinda Rajapakse, Amma also visited a relief camp in the Sinhalese area of Hambantotta.

In Ampara, Sinhalese soldiers and Tamil Tiger fighters came for Amma's darshan. Maheswari Velayudham, the political secretary to Sri Lankan Minister Douglas Devananda, was also in attendance. She was overwhelmed at seeing the two groups peacefully together. "Amma is the unifying force," she said. "She is the catalyst. Only Amma can bring all these people together." Amma met President Chandrika Kumaratunge and expressed to her how pained she was by the people's suffering. On behalf Healthcare Charities, Inc., U.S.A. (an initiative of Amma's devotees), Amma offered a \$685,000 U.S. relief fund for building new homes. If the government permits, pensions for destitute women and care for orphans will also be provided.



Above: Amma with the President and (below) with the Prime Minister



AIMS HOSPITAL DISASTER RESPONSE



Ashram doctors made rounds of relief camps

Eleven ambulances and teams of doctors and nurses from AIMS Hospital rushed to the affected areas and set up multiple 24-hour medical centres on the east and west coasts of India. The ambulances provided on-the-spot intensive care, visiting all the relief camps every few hours. Within the first 24 hours alone, the Ashram distributed more than Rs. 600,000 in medicine.

At AIMS Hospital, pregnant women received free care. Many women cried in Amma's arms, telling her that their children had died in the tsunami and that they could never have children again because their tubes had been tied. Amma sent them to AIMS, where they were given free investigatory procedures. Free operations were offered where doctors agreed it was possible to reverse the condition.

Top: picture drawn by young tsunami victim as part of his therapy
Bottom: Overcoming fear: Amma helps a young tsunami survivor learn to swim

COUNSELLING SERVICE

Within days after the tsunami struck, Amma called on a team of psychiatrists, psychologists and social workers to begin counselling families. Many tsunami victims were experiencing symptoms of Post-Traumatic Stress Disorder, such as nightmares and anxiety attacks. The bereaved families were in severe shock, especially those who witnessed their children and loved ones drowning right before their eyes. The mothers whose children were swept from their arms suffered most.

The counsellors helped people to express and cope with their pain. The children were encouraged to draw and paint as part of their therapy, and many drew pictures of flooded villages and people clinging to coconut palms to save themselves. The children were also encouraged to talk about their nightmares and fears. The social workers helped people to deal with necessary government procedures. The Ashram is also offering swimming lessons to children who survived the tsunami, to help them overcome their fear of water. Counselling and child-trauma therapy will continue long into the future.



Humanitarian *Aid*



Children from Kollam District



Children from Alappuzha District



Everyday, Amma sat with all the children, talking with them about their concerns. The children were intensely happy being with Amma. Many were very enthusiastic to show her their talents through songs, drama and other cultural performances.



Right: Children from Alappuzha act and dance
Right below: Children from Kollam play music and sing



Tsunami Children's Camp



Yoga class

Amma took the children to the ashram's swimming pool to help them overcome the fear of water created by the tsunami

The Ashram conducted a special training programme in spoken English, Yoga and Sanskrit for children from the tsunami-affected areas of Kollam and Alappuzha, Kerala. Over 10,000 children, both girls and boys, underwent these courses which were held on April 25th-29th and May 22nd-24th, 2005.

On each occasion approximately 5,000 children stayed at the ashram. Every day during the training programme, Amma lovingly encouraged the children to ask her questions. As Amma joyfully responded to their innocent curiosity about her life and spirituality, the sessions developed into a delightful blend of humour and wisdom. Daily, every child received Amma's darshan, care and affection. Since many of the children were very afraid of water after the tsunami, Amma personally took the children to the ashram's swimming pool, to help them overcome this fear. For the girls, many of who were very frightened and who had never played in the water before, this occasion turned into a delightful swimming lesson.

The children were given opportunities to express their talents and perform cultural programmes. At the end of the course, each one of them received a certificate of completion. These were presented by the Education Minister of Kerala, Mr. E.T. Mohammed Bashir, who congratulated the children on having come directly under Amma's protective wing.

As the programme drew to a close, many children became sad and did not want to leave, and later they expressed how they felt deeply the separation from Amma. These children had never before received any cultural training, and now Amma had loved them in her own inimitable way, and opened up for them a new vista on life—one rooted fully in the deep insights of their rich Indian heritage.

Below: The children received course certificates from the Education Minister of Kerala, Mr. E.T. Mohammed Bashir (left) and international, award-winning actor, Nedumudi Venu (right)

Every child received a parting gift from Amma



Humanitarian *Aid*

A NEW START IN LIFE



The Ashram built emergency shelters for over 100 families in Nagapattinam, Tamil Nadu and Amma visited the people in their homes

On February 13th, Amma made an unscheduled visit to Tamil Nadu and Pondicherry. Thousands of distressed families came to her for solace and to express their gratitude for her help in the emergency. One hundred families were living in shelters built by the Ashram. When Amma visited them in their makeshift homes, the people poured out their heart's grief. Amma assured them she would help them to start a new life.



New boats in Pudukkupam, Tamil Nadu Tailoring classes in the relief shelters, Kerala

The Ashram gave 700 boats, engines and fishing nets to the fishermen in Kerala and Tamil Nadu. As a part of its vocational-training programme for adults, the Ashram also supplied 600 sewing machines to village women to whom it taught tailoring.

New boats being given to fisherman in Kollam District, Kerala



GUJARAT EARTHQUAKE DISASTER RELIEF PROJECT



The devastating earthquake that struck Gujarat in 2001 claimed the lives of almost 20,000 people, injured countless more, and shattered their homes and hopes. Amma's response to the disaster was immediate and multifaceted. Amma's AIMS Hospital dispatched a disaster-relief team of a dozen surgeons and two fully equipped ambulances that facilitated expert trauma care in the devastated areas. The doctors performed lifesaving operations in extremely makeshift conditions. One hundred students from Amma's University also volunteered and made the journey to Gujarat, where they helped the relief work by recovering bodies from the rubble, distributing clothes and feeding and comforting the survivors.



Amma's commitment to these people was such that long after the initial crisis was over, Amma's monastic disciples and volunteers remained, working tirelessly to help rebuild the people's lives. The Ashram adopted three villages near the epicentre in Bhuj, which had been completely destroyed. The new villages included 1,200 earthquake-proof houses, as well as community halls, a school, several temples and a mosque.

At a joyful inauguration, where thousands came to greet Amma, Mr. L.K. Advani, the then Deputy Prime Minister of India, handed the keys to the beneficiaries. Out of their gratitude to Amma, the people renamed their villages after her.



Humanitarian *Aid*



Mangalore, Karnataka



Ernakulam, Kerala



Cuddapah, Andhra Pradesh



Lucknow, Uttar Pradesh



Coimbatore, Tamil Nadu

Amma's house-building project provides free houses for the homeless and slum-dwellers. In 1998, Mr. Atal Behari Vajpayee, the Prime Minister of India at the time, handed over a symbolic key for the first 5,000 free homes to beneficiaries in Kerala.

By 2002, the initial target of 25,000 homes throughout India had been met, and Amma immediately made a second pledge—this time to build 100,000 houses throughout India.

The Ashram is providing free homes and constructing villages all over India. This vast project is possible thanks to the selfless service of Amma's monastic disciples and volunteers. They not only supervise the construction of the houses but also build roads, provide electricity, drill bore wells and install water tanks. Houses commonly have two rooms, a verandah and separate bathrooms.

State governments are providing land for the Ashram's new developments in Uttar Pradesh and Madhya Pradesh in the North, W. Bengal in the East, Rajasthan and Maharashtra in the West, and Andhra Pradesh, Karnataka, Tamil Nadu and Kerala in the South.

Free Homes

Amrita Kuteeram



The Amrita Kuteeram residents have finally been able to leave the slums, where crowding, petty crime and lack of hygiene are rampant. As they no longer need to pay rent, the Kuteeram residents have money to purchase essential items that they previously had to go without.

For each development, the Ashram builds a community hall where residents can come together and celebrate cultural festivals. The branch ashrams support the community by providing informal schooling and helping the adults to find new work opportunities. Amrita Kuteerams are thus instrumental in providing the poor with a whole new start in life.



Allahabad, Uttar Pradesh



Rameshwaram, Tamil Nadu



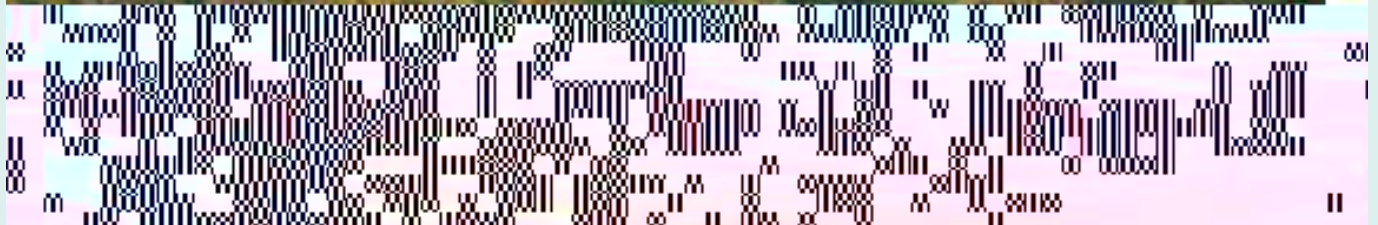
Mysore, Karnataka



Durgapur, West Bengal



Hassan, Karnataka



PUNE SLUM PROJECT PUNE, MAHARASHTRA



Before



After

In Ajanta Nagar, Pune, the Ashram is rehousing nearly 1,800 families who live in a slum that sprawls across eight acres. The project, which began in December 2002, is a joint venture with the government. The Ashram is building 11 new blocks of five-storey apartments, with 688 apartments completed, and occupied, thus far. During construction, families stay in adjacent Ashram-built temporary housing.

Amma's Pune Ashram is further helping the residents to improve their quality of life by providing free medical camps every week at the development site.



SLUM RENOVATION AND REHOUSING

HYDERABAD, ANDHRA PRADESH



In 1999, the Hyderabad government requested Amma to complete 20 blocks of flats, providing homes for 900 families who had waited for years to leave the slums. Amma visited the families and promised them she would help. Their new homes were completed in 2002. As one of the former slum dwellers explained: "In the huts we had nothing; it was very congested. Here it's very spacious and comfortable. My children are now studying. In the slum, they played in the filthy mud; here they can play in a clean area. When Amma came, we felt she cared for us like our own mother."

Amrita Kuteeram Projects

UTTAR PRADESH	Telibagh (Lucknow-New Brindavan Yojana Dt.); Koraon (Mirzapur Dt.); Pratap Nagar (Ghaziabad Dt.)
MADHYA PRADESH	Piplani, near SOS Village (Bhopal Dt.)
GUJARAT	Dagara, Mokhana & Modsar (Bhuj, Kutch Dt.)
MAHARASHTRA	Ajanta Nagar (PCMC, Pune Dt.)
WEST BENGAL	Puljour Amaravathi & Bidhan Nagar (Durgapur Dt.) Panihatti (Kolkatta Dt.)
ANDHRA PRADESH	Gudimalkapur (Medipatnam, Hyderabad Dt.) Filim Nagar (Jubilee Hills, Hyderabad Dt.) Amrita Nagar (Pradhatur, Cuddapah Dt.)
PONDICHERRY	near Deepal Cables, Pondicherry Taluk
KARNATAKA	Hiriseva (C.R. Pattanam, Hassan Dt.); Mulki (Mangalore Dt.); Hosahalli (Mandya Dt.); Madhuvanahalli (K.R. Taluk, Mysore Dt.); Gandhi Nagar (Mysore Dt.); Gokulam (Mysore Dt.)
TAMIL NADU	Amritapuram (Rameshwaram, Ramanathapuram Dt.); Panagudi (Rosmiyapuram, Valliyoor, Tirunelveli Dt.); Amirpalayam (Sattur, Virdunagar Dt.); Scavanchers Colony (Sivakasi, Virdunagar Dt.); Aruppukkottai (Virdunagar Dt.); Kollencode, Kaliyakavila, Marthandam, Kuzhitturai, Kulachel & Kanyakumar (all in Kanyakumari Dt.); Ettimadai, Nallampalayam & Madukkarai (all in Coimbatore Dt.); Arikkambedu & Vellanur (Ambathur, Avadi, Tiruvallur Dt.); Maduravoyal (Tiruvallur Dt.); Karikattukupam, Ernavur & Kovalam (all in Chennai); Ramabelur (Sikrasampalayam, Satyamangalam, Erode Dt.); Pinjumedu (Ikraingamam, Satyamangalam, Erode Dt.)
KERALA	Thousands of individual houses spread throughout the districts of Alappuzha, Ernakulam, Idukki, Kannur, Kasargode, Kollam, Kottayam, Kozhikode, Malappuram, Palakkad, Pathanamthitta, Thrissur, Trivandrum and Wayanad. Village colonies in the cities of Trivandrum (Airport Colony) and Kochi (Ambulungal)

HOMES FOR TSUNAMI VICTIMS

KERALA	Villages and individual houses in the districts of Ernakulam, Alappuzha and Kollam
TAMIL NADU	Villages in Cuddalore, Kanyakumari and Nagappatinam Districts
PONDICHERRY	Kairakal
ANDAMAN ISLANDS	Bamboo Flat, South Andaman Island
SRI LANKA	Thekkawatta (Kalutara District, Western Province); Periyaniilavanai (Ampara District, Eastern Province)





AMRITA NIKETAN— AMMA'S ORPHANAGE

PARIPPALLY, KOLLAM, KERALA

In 1989, Amma was asked to take over an orphanage and school whose owners had gone bankrupt. The children were in an extreme state of neglect and malnutrition, and the buildings were unsanitary and in a deplorable condition. The Ashram immediately set about caring for the children, rebuilding the orphanage and re-establishing the school.

Today there are 500 children living at Amrita Niketan. Half of them are from poor tribal communities. With the nourishing food and loving care and encouragement they receive from a dedicated staff, the children gain confidence and are given a new start in life.

During the school holidays, many of the children visit Amma's Ashram and join in the daily activities. They have developed a strong, lasting relationship with Amma and say that they feel she is their own mother.



Amma joins the children in a tribal dance

Caring for Destitute Children



The children at the orphanage excel in music, sports and dance. They are well-known in their district for their talents in *panchavadyam*, Kerala's traditional temple music. Though generally taught only to boys, the orphanage also encourages girls to learn this art form. In state and local cultural competitions, the children often win first prize. The children attend the Amrita Sanskrit Higher Secondary School, which is located next to the orphanage. More than 35% of the orphans go on to pursue higher educations, all of which are fully sponsored by the Ashram.

AMRITA SANSKRIT HIGHER SECONDARY SCHOOL



The Amrita Sanskrit Higher Secondary School (Parippally, Kollam Dt., Kerala) has 2,300 students, and is the largest school in Kerala where Sanskrit, the language of India's cultural heritage, is taught. During local cultural festivals and district competitions, which are held at the school, the children play a prominent role as hosts and display their artistic and musical talents.

Humanitarian *Aid*

FREE FOOD



Amritapuri, Amma's main Ashram, and its branch centres feed more than 2,000,000 poor people every year. Ashram centres also distribute uncooked rice, milk and clothing.

Throughout the U.S.A., volunteers, inspired by Amma's teachings of compassion, provide 40,000 meals a year for the homeless through a programme called Mother's Kitchen.

INTERNATIONAL VOLUNTEERS BUILD FREE HOMES

AN AMRITA KUTEERAM PROJECT

Every year, volunteers from different countries come together in India to help build houses that the Ashram gives to the homeless. They help to clear sites, lay foundations and build walls and roofs. Foreign volunteers, local builders and villagers work together and benefit from the joyful interaction of willing hearts and hands.



FREE MEDICINE

Amma's branch ashrams often organize medical camps on the same day that they serve free meals. Volunteer doctors and nurses perform routine check-ups and distribute both allopathic and ayurvedic medicines.

In Kerala, the Ashram's AIMS Hospital provides free medicines for the poor through its permanent village-based health centre just outside of Kochi.



FREE PENSIONS FOR LIFE



In 1998, Amma launched Amrita Nidhi, a massive free, lifetime pension project to help 50,000 destitute women throughout India. In 2006 Amma expanded the project so that it will reach 100,000 people. The recipients now include physically and mentally challenged men, women and children as well. The money helps them to buy essentials, such as food, medicine and schoolbooks.

SPONSORED WEDDING CEREMONIES



In India, marriage is essential for the stability of the entire family. For decades, at the requests of poor families, Amma has sponsored the weddings of impoverished couples. The Ashram provides all the items necessary for a traditional ceremony, including the bride's wedding sari and gold ornaments. In 2003, during Amma's 50th birthday celebrations, Amma performed a special wedding ceremony for 158 couples. She now conducts free wedding ceremonies every year on her birthday. Since the 2004 tsunami, the Ashram has conducted free weddings for hundreds of poor couples affected by the disaster.

Humanitarian *Aid*

FREE LEGAL AID



Lawyers take a pledge of service

During Amritavarsham50, more than 1,000 lawyers from all over India formed the Amrita Kripa Neeti Pratishtan, a project established to address human-rights violations and environmental issues. The lawyers give free counselling to poor people. The forum also provides legal-rights training and offers mediation procedures to help individuals solve their problems in the best possible way. Lawyers work through the network of Amma's branch ashrams.

CARE HOMES FOR THE ELDERLY



The old-age-home community in Sivakasi with Amma



The new home in Bangalore



The elderly come to Amma's homes for refuge from troubled families, or because they have no one to look after them, or simply because they want to spend their last years in a tranquil spiritual ambience. The residents feel the care homes have a family atmosphere, and they regularly participate in activities around the home. The care homes are located in Sivakasi, Tamil Nadu; in Kottayam, Kerala; and in Bangalore and Karwar in Karnataka. Each of the four homes has been built in a serene location, either in the country or near a branch ashram. The homes have a hall for prayer and community functions, including cultural programmes, in which neighbours and friends often participate.

Healthcare

- ◇ Amrita Institute of Medical Sciences
- ◇ Charitable Hospitals
- ◇ Hospices
- ◇ Ayurveda Natural Medical Care





AMRITA INSTITUTE OF MEDICAL SCIENCES (AIMS) KOCHI, KERALA



AIMS Hospital was created out of Amma's desire to provide outstanding and affordable medical care in a spirit of compassion to all, regardless of ability to pay. AIMS is dedicated to the service of humanity, and the institution offers charitable care to the fullest extent possible to those in need. Most patients receive free or subsidised care. The 1,300-bed hospital comprises six medical speciality institutes, more than 30 departments and 10 specialist laboratories. AIMS is recognized as one of the premier hospitals in South Asia.

From 1998 to 2005, AIMS and all the healthcare institutions run by Amma's Ashram treated 2,097,099 people. During that time they provided Rs. 149 crores and 70 lakhs, (\$34,022,727 U.S.) worth of free medical care; 751,098 patients received completely free treatment.

AIMS has attracted a highly qualified and dedicated medical team with international experience. Patients come to the hospital from all parts of India and the world. AIMS speciality institutes provide expert care for cancer, digestive diseases, head and neck disorders, heart disease, kidney diseases and neurological disorders. The AIMS Geriatrics Department was the first of its kind in India. The hospital offers sophisticated and compassionate care in a serene and beautiful atmosphere. Outpatients have rapid and easy access to its wide range of services at a very low cost.

MEDICAL SPECIALISTS



Through its full range of primary and speciality care medical services, AIMS provides cross-speciality consultation and assures outstanding treatment for each patient. The dedication of the hospital's staff, motivated by Amma's example, enables them to work compassionately, regularly going beyond the call of duty.

DIAGNOSTIC FACILITIES

Patient care is enhanced by state-of-the-art diagnostic clinical laboratories and the body-scanning facilities of the Imaging Centre. The fully computerised and networked Hospital Information System ensures rapid transmission of diagnoses to surgeons and physicians.



RESEARCHERS

AIMS participates in major international conferences, and the hospital's specialists are highly committed to clinical research. Their research findings are regularly published in leading international medical journals. Their work is augmented by the academicians teaching at the Amrita University medical schools and their Ph.D scholars.



"The hospital is a manifestation of Amma's tremendous compassion for the suffering poor. A lot of the people working at AIMS are our own unsalaried ashram residents. We are working at a small fraction of the cost of a commercial hospital, and with far greater attention to quality because of the labour of love that this represents for all of us."
—Dr. Prem Nair, AIMS Medical Director

FREE MEDICAL CAMPS



AIMS provides free medical treatment in remote poor areas. In 2004, its departments ran 58 health camps. Eye camps screen for curable cataract conditions and send patients to AIMS for free operations.

AIMS Mobile Medical Assistance takes free medical care out to remote tribal villages. The villagers are screened for major diseases and given free medicines. When necessary, cases are referred to AIMS for further free treatment.

SPECIAL OUTREACH PROJECTS

Before

After



SCREENING FOR CLEFT LIP AND LIP-PALATE DEFECTS

Cleft palates and lip-palate defects are the fourth most common deformities in the world. 35,000 babies in India are born with such conditions every year. The Head and Neck Department provides reconstructive surgeries and runs regular free screening camps to locate and treat new cases.

MONITORING RHEUMATIC HEART DISEASE

The Indian Council of Medical Research has identified AIMS as one of the three national centres for the monitoring of rheumatic fever and rheumatic heart disease. Under the guidance of the Paediatric Cardiac Services, the project determines the trends of the diseases in school children and educates the public about preventative measures.



DIABETES PREVENTION

Diabetes is one of the major life-threatening diseases in Kerala. AIMS Department of Endocrinology set up the Amrita Diabetes Welfare Society to increase awareness of the disease and to provide free insulin for poor patients. The Association holds exhibitions, and medical camps are regularly held to promote preventative measures.

PRIMARY HEALTHCARE TRAINING

KOCHI



The first class of trainees from tribal villages

The Community Medicine Department of AIMS College of Medicine is participating in an innovative government project to train hundreds of tribal villagers as healthcare workers. Tribal trainees come to the college for a five-day intensive workshop, where they learn basics in medical care. In turn, the students studying community medicine and their teachers go to the trainees' tribal villages to provide healthcare.

The department's training programme for the municipality of Kochi has reached out to more than 40,000 families who live below the poverty line. It educates women, teaching them to take better care of their childrens' health, and community workers. The department also provides primary healthcare in remote villages and schools.

Through all of these programmes, the students at AIMS College of Medicine are inspired to serve the poor.

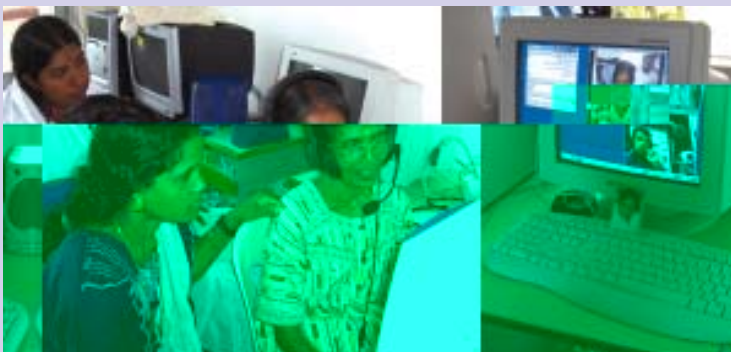
PAIN AND PALLIATIVE HOME CARE

The department gives loving care to patients with terminal diseases, especially those who are unable to travel to the hospital and who need pain relief. The home-care unit offers its services free, providing home-based psychological support for the whole family, as well as medical care for the patient.

The department started in 1999. It treats 75,000 patients annually, all of whom receive free treatment. Most hospitals are not interested in providing such a service since it is not financially remunerative.



TELEMEDICINE OUTREACH



In 2002, AIMS established the first Telemedicine Centre in Kerala in partnership with the Indian Space Research Organisation (ISRO). Medical information is processed from remote centres via satellite. Connectivity has thus far been established with 36 centres in India. The Ashram has satellite centres in Sabarimala, Amritapuri and at its tsunami relief sites, including the Andaman Islands.

AMRITA KRIPA HOSPITAL KALPETTA



The hospital provides free medical care for some of the poorest people in Kerala, many of whom are farm labourers living in very remote areas. Most patients belong to tribal communities whose villages have few amenities. As many as 100 people a day visit the outpatient clinic. The hospital has a telemedicine link with AIMS Hospital, bringing state-of-the-art care to this poor region. The doctors regularly make trips to visit the remotest tribal hamlets by jeep or on foot. They are not only concerned with the people's medical problems, but also with helping them attain a better quality of life.

AMRITA KRIPA HOSPITAL AMRITAPURI ASHRAM

The hospital provides basic medical care to the residents of eight coastal villages, as well as to Amritapuri's residents and visitors. With 8,000 people registered at the hospital, it maintains a busy outpatient clinic. Emergency patients are admitted frequently. The hospital is also home to several elderly, permanent patients. Ashram doctors are assisted by visiting specialists and a telemedicine link with AIMS Hospital, where referrals are sent.



AMRITA HOSPITAL PAMPA

The hospital offers a 24-hour medical service near Sabarimala, the popular hilltop pilgrimage site in South India. The 25-bed hospital offers free care for the hundreds of thousands who visit the temple every year. It has two fully equipped ambulances, a 15-member medical team (including specialists in heart care), as well as a telemedicine link with AIMS.

AMRITA KRIPA SAGAR, PALLIATIVE CARE HOME

TRIVANDRUM

A dedicated team gives palliative care to terminally ill patients suffering from AIDS and cancer. An outpatient clinic, open daily, provides free medicines for the poor and helps people with HIV in particular. The care home is situated on a beautiful three-acre site at the edge of a forest.



AMRITA KRIPA SAGAR CANCER HOSPICE

MUMBAI



Since 1995, this hospice has been providing free care and spiritual solace to patients suffering from terminal cancer. Through its dispensary, it also provides free medicine to the poor.

AMRITA AYURVEDA MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE AMRITAPURI CAMPUS



Ayurveda is the ancient Indian science of healing. Through its research projects, the hospital promotes knowledge about ayurvedic medicine and encourages its acceptance in the medical profession in India and abroad. The centre is located beside the quiet backwaters opposite Amritapuri. It was inaugurated in 2004.

The 250-bed hospital is equipped with state-of-the-art facilities, including two operating theatres and eight speciality departments. It maintains an outpatient clinic, which also provides *panchakarma*, an ancient purification treatment.

AMRITA VISHUDDHI AYURVEDIC CLINIC AMRITAPURI ASHRAM

This ayurvedic clinic provides traditional *panchakarma* treatment for visitors staying in the Ashram. *Panchakarma* is an ancient detoxifying process involving massage, oil baths and other methods of purification. Ashram doctors and trained ashram residents give treatments and prepare herbal medicines as part of their selfless service. Doctor's consultations are free for the poor.

Education

- ◇ Amrita University
- ◇ Amrita Institutes
- ◇ Vocational Training
- ◇ Schools
- ◇ Special Needs





“There are two types of education: education for a living and education for life. When we study in college, striving to become a doctor, a lawyer or an engineer, that is education for a living. But education for life requires an understanding of the essential principles of spirituality; it is about gaining a deeper understanding of the world, our minds, our emotions and ourselves. We all know that the real goal of education is not to create people who understand only the language of machines; the main purpose of education should be to impart a *culture of the heart*, a culture based on spiritual values.”

—Amma

COIMBATORE

School of Engineering
School of Business
School of Journalism
Amrita Research Labs

KOCHI

College of Medicine
College of Dentistry
College of Nursing
College of Pharmacy
Amrita Research Labs
School of Arts & Sciences

AMRITAPURI

School of Applied Sciences
School of Engineering
College of Ayurveda
Amrita Research Labs

BANGALORE

School of Engineering



INDO-US INTER-UNIVERSITY INITIATIVE

25 leading U.S. Universities, including Harvard, Princeton, University of California and Yale, have joined the Amrita University, the Indian Space Research Organization and the Department of Science & Technology in a joint initiative to enhance higher education and research in India. Lectures given by top U.S. professors visiting Amrita University will be broadcast via an ISRO satellite to approximately 300 universities across India.



The Coimbatore Campus

AMRITA VISHWA VIDYAPEETHAM

Amrita University* is one of the youngest and fastest-growing institutions of higher learning in India. The university's award-winning colleges are forging university-government-industry research partnerships, through which they are making great contributions towards all sectors of society. Graduates emerge from this centre of excellence with a competitive edge in the working world.

SATELLITE CONNECTIVITY

Through a joint venture with the Indian Space Research Organization (ISRO), Amrita University has established its Satellite-Based Education & Research Network, which facilitates e-learning (computer-networked education). Its four campuses, located in the states of Kerala, Tamil Nadu and Karnataka, are linked by means of a dedicated satellite connection. Lectures, seminars and information on all aspects of the curricula can be shared via audio-visual and electronic means, broadening the scope for interdisciplinary, multi-campus learning.

* Amrita Education Institutions attained "Deemed University" status in 2003. This is the highest accreditation the Government of India can bestow upon a private educational institution.

AIMS CAMPUS, KOCHI



The state-of-the-art facilities at the Amrita Institute of Medical Science & Research Centre (AIMS Hospital) attract highly qualified professionals and academics from all over India and abroad. Foreign medical students also complete short-term electives there. AIMS regularly hosts major national conferences and has become one of the premier institutions for medical education in South India.

COLLEGE OF MEDICINE



The Amrita College of Medicine is housed in a 12-storey tower adjacent to AIMS Hospital. The college offers a five-year program leading to an MBBS double degree (Bachelor of Medicine/Bachelor of Surgery). The college's curriculum is recognized by the World Health Organization and the Educational Commission for Foreign Medical Graduates of the United States. The college also provides for postgraduate and postdoctoral qualifications in many specialities through the DNB award (Diplomate of National Board).

COLLEGE OF DENTISTRY



Dental students pursue a five-year Bachelor of Dental Sciences (BDS). They undertake extensive clinical practice and course work in the biomedical, behavioural and clinical sciences. The integrated curriculum fosters the students' understanding of dentistry and its relationship to the overall health of a patient. Post-graduates are encouraged to undertake innovative research.

COLLEGE OF NURSING

This college offers a four-year B.Sc Nursing Degree, a Post Certificate in Critical Care Nursing and a Post Basic B.Sc Nursing Degree for experienced nurses who already have a diploma. Graduates serve in hospital-based specialities and in community-health departments.



COLLEGE OF PHARMACEUTICAL SCIENCES



The College of Pharmaceutical Sciences offers the Bachelor of Pharmacy Degree (B.Pharm). The college gives equal prominence to industrial and clinical pharmacy. Students are extensively exposed to industrial and hospital working environments and are also encouraged to take part in the charitable outreach work of AIMS pharmacy. The college seeks to create a rapport between modern and traditional holistic medicine. A long-term goal is to train herbal pharmacists who can help bridge the gap between allopathy and ayurveda.

SCHOOLS OF ENGINEERING

COIMBATORE, BANGALORE, AMRITAPURI CAMPUSES



The Schools of Engineering offer undergraduate and postgraduate courses leading to B.Tech, M.Tech and doctorate (Ph.D) degrees. A range of seven engineering and applied-science disciplines is provided. The schools offer state-of-the-art facilities. The faculty ensures that the curricula stay constantly tuned to the rapid advancements in every field, so that students can use the best that technology has to offer across a wide spectrum of engineering applications.

SCHOOL OF BUSINESS

COIMBATORE CAMPUS



The School of Business offers a two-year post-graduate course leading to a Master in Business Administration (MBA). The school has been rated by a number of business surveys as one of the 30 best business schools in India.

The college offers a comprehensive core curriculum and a wide range of electives, including courses in self-awareness, personal growth and community service. Graduates have a keen understanding of socio-economic realities, together with a strong sense of social and environmental responsibility.

Amrita graduates have a sense of social responsibility

SCHOOL OF JOURNALISM

COIMBATORE CAMPUS

This school offers a Diploma in Journalism. It adopts a wide-ranging and critical approach to media studies. In training media professionals, it aims to blend academic studies and practical experience with a profound sense of social responsibility.

SCHOOL OF APPLIED SCIENCES AMRITAPURI CAMPUS



The School of Applied Sciences, Amritapuri Campus

The school offers undergraduate and postgraduate degrees in the disciplines of biotechnology and computer sciences. The biotechnology department has been deemed a "TIFAT Centre of Relevance and Excellence in Biomedical Technology" by the Department of Science and Technology, Government of India. It is also a recognized centre for the Cisco Network Academy Programme (Information Technology). Certificates in digital multimedia, 3D design and animation are also offered. The campus is located beside the tranquil backwaters near the Amritapuri Ashram.

SCHOOL OF APPLIED ARTS & SCIENCES

KOCHI CAMPUS

The school offers bachelor's degrees in commerce and computer applications, and master's degrees in hospital administration, visual media, and computer sciences. It maintains a consultancy role with several business houses in the city, and staff and students undertake project work for them.

The students of the Amritapuri campus interact frequently with Amma, who takes a deep interest in their progress and well-being



The Amrita Research Labs (ARL) is Amrita University's collaborative research-and-development department, comprising faculty members and students. ARL is engaged in developing innovative technologies in the fields of global communication systems and computers. It is also a provider of hospital and university management systems and E-learning software systems. ARL is at the forefront of developing affordable information technology for everyday living.

In collaboration with the Indian Space Research Organisation, ARL is helping rural development. It is engaged in researching village-based resource systems equipped with telemedicine, telefishery, tele-education and farmers' advisory services. The first village-based telemedicine network was installed in Alappad, near Amritapuri, following the tsunami.

AMRITA RESEARCH LABS

COIMBATORE, KOCHI,
AMRITAPURI CAMPUSES



AMRITA AYURVEDA MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE

AMRITAPURI CAMPUS



Amrita Ayurveda Medical College offers high-quality graduate training in all branches of ayurvedic education. One of the key objectives of the college is to encourage the wider acceptance and understanding of the science of ayurveda. Innovative research into modern applications of ancient ayurveda is being conducted on site.

The college confers undergraduate courses for a Bachelor of Ayurvedic Medicine and Surgery (BAMS). The campus is located across the backwaters from Amma's main ashram.

AMRITA INSTITUTES OF COMPUTER TECHNOLOGY

NATIONWIDE



The Amrita Institute of Computer Technology (AICT) has centres in seven cities: Pathanamthitta, Chennai, Mysore, Mumbai, Pune, Hyderabad and Coimbatore. The institutes have won awards for their rigorous standards, up-to-date curriculum, in-depth training style and state-of-the-art equipment.

They offer a range of bachelor's and master's degrees and postgraduate diplomas in the computer sciences, visual communications, computer hardware and networking.

AMRITA SHIKSHANA MAHAVIDYALAYA

TEACHERS' TRAINING COLLEGE, MYSORE

This teachers' training college offers graduates a two-year course leading to a Bachelor of Education (B.Ed). The students enjoy the serene campus situated next to Amma's Mysore Ashram.



AMRITA MAHAVIDYALAYA

SCHOOL OF SCIENCE & MANAGEMENT, MYSORE

The College of Science & Management offers the Bachelor of Business Management (BBM) and Bachelor of Science (B.Sc). The college is affiliated with the University of Mysore and is located on the verdant grounds of the Mysore Ashram.

INSTITUTE OF PEOPLES' EDUCATION JAN SHIKSHAN SANSTHAN (JSS)

(Sponsored by the Government of India)

THE IDUKKI & SIVAKASI INITIATIVE



Umbrella making



Making woven palm-fence panels



Candlemaking

The Ashram runs this job-training programme in Idukki, Kerala and in Sivakasi, Tamil Nadu. Launched by the Government of India, JSS serves the poorest communities, offering them a range of nearly 100 courses in occupations varying from candlemaking to computer science.

The Ashram assists JSS participants in finding employment and supports them in setting up independent businesses or village-based, cooperative production units.

INDUSTRIAL TRAINING CENTRE

KOLLAM



Founded in 1989, ITC provides training in 10 trades for 500 teenagers. The institution strives to build the confidence of the adolescents, giving them a sense of self-reliance so that they can take up their trade in a wide range of work environments or become self-employed. The centre has more than an 80% graduation rate and is highly regarded by employers. After the tsunami disaster, it opened its doors, free of charge, to hundreds of local youths who were invited by Amma to train there, to help them rebuild their lives after the disaster.

Amrita Vidyalayam Schools





Throughout India, the Ashram runs 53 schools, from pre-primary to high school. New Amrita Vidyalayams are established every year. The schools provide high standards in academic studies through enthusiastic, activity-oriented teaching. Every available opportunity is used to instill positive values, which are considered an integral part of the schools' holistic approach to learning.

The children have a routine designed to keep them physically fit, mentally alert and spiritually aware. They learn how to practice meditation and are taught the value of selfless service. They also study Sanskrit and the classical Indian art forms.

Each school provides 75-100 free scholarships for students coming from poor families.

TEACHING VALUES

- Students are shown how to practise selflessness, compassion and respect for others in all their activities.
- They practise self-awareness, yoga and meditation to help them relax while learning.
- Students take part in community-outreach programmes, which help them become aware of their social responsibilities.
- Students gather with their teachers and administrators every day to pray for the peace and happiness of all beings, to encourage them to develop compassion, and to think of those who suffer throughout the world.



AMRITA SPEECH AND HEARING IMPROVMENT SCHOOL (ASHIS)

TRISSUR, KERALA



ASHIS is one of the few schools in Kerala that scientifically teaches hearing-impaired children to speak. More than 80 children attend the school full-time. They work hard to overcome the limitations created by their speech and hearing disabilities. The children have a 100% pass rate in the Secondary School Leaving Certificate exam. They are encouraged in dance and art. A vocational training centre is planned for graduates.



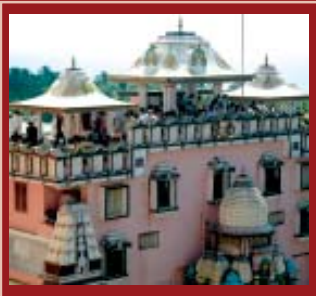
PROJECT FOR TRIBAL PEOPLE

AMRITA ARANYA JEEVANAM

This is the Ashram's project for the all-round uplift of India's tribal people. One of its main objectives is to build 50 schools for Kerala's tribal population. The Ashram has already built 10 such schools in Attappadi. The project not only aims to provide education for children, but also vocational training and education for adults.

Spiritual Culture

- ◇ Amritapuri Ashram
- ◇ Spiritual Life
- ◇ GreenFriends
- ◇ Milestones
- ◇ Resources





Amritapuri Ashram is an international community that is home to more than 3,000 people. Permanent residents include monastic disciples and families from all over India and abroad. Inspired by Amma, they have dedicated their lives to serving the world. It is here that they live with Amma, assisting the Ashram's humanitarian activities and imbibing her teachings, imparted through the example of her own life.

When Amma is not travelling, she makes herself available day and night to receive visitors who come for her darshan, and to meet with disciples and volunteers who manage the many humanitarian projects; Amma also advises her monastic disciples about their spiritual practices. Several times a week, Amma sits with everyone in meditation and holds open question-and-answer sessions. She also leads devotional singing almost every night.

Amritapuri is a place of pilgrimage for people from around the world who are searching for solace, inspiration and inner peace. Thousands of people come to the Ashram every day to experience Amma's boundless love.

As Amritapuri is the main centre of Amma's international humanitarian service work, it is from here that many of Amma's disciples go out to manage the Ashram's institutions and branch centres, and to conduct public programmes in India and abroad.

INTEGRATED AMRITA MEDITATION TECHNIQUE®

IAM TECHNIQUE®

IAM® is a powerful meditation technique created by Amma to help people find fulfillment in life. IAM® refines one's mind, bringing practitioners greater clarity and insight, opening channels of creativity and deepening one's sense of awareness throughout the day.

The practice also increases one's energy and helps alleviate tension, thus improving mental and physical health. Ultimately IAM® takes the practitioners to the goal of human life—realization of the Divinity pervading all of creation. Amma's senior disciples teach the technique free of charge in all parts of the world.

BRANCH CENTRES

MATA AMRITANANDAMAYI MATH



Amma's Ashram, the Mata Amritanandamayi Math (monastery), has established hundreds of branch centres and *samitis* (service groups) throughout India and abroad. Many centres include temples and schools within their premises. The branch ashrams are run by monastic disciples who, as spiritual mentors in their communities, conduct public programmes and organize selfless-service activities in response to the needs of their area. Major centres exist in U.S.A., Europe, Japan, Singapore, Malaysia and Mauritius.

BRAHMASTHANAM TEMPLES



In 1989, Amma began consecrating Brahmathanam Temples, thus ushering in a new epoch in temple worship in India. The temples emphasize the essential unity underlying the different forms of God. Besides being places for prayer, their purpose is to re-educate people in the true principles of temple worship. Amma consecrates these temples herself. She was the first spiritual leader in Kerala to appoint women as temple priests. As of 2005, there are 17 Brahmathanam temples throughout India and one in Mauritius.

AMRITA KEERTI AWARD

The Ashram initiated this award to encourage and support Indian culture. It is conferred on distinguished persons who make significant contributions to India's heritage and to those engaged in national or social service. The award is given at the state and national level.



AMRITA YOUTH GROUPS

AMRITA YUVA DHARMADHARA (AYUDH)



The youth wing of the Ashram offers guidance and selfless-service activities for young people. Participants are instructed in yoga, meditation and self-discipline. They also have spiritual discussions and regularly take part in community-service projects, and conduct drug-and-alcohol-awareness seminars.

Inspired by the scriptural truth "the whole world is God alone," the youth groups spread awareness that every place and object is permeated by the Divine and is therefore sacred. They conduct campaigns to encourage hygiene, and they clean bus stations, hospitals and other public places.

HONOURING THE MOTHER MATRUVANDANAM

Each year on India's Independence Day, youth group members pay homage to the feminine aspect of God, worshipping both their biological mothers and Mother India.



AMRITA FAMILIES

AMRITA KUDUMBAM

Through their local Amrita Family, families come together regularly to chant, sing devotional songs, meditate and do service projects. These gatherings create peace and harmony within the family, within the community and in society as a whole. Today, there are thousands of Amrita Families throughout India and hundreds abroad.



GREENFRIENDS

GreenFriends started in India in 2001 as a movement for the preservation and protection of the environment. It has since spread to Amma's groups around the world. GreenFriends encourages us to reawaken our awareness of the unity between Nature and humanity and to cultivate an attitude of love and reverence for Mother Nature.

Through the power of individual acts of love and prayer, every person has the potential to play a vital role in restoring the lost harmony between humanity and Nature. As "GreenFriends," people practise meditation, plant trees, conserve natural resources in daily life and participate in projects that promote environmental awareness.



SACRED GROVES KERALA

In the past it was common to worship Mother Nature by planting small forest bowers, or sacred groves. Now that tradition is all but lost. GreenFriends is protecting sacred groves and establishing new ones.

"Only through love and compassion is the protection and preservation of Nature possible."

—Amma



AMRITA FORESTS PROJECT

AMRITAVANAM

"By establishing a loving bond between humanity and Nature, we ensure both the balance of Nature and the progress of humanity."

—Amma

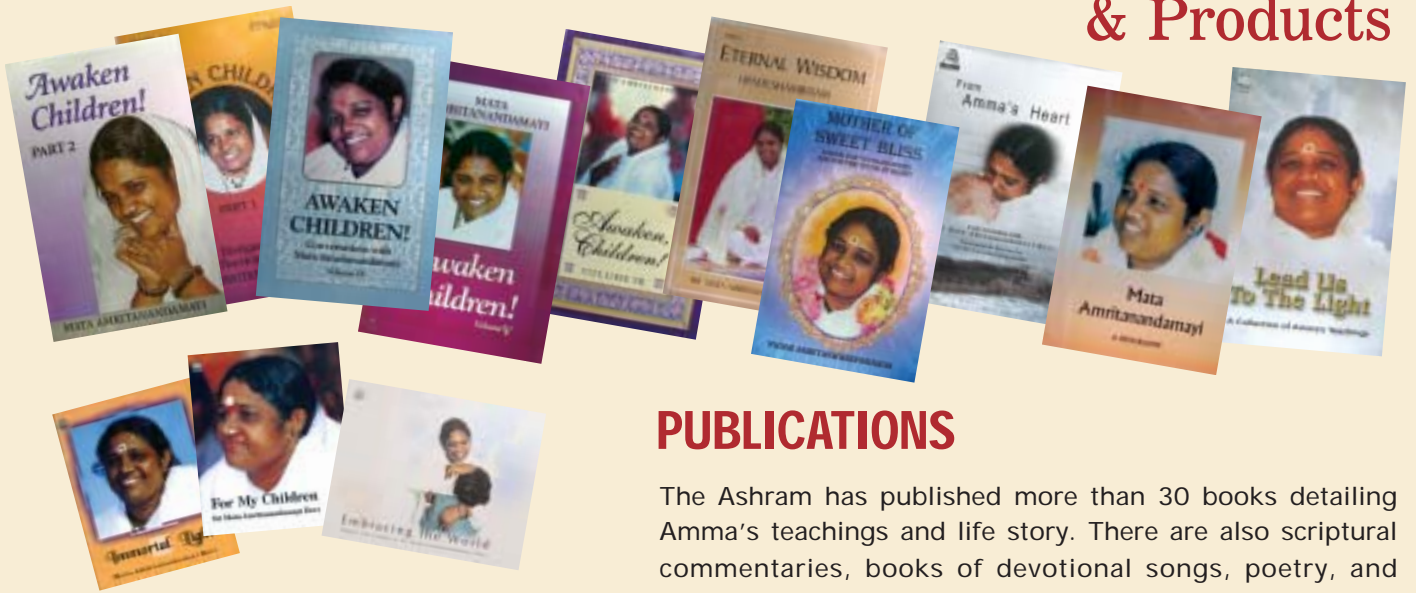
GreenFriends gathering, Amma Centre, France

Every November in India, GreenFriends distributes and plants 100,000 saplings in the state of Kerala. Individual members also plant trees in their communities. GreenFriends maintains 200 greenhouses in the state, and distributes over 500 saplings each year. Following the tsunami disaster, GreenFriends organized the planting of an additional 100,000 saplings along the seashore to protect the coastal villages. The project, "GreenShore," is helping to stabilize 13 kilometres of shoreline by preventing erosion of soil and sand.

Milestones in Amma's Humanitarian Activities

- 1987** The first school and branch ashram open in Kodungallur, Kerala.
- 1989:** The Ashram saves a dilapidated orphanage and school in Kerala.
The Ashram starts its industrial Training Centre, a vocational training school, in Kerala.
- 1990:** The School of Applied Sciences begins as the Amrita Institute of Computer Technology in Kollam, Kerala.
- 1994:** The first teachers for tribal villages are sent to remote areas of northern Kerala.
The School of Engineering opens at the Coimbatore campus, Tamil Nadu.
- 1995:** The Amrita Kripa Hospice for cancer patients is inaugurated in Mumbai.
The Amrita Kuteeram Project to build 25,000 free houses is launched.
The School of Business opens at the Coimbatore campus, Tamil Nadu.
The College of Pharmaceutical Sciences opens at the Kochi Ashram.
- 1997:** The School for Hearing and Speech Improvement is established in Trissur, Kerala.
- 1998:** AIMS Multi-Speciality Hospital is inaugurated in Kochi by the Prime Minister of India.
The Prime Minister gives a symbolic key to Amrita Kuteeram's first 5,000 free homes in Kerala.
The Care Home for the Elderly, Anbu Illam, opens in Sivakasi, Tamil Nadu.
Amrita Nidhi, the free pension project for destitute women, begins in Kerala.
- 2001:** The Gujarat Earthquake Disaster Relief operation begins; 1,200 homes are built.
The Tribal Peoples' Project aimed at the upliftment of poor rural communities is inaugurated in Kerala.
- 2002:** Amrita Kuteeram Project completes 25,000 houses and begins a second phase to build 100,000 more homes.
- 2003:** The Government confers 'Deemed-to-be-University' status on Amma's institutions of higher learning.
The Colleges of Medicine and Nursing open at AIMS Hospital, Kochi.
The Schools of Engineering open at the Bangalore and Amritapuri campuses.
The School of Dentistry is established at AIMS Hospital, Kochi.
The School of Science & Management is inaugurated at the Mysore Ashram.
The School of Journalism opens at the Coimbatore campus, Tamil Nadu.
Amritavarsham50, Amma's 50th birthday celebration for world peace, is attended by the President, Vice President and Deputy Prime Minister of India, as well as dignitaries from around the world.
The Amrita Kripa AIDS Care Home is inaugurated in Trivandrum.
The Amrita Kripa Neeti Pratishtan, Free Legal Aid Forum, pledges its services free to the poor.
The first free wedding ceremonies for poor families are sponsored by the Ashram.
The Ashram starts centres for adult vocational training in Kerala and Tamil Nadu.
The Care Home for the Elderly in Kerala is inaugurated.
The Integrated Amrita Meditation Technique® is launched worldwide.
- 2004:** The Amrita Kripa Hospital for tribal people opens in Wayanad, Kerala.
The Biomedical Research Centre is established at the Amritapuri campus.
Amrita Research Labs are set up at three campuses of the Amrita University.
The Amrita Ayurvedic Medical College, Hospital & Research Centre is inaugurated.
- 2005:** The Amrita Tsunami Disaster Aid Fund of \$23.3 million U.S. is announced.
The Teachers' Training (B.Ed) College in Mysore is inaugurated.
Two Care Homes for the elderly are established in Karnataka.
The United Nations grants Special Consultative Status to M.A. Math with its Economic and Social Council.
The Tsunami Housing Project for 6,200 houses gets underway.
Disaster Aid of \$1 million U.S. is presented to the Bush-Clinton Katrina Fund, U.S.A.
The Indo-U.S.A. Inter-University Initiative is established with 25 universities.
Earthquake disaster relief is sent to Kashmir/Pakistan border areas and flood relief to Mumbai.
- 2006:** The Amrita Nidhi pension project expands to include 100,000, including the physically and mentally challenged.

Publications & Products



PUBLICATIONS

The Ashram has published more than 30 books detailing Amma's teachings and life story. There are also scriptural commentaries, books of devotional songs, poetry, and Sanskrit mantras. The books are available in 25 languages.

AUDIO-VISUAL PRODUCTS



Amma's soul-stirring devotional songs and other spiritual music are available on a wide range of CDs. The Ashram has also produced a number of educational CD-ROMS that explain the principles of dharma, or right living. Amma's Indian and world tours, her speeches at international forums and her humanitarian projects are presented on videos and VCDs.



Two magazines, *Matruvani* and *Immortal Bliss*, present Amma's teachings, inspiring articles and the multifaceted experiences of people whose lives have been touched by Amma. *Matruvani* is available in English, French, German, Italian, Spanish, Finnish and Japanese, as well as in Malayalam, Gujarati, Hindi, Marathi, Bengali, Telugu, Kannada and Tamil.

Amritavani, a bi-weekly e-newsletter, is available in seven languages from:

www.amritapuri.org

A wide range of Ashram products can be ordered securely online at:

www.amma.org/store

For information about ordering products and publications email: inform@amritapuri.org

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