



Ahimsa Trust

Mindfulness * Community * Education
Initiatives



“When we live in the spirit of gratitude, there will be much happiness in our life. The one who is grateful is the one who has much happiness.”

- Thich Nhat Hanh

August 2025

Dear friends,

As the monsoon rains of July wash over the earth, they remind us of the beauty of renewal and the power of gratitude. At Ahimsa, we are deeply thankful for the support, trust, and encouragement you've shown us throughout the past year. With your continued presence, we look forward to walking ahead, together.

In the words of our Sangha friend, Sheela, “Monsoon whispers fall, gratitude blooms, soft and wide hearts walk on as one.”

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AHIMSA NEWS

Over the past few months, Ahimsa has been engaged in a range of activities. It has been our endeavors to reach out and offer support to those in need through our various programmes. We invite you to [Read More](#) and explore the details of our ongoing projects — from Sustainable Livelihoods and Jamun Village initiatives to our Education programmes, Mindfulness offerings - both online & offline, including Mindfulness retreats and workshops, especially those designed for young people from disadvantaged backgrounds.



Mindful Walking at Shiv Nadar School, Noida (Feb 2025)

A. Jamun Village – Plum Village India Centre, Dehradun

Work at Jamun Village, the Plum Village India Centre of Ahimsa Trust in Dehradun, has progressed steadily over the past few months. The residential hut has been completed, and the next focus is to build a toilet block. A four-day retreat was held in Jamun Village in March 2025. [Read More.](#)

B. Mindfulness

Over the past few months, Ahimsa has continued to offer a number of online and in person talks and teachings. Click on [Read More](#) for details/links to talks and programmes from the past few months.

I. Retreats and Mindfulness Workshops

- **Mumbai Sangha Gathering (Online)** | Led by Dharmacharya Shantum (8th September 2024)
- **Talk by Dharmacharya Shantum** | International Buddhist Confederation's (IBC) Media (11th September 2024)
- **Talk on the Application of Mindful Communication in Conflict Avoidance at Vivekananda Foundation** | Organised by the International Buddhist Confederation (11th September 2024)
- **Talk offered for Equinox Meditation for Peace, World Upshift Forum** (Recording for Lady Mohini Kent) (20th September 2024)
- **Day of Mindfulness at Sanskriti Kendra, Delhi** (13th October 2024)
- **Talks and Sessions on Mindfulness in Kathmandu, Nepal** (14th – 16th October 2024)
- **Talks and Sessions on Mindfulness in Thimphu and Paro, Bhutan** (17th – 20th October 2024)
- **Talks and Sessions on Mindfulness in Ranthambore, Rajasthan** (21st – 23rd October 2024)
- **Talks and Sessions on Mindfulness in Galle and Tangalle, Sri Lanka** (24th – 27th October 2024)
- **Talks and Mindfulness Sessions in Bihar, UP and Nepal** (3rd – 16th November 2024)
- **Talks and Mindfulness Sessions in Vietnam, Cambodia, and Laos** (1st – 19th December 2024)
- **Core Facilitator Gathering and Training** (22nd December 2024) Governing Body Meeting (Zoom) | Maha Bodhi Society of India (11th January 2025)
- **Talks and Discussions on Gandhi 3.0** | Ahmedabad, Gujarat (15th – 19th January 2025)
- **Zoom Call recording with Stephen and Martine Batchelor and Bodhi College in China** (6th February 2025).
- **Deer Park Pilgrimage led by Dharmacharya Shantum Seth and Plum Village Monastics** | Talks and Mindfulness Sessions in Bihar and UP (9th – 22nd February 2025)
- **Evening of Mindfulness in collaboration with IIC and Aleph Books (Public Talk) & Book Launch** | Mindfulness is a Source of Happiness at India International Centre (IIC), Delhi (24th February 2025)
- **3-Day Mindfulness Retreat / Workshop** | The Way Out is In at Shiv Nadar School, Noida (26th – 28th February 2025)
- **Day of Mindfulness** | Be Still and Know at The Doon School, Dehradun (2nd March 2025)
- **4-Day Mindfulness Retreat / Workshop** | I Have Arrived, I Am Home at Jamun Village, Dehradun (4th – 7th March 2025)
- **Talk | Buddha as a CEO** | Harvard Business School Alumni at Sunjay Kapur's Home, New Delhi (4th March 2025)
- **Evening of Mindfulness** | Peace in Oneself, Peace in the World at Dehradun Prison (8th March 2025)
- **Morning of Mindfulness** | This is it, at Antara Senior Living, Dehradun (In collaboration with Antara, Plum Village monastics and Dharmacharya Shantum) (11th March 2025)
- **Half Day of Mindfulness** | Wake Up at Aasra Trust, Dehradun (13th March 2025)
- **Holi Celebration with Plum Village Monastics** (14th March 2025)
- **Talk in Agra on Mindfulness and History** (30th March 2025)
- **Talk at DISOM Group Orientation, Thano, Uttarakhand** (1st May 2025)

- **Buddha Purnima Celebration** | Talk and Meditation at Sanskriti Kendra, Delhi (12th May 2025)
- **4 Talks for Mehr at Jnana Channel** | Topics: 1. Mindfulness 2. Buddha Story 3. Interbeing 4. Conflict Resolution | Jamun Village, Dehradun (18th May 2025)
- **Visit of DISOM to Jamun Village for Afternoon of Mindfulness** (20th May 2025)
- **Talks on Mindfulness and History in China** (30th May – 19th June 2025)
- **Interview with Kavita Berry of Civil Society magazine** (21st June 2025)
- **G-PIE Talks & Q&A on India, Mindfulness, History, and Gandhi** | Dehradun, Agra, Delhi (27th – 30th June 2025)
- **Public Talk by Dharmacharya Shantum Seth at The Doon School, Dehradun** | Annual General Meeting of the Boarding Schools' Association of India (BSAI) (6th July 2025)
- **Films on Women in Buddhism by sangha member and film maker, Teena Gill followed by a panel discussion including the Interbeing Tradition of Plum Village** (10th July 2025)
- **Relay Reading of The Way of the Bodhisattva for Tibet House US (Zoom)** (12th July 2025)
- **Represented Ahimsa Trust on the celebration of His Holiness the Dalai Lama's 90th Birthday** | Organised by IBC (13th July 2025)

II. Ongoing & Monthly Activities

- Online / In-Person fortnightly and monthly Sangha gatherings led separately by **Gurgaon, Noida, Central Delhi, Dehradun, Wake-Up, Mumbai, and South Delhi Sanghas.**
- Recitation of the 14 Mindfulness Trainings every full moon, every month.
- Translation of Thich Nhat Hanh's books and practices into Hindi and other languages.

C. Wake Up India

Since the last 3 years, Ahimsa's focus has been to expand the Wake-Up community of young mindfulness practitioners (ages 18-35). [Read More.](#)

D. Sustainable Livelihood

Over the years, community development initiatives continue in the villages in the Shantiniketan area in West Bengal, India. Ahimsa's rural programmes in the last year, focused on fruit tree care, organic fertiliser production, vegetable gardens, and community celebrations. [Read More.](#)

E. Education Support

Ahimsa Trust, with the continued support of our generous donors and well-wishers, is able to support the school education of children from economically disadvantaged backgrounds. [Read More](#)

AN APPEAL

Ahimsa is most grateful for the generous support we have received from our donors for our ongoing programmes in Shantiniketan, New Delhi and Dehradun. Your contributions have helped us continue our work with care and commitment.

We are happy to involve friends and well-wishers in supporting the development of Jamun Village, our Mindfulness Practice Centre in India. Work on Phase I continues.



If you are interested in learning more about Jamun Village, please write to us, and we will be happy to share the vision with you. For those located in the U.S., donations can be made through the Friends of Ahimsa Foundation (FAF), a registered 501(c)(3) organization. If you are in India or anywhere else in the world, please use the Donate button below to contribute.

“Compassion is a verb.”
- Thich Nhat Hanh

VOLUNTEERING OPPORTUNITIES

Ahimsa is a volunteer-driven organisation, and we are thankful to every member of our community who have generously offered their resources, space, time and energy to support our work. Much of what we have been able to do has only been possible because of this spirit of collective effort of the sangha. Volunteers continue to support us in many ways including organising retreats and monthly mindfulness sessions, translating key texts and practices into Hindi which makes our work more accessible, fundraising etc. Our enthusiastic Resource Team shares online - valuable talks, quotes, teachings and insights in Hindi and English every week as part of our outreach. We are currently looking for volunteers with tech skills who can assist with social media, MailChimp, and other online platforms. For our Mindfulness Practice Centre, Jamun Village, we warmly welcome landscape architects, passionate gardeners, and designers who can share their creativity and expertise. We are also seeking guidance and ideas for best practices in solar energy, an area of urgent need. Even a few hours a week or a weekend can make a meaningful difference. Whatever time or energy you can offer is truly valued.

Come be a part of our wonderful volunteer family, we would love to have you join us!

Donate

MEDIA & OUTREACH

Inspiring articles in News

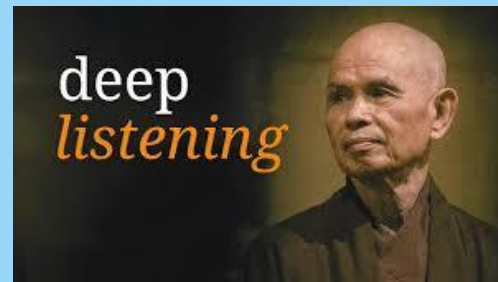
Inspiring articles in Newspapers In these times of turmoil and various crisis like wars & social unrest across the globe, we can seek solace in this beautiful article written by Thich Nhat Hanh. This was published in the Speaking Tree section of The Times of India, the largest English language paper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



<https://timesofindia.indiatimes.com/blogs/toi-edit-page/dont-be-imprisoned-by-your-suffering/>

Ahimsa Trust's volunteer Communications Team continues sharing such inspiring writings in the Speaking Tree sections of The Times of India and The Economic Times. Please look out for them.

SUGGESTED WATCH



Deep Listening | Teaching by Thich Nhat Hanh

In this profound teaching, Thich Nhat Hanh shares the art of deep listening as a powerful practice of compassion. When we listen with full presence without judgment or interruption, we help relieve the suffering of the other person. Deep listening is not only a gift to others, but also a path to healing and transformation within ourselves. In this video, Thich Nhat Hanh reminds us that true communication is only possible when we are fully present, and that deep listening is a foundation for peace in ourselves, in our relationships, and in the world.

Do take a pause and enjoy this short reflection:

https://www.youtube.com/watch?v=JZxM_YnbTrU

BOOK RECOMMENDATION

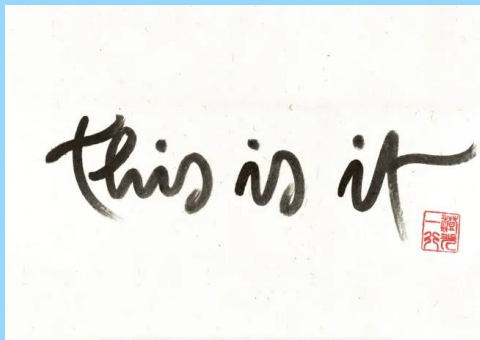


Mindfulness: 'A Survival Kit' Five Essential Practices by Thich Nhat Hanh.

In this book, Thich Nhat Hanh offers practical guidance for living mindfully in a world filled with distractions, uncertainty, and stress. He presents the Five Mindfulness Trainings as a modern-day code of ethics. A true survival kit for inner peace, compassionate living, and collective healing.

Published by: Aleph Book Company. Available on Amazon India.

UPCOMING EVENTS



1. **A Day / Evening of Mindfulness**, including a talk and meditative practices are organised usually on the 4th Sunday, every two months. These sessions are free of charge and can be in person or online. They are open to all our sangha groups, and anyone interested in the practice. Please check our website for details under 'Upcoming Events' and ensure you are registered on our mailing list.

2. **Fortnightly or monthly online/physical Sangha gatherings** on Mindfulness are offered by the various Sanghas in Gurugram, Noida, Delhi, Dehradun, and Mumbai. The Wake-Up sangha (for 18- to 35-year-olds specifically) meets online every month. Please refer to our website for details. www.ahimsatrust.org

3. **Online full moon recitations** of the 5-mindfulness training and the 14-mindfulness training take place every alternate month. All are invited.

4. **Monastics from Plum Village** are expected to visit India in February 2026. An in-person day of mindfulness is planned for in Delhi, on Sunday the 15th of February. A 5-day in person retreat/workshop is also tentatively planned for Dehradun from the 18th to the 22nd of February at Jamun Village. Please look out for details on our website, mail chimp and whatsapp groups.

Wishing you all well.

With maitri and a deep bow,

Ahimsa Trust

ahimsa.trust@gmail.com

If you have any questions, please feel free to speak with Aishwarya at 8860694315 (10.30 am to 6 pm). **Please do visit our website** www.ahimsatrust.org

Donate

[Read More](#)