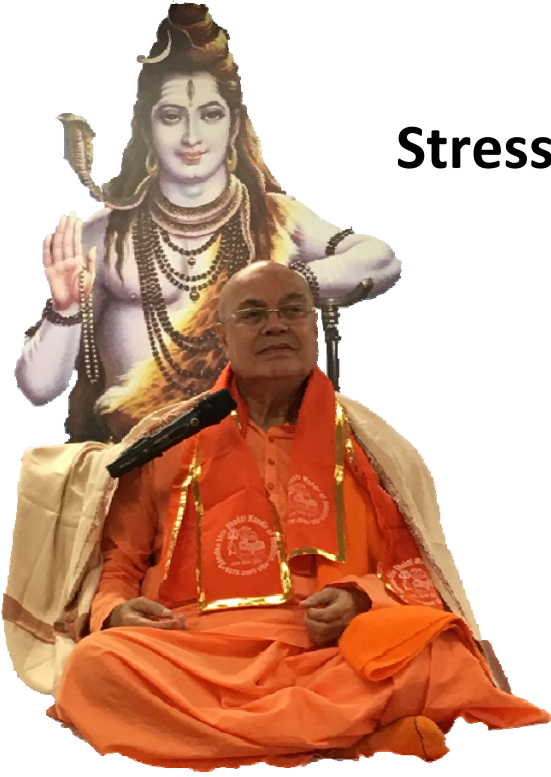


॥श्री गणेशाय नमः॥



# Stress Management in day to day life

With

**H.H. Swami Adhyatmanada**

**October 16<sup>th</sup> 2018**

Tuesday

**5:00pm to 6:30pm**

**9301 Frazier Pike, Little Rock, AR 72206**

**H.H. Shri Swami Adhyatmanandaji Maharaj** is a spiritual legend who touches everyone's heart as he radiates Divinity, Peace, Love & Compassion. Making the most esoteric subjects of spirituality such as Vedanta, Upanishad, Geeta, simple through a perfect blend of humor, melodious singing and easy to understand practical guidance, Swami Ji has inspired millions of devotees in his monastic life of 45 years. He has made an enormous difference in the lives of youth by inspiring them to attain success, leave addiction and learn true values. He is the President of Sivananda Ashram, Ahmedabad as well as of Gujarat Divya Jivan Sanskrutik Sangh.

- Swamiji conducted over **1000 Yoga Camps** all over the world.
- He is a **Centurion Blood Donor** and has also organized **230 Blood Donation Camps**
- His love for mother earth made him plant more than 10 million saplings around the globe.
- He represented India for **World Peace conference** at Chiapas, New Mexico in 1999.
- **Universal Peace Foundation** has awarded him as the **"Ambassador of Peace"** in 2008.
- He organized first vegetarian conference at Beijing, China in 2009.
- He is a recipient of **"Life Time Achievement Award"** from **India Canada Cultural and Heritage Association Inc.** at Winnipeg, Canada 2005,
- **Institute Of Science And Technology** has awarded him **"Gem Of India"** in August 2016.
- *Hon. Governor of Gujarat Mr. Omprakash Kohli* presented him the title of **"Glory of Gujarat"** in 2017 on behalf of **Indian Council Of Social Welfare (ICSW)**