



# Ahimsa Trust

Mindfulness · Community · Education  
Initiatives



*Thay planting a Banyan sapling in Jamun Village, 2008*

***'Now we have a path, we have nothing more to fear'***

*- Thich Nhat Hanh*

10th August, 2022

Dear friends,

After facing a scorching summer, we welcome the monsoon rain with open arms enjoying 'chai and pakoras.' It is refreshing to see the dust on the trees being washed down and the different shades of green everywhere. When Thay visited India in 2008 he had planted a Banyan sapling in Jamun Village Mindfulness Centre in Dehradun. Thay and his teachings continue in each of us as Ahimsa Trust planted a grove of 8 Sita Ashok trees in the cardinal directions at the Jamun Village to commemorate the Dalai Lama's 87th birthday on 6<sup>th</sup> July.



***(Sita Ashok/ Saraca Indica is the tree under which the Buddha was born according to the Chinese canon).***

Dharmacharya Shantum spent ten days at Plum Village in France, celebrating 40 years of Plum Village. This was also a gathering of monastics and many old time practitioners for the first time since Thay's passing. It was a time of remembrance and honouring Thay, our teacher and also nourishing our togetherness as Dharma siblings. Thay's presence was felt everywhere especially in his masterpiece of a beautiful and harmonious



fourfold global sangha. Ahimsa Trust feels blessed to be representing Plum Village in India and in taking Thay's vision forward to create mindful schools and building sangha, including the Corporates, CRPF and the Police. Below is a link with interviews of long-time practitioners who lived or were frequent visitors of Plum Village, ranging from the early 80s to the present

day.

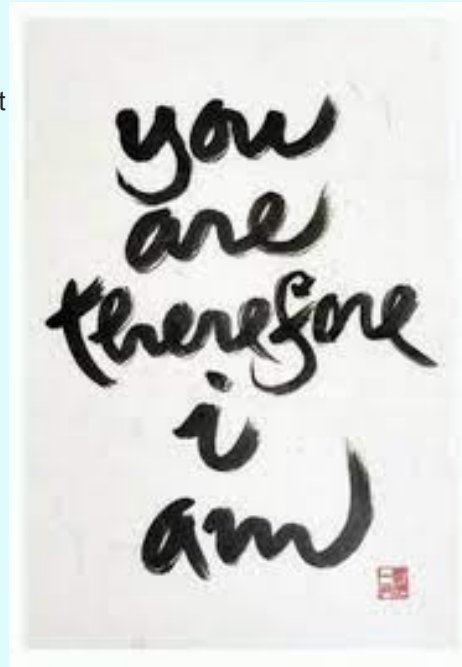
<https://www.youtube.com/watch?v=AhiSNCKIaU0>

## UPCOMING EVENTS

1. **Courses/Retreat:** A 12-week Educators Retreat for core teachers of schools interested in embodying the practice and spirit of mindfulness. The objective is to create a community of mindful teachers in each of these schools who will introduce and continue the practice with the larger school community.

2. **Evenings of Mindfulness** (includes talks, practices, meditations): Once a month or every last Sunday of the month. Details will be sent by email.

3. **Sangha gatherings on Mindfulness:** Gurgaon, Noida, Central Delhi, Dehradun, South Delhi. Led separately by each sangha on a fortnightly or monthly basis on Zoom. Please visit our website for details <https://ahimsatrust.org/events/> You may contact the coordinators directly or write to us at [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com)



## AHIMSA NEWS

Ahimsa has been involved with a number of activities in the last few months. It has been our endeavour to reach out and support people in need, with our programmes. If you scroll down or click on the Read More link at the end of this box you can get details on some of our projects/programs, as well as links to our talks.



## **I. Covid Relief Programme**

With Covid cases again on the rise, Ahimsa Trust continues to offer support to the villages near Shantiniketan and Dehradun in providing Covid relief supplies to the people and families who are being affected. [Read More](#)

## **II. Sustainable Livelihoods**

Our community development initiatives continue in the villages in the Santiniketan areas in West Bengal, India. We have introduced a new '**Health for All**' programme in January 2022 [Read More](#)

## **III. Mindfulness**

Ahimsa has continued to offer a number of talks and teachings online. Please feel free to join any of them in future and click on Read More for details/ links to talks and programmes in the last few months.

- A. **Six online Evenings of Mindfulness** led by Dharmacharya Shantum, open to all in India and abroad, during the week after Thay's passing (23rd Jan to 29th January, 2022) [Read more](#)
- B. **Orientation for the Shiv Nadar School**, Noida led by Dharmacharya Shantum (9th April, 2022) [Read more](#)
- C. **'Together we are One' a four day hybrid retreat in Dehradun, India** with Brother Thay Phap Luu, Brother Thay Phap Khoi and Dharmacharya Shantum (14th to 17th April, 2022) [Read more](#)
- D. **An offering of a talk on Mindfulness at Antara Senior Living, Dehradun, India** (14<sup>th</sup> April, 2022). [Read more](#)
- E. **An Evening of Mindfulness at Dehradun, India** (17<sup>th</sup> April, 2022). [Read more](#)
- F. **A pilgrimage retreat to Bodhgaya, Sarnath and Rajgir, India** led by Dharmacharya Shantum (20th April to 1st May, 2022) [Read more](#)

G. **Buddha Purnima celebration at Sankriti Kendra, New Delhi, India** (16<sup>th</sup> May, 2022). [Read more](#)

H. **A Half Day of Mindfulness with the Shiv Nadar School educators** (17<sup>th</sup> May, 2022). [Read more](#)

I. **A Day of Mindfulness for senior staff/employees of the Shiv Nadar Foundation** (18th May, 2022). [Read more](#)

J. **Fortnightly and Monthly Sangha gatherings** led separately by our Gurgaon, Noida, Central Delhi, Dehradun and South Delhi sanghas on Zoom.

K. Translation of Thich Nhat Hanh's books/practices in Hindi and other languages.

L. **Recitation of the 14 Mindfulness trainings** every full moon, every month.

#### **IV. Education Support**

Ahimsa Trust, through its donors and well-wishers continues to support the school education of a number of economically disadvantaged children. It gives us great pleasure to let you know that one of the sponsored students has joined one of the leading IT company. Please contact us if you want to support a child's education. [Read More](#)

#### **V. Jamun Village**

The work on the land of Jamun Village continues. The monastics led a Recitation of the 14 Mindfulness Trainings in Jamun Village, Dehradun on the 16th of April 2022. [Read More](#)

#### **AN APPEAL**

We are very thankful to our donors who supported us for our Covid Relief Programme in Shantiniketan and Dehradun. We continue to appreciate any support for setting up Jamun Village, a Mindfulness Practice Centre in India and would love for you to be part of this vision. The work on Jamun Village is progressing under phase 1 of completion. Please write to us if you are interested in knowing more about Jamun Village and we will send the proposal and detailing of the 3 Phases.

#### **VOLUNTEERING OPPORTUNITIES**

Ahimsa is a volunteer driven organisation. We are very thankful to the volunteers who worked to put together the Education Proposal which we sent out to schools who were interested in our program. We are grateful to each volunteer of our community who has offered their valuable time for assisting with our various programs. Our work in Shantiniketan and Dehradun would not have been possible without their continued support.



If you are located in the US please find the following link for donations through "Friends of Ahimsa Foundation' (FOA), a 501(c)(3) entity. Donate If you are in India or anywhere else in the world please click on the Donate button below.

***“When we live in the spirit of gratitude, there will be much happiness in our life”***

***- Thich Nhat Hanh***

Our volunteers continue to help in translating practices and texts into Hindi. Many friends have offered their time, energy, and resources.

We are still looking for Tech support to guide us on social media, mail chimp and other online platforms. A few hours per week or even a weekend would be great.

For our Mindfulness Practice Centre, Jamun Village, we are looking for landscape architects, enthusiastic gardeners, designers who can share their insights and inputs. Please feel free to offer whatever little time or energy you can afford.

Do join our wonderful volunteer team!

**Donate**

## **MEDIA & OUTREACH**

### **Inspiring articles in Newspapers**

In these times of turmoil and the various crisis like wars & social unrest across the globe we can seek solace in this beautiful article written by Thich Nhat Hanh. This was published in the Speaking Tree section of The Times of India, the largest English language paper by circulation in the world with over 3 million copies.

## **SUGGESTIONS**

**"How to Be a True Friend"** Brother Pháp Hữu's name means **"Dharma friend"**. In this live talk , Brother Pháp Hữu speaks to us about how to be a true friend, and how to live in harmony with those around us in our family and community. We learn about Thầy's work to renew Buddhism, to make it simpler and more relevant to our times - and why Thầy says the work is not done.

<https://www.youtube.com/watch?v=tYRI3ZtjC4>

### **Book Recommendation:**

'Silence: The Power of Quiet in a World Full of Noise'- by Thich Nhat Hanh





*Our hearts and minds are so full of noise that we can't always hear the call of life and love. To hear that call and respond to it, we need silence. Through silence, Thich Nhat Hanh reveals, we are free to hear, to see - and just be.*

Published by: Rider. The Kindle Edition, paperback and Hard Cover available on Amazon India.

Ahimsa Trust's volunteer Communications Team continues to supply inspiring articles in the Speaking Tree magazine section of The Times of India and The Economic Times newspapers. Do watch out for them.



**Ahimsa Trust organised an online memorial service for Premnath Seth, the Chairperson and Founding Trustee of Ahimsa on his first death anniversary on 5th August, 2022 to honour and celebrate a life well lived.**

[https://youtu.be/mdBh2PFU\\_MQ](https://youtu.be/mdBh2PFU_MQ)

With mairi and a deep bow,  
**Ahimsa Trust**  
[ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com)

If you have any questions, please feel free to speak with Shalini at 8860694315 (10 am to 3 pm) or you can check our website [www.ahimsatrust.org](http://www.ahimsatrust.org)

Donate

[Read More](#)