

isha

2025

# Anukampa

Compassion Cannot Choose





# Anukampa

"Anukampa or Empathy for all life  
around us shall always be the guiding  
force of all that we do."

Sadhguru









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## Foreword

As we share Anukampa 2025, we do so with a deep sense of gratitude and humility. Every initiative reflected here is a reminder that when compassion is lived—not just felt—it can touch lives, restore ecosystems, and strengthen communities.

This spirit was visible as the Save Soil movement helped bring soil health to the forefront of global climate conversations at the UNFCCC COP30 in Belém, Brazil. It was equally alive at the Cauvery Calling Mega Farmers' Conference in Hosur, where over 10,000 farmers gathered in the presence of Sadhguru, along with Shri Shivraj Singh Chauhan, Hon'ble Union Minister for Agriculture & Farmers' Welfare and Rural Development, reaffirming our shared responsibility toward the land and those who nurture it.

The joy of collective participation echoed through Gramotsavam, Bharat's largest rural sports festival, as it expanded to Odisha for the first time, and brought together over 63,000 players, nearly 20% of them women, from across 6 states and 1 union territory.

Our Kayantha Sthanams continue to serve families with dignity and reverence, now extending free cremation services to below-poverty-line families in Tamil Nadu. In the domain of mental wellbeing, the Miracle of Mind app reached over 3 million people worldwide, offering a simple doorway to clarity, balance, and vitality.

None of this would be possible without the unwavering support of our donors, volunteers, partners, government bodies, media, and well-wishers. Your trust fuels this journey.

With heartfelt gratitude,  
Swami Kalaghata  
Project Director, Isha Outreach





"How deeply you touch another life is  
how rich your life is."

*Sadhguru*

# HIGHLIGHTS





## HIGHLIGHTS

# Conscious Planet – Save Soil

A global movement that seeks to bring about a concerted, conscious response to impending soil extinction.

**4.1 billion+**

people reached

**100**

day, **30,000**-km lone **motorcycle** journey by Sadhguru in 2022 covering 27 countries, to create public awareness

**14,000+**

global media publications since the launch of the journey

Engagements at the United Nations Framework Convention on Climate Change (UNFCCC) COP30 in Belém, the UNFCCC SB62 in Bonn, the UN Food Systems Summit (UNFSS-4) in Addis Ababa, the UN Environment Assembly (UNEA-7) in Nairobi, and contribution to the Soil Security Law at the World Conservation Congress of the International Union for Conservation of Nature (IUCN).



## HIGHLIGHTS

# Save Soil - Cauvery Calling

The world's largest farmer-led ecological movement to revitalize the ecology of the 83,000 sq km Cauvery river basin by empowering 5.2 million farmers to plant 2.42 billion trees on their farmlands

**132 million+**

living trees planted since 1998

**256,340**

farmers transitioned to tree-based agriculture

**77%**

sapling survival rate in 2025

**1.1 trillion**

liters of annual rainfall interception potential created

**300-800%** boost to farmers' incomes estimated

Blueprint for the tropical world covering **4.7 billion** people

Model for Government of Bharat's **Rs. 19,338 crore (approx. USD 2.5 billion) 5-year plan to rejuvenate 13 major rivers**







## HIGHLIGHTS

# Save Soil – Regenerative Revolution

Empowering farmers across Tamil Nadu to benefit from regenerative agriculture by decreasing costs, reducing dependence on external inputs, and enhancing soil fertility, crop yields, and income.

**40,073**

farmers trained

**500+**

training programs

**10,000+**

farmers transitioned to regenerative agriculture

**61,000+**

acres brought under regenerative agriculture

**590+**

tons of naturally grown produce annually procured by Isha directly from these farmers





## HIGHLIGHTS

# Isha Vidhya

Delivers quality education to children from economically disadvantaged backgrounds in rural Bharat

9

schools

8900+

students benefited

63%

full scholarship students

49%

girl students

100%

pass rate for Class 12







HIGHLIGHTS

# Save Soil Farmers' Movement

Supports farmer communities by bringing them together into Farmer Producer Organizations (FPOs), enhancing their bargaining power, incomes, and profitability

25

FPOs registered in 8 districts of Tamil Nadu and Karnataka

14,000+

farmer members

54,000+

acres of land

580+

villages

500+

farmer interest groups

15

crop varieties

60%

marginal and small farmers

15%

women farmers







HIGHLIGHTS

# Isha Gramotsavam

A unique initiative that aims to foster a sense of community, tradition, and healthy competition through Bharat’s biggest rural sports festival and an elaborate display of rural culture

## Achievements So Far

263,000+	23,470+	35,000+	6
players	teams	villages	states and 1 union territory

## In 2025:

63,220	12,227	6500+	5472
players	female players	matches	teams

**Rashtriya Khel Protsahan Puraskar** awarded by the Government of Bharat in 2018

Isha Gramotsavam recognized as a **FIT INDIA Initiative** by the Ministry of Youth Affairs and Sports

Isha Outreach recognized as a **National Sports Promotion Organization** by Ministry of Youth Affairs & Sports, Government of Bharat







## HIGHLIGHTS

# Community Health and Wellbeing

Aims to transform the lives of Bharat's rural poor through a range of health, livelihood, and community revitalization programs

**4.58 million+**

patients treated at Mobile Health Clinics since 2003

**607,000+**

patients treated at Isha Rural Health Clinics since 2007

**2300+**

free medical camps for general health, dental care, and eye care since 2003

**8**

self-help groups empowering rural women

**200,000+**

visitors at Tamil Thembu, a vibrant celebration of rural traditions







## HIGHLIGHTS

# Raising Human Consciousness

Helps enhance individuals' mental and physical wellbeing through Yogic tools for transformation

**6.1 billion+**

video views across social media platforms in 2025

**125,000+**

participants in **1380+** sessions for International Day of Yoga 2025

**610,000+**

free Yoga program beneficiaries in 2025

**76,000+**

prisoners and prison staff participated in free Yoga programs since 1992

**12,000+**

Indian Army personnel benefited from Hatha Yoga programs since 2023

**4.3 million+**

downloads of the Sadhguru App & Miracle of Mind App in 2025







"Your very body is Earth. Let us walk  
gently and sensibly upon this planet."

*Sadhguru*

# ENVIRONMENT





"When we destroy the Soil, we are destroying  
future life. As a generation, we have the  
responsibility to turn this around."

*Sadhguru*



# Conscious Planet - Save Soil

Soil is dying. Soil extinction is one of the most dangerous threats that humanity faces today – a phenomenon that has already resulted in hunger, violence, poverty, and death in many parts of the world. The rapid pace of soil degradation could soon catapult us into a global disaster.

Save Soil is a global movement dedicated to restoring soil health by bringing large-scale public awareness, shaping national and international policies, and facilitating regenerative farming models.

Three decades of hands-on conservation work with 250,000+ farmers led to the launch of the Save Soil journey by Sadhguru to draw the world's attention to the soil crisis. Between March – June 2022, Sadhguru undertook an arduous **100-day, 30,000-km lone motorcycle journey from London to southern Bharat, covering 27 countries** across Europe, Central Asia, and the Middle East. He met with leaders and citizens in each country to appeal for national policies and action that would **increase soil organic matter to a minimum of 3-6%** based on regional conditions. This would, in turn, lead to sustainable agriculture, food security, enhanced livelihoods for farmers, and climatic resilience for crops.







## Save Soil at COP30, Belém, Brazil

### UN Climate Change Conference | 11 – 22 November 2025

Save Soil played a significant role in elevating soil health as a critical climate solution at the United Nations Framework Convention on Climate Change (UNFCCC) COP30 in Belém, Brazil.

At COP30, Save Soil hosted and participated in several panels and roundtables on scaling soil health, climate mitigation and adaptation, resilient food systems, regenerative agriculture, and farmer-centered soil restoration. The movement was featured in major global media, including **China News, Reuters, Forbes, CNN Brazil, The Guardian, Newsweek, El País, Euronews, Yahoo Finance, NBC, MSNBC, Deutsche Presse-Agentur**, and many others, further amplifying its message.

Save Soil also launched its landmark report **Secure Soil, Save Life**, in collaboration with Aroua Soil Security Think Tank and the International Union for Conservation of Nature (IUCN) World Commission on Environmental Law (WCEL). The report received extensive global coverage with over **200 media articles**, significantly strengthening the global soil health agenda.





UN Climate Change  
Conference - Bonn  
(UNFCCC SB62)



## Other UN Engagements

At the **UNFCCC SB62 in Bonn**, **UN Food Systems Summit in Addis Ababa**, and **UNEA-7 in Nairobi**, Save Soil positioned soil as a central pillar to climate action and food transformation, engaging with key global leaders and institutions to advance soil-focused policies.



## Advancing Global Soil Governance with IUCN

Save Soil worked with partners at the **International Union for Conservation of Nature (IUCN)** to advance global soil governance by co-sponsoring Motion 007 and hosting a Soil Security Conversations series. Motion 007 was adopted by majority vote as IUCN Resolution 007 at the World Conservation Congress, marking a significant step toward establishing soil security in global environmental policy.



# Country-Level Engagements



## Bharat

Operations at the Banas Save Soil Farmer Producer Company (BSSFPC), a unique soil health based FPC formed as a partnership between Save Soil and Banas Dairy, Asia's largest cooperative dairy, are now in full swing—demonstrating a scalable, farmer-led model that integrates scientific soil testing, crop guidance, and value-chain collaboration for ecological and economic transformation



## Hungary

Submitted recommendations for the EU Common Agricultural Policy (post-2027) and supported farmer peer-learning frameworks



## Kazakhstan

Participated weekly in government working groups drafting the Soil Protection Law and shared farmer survey insights



## Uzbekistan

Worked with the Ministry of Environment, contributed to the Samarkand Climate Forum, facilitated a government delegation visit to Bharat for exposure to Save Soil models



## Indonesia

Signed an MoU with Universitas Gadjah Mada, initiating joint work on awareness activities for soil protection



## Colombia

Supported alignment with the national Green Business Plan and helped formalize collaboration through a Letter of Intent



## Mexico

Backed governmental adoption of soil-friendly frameworks and the launch of the Soil Revitalization Program for indigenous communities in Puebla





"To reverse the threat of soil extinction, we must come together as one force. In the richness of the soil is the vitality of our life."

*Sadhguru*





## 2025 Milestones



### 700+

media stories across prominent international publications

### 8

research reports published

### 12,000+

citizens of 116 countries supported the EU Soil Monitoring Law, a soil health policy change for which Save Soil helped garner support

### 27 million+

views on Conscious Planet's social media platforms in 2025

### 4.79 million+

people reached across social media platforms in 2025 with digital campaigns







## Earth Buddy Engagement

### 90

Save Soil events including walkathons, events at embassies, flash mobs, and clean up drives across Asia Pacific, the EU, Central Asia, and Africa

### 36

North American cities declared 21 March as Save Soil Day during 2025

Launch of Save Soil's first publication — "Save Soil News" on [savesoil.org](https://www.savesoil.org).

### 53

global movie screenings of the regenerative agriculture and soil-health documentary "Common Ground"

### 200+

news features, radio and podcast interactions

## Journeys That Carried the Message of Soil

### Sahil Jha | Bharat

At 19, Sahil cycled 20,000+ km across 20 countries, and visited 19 farms, to engage farmers, students, policymakers, and environmental leaders on soil conservation.

### Mohit Niranjana | Bharat

At 23, Mohit completed a 20,000 km cycle journey across 20 states of Bharat over 2.5 years, connecting with communities to strengthen awareness of soil health and farmers' livelihoods.

### Patrick Teixeira Albuquerque | Brazil

At 28, Patrick cycled 4000 km across Brazil, taking the Save Soil message to diverse regions through grassroots public engagement.

### Subramanya Sharma | Bharat

At 50, displaying sustained personal commitment, Subramanya ran marathons across Bharat to raise awareness for soil health.





"Cauvery Calling is a carefully crafted, demonstrable model to revive the soil, revitalize rivers, and increase farmer income – not just in India, but in the entire tropical world."

*Sadhguru*



# Save Soil - Cauvery Calling

Cauvery Calling is a farmer-driven ecological movement promoting tree-based agriculture on private farmlands in the Cauvery River basin spanning the states of Karnataka and Tamil Nadu in southern Bharat. Over 40% of Cauvery River has depleted and 70% of its basin now suffers from severe soil erosion. The goal of Cauvery Calling is to enable over 5.2 million farmers to adopt tree-based agriculture and plant 2.42 billion trees on their individual farmlands, impacting 84 million people who depend on the river.

Cauvery Calling is an economic model with a significant ecological impact, marking a paradigm shift in environmental initiatives that are usually pitted against the economy. By championing tree-based agriculture on privately-owned farmlands, it aims to enrich soil quality, ensure ecological sustainability and bring economic benefits to farmers.

Cauvery Calling is an on-ground implementation of the draft policy recommendations to revitalize rivers and soil, handed by Sadhguru to the Prime Minister of Bharat in 2017. This took place at the culmination of Rally for Rivers (RfR), a movement launched by Sadhguru to save Bharat's rivers. RfR garnered the support of over 162 million people and was instrumental in the formulation of government policy for river revitalization.

## Achievements

**132 million+**

living trees planted

**256,340**

farmers transitioned to  
tree-based agriculture



# Our Journey



**2017**  
Rally for Rivers campaign received the support of **162 million+** people



**2019**  
Cauvery Calling: Sadhguru rode **3080 km** to raise awareness and inspire action across the Cauvery basin



**2012**  
Received the Tamil Nadu State Environment Award



**1998**  
Sadhguru launched Vanashree Tree Plantations near Isha Yoga Center Coimbatore



**2010**  
Received Bharat's Highest Environment Award Indira Gandhi Paryavaran Puraskar

**2006**  
Guinness World Record **852,587** trees planted in **3** days



**2020**  
Accreditations by United Nations Convention to Combat Desertification (UNCCD) and United Nations Environment Programme (UNEP); IUCN membership



Hon'ble Minister of Jal Shakti, Government of Bharat

**2022**  
Named Top Innovator by the Trillion Trees: India Challenge of World Economic Forum  
Government of Bharat allocated **Rs. 19,338 crore** for the revitalization of **13** river basins based on RfR recommendations

**2023**  
Established soil as a climate mitigation solution at COP28, Dubai





## Mega Farmer Conference at Hosur, Tamil Nadu

Attended by the Hon'ble Union Minister for Agriculture & Farmers' Welfare and Rural Development, **Shri Shivraj Singh Chauhan**, and held in the presence of Sadhguru, the conference convened farmers, scientists, model farmers, and policy leaders. Sadhguru urged the Hon'ble Minister to free Bharat's farmers from outdated British-era laws, treat farm-grown trees as agriculture, not forestry, and give farmers full ownership of their farm produce, including timber. In response, Hon'ble Union Minister Shri Shivraj Singh Chauhan committed to involving the Cauvery Calling team and seeking Sadhguru's guidance to formulate farmer-centric policies.

**10,000+**

farmers received  
practical exposure

**28,000+**

farmers joined  
through livestream

**14**

experts shared insights on  
farm models, crop science,  
and timber markets

**100+**

agri-entrepreneurs  
showcased innovations and  
livelihood pathways



## One of the World's Most Cost-effective Models

Cauvery Calling provides farmers with high-quality organic saplings, on-farm consultations, handholding, and lifelong technical support. Farmers bear the costs of sapling transportation, land preparation, planting, irrigation, and long-term care, motivated by peer success stories and word-of-mouth endorsement of the model.

This farmer-led approach ensures a 70%+ sapling survival rate, maximizing impact at a minimal cost of **Rs. 42 per sapling**.





# On-Ground Farmer Support

Free, end-to-end support to help farmers successfully transition to tree-based agriculture.



## 1

### Awareness and Guidance

- ~ Farmer interest is generated through on-ground meetings, social media, word of mouth, and training events.
- ~ Visits to farms are conducted to assess soil type and depth and water quality to recommend suitable tree species.

**100,000+** farmers reached through on-ground meetings

**20,000** visits to recommend tree species



## 2

## Sapling Supply & Support

- ~ Largest nursery network run by a nonprofit.
- ~ Saplings are provided at a token cost to ensure farmer commitment.
- ~ Access to high-quality, organically grown saplings.
- ~ Farmer nursery entrepreneurs earn per-acre incomes comparable to engineering graduates, enabled by training, buyback arrangements, and performance incentives.

50

distribution nurseries across **46** districts

44

farmer-run nurseries

54

tree species

325

rural women leading and managing sapling production and distribution

12.3 million

saplings distributed



Cauvery Calling's Cuddalore nursery is Asia's largest women-run single-site nursery, with a production capacity of **8.5 million** saplings annually.



## 3

## On-going Handholding Support

- ~ Training on best practices for intercropping, irrigation, organic fertilizer use, and pest management.
- ~ Model farmers share field learnings and success stories to inspire others.

**180+**

on-ground farmer support personnel

**70,000+**

farmers in WhatsApp-based peer-learning network

**10,000**

queries resolved via 365-day farmer helpline

**200+**

new farmer education videos in Tamil and Kannada every year

**10,000+**

tree survival visits





## Key Findings from Third-Party Impact Assessment

A third-party impact assessment was carried out by Sattva, a consulting firm, to understand how effectively Cauvery Calling supports farmers in adopting tree-based agriculture.

**81%**

farmers witnessed over 70% tree survival

**93%**

farmers reported being satisfied or highly satisfied with the program

**72%**

farmers experienced no challenges in adopting tree-based agriculture

**100%**

farmers with plantations over five years old observed positive ecological changes on their land

## Geographic Information Systems Tracking

A dedicated GIS dashboard enables farm-level tracking of trees across the Cauvery Calling project area, presenting details such as year of plantation, species planted, and survival rate. By displaying year-wise satellite imagery for each plot, it offers clear visibility into changes and impact over time.







"Cauvery has been the source of wellbeing, prosperity and the very source of life for these lands. A forest-fed perennial river is fast becoming a seasonal stream as 87% of tree cover has been removed in 50 years. Cauvery is calling, do you have a heart to hear?"

*Sadbguru*



## The Lives We Touched



*"These trees are like a fixed deposit in the bank."*

"I left my engineering career to become a tree farmer. With guidance from Cauvery Calling's experts, I planted 1850 trees, including sandalwood, red sandal, rosewood, teak, black murdah, and arjuna, carefully selected for my farm's soil type. Five years later, watching them flourish brings me immense joy and peace."

**- Farmer Sabari Rani, Tamil Nadu**



*"If you nurture the soil, it nurtures you."*

"I grew up watching my land lie quiet and dry, yet the longing to revive it never left me. After losing my father young, farming felt impossible until Cauvery Calling ignited hope. I planted 2000 trees, watched them come alive, and realized my true calling lay in the soil. Leaving my teaching job, I built Arya Natural Farm, named after my newborn son. With two cows, natural farming, and sheer grit, I rebuilt the land and my life. I found my own market, won the trust of 54 families, and soon earned more than I ever did as a teacher. There were struggles like dry summers, weeding, and even a fire, but my spirit never wavered. Today, I see my farm and my son growing side by side, both symbols of a future rooted in hope."

**- Farmer Naveen, Karnataka**



# Save Soil - Regenerative Revolution



"Agriculture can only thrive on rich soil –  
there is simply no other way. Regeneration  
of Soil is Invigoration of Life."

*Sadhguru*



Save Soil – Regenerative Revolution (SS-RR) was launched by Sadhguru in 2007 with the vision to make regenerative agriculture a mainstream phenomenon in Tamil Nadu. Through training, model farms, and knowledge-sharing, the movement empowers farmers to benefit from regenerative agriculture by decreasing costs, reducing dependence on external inputs, enhancing soil fertility and crop yields, and increasing farmer income. Model farms showcase the success of these practices, helping to create a ripple of change across farming communities.

## Largest Regenerative Agriculture Movement in Tamil Nadu

### Achievements Since Inception

**40,073**

farmers trained

**500+**

training programs

**10,000+**

farmers transitioned to regenerative agriculture

**61,000+**

acres brought under regenerative agriculture

**200+**

successful regenerative agriculture farmers identified who can train other farmers



# Farmer Support Efforts in 2025

## Model Farms – A Living Laboratory for Regeneration

### 42

acres dedicated towards research, training, and  
demonstration of successful models

### 1100+

farmers trained

### 100+

research and demo  
crops cultivated

### 98

farmers completed  
3-month internships







### Mega Trainings

**4**  
mega trainings by  
regional natural  
farming experts

**130+**  
district-level  
trainings for new  
farmers

**12,200+**  
farmers trained in  
person

**20,000+**  
farmers trained via  
livestream

### Digital Learning Ecosystem

**1 million**  
farmers follow the  
movement online

**1190+**  
strong educational  
video library

**261 million**  
social media views  
till date





## Farmer-Led Support System

After initial training, farmers are given continuous support to ease their transition into natural farming.

**54,200+**

farmers mentored via WhatsApp groups

**11,800+**

queries addressed by the farmer helpline

**40+**

field team executives

**1240+**

farm visits and guidance from the field team



## Mega Training Events

### Agri Start-Up Festival 2.0

**5000+**

farmers trained

**100+**

stalls; 30% put up by women

**14,000+**

livestream viewers

Expert talks by government leaders, NABARD, and industry mentors

Powerful success stories from emerging agri-entrepreneurs

### Integrated Natural Farming Mega Event

**800+**

farmers trained;  
30% women

**46**

stalls

**5900+**

livestream viewers

Practical training: model farm exhibition and hands-on exposure to mixed crops, livestock, and value-addition systems

## Market Access

**33**

farmers receiving premium prices for their natural produce in markets

**590+**

tons of naturally grown produce procured annually by Isha Outreach directly from these farmers







"The greatest achievement in this country has been that of our farmers, who have managed to feed nearly one and a half billion people. It is on us now to help them improve their livelihood, the soil quality, and our food security."

*Sadhguru*



## The Lives We Touched



*"Thanks to training by SS-RR, I'm proud to say I have achieved success without buying a single fertilizer or pesticide."*

"Before receiving training from SS-RR, I was new to organic farming and wasted money on useless products from companies that misled me. The 10-day SS-RR program was a turning point. Now I am fully self-sufficient, creating everything I need from just one cow, and no longer buying any external inputs. I went from being confused to understanding how to truly enrich my soil by leaving crop residues and utilizing simple but effective natural inputs."

*- Farmer Balasubramaniam, Theethipalayam, Tamil Nadu*



*"I was a homemaker with no farming background, but now I am a successful regenerative farmer, seed conservator, and entrepreneur."*

"I began farming simply to grow food for my family. Starting with 1 acre of brinjal under chemical farming, I realized my profits were lost to input costs, and the chemicals affected my health too. Through SS-RR, I learned natural farming practices and soil care. Today, I practice multilayer cropping, conserve over 100 traditional seed varieties, and run a small enterprise with value-added products."

*- Farmer Shyamala, Mettur, Tamil Nadu*

**Photographer John Stanmeyer** captured her image as part of **National Geographic Pictures of the Year 2025.**





"Quality education is the only ladder that we can provide these rural children to help them and their families climb out of the economic and social pit."

*Sadhguru*

# RURAL EDUCATION









# Isha Vidhya

## Educate a Child – Make a Life!

Isha Vidhya is an initiative committed to making high-quality school education accessible and available, especially to children from rural, underprivileged backgrounds.

## How We Do It

**Dedicated teachers** who receive regular, extensive training to enhance their capabilities

**Scalable methodology** that can be replicated across schools

**Multisensory, activity-based learning**, which stimulates learning on multiple levels

**Interactive, discussion-based classes** that promote analytical and critical thinking skills

**English-medium instruction**, which emphasizes language fluency at a young age

**Well-stocked libraries** with books, journals, and newspapers, that aim to enhance the learning process for students from kindergarten onwards

**Digital classrooms** that bring the world into rural schools

**Modern infrastructure** including well-lit classrooms and clean toilets

**Holistic development** to equip students with essential skills without losing sight of the traditional wisdom and diversity of Bharat





### Public Exam\* Results

Performance Metrics	Class 10	Class 12
Pass %	99.3%	100%
% of Scholarship Students	52%	74%
Average Score	79%	74%



\*Tamil Nadu State Board

### Midday Meal

23%

of students pay a subsidized price for a balanced meal that is cooked hygienically in the school kitchens

10%

of students eat the midday meal sponsored by donors



## Celebrating the Girl Child

**49%**

girl students

**50%**

girl students study on scholarships

**50%**

school fee waiver for girl students who score 350-439 / 500 in Class 10; those with higher scores receive merit scholarships

**8**

school toppers in Class 10 were girls



## The Lives We Touched



*"My mother, who studied up to Class 5, became emotional on hearing I had topped the school."*

"My mother's struggle to raise us motivated me to study intently. My scholarship and the desire to become a doctor were additional incentives to study well. My mother, who studied up to Class 5, became emotional on hearing I had topped the school, and we celebrated by sharing sweets with my teachers and relatives."

**- Tharani, Class 10, Isha Vidhya Salem**







# Innovative Interventions







**Atal Tinkering Laboratories** in 7 Isha Vidhya schools facilitate hands-on STEM (Science, Technology, Engineering and Mathematics) learning to foster design thinking, computational skills, adaptive learning and physical computing among students.

**Online Get Mentored Sessions** enable students to interact with successful professionals - this year's lineup included an Indian Army colonel, an entrepreneur, an illustrator, a dermatologic surgeon, a counselor, and a YouTuber!

**Code Vidhya**, starting from Class 4, offers programming and web design skills while strengthening logical reasoning, problem-solving and creative thinking abilities.

**Power English Classes** include a Total Physical Response activity, such as listening to music, reading, and acting, for students from Classes 1-4 who need extra support.

**Learning by Exploring and Presenting** for Classes 6-7 enables students to learn to organize their thoughts and express themselves effectively by making PowerPoint presentations.

**Peer Learning**, an interactive approach where students learn from one another through group discussions, collaborative activities, and shared problem-solving, encourages confident communication and sharpens critical thinking and narrative skills.

**Self-management Spaces** enable students to take full ownership of a project or event while being mentored by their teachers, helping them grow their organizational and leadership skills.

**Interactive English Classes** developed in-house for Classes KG-8 include stories with questions, oration, debates, PowerPoint presentations and vocabulary and grammar games.



# Inspiring Curiosity and Creativity

## Space Talk

300+ students from Classes 6–9 attended an interactive session with a space scientist and astronaut trainer.

## Learning to Make Videos

Students were guided on cinematography, scripting, and editing of YouTube videos.

## Green Fingers

Classes 6–7 planted 10,000 teak saplings in pre-prepared soil covers.

## INSPIRE Awards–MANAK

12 students were among 1197 national-level winners at the INSPIRE Awards–MANAK conducted by the Department of Science & Technology, Government of India.







*"Farmers struggling to lug bananas and dealing with nagging shoulder pain led me to think innovatively."*

"To bridge the distance between harvested banana bunches at the grove to the nearest vehicle, I designed a gear-wheeled trolley moving on a customized gear path, which acts as a harvest hauler."

- Ajay, Class 8, Isha Vidhya Tuticorin



*"Using Tinkercad, I designed my 3D keychain from scratch in a lesson that was all about turning ideas into something real."*

"I explored designing with shapes and text and was excited to see my keychain come to life on the screen. This improved my creativity, attention to detail, and problem-solving skills, and gave me the confidence to explore more challenging designs."

- Sahana, Class 9, Isha Vidhya Cuddalore



## Students Taking Ownership

*"Being on the School Inspection Committee has enhanced my life skills and taught me time-management lessons."*

"An inspection takes 30-45 minutes, so I come to school before classes begin, but sometimes manage it within my school time."

- Arun Kathir, Class 10, Isha Vidhya Nagercoil





# Sporting Tales







*"I feel proud to wear the Tamil Nadu jersey and represent the state in tennis ball cricket."*

"My batting in the Anna University zonal matches paved the way for me to participate in the state-level qualifiers. I now look forward to playing for India in the future."

*- Jegan, Alumnus, Isha Vidhya Cuddalore*



*"In Class 10, our math teacher challenged us and said he'd give us a football if we did well in the model exam."*

"It motivated us to help one another and we succeeded with distinction. He got us a new football, which we played with every day for 30 minutes. I know of no other school where the teachers care beyond academics and allow Class 10 students to play every day."

*- Gokulnath, Alumnus, Isha Vidhya Dharmapuri*

## Accreditations

**Gold-certified NGO by Give**, signifying the highest level of trust and transparency

**CAF International Validated Organization by Charities Aid Foundation (CAF) America**, which validates that all donations will be utilized for charitable purposes



# Empowering Teachers Through Skill-Building Workshops

## Financial Literacy Workshop

Teachers learned to guide students on spending, saving, investing, and prioritizing through real-life simulations.

## Learning Materials Workshop

Class 1 teachers were trained to teach concepts such as time, months, and how to introduce the globe in a simple and engaging way, employing the Montessori teaching method.

## Techvidhya Workshop

Teachers of Classes 3–8 were updated on digital platforms such as Inkscape, Code for Life, and Turtle programming in Python, as well as AI tools such as ChatGPT.

## Atal Tinkering Lab Workshop

With a focus on artificial intelligence, teachers explored face and object recognition, line and object tracking, and how to produce tunes without musical instruments.

## Anti-bullying & Body Issues Workshop

Teachers were equipped to help students handle rare situations like bullying and body shaming, and create a supportive social environment.





## The Lives We Touched



### A Teacher



*"Isha Vidhya is always striving to give their best to the children, and that is what I also try to do."*

"I've been working with Isha Vidhya for the past 14 years. I connect with my students emotionally and I am really happy to be part of the changes happening in their lives. They are improving in communication skills, life skills, and the way they talk and present themselves. I feel very blessed to also receive professional development and training to improve myself."

*- Sudha Devi, Teacher, Isha Vidhya Coimbatore*



### A Donor



*"I had planned to marry at 23 and have a child at 25. Last year, still single at 30, it struck me that if things had worked out as planned, my child would be at school."*

"At that moment, I decided to take responsibility for a child's education, and it has brought me immense joy. Receiving pictures, academic updates, and hand-drawn thank you cards from Shai Sri, the little boy I'm sponsoring, is uplifting. I plan to embrace a few more students in the near future."

*- Kartikeya, Isha Vidhya Donor, Vadodara*





"These children need to see, 'There are people out there who have the necessary concern to contribute to my wellbeing.' Let them grow up with this trust in humanity."

*Sadhguru*







# The Lives We Touched



## Alumni



"If every human being seeks security only for themselves, then who will keep the country secure? This thought made me join the Armed Forces, and I am a sailor in the Indian Navy."

- Arunachalam, Alumnus, Isha Vidhya Nagercoil



*"I will be the first doctor in my family. My father is a farmer, and in the future, I want my family to be known as a doctor's family."*

"I have secured admission at the Government Vellore Medical College and am now living my dream of studying medicine. I studied at Isha Vidhya on a scholarship, as my father is an unlettered daily-wage worker. After completing my post-graduation, I hope to teach at a government medical college and inspire more rural students like me."

- Sathishkumar, Alumnus, Isha Vidhya Cuddalore



donations@ishavidhya.org



consciousplanet.org/isha-vidhya



@ishavidhya





“Our activity is a way to touch the lives  
of other human beings.”

*Sadhguru*

# COMMUNITY HEALTH AND WELLBEING





# Save Soil Farmers' Movement

"If we want to ensure our food security, farming must be lucrative. Farmer Producer Organizations will bring the power of scale to farmers. This is the way forward."

*Sadhguru*





With the aim of transforming the lives of Bharat's farmers from debt traps, suicide, and dwindling resources to prosperity by harnessing the power of scale, Isha Outreach's Save Soil Farmers' Movement (SSFM) brings together small and marginal farmers into Farmer Producer Organizations (FPOs). SSFM also provides technical, financial, and marketing assistance to turn the FPOs into profitable enterprises.

SSFM brought together 1063 farmers to form the Velliangiri Uzhavan FPO in 2013. This initiative has since expanded to 25 FPOs as of 2025.

Isha Outreach was empanelled as a Cluster Based Business Organization (CBBO) by the Government of India in 2021.

25 FPOs	14,000+ farmer members	54,000+ acres of land under cultivation
580+ villages	8 districts in Tamil Nadu and Karnataka	500+ Farmer Interest Groups (FIGs)
15% women farmers	60% marginal and small farmers	15 crop varieties (major crops: coconut, coffee, banana, and millets)

The FPOs supported by Isha's SSFM have achieved remarkable growth across Tamil Nadu and Karnataka:

Rs. 2.5 billion+ cumulative turnover across all 25 FPOs	Rs. 660 million+ turnover in financial year 2024-25 across 25 FPOs	Rs. 10 million+ turnover each for 15 FPOs in financial year 2024-25
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# 2025 Milestones

## Awards

FPO	Awards & Recognitions
Karamadai FPO	Best Banana-focused FPO by the National Research Centre for Banana
Kadayampatty FPO	Best FPO (Value Addition & Branding) at the Confederation of Indian Industry (CII) FPO Excellence Awards  Presented its Cattle Feed Marketing Strategy at CII Summit  Honored at the 2025 Millionaire Farmer of India Awards
Negila Siddha FPO	Runner-up – Best FPO (Value Addition & Branding) at the CII FPO Excellence Awards
Mariamman FPO	Featured in the CII Magazine
Thencherimalai FPO, Adavalleeswarar FPO, Agni Mariamman FPO, Mariamman FPO, Sathyamangalam FPO, Thondamuthur FPO, Tiptur FPO, Virajpet FPO, Nanjundeshwara FPO, and Ponnad FPO	Selected and honored at the 2025 Millionaire Farmer of India Awards



## Soil Testing Laboratory

A state-of-the-art soil testing laboratory was set up in Coimbatore in 2024, where skilled technicians analyze soil samples for various parameters including organic carbon levels.

### 2900+

farmers benefited from free soil testing and received free soil health cards to date



## Input Shops for Farmers

### 23

farm input shops enable farmers to access high-quality seeds, fertilizers, pesticides, agri-implements and agri-equipment at reasonable prices.

## Community Mobilization

### 3500+

newly enrolled farmers

### 600+

meetings of Farmer Interest Groups (a focused group of at most 20 farmers from a particular village/taluk)



## Governance

### 25

FPOs conducted Annual General Meetings and completed all statutory filings

### 55

meetings of Boards of Directors



## The Lives We Touched



**Ponnad FPO farmers are receiving approximately Rs. 5 incremental revenue per kg compared to the market price.**

Ponnad FPO, incorporated in July 2021, has achieved impressive growth, driven by a strong 92% member engagement, transparent coffee aggregation methods, and its input shop offering certified agri-lime and other inputs at subsidized rates. It has achieved a cumulative turnover of Rs. 230 million+ to date with the support of Isha's Save Soil Farmers' Movement. Before the FPO, farmers faced opaque weighing and grading practices, leading to unfair payments. Ponnad FPO transformed this by introducing a transparent coffee weighing and grading system with a hulling machine and moisture testing conducted in the presence of farmers, ensuring they received the true value of their crop. The FPO won the CII FPO Excellence Award 2024 (Market Linkages) and was invited to present its inspirational women-led model at the CII FPO Summit 2024.







### The Banana mandi model is a demonstration of how market forces can be used for overall social good.

Banana farmers often struggled to get fair prices, especially for the third harvest, as traders avoided collecting small quantities, and farmers could not afford to transport their crop to markets themselves. This left them with little bargaining power and forced sales below market rates. Seeing this challenge, Bavani Amman FPO and Sathy Bhairavi FPO created an auction-based banana mandi where farmers and traders participate in transparent bidding. The mandi offers subsidized harvesting, labor, and transport. With lower commissions and quick bank payments, farmers now earn fair prices with reduced costs even for a single bunch of banana. The model has made banana cultivation more profitable for participating farmers.

"Earlier, the last 50 bunches of my bananas would usually go to waste. Since the Bavani Amman Banana Mandi was established, I have been able to sell even 1–2 clusters at a fair price, often higher than the market rate. I have participated 10 times already, and I am very grateful and happy."

- Farmer Somasundaram, Ammapalayam





"Let's bring games, sports, and playfulness into  
our families, neighborhoods, villages,  
and towns. A ball can change the world."

*Sadhguru*





# Isha Gramotsavam

Isha Gramotsavam, launched by Sadhguru in 2004 as part of Isha's Action for Rural Rejuvenation, is a unique sporting initiative that aims to rejuvenate the spirit of rural Bharat and foster a sense of community, tradition, and healthy competition. It is a living, thriving model of how sports can transform individuals and communities by creating the necessary ambience for men, women, and children of all ages to come out and play on a daily basis. This has helped break down barriers of caste, creed, and gender, assisted youth in overcoming addictions, and provided a platform for women – who had not played a game since their childhood – to compete in tournaments.

## 2025 Highlights

**3**

sports (volleyball, throwball, and para volleyball)

**6**

states and 1 union territory (Karnataka, Telangana, Andhra Pradesh, Kerala, Odisha, Tamil Nadu and Puducherry)

**63,220**

players

**12,227**

female players

**5472**

teams

**6500+**

matches

**377**

women above 50 years of age

**183**

locations

**3000+**

players from Odisha participated for the first time

**1161**

women participated in a rangoli competition

**1500**

rural women performed Valli Kummi, a traditional dance

**86.2 million+**

views on the livestream





The grand finale was graced by distinguished guests, including Dr. Mansukh Mandaviya, Hon'ble Union Minister for Sports; Saina Nehwal, Olympic medalist & renowned badminton player; Bhavina Patel, international para table tennis champion; and Vaishali Rameshbabu, chess grandmaster.





## The Lives We Touched



*"At 84 years old, a grandmother stands as a shining example of courage, vitality, and enthusiasm."*

"Pentamidhi Raju Amma, a farmer from Bandalingapur, Telangana, refused to remain on the sidelines and chose to play throwball alongside her granddaughters.

On the day of the event, Amma's joy knew no bounds. She was invited to sit on stage beside District Additional Collector B.S. Latha, who applauded her spirit and encouraged her to continue participating in sports and become a role model for the younger generation.

Though Amma's team did not win at the 2025 Cluster Level, her enthusiasm remains undimmed. She is already preparing to return to the field for the next Gramotsavam. Her story reminds us that participation and joy know no age."

## Prime Volleyball League Honors Isha Gramotsavam Athletes

The Prime Volleyball League (PVL) invited Isha Gramotsavam MVPs Manikandan and Rekha as special guests and honored them with signed volleyballs, and showcased Isha Gramotsavam on the stadium's big screen.





# Tamil Thembu

A vibrant celebration of Tamil art, food, crafts,  
and rural traditions



Tamil Thembu is a cultural fair that brings alive the essence of Tamil Nadu. Families, artisans, farmers, and visitors from across the state gathered at Adiyogi, Isha Yoga Center Coimbatore, from 27 February – 9 March 2025 to experience the richness of Tamil heritage.

**200,000+**

visitors

**11**

days

**80+**

workshops

**19**

curated exhibits  
on Tamil language,  
history, and culture

**600+**

winners across  
traditional games  
and rides

**31 million+**

online reach across  
social media  
platforms

**25+**

live performances –  
music, dance, folk arts,  
and storytelling

**4000+**

participants in kolam, essay,  
poetry, Silambam, and other  
competitions

**240+**

bullock carts in  
Rekla races

**149**

stalls for Tamil crafts like Thanjavur  
plates, Kanchipuram sarees, etc.





# Action for Rural Rejuvenation – Health

Action for Rural Rejuvenation (ARR) brings timely, affordable healthcare closer to rural communities through mobile and static clinics and regular medical camps.



"This project is not just aimed at improving the economic conditions of people. It is a way of raising the human spirit and inspiring human beings to stand up for themselves."

*Sadhguru*





## Mobile Health Clinics (MHCs)

**Free primary healthcare** to those in inaccessible remote areas

**4**

mobile clinics in Coimbatore and Chikkaballapura

**180+**

villages

**63,600+**

patients treated in 2025

## Isha Rural Health Clinics (IRHCs)

Equipped with labs and facilities to perform minor surgeries, IRHCs provide **affordable and quality allopathic, alternative, and emergency medical services** with the assistance of in-house doctors and visiting specialists.

**3**

clinics

**128+**

villages

**30,600+**

patients benefited

**8200+**

lab tests

**900+**

patients benefited from physiotherapy



## Arokiya Alai (Wave of Health)

**Public health campaigns** on nutrition, self-care, disease prevention, and hygiene and sanitation, as well as medical camps for general, eye, dental, and multi-specialty medical consultations.

**92**

medical camps

**11,300+**

patients benefited

**10+**

specialty consultations

**15+**

hospital networks and partnerships in Tamil Nadu and Karnataka







## Other Health Initiatives

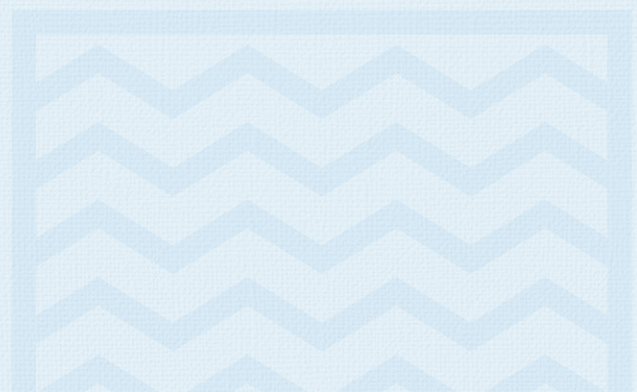
**Nalam**, a 10-month series on Siddha and Ayurveda, focused on traditional home remedies using herbs and kitchen spices

**Nature health programs**, including *pancha shuddhi* (reconnecting with the five elements), Yoga, nature cure therapies, a healing diet, and lifestyle advice

**Anemia screenings** where doctors and paramedics visit village homes, collect blood samples, and use a portable haemoglobinometer for real-time diagnosis and treatment

**Herbal gardens** where 20+ herbal plants are provided free of cost to selected households as natural remedies

**Nutrition for expectant mothers** in the form of providing weekly food supplements, which continues for an additional month post-delivery





## The Lives We Touched



*"Everything changed when the Isha Mobile Health Clinic (MHC) started visiting our village two years ago."*

"At 67, living alone in a small village in Karnataka with limited access to care, managing my health felt overwhelming. I struggled with high blood pressure, constant body aches, and a heart condition that made even small chores exhausting. When the Isha MHC started coming to our village, things truly changed. The team checks our health every week, provides free medicines, and treats us with genuine care and patience. My fatigue and body pain have lessened and my blood pressure has stabilized."

*- Ashwathama, MHC Beneficiary, Karnataka*



*"If the clinic had not been close to me that day, I may not be alive today."*

"I am an 80-year-old widow and work as a construction laborer to support myself. One day, I suddenly felt my face drooping on one side. My family rushed me to the nearby IRHC. The doctors immediately checked my vitals. My blood pressure was 220/112 mmHg, and they told me I had suffered a stroke. The medical team acted instantly. They gave me urgent medication and referred me to the government hospital for further treatment. If this clinic had not been close by, I may not have survived."

*- Chinnamuthu, IRHC Beneficiary, Tamil Nadu*





# Rural and Tribal Welfare

Isha has launched numerous initiatives to bring joy and exuberance back into rural and tribal people's lives, inspiring villagers to reinvigorate their communities and take charge of their destinies.



"If your humanity is in full flow, you will reach out to life around you. This is not morality – this is the nature of being human."

*Sadhguru*





## Waste Management

Village cleanliness, sustainability, community awareness, and efficient waste management practices.

**1000+**  
households

**23.9**  
tons of waste collected and segregated door-to-door, including **21.4** tons of organic waste



## Nutrition for Children

Free daily meals and protein supplements (millet energy balls, cow's milk, eggs, and legume salads) provided to fight malnutrition and create awareness in remote communities.



## Livelihood Development

Women and families enabled to run small-scale enterprises near Isha Yoga Center Coimbatore (organic drinks stalls, food outlets, etc.).

**8**  
tribal groups

**45**  
families impacted



## Scholarship Distribution

Scholarships for local students from underprivileged backgrounds for tuition fees, transport, uniforms, and stationery.

**190**  
students



## Workshops and Training

Empowers children and youth through conducting programs in spoken English, science, computers, mentorship, aptitude training, IT, arts, and sports, as well as offering guidance on government scholarships, competitive exams, and admissions.





# The Lives We Touched



Isha distributed sweets to rural and tribal communities on the joyous occasion of **Diwali**, sharing light, warmth, and togetherness with families.







*"With Isha's support, I completed my B.Sc. (Computer Science) and today proudly work as a software tester."*

"I was raised by my single mother, who bravely battled schizophrenia and received treatment at PSG Hospital with Isha's support. Through care and patience, she recovered and began working at Isha. My turning point came with the gift of education through a full scholarship at Isha Vidhya, where my dreams began to take shape. Spoken English classes helped me gain confidence for interviews, while life skills and time management workshops taught me to stay focused. Today, I am financially independent and able to support my family."

**- Gangadevi, Coimbatore, Tamil Nadu**



*"I am the first graduate in my tribal community with a B.Sc. in Nursing — a dream nurtured by Isha's support for 18 years."*

"After my father passed away, my education nearly stopped, and my mother and I moved to Kerala for work. Just when hope seemed distant, an Isha volunteer reached out and encouraged my mother to let me continue my studies. Isha arranged a place for me at a boarding school, where I could learn in a safe and nurturing environment.

After completing Class 12, I pursued a B.Sc. in Nursing through the Isha scholarship program. Today, I work as a staff nurse at a reputed multi-specialty hospital in Coimbatore, caring for patients with the same compassion that once transformed my life."

**- Shenbagam, Dhanikandi Village, Tamil Nadu**





# Kayantha Sthanam

## Isha's Cremation Services



"As we have responsibilities for the living,  
we have responsibilities towards the dead."

*Sadhguru*





At the Kayantha Sthanams (crematoriums), Isha has revived ancient traditions and death rituals with a powerful energy basis, conducting them in the spirit of service rather than as a commercial venture. The subsidized and fixed fees help ensure that cremations are affordable for all. Sadhguru's vision is to expand this initiative by adopting 1000-3000 crematoriums across Bharat and restoring them to their traditional sanctity and dignified method of operation.

**20**

active  
crematoriums

**Infrastructure** for  
performing last  
rites in a traditional  
manner

**100,000+**

cremations since  
2010

**Automated LPG  
furnace** for efficient  
and eco-friendly  
cremations

**950-1000**

cremations per  
month

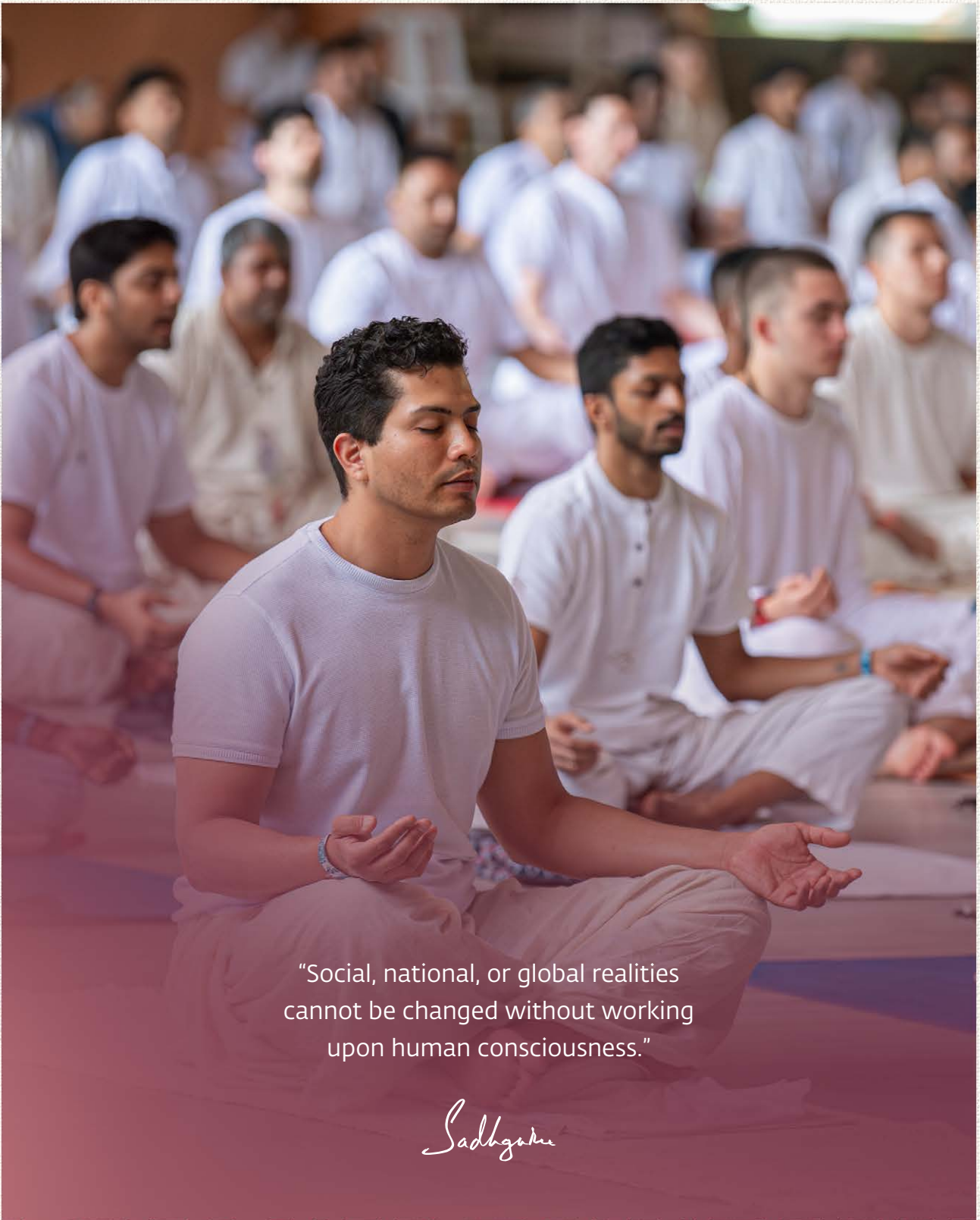
**Peaceful ambience**  
with a lush green  
garden



In September 2025, the Government of Bihar, led by Hon'ble Chief Minister **Nitish Kumar**, signed an MoU with Isha Foundation to **construct and operate LPG-based crematoriums across 6 major cities in the state.**

In December 2025, Isha announced the **offering of free cremation services for families living below the poverty line in Tamil Nadu.** The initiative was inaugurated by **Thiru K. N. Nehru**, Hon'ble Minister for Municipal Administration of Tamil Nadu.





"Social, national, or global realities  
cannot be changed without working  
upon human consciousness."

*Sadhguru*

# RAISING HUMAN CONSCIOUSNESS



# Miracle of Mind

Miracle of Mind is a free meditation app designed by Sadhguru to empower people to take charge of their mental wellbeing and explore the mind's untapped potential in just **7 minutes a day**.

## 1 million+

downloads within **15** hours of launch in 2025, surpassing ChatGPT's record

## 3 million+

downloads globally

## 1.56 million

questions asked through the Ask Sadhguru feature

## 22.51 million

meditations

## 273 million

minutes of meditation

## 21.5 million

views in **21** days for the "Don't Just Wait, Meditate with Sadhguru" campaign

**#DontWaitMeditate** ranked among the **Top 25** trends on X on World Mental Health Day

## On-Ground Impact

## 103,000+

participants from corporates, communities, and colleges

## 200+

colleges and universities

## 700+

sessions

## 4300+

employee participants through partnerships with Aditya Birla and GMR Groups, with continued engagement through recorded sessions





"If your mind becomes a conscious process, it becomes the greatest miracle in existence."

*Sadhguru*





173 support staff members at Isha Yoga Center Coimbatore participated in an 8-day Inner Engineering program offered in Bengali at no cost.





## Free Yoga Programs

Sadhguru's vision of offering tools for physical and mental wellbeing to all is being advanced through Yoga programs offered at no cost in Tamil Nadu.

**Surya Shakti**, a dynamic form of the sun salutation

**Uyir Nokkam**, a 3-day online program for wellbeing

**Youth Programs** for individuals under 25 to help uncover their inner potential and achieve mental health

**Upa-Yoga sessions** to activate the joints, muscles, and energy system, offered to visitors at Isha Yoga Center Coimbatore and Sadhguru Sannidhi Bengaluru

### 610,000+

people benefited in 2025



## International Day of Yoga 2025

On 21 June, International Day of Yoga, Yoga programs were offered at no cost to participants in schools, colleges, prisons, universities, NGOs, and offices around the world, as well as to an online audience.

### 125,000+

participants in 1380+ sessions

### 40,000+

participants in the 21-day Yoga Challenge on Sadhguru App

### 10,000+

Yoga Veeras (Isha instructors)





## Other Initiatives

Free **Inner Engineering for Youth** aged 15–25 offered to **6000+ youth** across Tamil Nadu, and an additional **600+ youth** in Lucknow through **Anand Lehar**

**Prison Yoga** programs across **100+** central prisons in Tamil Nadu, with **2000+** participants

Yoga initiatives for the **Indian Armed Forces**, supporting physical fitness, mental balance, and resilience through Angamardana, Surya Kriya, Isha Kriya, and Nadi Shuddhi



# Digital Footprint

## 6.1 billion+

video views across social media platforms in 2025



**36 million+**  
subscribers

**37**

languages



**22 million+**  
followers

**34**

languages



**26 million+**  
followers

**37**

languages



**4 million+**  
followers

**2 million+**

followers on other social media  
platforms



**12.7 million+**  
users

**4.3 million+**

downloads of the Sadhguru App &  
Miracle of Mind App in 2025





## Sadhguru Center for a Conscious Planet

The Sadhguru Center for a Conscious Planet (SCCP) is a multidisciplinary research center established at Beth Israel Deaconess Medical Center (BIDMC), a teaching hospital of Harvard Medical School in Boston, USA. Based in the Department of Anesthesia, Critical Care, and Pain Medicine at BIDMC, the Center aims to improve the health of patients and the broader community through scientific research in the 3 connected areas of human consciousness, cognition, and compassion.

**10 million+**

YouTube views on Sadhguru's conversations with global scientists

**1000+**

patients across clinical wellness programs

**80+**

collaborators

**50+**

interns nurtured

**21**

research publications in 5 years

**Programs** for breathing and wellness for long COVID patients, mental health for Parkinson's disease patients, prehab support before major surgeries for frail patients, and cancer care

### Research Publications

- ~ Practitioners of Samyama Sadhana (an advanced Isha Yoga practice) show brains nearly 6 years younger than their chronological age (published in Mindfulness)
- ~ Partnered with the Institute of Aging Research to support a multi-component (including Isha meditation practices) feasibility trial for older adults undergoing major elective surgery (published in the Journal of American Geriatrics Society)



## Bi-annual Consciousness Conference, Boston, USA



Harvard Medical School Psychologists & Psychiatrists and Spiritual Leader Swami Sarvapriyananda in Conversation with Sadhguru During the Mental Health Panel



National Aeronautics and Space Administration (NASA) Commander Sunita Williams and Scientist Dr. Kavya Manyapu in Conversation with Sadhguru



## Our Heartfelt Gratitude

This report is dedicated to all our donors, volunteers, and well-wishers who have made Isha what it is today. It is through their support and commitment that we have been able to touch the lives of countless people in rural Bharat, while also working to establish an ecologically thriving planet. We would also like to acknowledge the support of various governments and the media, whose cooperation and engagement have been crucial to our endeavors.

## An Appeal

It is our vision to scale up these initiatives in the coming years and improve the quality of life for rural and tribal communities in Bharat and farmers across the world. Such transformation is possible only with the consistent support of committed individuals, institutions, and organizations.

We especially invite corporations to partner with us through their **Corporate Social Responsibility** (CSR) initiatives and enable the expansion and long-term sustainability of these programs. Along with individual donors and volunteers, CSR partnerships can play a significant role in creating a meaningful impact for future generations.

We seek your support in co-creating a better world – one where every human being can blossom to their fullest potential. Please reach out to us to learn more or get involved.

### Donations

 [general.donations@ishaoutreach.org](mailto:general.donations@ishaoutreach.org)

### CSR Opportunities

 [csr.grants@ishaoutreach.org](mailto:csr.grants@ishaoutreach.org)







"Incredible things can be done  
simply if we are committed to  
making them happen."

*Sadhguru*

Isha Yoga Center, Velliangiri Foothills,  
Ishana Vihar Post, Coimbatore - 641 114

 [consciousplanet.org](https://consciousplanet.org)  83000 83111

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