



KSSEM

KammavariSangham (R) 1952
K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT
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DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

Report on

Field Visit to Art of Living International Center, Bengaluru

The Department of Electronics and Communication Engineering organized a Field Visit to the Art of Living International Centre, Ved Vignan Maha VidyaPeeth, 21st km, Kanakapura Road, Udayapura, Bengaluru, Karnataka-560 082, for the 3rd Semester ECE students on 28th February 2023.

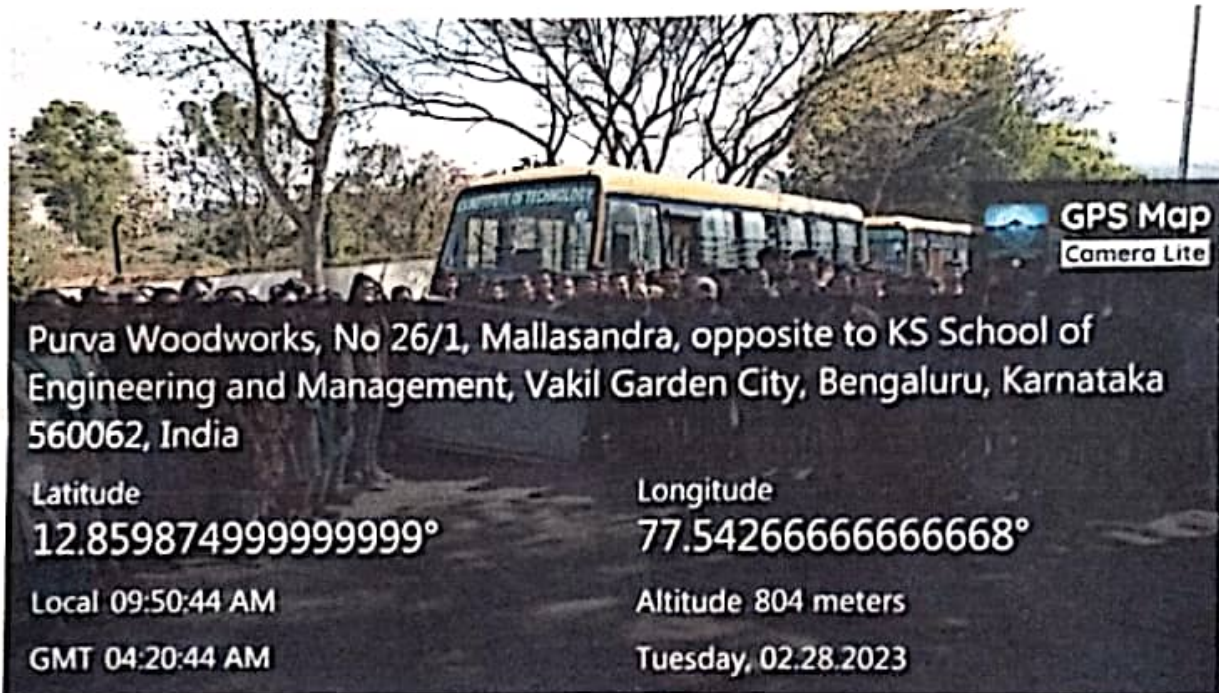


Fig 1: Group photo taken at KSSEM campus, before leaving for the visit to Art of Living International Center

In accordance with the curriculum of 3rd semester course on "Social Connect and Responsibility" (21SCR36), the visit was organized to observe and educate the students regarding the work done by the ashram in areas including Wet Waste Management, Rainwater Harvesting and Organic Farming, along with social welfare initiatives.

The faculty members Mrs. Vijayalaxmi C. Kalal, Assistant Professor, Mr. Ravikiran B A, Assistant Professor, Mrs. Hemapriya M, Assistant Professor, Mr. Anilkumar G P, Instructor and Mr. Satish, Attender accompanied the students during the visit.

The ashram is located on the outskirts of Bengaluru. It is spread over three hundred acres of land. As soon as we entered the ashram the volunteers guided us through the ashram.





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During the field visit the students visited the following sections of the Ashram:

- Sri Sri Gaushala
- Art of Living Permaculture Farm
- Sri Sri Gurukul
- Vishalakshi Mantap
- Annapoorna Hal I- the Art of Living's Community Kitchen

Sri Sri Gaushala

The Sri Sri Gaushala has been set up at the ashram, in order to preserve and protect indigenous cows. This initiative aims to preserve and educate the visitors regarding the various indigenous breeds of cattle including Gir, Sahiwal, Ongole, Kangayam, Tharparkar, Kasargida, Kankrej, Dangi, Alambadi, Hallikar, Rathi, Pulikulam, Umbalacheri, & Punganur breeds. The Gaushala hosts a total of 800+ cows, belonging to 15 Indian breeds. The five products obtained from the cows i.e., milk, curd, ghee, urine, & cow dung are used in medicine, pesticide, manure & for various other household remedies. Fixed meals of fresh and dry fodder, gram husk, and mineral supplements are served to them in their sheds, twice a day. They are let out mid-morning for grazing. The cows are milked twice a day and the milk is distributed in the ashram. Production of biogas (methane) and manure from cow dung is done for meeting the energy and manure needs at the ashram.

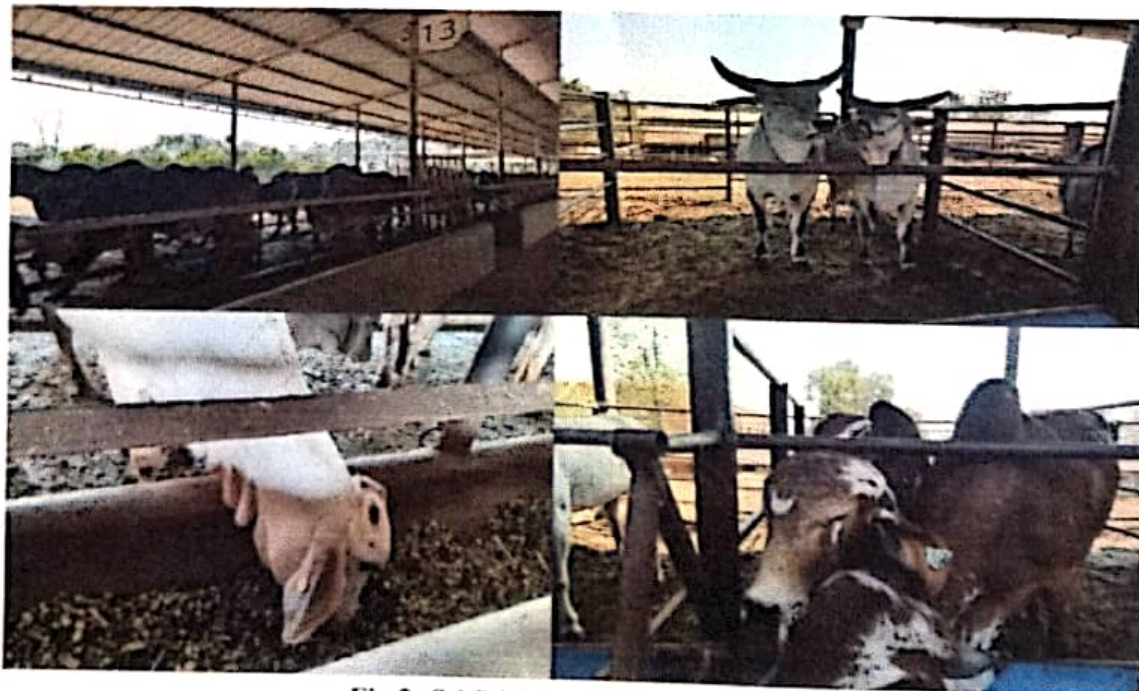


Fig 2: Sri Sri Gaushala's Desi Cows



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Art of Living Permaculture Farms

Permaculture is a sustainable farming technique that protects the environment, public health, human communities, and animal welfare is used, with excellent and healthy organic yields. The highlight of permaculture practice is that it is done without irrigation or tilling to save fossil fuels. In this initiative, over the last 10 years, volunteers have been working on Permaculture-based Organic Farms, which have converted the formerly barren land into fertile agricultural land, which yields crops including exotic vegetables and fruits, food crops and floriculture crops.

It is a unique concept of permanent agriculture restoring of farming for a sustainable planet. Here, steps and trenches have been dug in the sloped regions, for water harvesting, garden beds have been raised, fruit trees were grown, and bamboo and mud huts were built to ensure sustainable green building. The harvested water has been filling up the nearby ponds and has improved the water table in the region, which has improved yields in the farms.

The food produced in the farms is being supplied to the Ashram, and the byproducts are used as fodder for the cattle, and the waste products are composted. In this way, the 7 acres of mountainous land has been transformed into a living food forest with abundant food supply. Now, the ashram trains the people and inspire them to take up permaculture to bring sustainable farming back to life by offering programs in permaculture farming both in offline and online modes.



Fig: Trainer at the center explaining about Permaculture, Rainwater harvesting and Composting





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The biodegradable farm waste and kitchen waste is turned into a compost to produce compost, which is used as fertilizer. The compost bins are layered with wet waste as well as dry waste, and over a period of weeks, compost is produced. The compost bins also act as starter bins for initial growth of small plants and microgreens, which are later transplanted to the ground.



Fig: Compost bins at the Permaculture farm

Sri Sri Gurukula

The Veda Agama Samskrutha Maha Patashala is an initiative by the Art of Living, which aims to impart Vedic education to underprivileged students from all over the country. The Pathasala was started in October 2002. Here, the students come from all over the country to learn the Dravidian styles as well as all aspects of learning related to temple worship with general education. The students from underprivileged backgrounds are provided free residential facilities, food and education in the Vedic traditions and rituals. The Art of Living also provides free education to students from economically weaker sections all over the country.



Fig 3: Panchmukhi Ganesha Temple



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The students are provided with free boarding and lodging facilities, within the campus. It has become a centre of excellence, not only in Veda, Agama, and Sanskrit, but also in Jyothisham, Saiva Siddhantha, Sangeetham, Yoga, Vedic Mathematics, Thirumarai, Shilpa Sasthra, etc. which are also taught here. Other than this education, the specialised skill of each student is analysed and necessary steps are taken to improve their skills.

Vishalakshi Mantap

The Vishalakshi Mantap is a 5-tier meditation lounge. This mantap was conceived and designed by Sri Sri Ravishankar guruji in the memory of their mother, Smt. Vishalakshi. It has 1008 lotus petals. It has a glass dome at the top and is the Asia's largest cupola. Mrs. Shweta, the head at the centre for Government programs for Karnataka region, talked to the students about the importance of concentration and focus through a small game; followed by a mediation training session.



Fig: Vishalakshi Mantap at left; Students with Mrs.Shweta at right



Fig: Students and faculty at the Vishalakshi Mantap, Art of Living International Centre, Bengaluru



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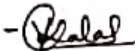
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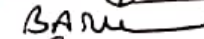
Annapoorna Hall - the Art of Living's Community Kitchen


The Art of Living's Annapoorna Hall is their Community Kitchen. It serves around 23,000 meals a day to thousands of people from across the world. People from diverse cultures, borders, and backgrounds sit together, and eat in the huge dining area, with a feeling of oneness. The food grown in the permaculture farms is cooked, and the food is distributed for free to the visitors and staff in the Ashram.

The visit was a very educational experience, where the students learned about various initiatives that can be employed towards social welfare practices, environmental protection and sustainable farming.

The students learned about the individual's role and responsibility towards protecting our environment and get nutrient rich food for us, our family, for the welfare of human and animals. The Ashram is an institution which gives importance to the traditional way of farming, meditation to lead a stress-free life, a place where abounded animals are taken care, and it creates awareness to public by conducting various training sessions.

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