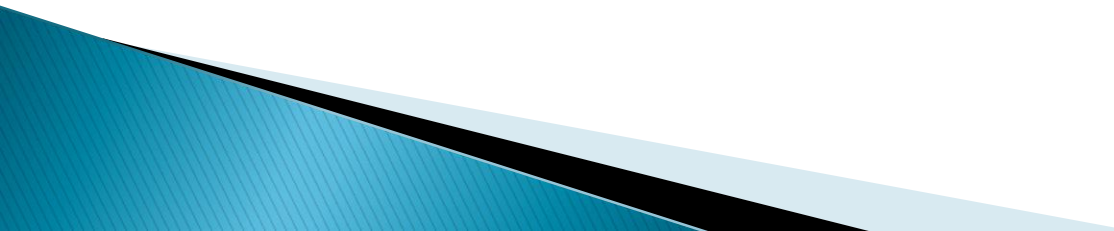




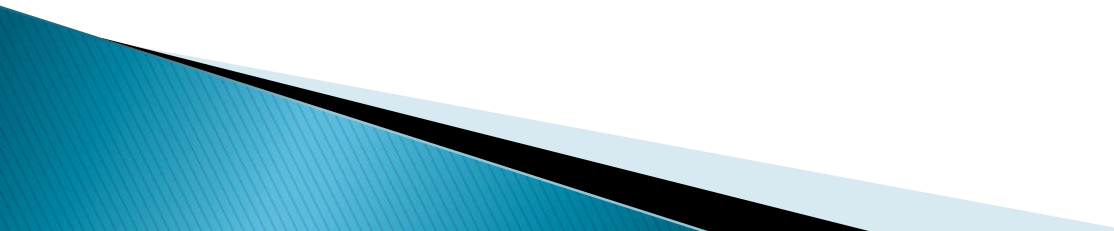
# SRI JOYDIP ASHRAM GYAN YOGA TRAINING AND RESEARCH CENTRE

## VOLUNTEER MEET 2023

# Welcome to All Volunteers

- ▶ I want to take a moment to personally welcome you to our NGO and express my heartfelt gratitude for your decision to become a volunteer. Your selfless commitment to serving others is truly inspiring, and your dedication to making a positive impact in our community is deeply appreciated.
  - ▶ As a volunteer, you have the power to make a difference in the lives of those around you, and I encourage you to embrace this opportunity with enthusiasm and passion. Whether you are helping to feed the hungry, mentor young people, or protect the environment, your work is meaningful, and it has the power to transform lives.
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# How it impacts you

- ▶ Remember, volunteering is not just about the impact you make on others; it is also about the personal growth and fulfillment that comes from giving back. As you embark on this journey, I urge you to keep an open mind, embrace new challenges, and be open to learning and growing.
  - ▶ Together, we can create a brighter future for our community and make a positive impact on the world. Thank you for your dedication and commitment to our mission, and I look forward to working alongside you as we strive to make a difference in the lives of others.
  - ▶ Welcome to our team, and let's make a difference together!
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# Volunteerism a Win-Win Proposition

- ▶ *Win for Volunteers*

- ▶ Volunteering can have a positive impact on both the volunteers and the recipients of their service. Volunteers can gain valuable skills, experience personal growth, and develop a sense of purpose and fulfillment.

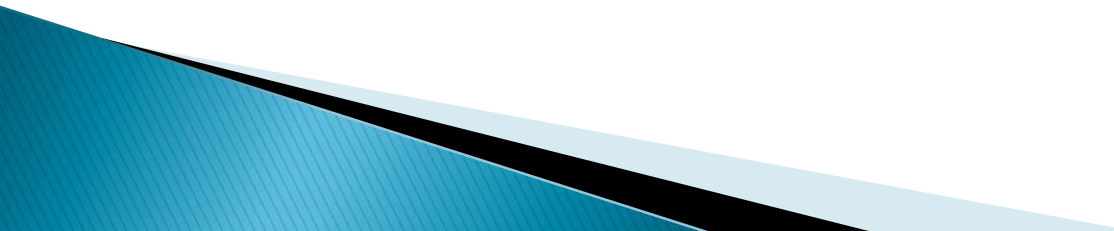
- ▶ *Win for Organization*

- ▶ The organizations and communities that benefit from their service can receive much-needed support, resources, and expertise

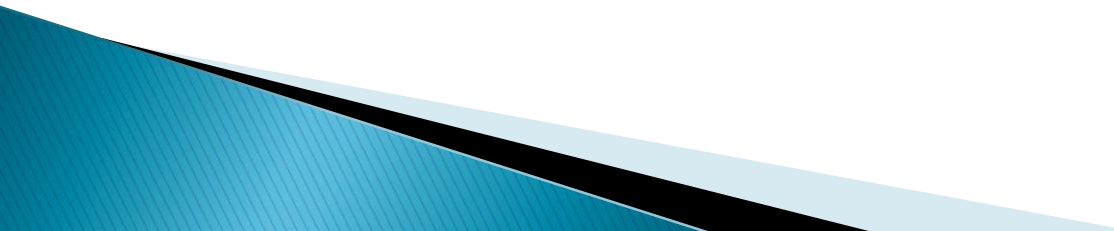
# Volunteerism in America

- ▶ According to data from the Corporation for National and Community Service, in 2020, approximately 77.4 million Americans volunteered, contributing over 6.9 billion hours of service valued at over \$167 billion.

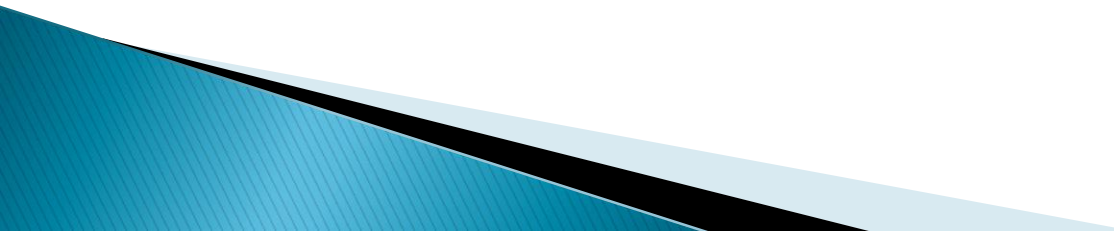
# Volunteerism in Kenya

- ▶ Kenya National Bureau of Statistics, the overall volunteer rate in Kenya in 2019 was estimated to be 8.8%, with women being more likely to volunteer than men. The most popular activities for volunteers in Kenya included community development, religious activities, and education-related activities.
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# Volunteerism in India

- ▶ India has a long tradition of volunteerism and community service, with many individuals and organizations actively engaged in various forms of volunteer work across the country. There are numerous NGOs and non-profit organizations in India that are dedicated to social and community development, and volunteerism plays a significant role in their activities.
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# Social Cohesion

- ▶ Volunteerism plays an important role in strengthening communities and promoting social cohesion. It is a vital component of civil society and a reflection of the values of compassion, empathy, and solidarity.
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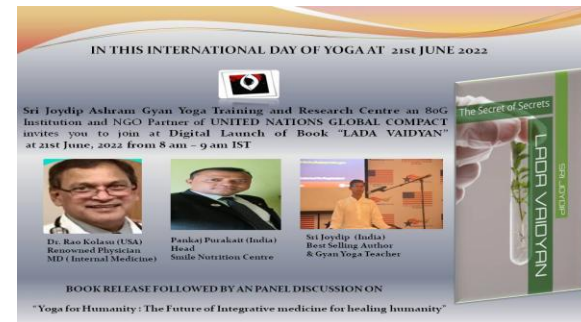
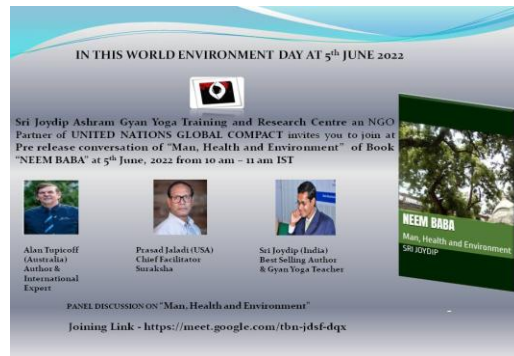


# Mission Statement

- ▶ Our mission is to advance the field of healthcare through research on the benefits of Gyan yoga. We believe that Gyan yoga has the potential to revolutionize healthcare and transform the lives of millions of people around the world. Sri Joydip Ashram Gyan Yoga Training and Research Centre for last eleven years has been dedicated to conducting rigorous scientific research to establish the effectiveness of Gyan yoga in preventing and treating a range of health conditions which are generating due to deteriorating environmental condition creating burden of disease, death and poverty. We strive to translate our research findings on linkage between health and environment and poverty into practical applications, building training programs and making Gyan yoga an accessible and integral part of healthcare systems worldwide. Our goal is to bridge the gap between traditional and modern healthcare systems, creating a new paradigm of integrative Healthcare that recognizes the power of Gyan yoga to promote health and wellbeing for all (SDG3)."

# Our Activities last year to Support the Mission through Volunteers

- ▶ Nine Knowledge Disseminating Events based on our Research and Publication in multiple platforms Web/Online/Offline/Book Fairs/ Social Media impacting 10,000 people towards the Clause(6) of Sri Joydip Ashram Trust Deed
- ▶ 1.Panel Discussion in (Virtual) Man,Health and Environment in World Environment Day at 5<sup>th</sup> June 2022 with leading experts.




- ▶ 2.Panel Discussion (Virtual) on Integral Medicine in International Yoga Day 21<sup>st</sup> June 2022 with leading experts. An ebook Lada Vaidyan has been released in the occasion.




# Our Activities last year to Support the Mission


- ▶ 3. Honoring the Traditional Indian Education System and the Western education system we conducted a panel discussion to understand the strength and weakness of both the system in the auspicious day of Guru Poornima at 13<sup>th</sup> July 2022. The panel discussion was participated by a panel of experts consist of Sri Joydip , Prasad Jaladi and Alan Tupicoff. The panel discussion was followed by release of Stories from Arunachala Diaries– Making of a Guru a book on Ancient Indian Education System.

IN THIS GURU POORNIMA DAY AT 13th JULY 2022



Sri Joydip Ashram Gyan Yoga Training and Research Centre an 80G Institution and NGO Partner of UNITED NATIONS GLOBAL COMPACT invites you to join at Launch of Book "STORIES FROM ARUNACHALA DIARIES : MAKING OF AN GURU" at 13th July, 2022 from 8 am - 10 am IST

 <p>Prasad Jaladi (USA) Chief Facilitator Suraksha</p>	 <p>Alan Tupicoff (Australia) Author &amp; International PM Expert</p>	 <p>Sri Joydip (India) Author &amp; Gyan Yoga Teacher</p>
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BOOK RELEASE FOLLOWED BY AN PANEL DISCUSSION ON  
"Education - Now and Then - The Role of Gurus"

# Our Activities last year to Support the Mission

- ▶ 4. Panel Discussion (Physical) in 10<sup>th</sup> September 2022 in Sarbamangala House on Man, Health and Environment with leading experts. An book Neem Baba has been released in Burdwan in the occasion.



- ▶ 5. Speaking (Physical) in 25<sup>th</sup> September 2022 in Coffee House on Integral Medicine with leading experts. An book Neem Baba has been released in Kolkata in the occasion.

# Our Activities last year to Support the Mission

- ▶ 6 & 7 The Book Diamond Fort was released on Environmental Sustainability alongwith a panel discussion in International Authors Day at 1<sup>st</sup> Novembor 2022 and Subhadip COP Edition released.
- ▶ 8. Speaking on Burdwan Book Fair 2023 at 10<sup>th</sup> January 2023



- ▶ 9. Panel Discussion on Literary Intervention for Mental Health in International Kolkata Book Fair at 10<sup>th</sup> February 2023

# Recognition

- ▶ On a significant rewards to our effort this year a research proposal from Managing Trustee Book Neem Baba on “Household Neem Plantation for reduction in PM2.5 and PM10” have been selected for second phase of LiFe ( Life style of Health and Environment) Call for Research Proposals which is organized by Niti Aayog– ( National Institute for Transforming India), Govrenment of India, whose chairman is the Prime Minister of India. This is a remarkable progress towards Clause(6) of Sri Joydip Ashram Trust Deed which details the objects of the trust.
- ▶ On 14<sup>th</sup> February,2023 Sri Joydip the Managing Trustee of Sri Joydip Ashram Gyan Yoga Trainig and Research Centre was selected to speak on Immunoyoga in EU Research Council event.

# Publication

Several publications of made on the base of our Cause based and Case-based advocacy for SDG3 – Health and Well being of All.

- ▶ Neem Baba
- ▶ Lada Vaidyan
- ▶ Stories from Arunachala Diaries – Part III
- ▶ Diamond Fort ( Environmental Protection and Sustainable Development)
- ▶ Subhadip – COP26 edition
- ▶ Undefeatable – Application of Bhagavad Gita in HRM
- ▶ Ananter Blackboard
- ▶ Subhadip – KBF edition
- ▶ Annual Report – 2022-23

# Impact

Sri Joydip Ashram Gyan Yoga Training and Research Centre programs and activities made a substantial social and environmental impact along with the economic impact on the lines of what we have discussed in our last AGM not only to its local beneficiaries but to the beneficiaries across the world . With overall Nine Knowledge Dissemination Events conducted both online and offline, Ten Research publications it has been able to reach around 10,000 beneficiaries across the state of West Bengal and also the world. The insights and deeper understanding helped to improve both physical health and Mental Health people across the world and contributed major program to our cause of Gyan Yoga Intervention for Health and Wellbeing of all. Our seminars on Man, Health and Environment established important linkages between Health , Environment and poverty and how an Integrated medicine combining ancient and modern medicine practices can help.



# Summary of Impact

In summary our work has impacted in following ways

- ▶ **Improved Physical Health** – Through our events, programs research and publications we have helped over 1000 people to improve their physical health and fitness.
- ▶ **Improved Mental health**– Our workshops and Seminars on Yoga and literature for mental health has helped over 500 individuals and our Program on Ananter Blackboard in Kolkata Book Fair which made an important connect between Literary intervention and Gyan Yoga with Mental Health has been attended by 100 people (Full house) and live telecasted by three media channels helping numerous people around the world.
- ▶ **Increased Awareness between linkages between Health Environment and Poverty:** We have reached over 10,000 individuals through our awareness campaigns on Mah, Health and Environment alongwith Integrative medicine and social media outreach, raising awareness about the benefits of Gyan yoga and deeper understanding and insight for physical and mental health.

# Call for Action

## Step 1

- ▶ Schedule a call with the NGO and requirements and scope of this project. Prepare a project plan with the details on the key milestones and the timeline for the project.

## Step 2

- ▶ Get inputs like the amount of funds needed, target audience, timeframe (short, medium and long term) for our organization and also analyze our current action and our donor base. We can provide all the information about our NGO that would be relevant in helping setting up the action plan.

## Step 3

- ▶ Research on an effective Fundraising plan (include Campaigns, Social media, Merchandise, maintaining Donor database, engaging donors and other fundraising methods). Prepare an action research report about the various fundraising methods along with a plan for our organization's requirement and calendar the various tasks to be executed and the elements to be measured.

## Step 4

- ▶ Submit the final action plan and train the respective volunteer in the organization.

# Q&A

