

# Waves of Beauty

## Reflections





**Dedicated to Amma (Vishalakshi)**  
Mother of His Holiness Sri Sri Ravi Shankar  
and to all Mothers



## INTRODUCTION


The Fourth International Women's Conference organized by the International Association for Human Values, the Ministry of Culture & Tourism of the Republic of Indonesia, Ved Vignan Maha Vidya Peeth and The Art of Living was held at Bali, Indonesia, in March 2010. The Conference titled 'Waves of Beauty' was attended by over 350 delegates from 43 countries. The Conference saw women leaders of various ethnicities and countries, and from different spheres of life, come together to discuss and share their experiences and concerns on issues that mattered to them - education, leadership, economy, family, governance and the media.

The three themes of the Fourth International Women's Conference : Aishwarya (Wealth), Madhurya (Harmony) and Saundarya (Beauty), engaged the delegates in lively discussions on the challenges that women encounter in the modern world. They also emphasized and demonstrated the importance of realizing one's inner strength and potential. The sessions provided a platform for a network of women leaders to share their stories.

This inspired the delegates to develop an action plan for the empowerment of women across the world. The delegates pledged to effect social transformation through active support for the causes of women empowerment, social entrepreneurship, ethical education and environmental care. Speakers and delegates emphasized the need to understand the world we live in, and to contribute to it harmoniously.

The warm and receptive atmosphere of the Conference fostered a strong bond amongst all the participants. Commitment met celebration as renowned international artistes enthralled the audiences with performances showcasing world culture.





"These are not waves of beauty. It is a tsunami of beauty. Women should take charge of different areas – like they lead in business, social service and entrepreneurship...they should also lead in spirituality."

"Don't leave any field untouched, whether beauty, education, politics, corporate, entrepreneurship or spirituality. This is the time that we need to attend to that area or field. All of us essentially want happiness, we want to be joyful. Nobody wants to be stressed. Stress is an added element; it is not our true nature. How to get back to this nature again and again?"

# Sri Sri speaks



WELCOME ADDRESS BY BHANUMATHI NARASIMHAN,  
CHAIRPERSON,

INTERNATIONAL WOMEN'S CONFERENCE



My dear friends, I'm really happy to be here this morning in God's own place, God's isle, Goddess too, with the blessings of His Holiness Sri Sri Ravi Shankar. It gives me great pleasure to welcome you here to 'Waves of Beauty'.

This morning I was watching the waves rise and fall and I was reminded of an incident in my life. When I was young, I used to walk with my grandmother. She was a healthy lady and I used to walk with her. Sometimes she would slip and fall down and she would start laughing. I would ask her, "When I fall, I feel like crying, why are you laughing?" She said "You know why you cry? You fear being hurt, but when you laugh, the fear goes away."

Why do we have all of these problems? We get hurt, our ego gets hurt. When small children fall, if anyone is around they cry. But if no one is there, they walk away. If there is attention, then the ego is there, you feel you are in pain. We have to attend to that layer of ego in us. Either it can be detrimental in our progress or help us to achieve success. We need to attend to that inner strength, inner source which is spirituality.

Leaders from 43 countries have gathered here – isn't it wonderful? Here I would like to ask a question. We have come to a level, we are leaders in our own capacity, we have achieved something, we have come to a stage wherein you can say, 'Yes, I have achieved something.' But from that platform or level, do you see a beautiful world? Is beauty there? We wanted to achieve this – we wanted to be leaders. Was it an easy journey for us? We have to ponder over this. Of course, there were many challenges we faced to reach this state. But what were these challenges? Was it from our own minds, the gender bias? Most of the leaders that I have met say the bias is not only from men but also from women. We have to be careful – who is pulling us down? Who is conspiring? We have to be careful of this.

So how to tackle this? When do we have these challenges? When there is no belongingness. In a family, there is no question of ethics or ethical behavior, isn't it? When we can extend this circle of belongingness to a larger family to a larger population or friends' circle then I would say that all of the troubles that we have due to non-ethical practices, or, I would say, competition conspiracy, will vanish from our lives. So how do we begin this change? We have to attend to our inner power, inner strength, and inner source.

When your inner and outer world are in harmony, then you see a beautiful world. Otherwise even the most beautiful spot in the world can be stressful, when our mind is not there. So this is a chance to contemplate and reflect on ourselves and also learn from each other. Let's have a cordial and informal atmosphere so that learning happens easier.

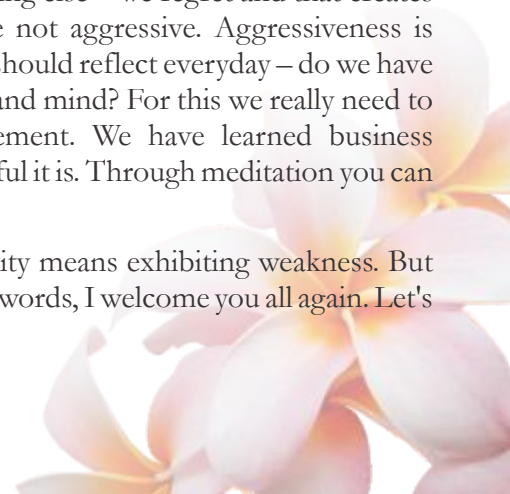
We are so happy that Indonesia's Tourism Ministry so beautifully and graciously made this Conference happen in Bali and many have already shared what a beautiful place we have chosen for the Conference.

As women leaders, we should not leave any field untouched. We are successful in business, education- we need to establish our presence also in the spiritual field. If you see, as women, we are really spiritual. Spirituality is friendliness, sharing and caring. We have to nurture and care for these values, which are universal. It doesn't belong to any religion or caste. We all speak the language of the heart.

Our Women's Conference is about descending from the head to the heart because we belong to the whole world. So in these next two days we'll interact with each other. We'll get to know each other. We'll discuss matters of our heart and environment and let's see how we can make a change. I disagree that beauty doesn't go with brains. Beauty is internal and external and when we are all together, we shall bring both these aspects out.

I would also like to share the benefits of meditation. I teach meditation. When we meditate, it's not only that we become calm and cool, we can also skillfully handle our mind. Most of the time our problems are because of our communication – we want to say something but we end up saying something else – we regret and that creates toxins. When we meditate we become sensitive and sensible, assertive not aggressive. Aggressiveness is detrimental to our progress whether in the outer world or inner world. We should reflect everyday – do we have proper sleep, are we stress free? Are we able to handle our own situations and mind? For this we really need to attend to our mind through meditation. Meditation is mind management. We have learned business management; we need to learn how to manage our own minds. How beautiful it is. Through meditation you can become more assertive, and can accomplish more.

Also we have to be more sensitive and also sensible. We feel that sensitivity means exhibiting weakness. But definitely, sensitivity with wisdom can make you sensible. So with these few words, I welcome you all again. Let's have a wonderful time together.





THE RIGHT WORSHIPFUL THE MAYOR OF  
THE CITY OF BRIGHTON & HOVE

**Councillor Ann Norman**

BRIGHTON & HOVE CITY COUNCIL  
THE MAYOR'S PARLOUR •  
TOWN HALL • BRIGHTON • BN1 1JA

TO THE WOMEN'S CONFERENCE IN BALI

Date: 15 February 2010

Ref: Mayor/PD

Dear Delegates,

I would like to take this opportunity to send greetings to you all from myself,  
and the City of Brighton & Hove on the south-east coast of Great Britain.

I am sorry that pressure of mayoral duties prevents me from joining you all,  
but would like to wish the conference every possible success in beautiful Bali.

Yours sincerely,

MAYOR OF THE CITY OF BRIGHTON & HOVE

Mayoral Secretary: Pat Dines (01273) 291223

e-mail: [pat.dines@brighton-hove.gov.uk](mailto:pat.dines@brighton-hove.gov.uk)

fax: (01273) 291221





**MINISTER OF CULTURE AND TOURISM REPUBLIC OF INDONESIA**

**THE 4<sup>th</sup> INTERNATIONAL WOMEN'S CONFERENCE  
IN NUSA DUA BALI, 27-28 MARCH 2010**

Om swastyastu, Assalamualaikum, God Bless Us All .....

Most honorable ladies:

I have the honor for the opportunity to hold this multicultural gathering of women in our country – the 4th International Women's Conference in Bali. For the past three years, this Conference has been held in Bangalore, India and its success motivated me to suggest Bali as its next venue. This is the actual response of AOL International to the initiative proposed by MOCT & AOL Indonesia during the 3rd IWC in Bangalore 2009. Fortunately, it has all come together and in conjunction with the "Visit Indonesia 2010" program I warmly welcome you all to Bali.

The world has experienced a turbulent decade, witnessing both man -made and natural disasters globally. These phenomena have awakened us, and kindled the urgency within us to bring the world back to a state of balance.

It would seem, that in times of trouble, it is always a women one turns to first – be it a mother, or a spouse... as such, I'm positive that this International gathering of women will result in positive outcomes and solutions to our current predicament, and the challenges that we face.

I would like to take this opportunity to appreciate the tireless effort of all those who have been involved in making this Conference a success. Most notably, I would like to sincerely thank the ladies of the organizing committee, without whom, we wouldn't be here today.

Once again, I would like to extend a heartfelt welcome to Bali. I hope that you will enjoy the warm hospitality of the Indonesian people and should you have more time, I urge you to experience the beauty and cultural diversity of Indonesia as a whole.

Thank you



Bali, March 2010

JERO WACIK





**MINISTER FOR WOMEN EMPOWERMENT AND CHILD PROTECTION  
REPUBLIC OF INDONESIA**

**A NOTE FROM  
STATE MINISTER FOR WOMEN EMPOWERMENT AND CHILD  
PROTECTION  
THE REPUBLIC OF INDONESIA  
THE FOURTH INTERNATIONAL WOMEN'S CONFERENCE,  
DENPASAR, BALI, 27 MARCH, 2010**

First of all, allow me to welcome you to this beautiful island of Bali, for the Fourth International Women's Conference.

The convening of the conference is very timely, as this is the right time to evaluate the progress achieved, constraints and challenges encountered in the ten year implementation of the Millennium Development Goals or MDGs. The Declaration consolidated as a set of inter-connected development goals into a global agenda in the form of the Millennium Goals or MDGs. Which stated among others to promote gender equity and to empower women as effective ways to combat poverty, hunger and diseases and accordingly to stimulate sustainable development.

In the context of women empowerment in Indonesia, the State Ministry for Women Empowerment and Child Protection, in accordance with its task and functions, has a mandate to assist the President in formulating policies and coordinating the development fields of women empowerment and child protection. To implement these mandates, for the next five years, year 2010 up to year 2014, the Government has formulated the Five-Year Strategic Development Plan and it includes the Vision and Missions. The Vision is "Gender Equity and Child Protection", whilst its

Missions are “To realize gender-responsive policies and child friendly policies; to improve the quality of life and protection of women; and to fulfill the rights of children to grow and develop as well as to protect children from any kinds of violence”.

To accelerate the development of human resources mainly for women as part of international commitments, the Government has issued the Presidential Instruction No. 9 Year 2000 on Gender Mainstreaming in National Development. This Presidential Instruction is a necessary step that all parties especially for government officials both at central and districts or cities to conduct gender mainstreaming into the entire process of planning, implementation, monitoring and evaluation of policies, programs and activities of development.

We realize that the implementation of development will not be achieved without empowering women. Accordingly, an important agenda that needs our attention in the future is how to build cooperation amongst government institutions, private sectors, communities, as well as non governmental organizations to enhance synergically the roles and status of women in development through policy formulation and program improvement of human resource development (human investment) as well as in economic and political fields, including to encourage participation of women in decision-making process. It is undeniable that the increase of human investment, especially education of women, the greater the opportunity of women to participate in all development fields.

I hope through this very important event, we all can explore and share all positive outcomes and solutions, based on our best practices and good lessons learned, and accordingly, develop points of thoughts and approaches required to move forwards our common goal, which are gender equity and women empowerment. We have to start from now and from ourselves.

Thank you.

State Minister for Women Empowerment and Child Protection  
The Republic of Indonesia



  
Linda Amalia Sari Gumelar, S.IP





## PRE CONFERENCE PRELUDE

### WASHINGTON DC, NOVEMBER 2009

As a prelude to the Fourth International Women's Conference held in Bali, Indonesia, a conference was held in Washington DC in November 2010. Entitled 'Waves of Beauty', the DC conference created awareness about girl child education and human trafficking.

It also helped raise funds to enable 40 homeless youth to partake in life skills/leadership programs, (Youth Empowerment Seminar courses), offered by IAHV. Partners:

- The International Association for Human Values (IAHV)
- The Art of Living Foundation (AOLF)
- Sasha Bruce Youthwork (SBY), a non-profit organization that supports over 1300 homeless youth.

The Conference hosted two panels, one on Women's Leadership and another on Inter-general Leadership. Men and women of all ages participated in the discussions and shared their insights and ideas on a range of critical issues faced by women in society.

The keynote speaker, Jovita Corranza, former Deputy Director of the Small Business Administration, shared her inspirational story - from a United Postal Service packing worker to the Vice-President of the company, and finally to her present political appointment. Other speakers at the conference included: Valerie Jarrett, education writer of The Washington Post; Ray Lian of "End Modern Slavery"; Lena Sene, former White House Fellow.

During the conference, the participants also underwent a yoga and meditation program. Deliberations met festivity as participants were treated to captivating performances and a banquet lunch.

## LONDON, FEBRUARY 5, 2010

The Brighton Women's Conference was a confluence of empowerment and celebration as women from the local government, women's organizations and networks came together to raise awareness on pressing issues. The proceeds from the evening were dedicated to the IAHV Haiti relief efforts.

The Honorable Mayor of Brighton, Councillor Ann Norman, the Secretary of the Art of Living Foundation, UK and the Labour MP Candidate for Brighton Pavilion, Nancy Platts were some of the distinguished speakers. A short presentation on Haiti relief efforts was also made.

Holistic treatments, from life-coaching sessions to reflexology, as well as an exhibition of Indian handicrafts were also offered.



## AN OVERVIEW OF THE CONFERENCE ACHIEVEMENTS



### **Kavita Khanna**

This is the Fourth International Women's Conference that we are having here in Bali, in the Island of the Gods and it has been possible because of the invitation and the initiative of the Ministry of Tourism and Culture of the Republic of Indonesia and the Art of Living Chapter of Bali. This International Women's Conference is really because of the vision and the inspiration of the founder of the Art of Living Foundation, His Holiness Sri Sri Ravi Shankar. Our Chairperson Mrs. Bhanumathi Narasimhan, to take his vision forward for the empowerment of women, established the International Women's Conference. A strategic alliance was formed between the International Association for Human Values and Ved Vignan Maha Vidya Peeth and we had the first International Women's Conference in 2005 in Bangalore.

The Women's Conferences have had a number of aims. When we think of a women's conference, generally one thinks of the coming together of women to look at the challenges that they face - issues like suppression of women, that has been going on for so many years, and the disempowerment of women. But really these Conferences are nothing like that. They are a celebration of women, of what women stand for and of womanhood, and that's what makes them very different. We come together to celebrate our strength, our inner strength, our inner beauty and to inspire, not just those who attend the Conferences but women all over the world. We do this by attending the Conference, learning, sharing and taking the message back, and spreading it where we come from.

The International Women's Conference from the time it started really has been international. The first Conference in 2005 was "Shakti". In Indian Mythology, Shakti is a trinity and it manifests in three divine aspects which are Durga - Valor, Lakshmi - Wealth and Wellbeing, and Saraswati - Art and Knowledge. These are the three manifestations of womanhood.

"Shakti the Strength of a Woman - Celebrating Success", was the first International Women's Conference and an incredibly successful one. We had 600 women from 40 nations and 500 rural women from Indian villages. There were 100 Panchayat leaders women who head the governing councils of their villages, and we had more than a 1000 school girls who attended the Conference. The aim of these Conferences is not just to come and share our experiences, but more specifically the objectives of the Conferences are to create a strong international advocacy platform for showcasing women's issues and their milestone achievements, to create a global network of women leaders committed to bringing about social transformation through

personal initiatives and society coalitions, to celebrate and honour women for their outstanding contribution to society. We undertake concrete service oriented projects and showcase causes, aimed at



sustainable socio-economic development of communities all around the world. We appreciate and integrate the knowledge of human values to help women around the world lead a healthy and happy life. So we come together, we share our experiences and every conference has seen delegates come and be inspired to action. On a lighter note I don't think we could do anything without women. It's either women doing things or it's the sons of women doing things, and without women, there would be no sons. I think we need to applaud all women and all mothers.

A number of initiatives have started and are still ongoing since 2005.

As a response to the 2005 Conference we had a session, which was called "In Reverence to the Missing Women, Celebrating the Women Child". As a result of this the UNFPA along with the Art of Living initiated a dialogue, which culminated in a conference entitled – 'India's Missing Daughters'. In the "Faith for Action Against Sex Selection" Conference we had 35 religious and spiritual heads from various religions come together and take action against the gender bias and sex selection that was happening in India. As a result of the first 2005 Conference, the Peanut Butter Project was started in Moreva in Africa. 800 women did the Art of Living – Breath Water Sound course and through this initiative, till today, they grow peanuts which are then harvested by them. The Art of Living has given them crushing machines and they make peanut butter from their harvest. This project is ongoing.



2007 saw the Second International Women's Conference. This was held at the Art of Living International Centre in Bangalore, and was entitled "Celebrating Women". The themes for the sessions were – Iccha Shakti, Kriya Shakti and Gyan Shakti. These are Sanskrit words and I know that in Bali there are many words that you use, such as Bhumi Putra which are derived from Sanskrit. For us, when we use Sanskrit in India, it really resonates with us internally. I think, as we all know, that there are some things that cannot be translated exactly. Sanskrit has 20 years ago been recognized by NASA as the only language that is a natural language and also one that lends itself to Artificial Intelligence, that is the language of computers. So, really when we talk about Sanskrit we are talking about the spirit and science coming together, through language. So our sessions, while they have had their English names and the Conferences have been conducted in English, have



always had Sanskrit names for what they meant and what we were looking to do.

The Second Conference themes were Iccha Shakti – which is Strength in Will, Kriya Shakti, which is Strength in Action and Gyan Shakti – which is Strength in Knowledge. It was attended by 525 women from 50 countries, 800 rural women and 800 schoolgirls. In the Valedictory address His Holiness Sri Sri Ravi Shankar, Guruji, said that what He wanted as a take away from the Conference was that at least 50 girls should be educated in the next six months. Spontaneously, out of the 500 odd delegates we had there, 200 delegates said that each one was willing to sponsor the education of 50 children herself. And till today in India we are educating 4,373 girls. They come from underprivileged backgrounds, from slums, from tribal backgrounds, from rural areas. Following the



Second Conference, we have planted 9.6 million trees in 36 countries. There are many courses that happened as a result of the Second Conference where we are working with women prisoners. We have built to date 100 homes in Indian villages and this is an ongoing programme with several alliances with organizations such as



UNICEF and UNIFEM. We have addressed issues of female foeticide, child abandonment, HIV AIDS and violence against women. As a direct result of the 2007 Conference, the delegation that had come from Australia from Perth, decided to give child support to the children of 15 Zimbabwean families who had been orphaned because of HIV and AIDS. As a further outcome of the Second International Women's Conference we had an all India National NGO summit.

The Third Conference in 2009 entitled the "Light of Leadership-Integrating Global Perspectives" was attended by 723 delegates from 70 countries, and it took the message of education forward. We sponsored the education of 3 very promising women who would not otherwise have been able to afford further education, and they are all studying to be doctors today.

As a result of the International Women's Conferences 60 schools have already been set up and shortly we will have 148 schools. So, really a lot has been done with the International Women's Conferences and here we are in 2010 at the Fourth International Women's Conference – Waves of Beauty. And I think it really is a celebration and a salute to the previous Conferences that this Conference is now happening in the Republic of Indonesia, in Bali. We have, for this Conference, women who have come from all over the world. We have 350 delegates, our youngest delegate being 13 years old.

I would like to ask the question - why are we here? Being women, although we have God given talents to multi task that men can only dream of, you know that we lead very busy lives. We are mothers, we are family makers, we are home makers. We have jobs, several of us. We have jobs in government or we have very important corporate jobs. Some of us here are also world makers. I say world makers because some of us have dedicated our lives to a life of service towards the world, that being the sole purpose in life. We women are very busy and deal with a lot of stress; and yet we have traveled from across the globe to be here. Why are we here? We are here really because we care. We care for our children; we care for the future of our children. We care for our families, we care for our communities, we care for our society, we care for our nations, we care for our animals, we care for our environment and we care for our mother earth. I would like to quote His Holiness Sri Sri Ravi Shankar Guruji, who has said " Every woman has within her the right blend of strength with grace, courage with compassion, affluence with value and wisdom with vision. In her lies the seed for the most profound social transformation." And this is why we are here, we are here because we care, and very lovingly and beautifully, one wave by another we are going to transform this world into a loving, harmonious, joyful family.





# PUNCH LINE AND SNAPS

## DAY 1 AND 2



## SPEAKER'S PUNCH LINE AND SNAPS DAY 1 AND 2

Aishwarya- Session -1, 27<sup>th</sup> March 2010



**Gudrun Kochendorfer-Lucius, Director for Partnerships & Capacity Development, WBI**  
"Leadership, coalition building and citizen empowerment is where women play a major role."



**Ibu Zannuba Arifah Chafsoh Rahman, Director of Wahid Foundation Institute and Politician, Indonesia**

"Women know that the definition of wealth needs to be associated with better quality of life in all spheres. The thing that women have to learn is that nobody is going to give them power. You just have to take it."



**Helen Diaz Page, Human Resources, World Bank, USA**

"Women working in development bring about a focus on the quality of life of their gender. This means women bring the fate of other women into the development equation to create the basis for the sustainability in any given country."



**Josephine W Komara, Proprietor of Obin Batik**

"If you really want to understand the culture, you have to understand the textile, and through the culture you can understand the people. Earlier most of the clothes were done outside of Indonesia. In 1989, I was proud to be able to launch the first hand woven, hand spun and hand dyed cloth in Indonesia."



## Madhurya - Session -2, 27<sup>th</sup> March 2010

### Jaina Desai

After this wonderful morning today we start with our Second Session of our Fourth International Women's Conference "Madhurya - Exploring the source of harmony within."

We already had a glimpse of this, this afternoon before lunch, when, His Holiness Sri Sri Ravi Shankar ji led us through a meditation, guiding us to understand the depths of harmony inside our selves. Madhurya in Sanskrit means sweetness, pleasantness and amiability. Normally one associates leadership with a sense of authority and aggression. One who motivates and others follow, that is a leader isn't it? Often we don't immediately associate the qualities of harmony, sweetness, humility and compassion with a leader. Yet leaders don't deal with nameless faces and teams, organizations or nations, but with diverse individuals and aspirations, working styles and personalities of human beings who comprise this team, organization or even nations. Most of us are leaders in our own rights and we have experienced this, whether we are at home, whether we are mothers, whether we are interacting with our children, our families, with our colleagues or superiors. We have often experienced conflicting viewpoints and how does one handle this? How does one handle this stress that comes from work and from dealing with various individuals? And truly perhaps there is only one answer to this and that is attending to the source within you. That is going back to the source, which is the source of compassion, of honesty, of truth and of better communication. And this understanding of human beings comes with a sense of spirituality. Being leaders in our own circles now, where would we like to go from here? If we are looking at long term benefits for both individual and collective well being perhaps, as I said earlier, we need to look at a different style of leadership, a different way of dealing with people, a different way of handling situations, with compassion, with harmony, because we deal with human beings and not with machines. As women we are fortunate that these subtlest spiritual qualities are innate to us. A sense of harmony, compassion and a drive towards perfection is what has put all of us here together today.

## MADHURYA SESSION 2, 27<sup>TH</sup> MARCH

**Mawahib Shaibani, Co-ordinator of UAE Women Empowerment Projects of Middle East & Iraq**

"Our life experiences have taught us that harmony is not anywhere outside but is within us."



**Dr. Anita Gadhia-Smith, Author & Therapist, USA**

"There's an ongoing negotiation between managing freedom and responsibility. Finding balance in our lives is really the key, I think, to right living."



**Rashmi Singh-Member, Mission Convergence, India**

"The integrated style of leadership is one which can come from Madhurya (harmony) within us, and it is here that I would like to pay my tribute to what the Art of Living is doing to induce that in us, to lead to a transformational leadership."



**Ibu Dr. Hj. Dewi Motik Pramono, President, National Council of Women's Organizations Indonesia**

"If all you ladies work together, the highest mountains you can move."







MADHURYA SESSION 2, 27<sup>TH</sup> MARCH 2010



**Filiz Odabas-Geldiay, the Executive Director of IAHV (International Association of Human Values)**

"The fruits of our actions will show the world that women are determined to overcome and excel in this journey. It will address some of the real challenges facing women globally and begin on a journey together to identify solutions."



**Rajita Kulkarni, Asia-Pacific Advocacy and Training Director, Retail Asset Group, Citibank; Board member, World Forum for Ethics in Business, India**

"Strengthening ethical leadership through connectedness, care and compassion, cosmology, commitment to contribute and courage. Spirituality will secularize religion, socialize business and liberalize politics."



**Dr. Med. Ayu Bulantrsina Djelantik, Princess of Karangasem Bali**

"Through detaching from every day problems we recognize the inner rhythms which are part of the overarching rhythms of nature and we discover solutions."



**Awihitia Mihaere, President Art of Living, New Zealand**

"The divinity that is procreation is infinity within eternity. This gives us our potential to exist."



MADHURYA SESSION 2, 27<sup>TH</sup> MARCH 2010



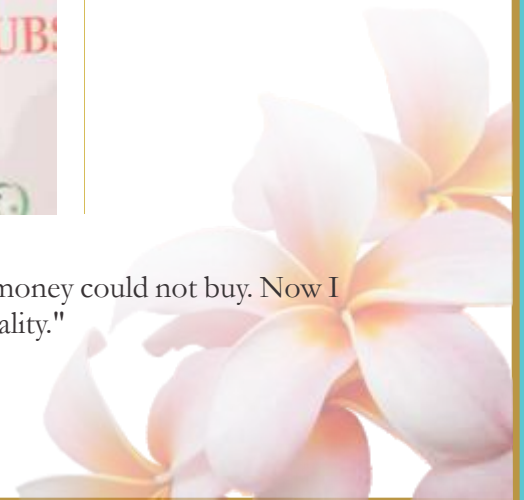
**Hema Hari, Conceptualizer, Bharat Gyan & Associate Director, Strategic Technology, Services and office of Innovaiton, CSC India**

"It is not natural for both genders to be equal in everything and every role. It is complementary roles played by both men and women that will ensure natural peace, prosperity and progress for the family, society and civilization at large."



**Cecilia Yang Angelini, Faculty, Art of Living, Korea**

"From spirituality, I have gained the inner wealth and peace that money could not buy. Now I cannot even imagine what my life would have been without spirituality."



SAUNDARYA, SESSION 1, 28<sup>TH</sup> MARCH 2010



**Song Chen, Film maker**

"What are we going to do for our sisters, who are suffering, so that they have a good life?"

**Puja Handa, Faculty, Art of Living, UK**

"Inner beauty means being happy in spite of what you go through. When you are in touch with your spirit, when you are practicing these techniques, you can actually see what is needed at that moment in time."

**Ami Patel, Fashion Director, L'Officiel**

"Fashion is about beauty, harmony, balance and value on the outside. And spirituality is about having all these inside of you."

**Toeti Adhitama, Member of editorial council media group, Indonesia**

"I think women should educate themselves well so that we can feel self confident and beautiful."

**Poonam Dhillon, Actor, India**

"It's the inner peace and happiness that we all look for. Ultimately that is what that shows on our faces, that serene and happy look. Peace of mind is the ultimate beauty that a woman can ever ask for."

**Usha Uthup, Indian pop and film playback singer**

"Actually it's loving, caring, sharing, being honest, and no artificiality that has helped me along the way. Every woman here will agree that beauty comes from within you."

## VISHALAKSHI AWARD



The Vishalakshi Award is a special award instituted in the memory of the mother of His Holiness Sri Sri Ravi Shankar. It is a tribute to the exemplary contribution of women across different spheres. The Vishalakshi Award has been presented from the First International Women's Conference in 2005, and 84 Awards have been given so far.

The Award is an honour not only to a person but also the principles that the awardee embodies. The principle of human values - love, compassion, selfless service, a sense of duty and belongingness, that extends beyond the layers of caste, creed and religion.

These principles have been demonstrated in the work done by two very august institutes. This prompted an alteration in the awarding pattern at the Fourth International Women's Conference. For the first time, the Award was conferred on organizations.

For their contribution to women development and reviving ancient culture, the Vishalakshi Award was given to the Ministry of Culture and Tourism, Republic of Indonesia.

The second Vishalakshi award was given to the World Bank Institute for promoting women leadership in fragile nations.

## PERFORMANCES /A CULTURAL TREAT

### Usha Uthup

Usha Uthup, the celebrated singer, enthralled the audience as she performed on the evening of the first day of discussion and debate.

As Ms. Usha broke into one song after another in 16 languages, it did not matter whether one understood the language. African-Americans were dancing to Hindi tunes while Indians and East Asians were moving to the African rhythms. There was a unity as the diversity of world culture was celebrated - everyone simply sang along, danced, urged people they didn't know to get on their feet, laughing all the while.

The bond formed by music and song brought the group closer. The next day, as the road map was being discussed, women from different parts of the world spontaneously collaborated on several service initiatives. The bond moved from music to service.



## CULTURE OF BALI

Puspa Mekar Dance, the inaugural dance was performed by six girls wearing traditional costumes of the Tirta Sari Dance Gamelan Ensemble from Peliatan Ubud. It is inspired by the sacred Pendet Wali dances in the Balinese Hindu temples. Sitaramsi Mask Dance, performed by senior dancer Ayu Bulantrinsa Djelantik, was a solo mask dance that expresses the emotions of Sita in the final stages of the Indian epic, Ramayana.

Joged Leko Dance, performed by the Leko Dance and Gamelan Ensemble from Sibang Gede, was an entertaining folk dance that is generally performed after harvest time in the villages.





## TREE PLANTATION

With the commitment of environmental care, the first day of the Conference began with the plantation of 1000 saplings. Women from different parts of the world worked alongside each other to play a role in nurturing Mother Earth. Each one pledged to be a part of the Mission Green Earth.

Happy smiles, a prayer in each heart and busy hands epitomized the promise to sow the seeds of development.



## VALEDICTORY NOTE

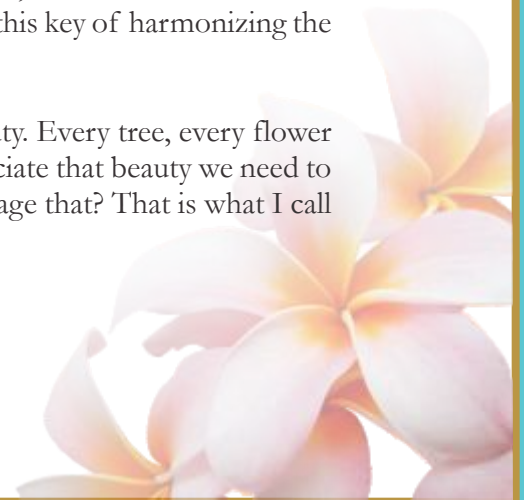
**Bhanumathi Narasimhan**  
**Chairperson**  
**International Women's Conference**

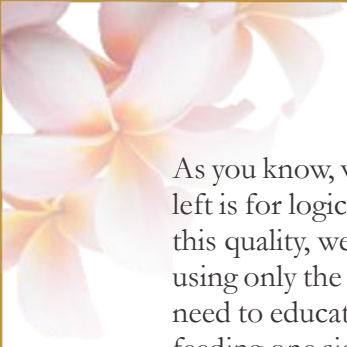


From my heart I really thank you all for being here, for your thoughts and for sharing your beautiful stories. Every time we have these Conferences, there is a new dimension added to them. I think you all agree to it that we have had new horizons, new understandings opening up.

We are all beautiful waves. We are fortunate. Every wave is a beautiful wave, rising and receding. The main purpose of this Conference has been to get in touch with others, be the strength, source of energy and also how to harmonize the outer and the inner worlds. Many times conflicts arise. We do face many challenges in the world. It may be because we are not able to perceive the things as they are. We are looking through a coloured glass because our perception has been coloured. When you are not in harmony with yourself, when there is so much discontentment in us, the world does not really look so good. Get this key of harmonizing the inner and outer worlds.

Just feel how beautiful the creation is. We are surrounded by beauty. Every tree, every flower speaks about beauty, beauty of creation and the creator. To appreciate that beauty we need to have that perception, our vision should be clear. How do we manage that? That is what I call spirituality.





As you know, we have two sides in our brain; left brain and right brain. Right is for creativity and left is for logic, analysis or questioning. We have been born with this quality, we have been given this quality, we have been gifted with it. So we need to make use of it. Most of the time we are using only the left brain, all the time questioning that, which is good. We need to understand, we need to educate ourselves. But there is a time when we go off balance because all the time we're feeding one side. Then it becomes lopsided. It is very necessary to take a few minutes in our life everyday, sit back and relax and ask the question: Who am I? Why have I come in this world? What is the purpose in my life? How can I be of help to others?

This is what I call giving back to society. We talk of corporate and social responsibility; we take from the society and need to give back. We also have responsibility as individuals. We have a responsibility for a harmonious living, whether as a mother, wife, sister or child. If somebody comes to you, they should leave you with a comfortable feeling - just your presence should be enough. Not questioning them all the time. That trust in us has to be nurtured. We need to have trust in ourselves, in our nature, in our fellow beings.

How to manage this quality is by attending to that spirituality in us. That is the role of relaxation techniques, meditation, spending a few minutes with nature. We need to really beautify ourselves, go back to the source. When we are stressed no one wants to work with us but when we are relaxed, a vibration, an aura reflects. Many people join together, they come in together for teamwork. As women, we are really careful about this. We like to be in groups, teamwork is our plus point. And I would like to thank all my team here from India and from Indonesia who have really worked so much to put this conference together so that we all could come today.

Of course, we are learning. Every time there is learning happening. We have to improve. They say that beauty lies in the beholder's eyes; so let us contribute to this world of beauty by being peaceful, calm, natural and helpful, sharing and caring. Again and again, it is a chance for us to remind ourselves that we are beautiful; we can make a difference in society in whichever way possible, definitely in a beautiful way. That is what we have to do - attend to the source, again and again.

We are coming back again for the Fifth conference in Bangalore (India) in 2012. I really want all of you to come again to India.



This is the second conference where I received a request to include men in this conference. We can have a few male speakers and listen to their ideas on women leadership and what beauty is from their perspective. We do have very supportive men, good men in our lives. My sons are very supportive in what I do. My father also is always very interested in what I do and he guides me. My mother is always an inspiration for me even though she is not here. My brother, His Holiness, has been the guiding spirit from the day I was born. He walks the talk, whatever he says, he does - that is what inspired me. He will not say something that he doesn't do and it is his naturalness that inspires me. He is so knowledgeable and yet so simple and ready to help. Every minute of his day is driven by 'How can I be of help to society, how can I help?' Now the Art of Living has opened in 152 countries. The number is increasing every time. So many people from diverse cultures, religions and spiritual backgrounds have come together in this One World Family, as we call it. It is an honour to be in this family. I thank you again from the heart and I want to say that I belong to you.

## PREVIOUS CONFERENCES



2005



2007



2009





## ROAD AHEAD

The exuberance and energy of the two day conference left the delegates inspired to take responsibility and lead initiatives in their communities. The delegates reflected upon the areas that they would like to work in. The reflection soon transformed a spontaneous and vibrant flow of ideas. As women from different parts of the world shared their commitments, the initiatives spanned the globe from the United States of America to villages in Africa; from schools in India to entrepreneurship in the Far East.

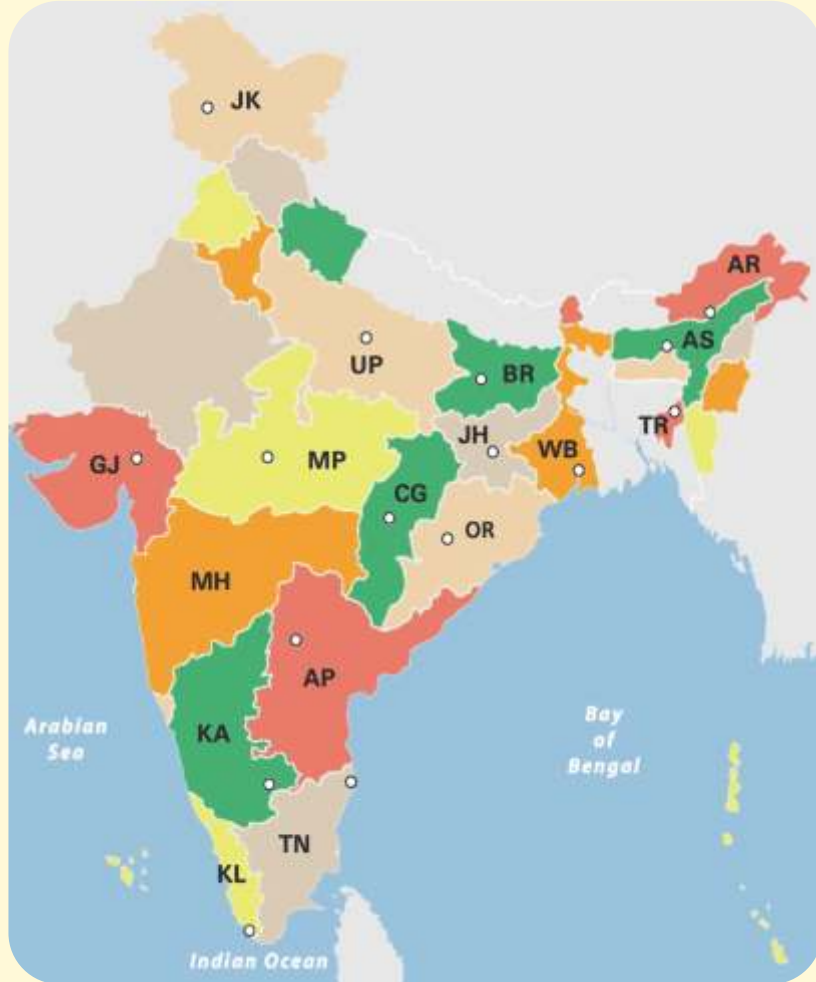
These service projects are catalysts for more growth and more power. The power to change, and to be a part of a larger commitment to humanity. With the strength of the preceding three conferences, the fourth conference inspired leadership.

Some of the service initiatives pledged as an outcome of the conference:

- Empowering social entrepreneurship in Bangladesh.
- Establishing a rural school in Orissa.
- Holistic education for 1500 girl students in Karnataka, India.
- Continuing commitment towards girl child education. Around 4373 underprivileged girl children have been educated since the first Conference in 2005.
- Exploring opportunities, along with the World Bank Institute, to develop schemes to empower women in fragile nations.
- Support for environmental care, beginning with the plantation of 1,000 trees at the conference.
- Expansion of vocational training for widows in Iraq.
- A signature campaign to urge the government of the United States of America to pass a bill to stop violence against women.

## FREE SCHOOLS SUPPORTED BY THE ART OF LIVING – INDIA

Andhra Pradesh  
Arunachal Pradesh  
Assam  
Bihar  
Chhattisgarh  
Gujarat  
Jammu & Kashmir  
Jharkhand  
Karnataka  
Kerala  
Madhya Pradesh  
Maharashtra  
Orissa  
Tamil Nadu  
Tripura  
Uttar Pradesh  
West Bengal





## REMARKS BY CONGRESSWOMAN JAN SCHAKOWSKY

(D-IL) ON APRIL 28, 2010 :



Women from across the world signed on a banner, supporting an end to violence against women. The banner was displayed on stage on April 29th at DAR Constitution Hall for Congresswoman Schacowsky.

Thank you for the opportunity to join you tonight. It is a great honour to be here with so many women and men who are making such an important difference in the lives of our sisters around the world.

And thank you so much for honouring me and our cause to end violence with the incredible banner signed by women from around the world. I feel their presence with me tonight. It's a privilege to be here with a great peacemaker, His Holiness, Sri Sri Ravi Shankar.

I would also like to bring greetings from the Congressional Caucus on Women's Issues. As co-chair of the largest bi-partisan Caucus in Congress, I can tell you first hand that we do not always agree on everything. But one place where we all stand together is in our fight against the horrific and completely unacceptable violence against women and girls around the world.

Women cannot reach their full potential when they must live their lives in fear of violence and abuse. They can't reach their full potential when a pregnancy is a potential death sentence, or when their new-born babies face insurmountable odds to survive.

One in three women worldwide is beaten, coerced into sex, or otherwise abused over the course of her lifetime.

These numbers are devastating, not only to the women who face the abuse but also to their families, communities, and their countries. Violence against women and maternal mortality are not just vicious crimes and humanitarian tragedies, they are also serious global health problems and threats to our national security. This isn't just a women's issue.

It's no coincidence that many of the worst places to be a woman are also the most unstable regions of the globe. Our efforts to promote stability and development will never be successful if half the population is living under the constant threat of violence and denied access to education, healthcare, and economic opportunity.

Women living in the midst of armed conflict, poverty, and instability face a particularly desperate situation. In places like the Democratic Republic of the Congo, rape is used as a low-cost, low-tech, and horrifically effective weapon of war. Hundreds of thousands of women, in DRC alone, have been raped.

In light of these staggering statistics, I am working with Congressman Bill Delahunt of Massachusetts to pass the International Violence Against Women Act, or IVAWA.

IVAWA would elevate the priority of ending violence against women in our foreign policy agenda. This legislation would establish coordination across our government, integrating the safety of women into every aspect of the United States' diplomatic and development policies. IVAWA takes a comprehensive approach to fighting violence against women. It tackles critical issues including access to health programs and survivor services, educational and economic opportunities, legal and judicial protections, and public attitudes toward women and girls. IVAWA has bipartisan, bicameral support, with over 80 co-sponsors in the House.

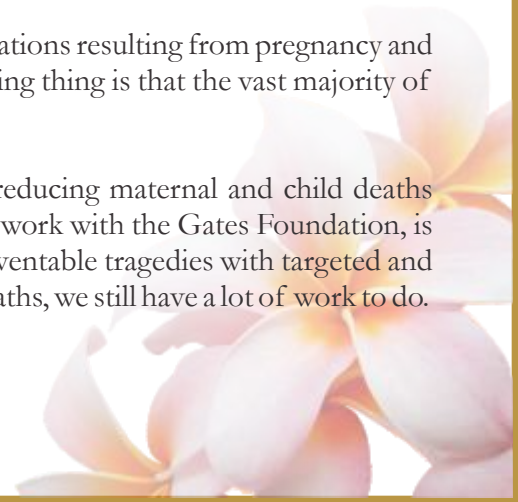
Passing IVAWA is one thing we can do to fight violence against women around the world. Another important step would be to finally ratify the Convention on the Elimination of All Forms of Discrimination Against Women, or CEDAW. The United States is one of only a small handful of countries, including Iran, Sudan, and Somalia, who are not parties to this important treaty, which emphasizes that women's rights are human rights. Our failure to ratify CEDAW sends a negative message to our global partners and hurts our ability to be a true global leader on this issue.

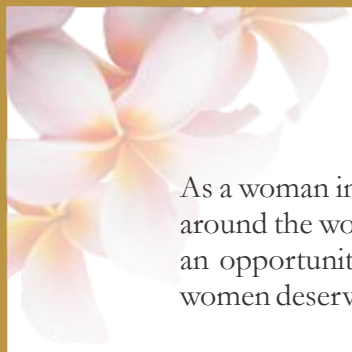
The Obama Administration has made critical strides toward effectively fighting abuses against our sisters around the world. I commend President Obama, and the leadership of Secretary of State Hillary Clinton and Ambassador-at-Large for Global Women's Issues Melanne Verveer, for making halting violence against women a foreign policy priority. But we need more. We need a comprehensive strategy for preventing, responding to, and punishing those who commit violence against women.

We have a responsibility to help women throughout the world gain better access to healthcare. Maternal and infant mortality rates are one of the clearest indicators of a country's quality of healthcare. Bringing those rates down is one of the most effective things we can do to improve healthcare the world over.

To cite just one example, 1 in 8 women die in Afghanistan due to complications resulting from pregnancy and childbirth. That amounts to one woman every 30 minutes. The frustrating thing is that the vast majority of these pregnancy-related deaths are easily and inexpensively prevented.

Over the past decade, we have made some significant strides toward reducing maternal and child deaths around the world. I recently met with Melinda Gates who, through her work with the Gates Foundation, is proving on a daily basis that we can make a difference in eliminating preventable tragedies with targeted and consistent action. Yet even though we are reducing these unnecessary deaths, we still have a lot of work to do.





As a woman in Congress, I feel very strongly that we have an obligation to stand with our sisters around the world. All women deserve to live a life free of brutality and fear. All women deserve an opportunity to fully participate in their societies without the threat of violence. And all women deserve access to quality healthcare and education.

So I thank you for the work you are doing to empower women and their families around the world. It is through your work on the ground that we can have a direct impact on women's lives, and I thank you for your service to the global sisterhood.



## Countries participating at the 4th International Women's Conference

- |    |                |    |                  |
|----|----------------|----|------------------|
| 1  | Australia      | 23 | Mauritius        |
| 2  | Argentina      | 24 | Mexico           |
| 3  | Austria        | 25 | Mongolia         |
| 4  | Bahrain        | 26 | Nepal            |
| 5  | Bangladesh     | 27 | New Zealand      |
| 6  | Belgium        | 28 | Oman             |
| 7  | Czech Republic | 29 | Pakistan         |
| 8  | Egypt          | 30 | Palestine        |
| 9  | Estonia        | 31 | Papua New Guinea |
| 10 | Finland        | 32 | Philippines      |
| 11 | France         | 33 | Poland           |
| 12 | Germany        | 34 | Russia           |
| 13 | India          | 35 | S Africa         |
| 14 | Indonesia      | 36 | Singapore        |
| 15 | Iraq           | 37 | Sri Lanka        |
| 16 | Italy          | 38 | Taiwan           |
| 17 | Jordan         | 39 | Turkey           |
| 18 | Kenya          | 40 | UAE              |
| 19 | Korea          | 41 | UK               |
| 20 | Lebanon        | 42 | USA              |
| 21 | Malawi         | 43 | Zimbabwe         |
| 22 | Malaysia       |    |                  |



## CONFERENCE PARTNERS



IAHV The International Association for Human Values is an international humanitarian and educational non-governmental organization committed to promote resurgence of human values in all aspects of life across the globe. The organization works in special consultative status with the Economic, Social and Cultural Council (ECOSOC) of the United Nations. It focuses on initiatives in areas of disaster and trauma relief, conflict resolution, education for the under privileged, prisoner rehabilitation, youth and women empowerment and environmental awareness.

The Art of Living is a multi-faceted, not-for-profit educational and humanitarian NGO with a presence in over 151 countries. Inspired by its founder's vision of making the world a violence-free, stress-free global family, the organisation is engaged in various initiatives that uplift humanity and enhance the quality of life. The goal of the organisation is to bring peace at the level of the individual, society, nation and the world as a whole.



VED VIGNAN MAHA VIDYA PEETH (VVMVP) was established in the 1981 as a Public Charitable Education Trust. VVMVP is committed to bringing about a scientific reappraisal of traditional knowledge and utilizing it for the benefit of human kind. Since its inception, the trust has executed various projects including education, women's empowerment, scientific research, environment and rural development to bring in a qualitative impact and change in the society.

**VISTA INDIA** (Value Integrated Services for All Project). Established in 1985 in Urugapura, a small village in Karnataka, India, VISTA has transformed the lives of thousands of women and girls from over 30 villages. These women are trained in tailoring and other vocational skills thus providing them opportunity for employment. They can actively contribute to their families' earnings, which in turn leads to the social and economic development of their communities. They are also educated about hygiene and taught yoga and meditation.

L'Officiel India is the Indian version of the leading French fashion bible. L'Officiel, is an unparalleled leader in luxury lifestyle, fashion and beauty in our country since seven years. India's first and only luxury magazine, L'Officiel brings the best of fashion and luxury for the discerning woman.

# LOFFICIEL



Kent - Water is the most precious gift of nature and Kent water purifiers make drinking water 100% safe & pure, with innovative technologies pioneered by Shri. Mahesh Gupta. Kent water purifiers are very popular and is a leading household brand in India.



## CONFERENCE PARTNERS



### Ministry of Culture & Tourism of The Republic of Indonesia

Tourism is the world's largest and fastest growing industry. It is a significant area of economic activity and employs over 200 million people worldwide. It is a particularly important sector for women as their percentages of employment in the most countries are higher than in the workforce in general. There has been a broad increase in the participant of women in tourism at a global level, largely driven by growth in the industry in developing countries.

GAYA HIDUP MASA KINI  
**femina**

**femina** PESONA

STATEMENT OF ACCOMPLISHED WOMEN

**d**  
DEWI  
GAYA KOMUNITAS



## Conference Angels



Mirta Kartohadiprodo  
Eva Iskandar  
Pinky Saptandari  
Raakhee Punjabi  
Sonia Lakhiani  
Srikandi Saptandari  
Damayanti Hakim Tohir  
Nazneen Khubchandani  
Innayat Khubchandani  
Ace Atrianingsih Amir  
Terry Wijaya Supit  
Shanta Bahirwani  
Sunita Lakhiani  
Yazmeen M. Lakhiani  
Sita Manwani  
Rishi Kamal Kumar

Sunder Tolani  
Kim Tolani  
Srikandi Hakim  
Ram Manwani  
GrozaSubhakty  
Herrin Dhillon  
Niqqita Bharata  
Noesreini Meliala  
Yenni Rismayanti  
Chandra Mahbubani  
Farina Dawis  
Mimi Sie  
Seeme Mukhtar  
Suryani Sidik Motik  
Vriti Mahtani  
Ajay Tejasvi  
Aman Gohal  
Ami Patel  
Arvind Tejasvi  
Bhamini Chouhan  
Bharathy Harish  
Chinky Sen  
Darshana Mathur  
Deepali Patel  
Fati Sayadi  
Filiz Odabas-Geldiy  
Janak Patel  
Jaina Desai

Karina Soegarda  
Jaymini Chouhan  
Kamlesh Bharwal  
Kavita KhannaLisa  
Pegram  
Madhushree Tejasvi  
Mallika Krishna  
Mawahib Shaibani  
Naeem Zamindar  
Natalie Schaller  
Nirali Desai  
Oscar  
Puja Handa  
Puravi Hegde  
Rajita Kulkarni  
Rekha Patel  
Resha Desai  
Ritu Chaddha  
Ruby Suresh  
Sajeev Menon  
Sangeeta Kapoor  
Sejal Rashmiya  
Shreya Shah  
Sriram Chandrashekhar  
Tina Motaye  
Tripta Dhawan  
Vidyut Udiavar  
Vita Liao



# CONFERENCE PARTNERS





*Balinese wood carving*

Bali is culturally very rich. Its artifacts are globally appreciated

**AOL Indonesia**

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