

## AVP Rishikesh - World Humanity Day Celebrations

The serene atmosphere of **Swami Dayanand Saraswati Ashram** in Uttarakhand became a haven for celebrating **World Humanity Day** on 19th January 2025. This significant occasion, dedicated to promoting human values like empathy, compassion, and peace, was marked by the presence of the esteemed Chief Guest, **Sri Anant, Inspector General (IG ) of Uttarakhand**, and presided over by our **Head Acharya Swami Sakshatkrtanand Ji**.

The day's proceedings began with a divine **Pooja at Sri Gangadhareshwar Mandir**, where participants sought blessings for global harmony and unity. This was followed by heartfelt **obeisance to Pujya Swami Ji's Samadhi**, a moment of deep reverence for the spiritual legacy of **Pujya Swami Ji**. The ceremonial **flag hoisting** at the Ashram grounds set a tone of unity and pride for humanity, as the gathering resonated with prayers for peace and coexistence.

### **Humanity Pledge: A Commitment to Compassion**

A moment of profound significance was the collective recitation of the **Humanity Pledge**, where all present pledged to embody and spread values of love, respect, and harmony. Together, we vowed:

*"I wholeheartedly pledge to behave with everyone in a way I wish them to behave with me. I commit to care for peace and harmony at every level with dedication and devotion. I will make conscious efforts for the development and evolution of human qualities such as empathy, altruism, unconditional love, friendliness, balance, non-violence, and poise. I pledge to radiate this positive thinking across the entire world."*

The pledge echoed the shared resolve to become agents of change, fostering a world rooted in compassion and mutual respect.

### **A Call to Reflect on Humanity**

In the opening address, delivered a powerful message on the essence of humanity. This reminded everyone of the importance of living with dignity, kindness, and selflessness, underscoring that humanity is not just a concept but a way of life.

The event was thoughtfully organized by **Br Sarad** and **Br Utkarsh**, dedicated students of the **Ashram's three-year course**, who have been serving the Ashram with unwavering commitment. Their meticulous planning ensured the program's success, and they skillfully led the participants through the **Bhuta Shuddhi Kriya**, a profound practice aimed at cultivating inner peace and mental clarity. This ancient practice, aimed at purifying the body, mind, and spirit, left attendees feeling rejuvenated and aligned with the core principles of humanity. Participants experienced a sense of inner calm and clarity, symbolizing

the path to inner consciousness and collective peace.

### **Celebrating Human Values**

World Humanity Day 2025 served as a reminder that humanity transcends boundaries and definitions. It brought together individuals from diverse backgrounds, united in their commitment to uphold human values. The program emphasized the importance of reconnecting with our fundamental nature and living in harmony with others and the environment.

Addressing the gathering, **Swami Sakshatkritananda Ji** emphasized the need for compassion, mindfulness, and unity to overcome modern challenges. He urged everyone to embrace the values of selfless service and universal brotherhood as a way of life. Chief Guest, **Sri Anant** echoed these sentiments, highlighting the transformative power of spiritual practices in building a society rooted in love and harmony.

The celebration concluded with a heartfelt prayer for global peace and prosperity. The attendees left inspired and rejuvenated, carrying forward the message of universal humanity. The **World Humanity Day event at Swami Dayanand Saraswati Ashram** served as a beautiful reminder of the power of unity and the timeless relevance of spiritual wisdom in creating a compassionate and harmonious world. Om Tat Sat.

