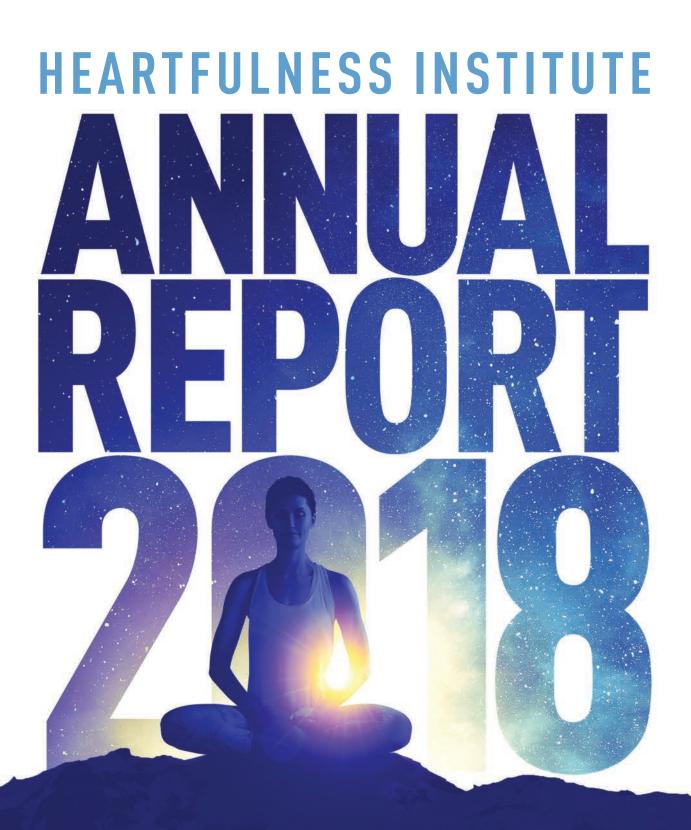
heartfulness



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FOREWORD **BRIDGING SCIENCE AND SPIRITUALITY**

Dear friends,

We are living at a most profound time in human history where science and spirituality are naturally coming together into an integrated worldview. Heartfulness is a simple, practical, scientific approach to spirituality. With Heartfulness, we experience the inner states by being the observer, the experimenter, as well as the experiment. Our heart is our laboratory. Through the practices, our consciousness expands and awakens into realms that were previously unavailable to us. We open up more and more of our potential and human capacity. We especially begin to notice the change in the heart-based qualities of love, courage, enthusiasm, compassion, empathy, generosity, benevolence and humility. Also, the ability to listen to the heart, discern and make wise choices. A third area is the ability to accept life as it comes, respond in a poised, balanced manner and chart our way through day-to-day existence with equanimity and joy. Try it for yourself, using a scientific approach to your own inner development. This would not be possible without the cooperation of the institutions. We have so far touched a few million students around the world. Heartfulness is a journey full of wonder and expansion of knowledge. Everything is already inside us; it is simply a matter of uncovering what is there. I invite you to join us on this magnificent journey of self-discovery.

All the best,

Kamlesh Patel President and Global Guide



Kamlesh Patel, known to many as Daaji, was born in Gujarat, India, in 1956. His own journey with Heartfulness started while he was still a pharmacy student in Ahmedabad. After migrating to the USA he raised a family and built a successful pharmacy business in New York City. In 2011 he was announced as the fourth master in the century-old lineage of spiritual masters in the Heartfulness Way.

Daaji's practical teachings in this universal heart-based system of Meditation arise from his personal experience of Heartfulness, his pioneering spirit of inquiry, and his knowledge of the world's great spiritual traditions and scientific advancements. These days Daaji extends his support to millions of seekers in over 130 countries. A self-professed student of spirituality, he devotes significant time and energy to research in the field of consciousness and spirituality, approaching the subject with scientific methodology – a practical approach that stems from his own experience and mastery in the field. He is especially supportive of today's youth, guiding them with practical self-development tools and universal values. Students and faculty in over 3,000 schools, universities, and colleges are now benefiting from these dynamic self-development programs.

Daaji also devotes time and energy to personal research in the field of spirituality and consciousness, and regularly shares his findings through public speaking engagements, his website and social media platforms, and in broadcast, print and digital media. Daaji's articles regularly appear in various leading publications including *Huffington Post, Speaking Tree*,

Chicago Tribune, Times of India, and *Business Standard.* His well-received Radio City Smaran series, *Dil Ki Awaaz,* ran for a dozen episodes and his Udemy online training series on 'Meditation and the Evolution of Consciousness' is a bestseller.

Daaji bridges ancient tradition and wisdom, inner research through Yoga, and the scientific approach to knowledge and experimentation, and guides a team of scientists who research the physiological benefits of Meditation and Yogic Transmission. He is adept at explaining Yoga in the light of modern science so that people, irrespective of their background and culture, understand the benefits that these practices can offer. He often says, "You are the experimenter, the experiment, and the outcome. Your laboratory is your heart."

You are the experimenter, the experiment, and the outcome. Your laboratory is your heart.



CURRENT ROLES

President, Shri Ram Chandra Mission

Managing Trustee, Sahaj Marg Spirituality Foundation

Founder, Heartfulness Institute

Founder, Heartfulness Education Trust

Founder, Brighter Minds



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EDUCATION & CAREER

D.Sc. (2018), Sri Venkateswara University, AP**M. Pharm** (1980), Gujarat University, GJ

B. Pharm (1978), Gujarat University, GJ

Built a very successful pharmaceutical business in New York City, which continues till date

Kamlesh Patel, Global Spiritual Guide of Heartfulness, fondly addressed as 'Daaji'

HEARTFULNESS INSTITUTE A GLOBAL MOVEMENT OF THE HEART

Heartfulness is an approach to the Raja Yoga system of Meditation called Sahaj Marg or the Natural Path, founded at the turn of the twentieth century and formalized into the Shri Ram Chandra Mission in 1945 in India.

With over a million practitioners worldwide, Heartfulness is a set of practices for selfdevelopment that helps us find inner calm and stillness in our extremely fast-paced world. There is no dogma. The easily adopted practices are appropriate for people from all walks of life, cultures, religious beliefs and economic status over the age of 15. Globally Heartfulness is offered free of charge.

Ongoing Heartfulness Meditation training can be found at thousands of schools and colleges, and over 100,000 professionals are meditating in

corporations, non-governmental and government bodies worldwide. More than 5,000 Heartfulness centres, known as HeartSpots, are supported by many thousands of certified volunteer trainers in 130 countries. The Meditation practice is offered free across the globe.

'Heartfulness' is offered to any interested individual and to various organizations such as schools, colleges, villages, government offices, hospitals, corporate institutions, the armed forces and the like.

Today, practitioners experience Heartfulness at its 250 centres across India and various other centres spread over 150 countries worldwide. This practice is supported by a large volunteer base, research centres and over 10,000+ certified trainers.



ROOTED IN RAJA YOGA

Heartfulness or Sahaj Marg Meditation has a unique feature called Transmission (Pranahuti), which is the utilization of the Divine energy to progressively change the nature of the human mind and bring about internal peace to start with. Progressively, the seekers are able to get rid of the mental baggage in the form of ingrained selfcentred tendencies and experience a higher level of consciousness that is more inclusive and universal, leading to the feeling of brotherhood of humankind. The underlying premise is that only spirituality can unite mankind and bring about universal peace and understanding - for which individual transformation is the key.

MEDITATION - THE NEED OF THE HOUR

Meditation is natural to us. It is never too late to start meditating and experience our own inner wealth for ourselves. Going by the adage "As we think so we become", the object of Meditation becomes important. Our

thoughts have a powerful influence on the character of our lives. Meditation is a way to balance our mind. With a regular Meditation practice, we develop moderation and achieve balance. Through Meditation, the noise inside quiets down, our intuition strengthens, and we begin to respond to the world through the heart's wisdom. With continued practice, we nurture the inner qualities of the heart - courage, trust, wonder, compassion, tolerance, and most of all, love.

SPIRITUALITY FOR THE 21ST CENTURY

Another appealing aspect of the Heartfulness practice is the absence of dogma; there are no rules on the type of diet or lifestyle one should adopt. The spiritual journey complements daily life rather than becoming a hindrance to material progress. Heartfulness creates a culture of love and tolerance, fostering an atmosphere of acceptance. Practitioners can cultivate change at their own pace - changes that occur in a natural and organic manner, without any external pressures.

FOUR ELEMENTS OF PRACTICE

Relaxation



Heartfulness Relaxation is for everyone, and can be done at any time of the day or night. It is especially useful if you are stressed or feeling

trouble sleeping, or if you cannot relax into Meditation easily. When you want to relax, do it sitting up. When you want to sleep, do it lying down. It generally takes between 5 and 7 minutes.



Meditation

Meditation is often defined as thinking continuously about one thing. We often get stuck on this definition,

however, and lose sight of the real purpose of Meditation. Meditation must reveal the true nature of that object upon which we are meditating. Such revelation comes not as thought but as feeling. Therefore, Meditation is a process in which we shift from thinking to feeling. It is a journey from the complexity of mind to the simplicity of heart.

CLEANING

To complement Meditation, we also need a practice to remove the impurities, complexities and emotional heaviness that

accumulate during the day in our minds. This allows us to purify ourselves so we feel lighter and more carefree. By practising cleaning in the evening you will rejuvenate yourself. It is

best done at the end of your day's work. It will take between 20 and 30 minutes and is an active mental process. A feeling of lightness is a sure sign that the weight of the day's impressions has lifted.



PRAYERFUL CONNECTION Prayer is all about connection with your

higher Self. Prayer is done at bedtime for 10 to 15 minutes, to help you connect with your 'Self' before sleep. It

is also done for a few minutes before meditating in the morning as a way of resetting that connection. By beginning and ending the day with this prayer, a connection is established with the Source throughout the day and night. Self-mastery develops through this inner connection.

Relax the body

Do away with stress and anxiety, to bring back a sense of calm, inner peace and well being, essential for holistic wellness. Meditate to regulate the mind Bring the mind to a state of focus and clarity to achieve true inner potential. Connect with the heart Tune to your heart to unlock inner

qualities such as kindness, empathy, discernment and tap into intuition. Become a better human being. **Rejuvenate to manage emotions** Erase the emotional impact of the day's activities and learn to 'let go', thus reducing worries, and evoking the feeling of lightness and joy.

OUR VISION

To offer all humanity a simple and effective set of practices for Relaxation, Meditation, regulating the mind and building inner strength and attitude to create a lasting sense of fulfilment and overall well-being.

A SCIENTIFIC APPROACH

Our Heartfulness research teams are researching the effects of Transmission on brainwave patterns, heart rate and blood pressure, vagus nerve activity and telomere length of chromosomes

Our Center for Research, Education, Sadhana and Training (CREST) facility in Bangalore, India, has an established PhD program covering many fields of pure and applied spirituality. There is already a lot of research on how Yoga and Meditation affect brainwave activity and genetics, switching gene on and off that are linked to stress an immunity. Scientists have confirmed that Meditation can bring about stillne and balance, expanded mental capacity and consciousness, and remarkable changes in physiology and psycholog

Research has shown that monks who have been meditating for thousands of hours can go into deep sleep-like state where delta wave frequencies are predominant. With Heartfulness Meditation, a person meditating for the first time with Transmission is abl

	to experience these delta states. In
on	Heartfulness, all brainwave frequencies
d	across the spectrum can be active
	together, and this is called the <i>Turiya</i>
s.	state in Yoga, where you are both
	relaxed as in deep sleep and alert
	simultaneously. When this state extends
у	to active waking hours, it is called
d	Turiyatit.
f	
	Studies have shown the presence in
	meditators' brains of large amplitude
'e	waves known as gamma waves (>30
es	Hz). Such electrical activity is thought
nd	to be an indicator of neuroplasticity,
	and allows a long-term storage of
ness	information in memory circuits. This
city	happens in many people during
	heightened neural stimulus, for example
ду.	when learning something new. But
	the gamma waves found in highly
)	experienced meditators have a faster
	frequency, between 60 and 110 Hz, and
	larger amplitudes. They are thought
	to be the signature of unique and very
	specific changes due to a long-term
	meditative practice and may indicate an
le	intensified capacity to focus.

LIST OF PUBLICATIONS - RESEARCH STUDIES

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- Arya, Narendra Kumar, et al. 2017. Effect of Heartfulness Spiritual Practice Based Program on Mental and Physical Health Indicators. International Journal of Research in Management & Social Science, 5 (3): 91-103
- Amarnath. R., et al. 2017. Impact of Heartfulness Meditation Masterclass on Reducing Stress in College Students- A Prospective Observational Study. International Journal of Recent Scientific Research, 8(8): 19493-19498.
- Amarnath, R., et al. 2017. Efficacy of Heartfulness Meditation in Moderating Vital Parameters -A Comparison Study of Experienced and New Meditators. International Journal of Medical Research & Health Sciences, 2017, 6(7): 70-78
- Mehrotra, R., 2016. Yoga and the Heart. J ClinPrevCardiol2016; 5:138-42.
- Amarnath, R., et al. 2017. Mechanics of Heartfulness Meditation in Improving Outcomes of Bronchial

Asthma, International Journal of scientific research, 6(3): 274-277.

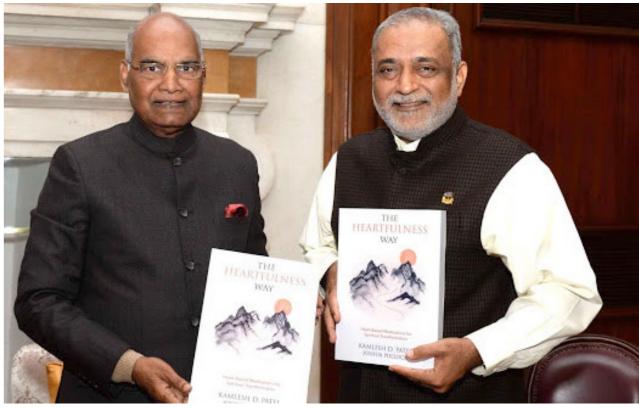
- Amarnath, R., et al. 2017. Efficacy of Heartfulness Meditation on Improving Outcomes in COPD Patients. Research Journal of Pharmaceutical, Biological and Chemical Sciences 8(2): 2359.
- Amarnath, R., et al. 2017. Improving immunity through Heartfulness Meditation - A Literature Review. International Journal of Recent Scientific Research 8(7): 8874-18879
- Amarnath, R., et al. 2017. Improving Sleep Quality Through Heartfulness Meditation- Technical Aspects and Benefits. International Journal of Health Sciences & Research7(5); 368

ONGOING RESEARCH

An ongoing research study at the WellSpan York Hospital, USA, to assess the impact of Heartfulness Meditation (www. Heartfulness. org) on insomnia, has shown promising results. Twentyeight participants diagnosed with chronic insomnia completed an eightweek study involving the practice of Heartfulness Meditation as an intervention to help with insomnia. The pre and post Insomnia Severity Index (ISI) scores were measured. The mean ISI scores reduced from 20.6 to 10.8, almost by half and the result was statistically significant. Interestingly, some of the patients have been able to come off their pharmacological treatments as a result of the practice.

FIRST PUBLISHED AND

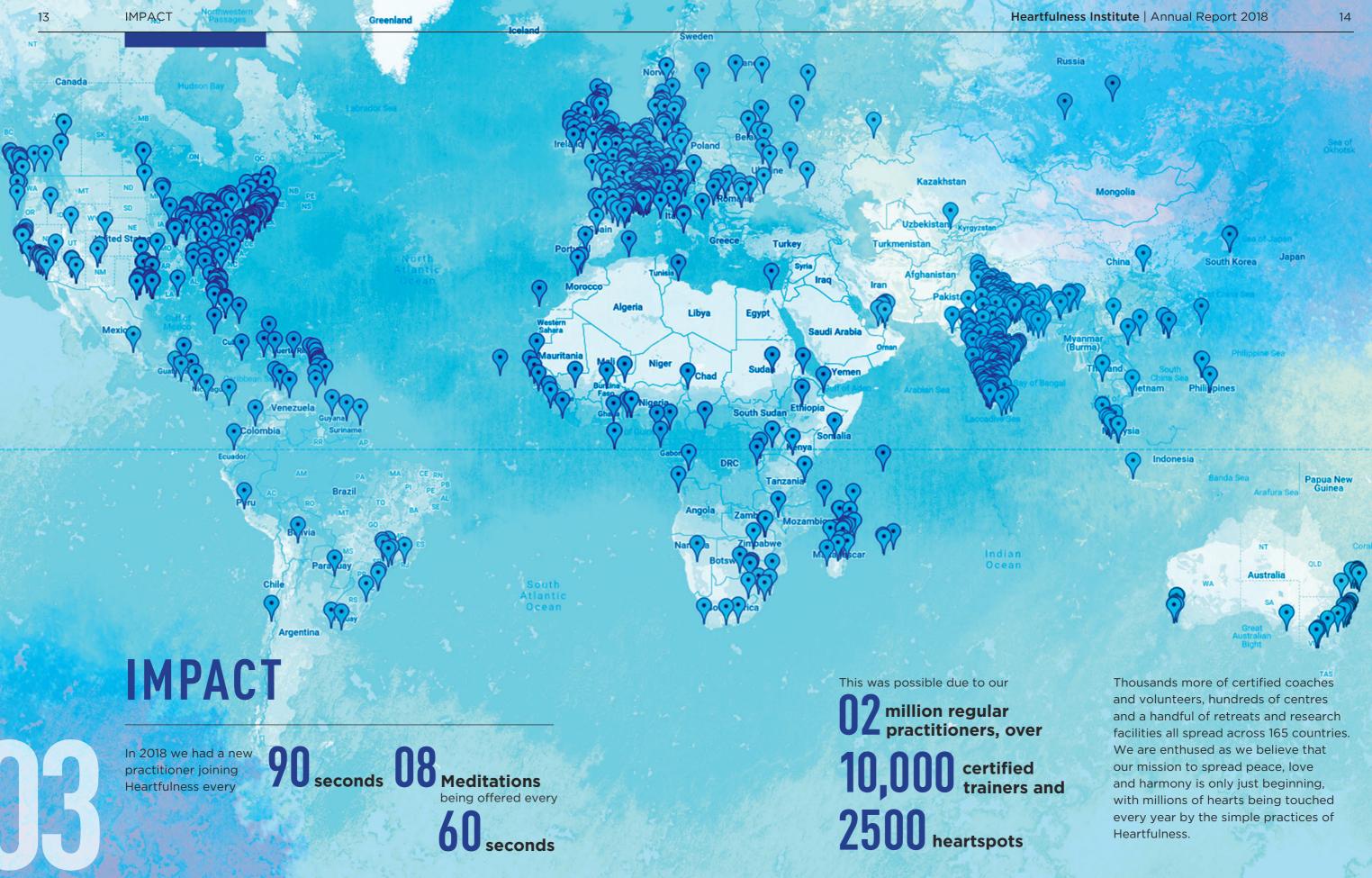
RELEASED IN 2018. is a book about heart-based Meditation for spiritual transformation, authored by Kamlesh Patel and co-authored by Joshua Pollock.





The book was unveiled in India by Ram Nath Kovind, the President of India in January 2018. It is a bestseller and has transformed over a million hearts. It was nominated as the most popular book in the self-help and Indian languages categories on Amazon India.

Daaji with the Hon. President of India



HEARTFULNESS IN THE UNITED STATES OF AMERICA

In 2018, the Heartfulness movement continued to expand across the United States of America while deepening our existing engagements both at a local community level and at scale. We continue to touch hearts by working with our established stakeholders such as corporates, schools, universities and government bodies through our various wellness, education and green offerings. In 2018, we are glad to note that we have hosted 6 nation-wide

"HeartNotes" events fusing spirituality with sublime music, featuring the likes of Pandit Jasraj, Shashank Subramanyam, Ganesh and Kumaresh and joined by celebrities like Arianna Huffington, Sharon Salzberg, Chetan Bhagat and so on. We have also successfully implemented a nation-wide book tour for The Heartfulness Way led by Joshua Polluck which culminated with an engagement at the UN headquarters in New York.



THE HEARTFULNESS WAY BOOK TOUR (USA)

CORPORATE EVENTS



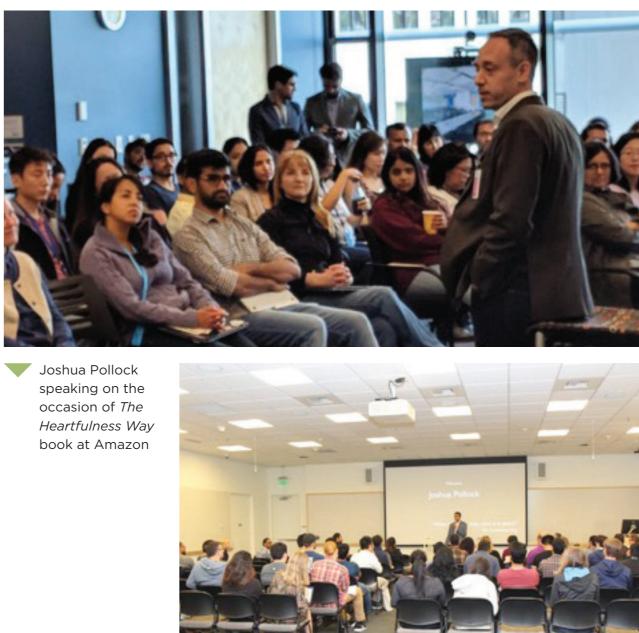






Heart Notes







Joshua Pollock speaking on the occasion of The Heartfulness Way book at Microsoft

YOUTH REPRESENTATION AT UN DPI NGO CONFERENCE 2018 BY HEARTFULNESS

Suraj Sehgal, the Heartfulness Institute's Youth Representative to the United Nations, at the Heartfulness Institute's exhibit on Youth in Service, which was presented at the UN's 2018 NGO Conference.





The Heartfulness Institute's exhibit on Youth in Service included a 12-minute video of a large-scale environmental restoration project in central India.

WORKSHOP HOSTED BY HEARTFULNESS AT UN NGO CONFERENCE

How to Change the World: Presenters and attendees at a workshop presented at the 2018 UN NGO Conference on the use of contemplative disciplines to support movements for positive change. The Heartfulness Institute sponsored the workshop.



THE 67** **UN DPI / NGO** CONFERENCE





Facilitators and panelists at the workshop on the use of contemplative disciplines to change the world, presented at the 2018 NGO Conference. From left: Petra Schweitzer, Professor of Comparative Literature and Director of the Gender and Women's Studies Program at Shenandoah University; Gayatri Naraine, representative of the Brahma Kumaris to the United Nations;

PRESENTATION AT THE UNITED NATIONS HEADQUARTERS ON "THE HEARTFULNESS WAY"



Denise Scotto, Esq., chairperson of the International Day of Yoga Committee at the United Nations; Robert Perry, Esq., a civil rights and civil liberties attorney; Deborah Norris, Ph.D., Psychologist in Residence and Director of the Psychobiology of Healing Program at American University and founder of the Mindfulness Center.

Joshua Pollack (center) with those who attended his presentation at the United Nations on The Heartfulness Way.



Book launch at the Peace Museum, Dayton, USA



Heartfulness workshop and book launch at Persippany festival, New Jersey

EVENTS

JOSHUA POLLOCK AND BETSY AIEL **SANDERS**

Joshua Pollock talks about the unique and powerful Meditation practice of Heartfulness with Betsy Aiello Sanders and the wonderful audience gathered a The Assemblage NoMad, NYC. The coauthor later walked the audience throu a Guided Relaxation and Meditation session. The evening ended with mingli and book signings of the newly-release The Heartfulness Way. Joshua highlight how most of our thoughts are always focused externally. 99% of our attentio is focused on external goals, accolades, and fears and temptations. Through Meditation, we are able to bring our attention inwards and tune ourselves to the voice of the heart.

JOSHUA & ARIANNA HUFFINGTON

Arianna Huffington discussed The Heartfulness Way book and Heartfulnes meditative practice with Joshua Pollock co-author of The Heartfulness Way. Excerpts from the interview:

6 Often we start meditating for variou reasons. But ultimately, Meditation becomes a situation where you're getting in touch with that essential presence within yourself, and then, you would no longer feel like meditating in order to gain somethi That would almost feel like an affror like sitting with someone you love a thinking, "What can I get from them That's not love. Similarly, when I sit for Meditation thinking, "Maybe I'll g some peace or maybe I'll get some ability to focus." Fine, I'll also get the things, but if that's my motivation for Meditation, the whole affair will become cheapened. Of course, whe we first start Meditation, we are seeking so much from this act, whic

LO	is but natural! But it will eventually turn into something sacred."
. +	JOSHUA & SHARON SALZBERG SESSION: HEARTFULNESS MEETS
at	MINDFULNESS
gh	Sharon Salzberg and Joshua Pollock
gn	discussed <i>The Heartfulness Way,</i> Mindfulness and much more at The
ing	Assemblage NYC.
ed	Excerpts from the interview.
ed	6 6 How long do we need to meditate
	every day? It depends on us, and
n	specifically, on the flexibility of our
3	consciousness. To turn from an
	externally oriented consciousness
	to an inner one can be like trying to
C	make a huge ocean liner do a 180
	degree turn. You know how difficult
	it is to turn an ocean liner around? It
	takes four tugboats, perhaps. In that
	case, it might take us a whole hour
ss k,	to go within ourselves. But if your
κ,	consciousness is flexible and can
	make that 180 degree turn in only one minute, then perhaps you only
JS	need one minute for Meditation. And
	eventually, we won't have to struggle
	with this drama of going inside and
	outside again and again because our
	consciousness will have expanded to
	be in both places at once. Then, why
ng.	would we even need to meditate?
nt—	You're already there!"
and	Joshua Pollock & Sanjiv Yajnik at The
?"	University of Texas, Dallas: There was a
	wonderful discussion between Joshua
get	Pollock and Sanjiv Yajnik in which
000	they presented a unique perspective
ese	on leadership. They discussed the
	importance of viewing leadership as a
en	service and leading with humility. Over
	240 people participated in the event and experienced Heartfulness Meditation.
:h	experienceu i leartiuniess Meultation.

HEART NOTES EVENTS

A unique concert – amalgamation of music, spirituality and book lovers. A one of a kind, inspirational event featuring discussion on The Heartfulness Way book, Guided Relaxation-Meditation session by co-author Joshua

Pollock, followed by divine music. Heart Notes-Atlanta Chapter was a magical, divine event with an incredible performance by legendary Pandit Jasraj along with flute maestro Shashank Subramanyam.







HEARTFULNESS IN EUROPE

Heartfulness EUROPE

The second guide of Heartfulness, Ram Chandra of Shahjahanpur, fondly addressed as Babuji, visited Europe for the first time in 1972 offering the simple yet profound practice of Heartfulness to seekers across a few European countries. Since then Heartfulness has grown in more than 25 European countries with an everincreasing number of Meditation practitioners, Heartspots and trainers.



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05

HEARTFULNESS EVENTS IN EUROPE, 2018 ROMANIA



June 18, Movie Screening, Hunedoara Sometimes pictures speak louder than words. In an effort to encourage one and all to look more within to find answers, the Romanian Heartfulness team organized the screening of an award-winning film A Quest for Meaning which tells the story of an impromptu road-trip undertaken by two childhood friends looking to understand the causes of the world's crises and to find a way to bring about change. Post screening there ensued frank discussions about individual consciousness, collective consciousness

June 17, Cluj-Napoca

The local Heartfulness team organized an open house for all interested seekers with a view to introduce Heartfulness Meditation practice and explain how its integration in our daily lives can lead to a simple, harmonious and balanced existence.



and the global and personal impact of Meditation on the evolution of consciousness. The session ended with Heartfulness Relaxation and Guided Meditation in which the entire audience willingly participated.



July 19, Hunedoara

Art with Heart. This was the underlying theme of this unique workshop collaborated by the Heartfulness Institute and Art Deco Atelier, Hunedoara. The aim of the workshop was free expression of art by focusing on the heart through Heartfulness Meditation.



UNITED KINGDOM

Empathy at Work, London

In view of the constant pressures and stress of our modern jobs, the local Heartfulness team strategized and executed this workshop whose theme was Empathy at Work. Whilst we all know that empathy - even more difficult to feel than sympathy - is easier said than done, the workshop attempted to show that it is when we are fully connected with our innerselves, that we are able to manifest all the 'goodies' of human nature including empathy. The participants



Ways to foster a loving relationship with your child

March 10, Relationships Workshop, London

In a steadily career-oriented world where investing time in raising children

Open Meditation Class, Arad

The open house featured a workshop where discussions and activities were based on articles written by the Heartfulness Global Guide, Kamlesh Patel on the Evolution of Consciousness. The workshop culminated in Meditation and Relaxation sessions.



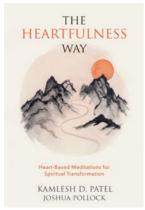
were offered to experience and feel this inner connection through the Heartfulness Meditation sessions during the workshop.



is taking a backseat, this workshop focused on fostering an open and loving communication with children. This initiative is part of the Heartfulness parents and teachers training series. The speaker for this workshop was Dr Hester O'Connor, a clinical psychologist who manages a psychology department in Dublin, Ireland. Dr O'Connor has been a Heartfulness practitioner for 25 years and is also a certified Meditation trainer.

The Heartfulness Way – Book Launch Various events were organized in London, Croydon and Milton Keynes for the launch of the popular bestseller The Heartfulness Way authored by

Kamlesh Patel and Joshua Pollock.



FRANCE

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Conference 'Put the Heart back in the Centre of Education', Paris

The conference focused on how the new generation can be triggered to access their inherent capacity for reflection, discernment and balance thereby preparing them to live in an increasingly complex world. The guest speaker was Dorina Gnaur, Associate Professor, Aalborg University, Denmark, Department of Education

Cinema Meditation

Welcome to the Watch-Discuss-Meditate concept. An original concept created by the Heartfulness Institute in partnership with the film team of A Quest for Meaning. The movie tells the story of an impromptu road-trip undertaken by two childhood friends looking to understand the causes of the world's crises and to find a way to bring about change.

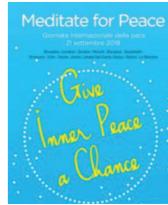


and Philosophy, who specializes in innovative pedagogies and new learning/training perspectives in the light of digital technologies.

ITALY

Italian Heartfulness Teaser for all associated with Sports

https://youtu.be/eYQGxNXj0-c One often associates meditation with a calming effect which is quite opposite to the adrenaline-pumping one the sportsperson wants. However, Heartfulness Meditation suggests "If yogic Meditation can bring balance in all our activities, why should sports be any different?" The teaser prompts the sportsperson to reflect on the fact that with Meditation one can easily, effectively and quickly develop qualities of perseverance, concentration and balance. The link further invites all to try



International Day of Yoga

The car has to be in good working condition so that the fuel can drive it to its destination. Perfect physical fitness is not necessary for Meditation, but a healthy physical body is vital to allow the experience of Meditation to be felt by the heart and mind. This was the theme of the International Yoga Day celebrations which included teaching participants various yogic *asanas* before the Heartfulness Meditation session.



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the Heartfulness Masterclasses, which offer simple and effective Relaxation and Meditation techniques, as well as self-observation and evaluation tools that aim to increase the ability of the individual sportsperson to adapt to internal and external stimulations linked to improving performance.

September 21, International Peace Day

Individual peace is vital and is conducive to world peace. On the International Peace Day, the Heartfulness team organized Meditation sessions to allow all those interested a chance to dive deep within themselves and experience that elusive, real peace that resides inherently in all of us.

INTERNATIONAL YOGA DAY 2018

UKRAINE

June 21, International Day of Yoga, Kiev A warm message invited one and all to come and experience the beauty of Yoga through simple asanas before experiencing the depth and beauty of the highest form of Yoga - Yoga of the mind or Raja Yoga, which is one of the core philosophies of the



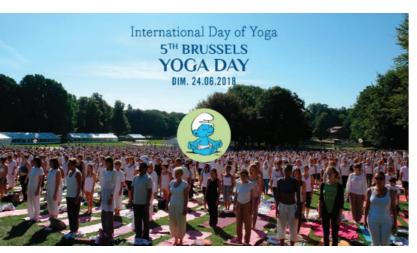


Heartfulness movement. The Meditation session was attended by 40 interested seekers in total throughout the day. The Heartfulness Relaxation audio was made available to some of the curious youngsters who came over to investigate.

BELGIUM

June 24, International Yoga Day Heartfulness Institute partnered with the 5th Brussels Yoga Day to provide free Meditation sessions at their Wellness Village initiative which included varied themed workshops. http:// brusselsYogaday.be/





CZECH REPUBLIC

October 31 to November 4 - A 5-day Intensive, Certified MBSR Practitioner Course, Prague

The Mindfulness-Based Stress Reduction (MBSR) program focuses on how to develop one's innate resources and learn new skills to ameliorate one's professional and private life. This particular program incorporated the Heartfulness Meditation and rejuvenating techniques that can bring

PORTUGAL

Deep U – Awareness-Based Human **Flourishing**

Organized throughout the entire year, this program is a 3-day retreat seminar, with pre and post activities, that offers the chance of self-discovery and guidance towards an eventual self-realization through various cuttingedge, awareness-based technologies. At the core of Deep U's philosophy lies the experiential offering of the





about a physical, mental and emotional well-being.

Heartfulness practice, which has been extremely appreciated by participants. The 3 days cover the various techniques of Heartfulness practice with a promise of follow-up support of local trainers. According to Deep U's annual report of 2018, 98% of their participants felt and appreciated the extremely positive impact of Heartfulness and 89% showed a sustained interest in continuing the Meditation practice.

DENMARK

August, Family Seminar, Vrads Sande, Jutland

Vrads Sande is a Heartfulness Meditation centre located in the heart of Jutland in Denmark. It is equipped to host big events and seminars, one of which is quite unique in nature. The Family Seminars give the opportunity for families to spend a week of their summer holidays together in the spiritual and joyful atmosphere at the Meditation centre with a program that is specifically focused on children and parenthood. Families - grandparents and parents with their babies, toddlers and teenagers are invited. Various activities suited to all ages and interests are organized - cooking, gardening, singing, painting, bonfires, to name a few. Group Meditation sessions, individual Meditation sessions, introductory and awareness sessions



are an integral part of the proceedings for all who are willing to attend.



OTHER EUROPEAN COUNTRIES

The scope of Heartfulness activities is ever-widening as more and more hearts yearn for inner peace and joy. The Heartfulness movement is slowly but steadily gaining momentum acros various European countries where the local trainers take up the initiative to individually train seekers who make enquiries about meditation. Such sma but extremely effective measures then widen the scope of taking the



	Meditation practice to bigger groups
	of people, whether in corporate
	offices, schools, or personal homes.
У	The Heartfulness movement is rapidly
DSS	spreading in countries like Germany,
ne	Spain, Poland, Netherlands, Belgium,
)	Greece, Sweden, Norway, Belarus,
	Austria, Bulgaria, Slovakia, Finland,
all	Ireland, Latvia and Estonia.

HEARTFULNESS IN MIDDLE **EAST & AFRICA**

We have had long-standing engagements in Africa since our founder president Ram Chandra of Shahjahanpur began visiting the continent way back in the 70's. In 2018, by the sustained efforts of our functionaries and volunteers, we have expanded the Heartfulness movement to newer geographies in Africa and the Middle-East. We are happy to note our first pan African youth seminar in Nairobi, Kenya, which saw over 1000 youth participate

enthusiastically. While our work in local communities continued to deepen, we have taken up new programs with governments, corporates and NGOs to touch more and more hearts offering the simple yet profound tools of Heartfulness. Back home, in Kanha Shanti Vanam we also hosted the African Seminar again with hundreds of practitioners joining from all parts of Africa and the Middle-East.



06

HEARTFULNESS IN MIDDLE EAST

HFN Qatar National Sports Day was celebrated on 13th of Februrary 2018 at Doha Industrial Area, which was attended by 150 people.





On International Women's Day, 8th of March 2018, an event themed 'Connect to Yourself' was held at Barwa City to celebrate Women's Day where the participants engaged in Yoga and Heartfulness Meditation.

HFN Corporate Event 'Inner Peace and Happiness' was conducted on 31st of March 2018, for grade 17 and above employees. Faculty Mr Deepak Varma was a part of this and the event was attended by 100 people.



On International Yoga Day, 21st of June:

HFN session was conducted in Al Khor at Al Barwa Club which witnessed an attendance of 40 members. Another HFN session was conducted



at ICC (Indian Cultural Centre) with an attendance of 25 attendees.



A two-day Heartfulness session was conducted in the DPS Modern Indian School in Doha for the staff. Heartfulness facilitator Ms. Padmini Sundar conducted the sessions and explained the importance of Heartfulness Meditation in one's life. Around 400 staff members benefited from the session.





Kalabhavan, Doha also witnessed an HFN session with 30 attendees.

Home events were conducted in Al Sadd district of Doha, which were attended by 20 members.



On UN Peace Day, 21st of September 2018, a Heartfulness session was conducted at a practitioner's residence situated in Al Hilal, Doha. 25 members attended the session. Another similar event was conducted in December 2018 with an attendance of 10 members.









Heartfulness Day was celebrated on 30th of April 2018 with a participation of around 50 members.

EVENTS AND ACTIVITIES AT OMAN IN 2018

The Natural Path Heartfulness Centre of Oman conducted several open house sessions in 2018. The sessions were held in companies, colleges, schools, parks and residences. Two sessions were held at the Embassy of India prior to the International Yoga Day. The book release event of *The Heartfulness Way* was held during the second session on



Heartfulness session for Sanskriti Yoga



Heartfulness session at Al Hassan Company LLC.

the 26th of May 2018. One session was held on the occasion of the UN Peace Day at the meditation hall of the Natural Path Heartfulness Centre. Overall, close to 25 sessions were held in Oman in the year 2018. Pictures of some of the Heartfulness sessions conducted are included below.

Heartfulness session at the Indian Embassy, Oman



members



Heartfulness session at the Indian Social Club, Sohar



HEARTFULNESS IN AFRICA

KENYA

Working with an NGO in Kenya, the Heartfulness Institute has been able to engage about 10,000 local Kenyan Youth to take up Heartfulness in the last two years. This has been achieved in a country which has just a handful of practitioners and a couple of trainers. In what has come to be known as the Kenya Model, we have trained local seekers who themselves have just been introduced to Heartfulness, to train the youth. To support them, we have developed a training toolkit offering regular remote sittings and a structured mechanism to monitor progress. The Kenya Model can be used in any geography to undertake large Heartfulness programs in collaboration



with other organizations, where little to no support is available locally.

Their visit to Kanha Shanti Vanam can be viewed here: https://www.youtube. com/watch?v=hu9hHZXc-2k



Kenyan Youth Seminar participants

and outside: Kenya, Tanzania, Ethiopia, Eritrea, Uganda, Cameroon, Congo Brazaville, South Africa, UK, Dubai and India.

We also had representation from several non-governmental organizations and Government of Kenya, who shared their work, perspectives and insights with the youth on what else needs to be done to empower the next generation. While many efforts are going on in



Session on Brighter Minds during the conference; the youth, middle-aged and elderly were all amazed as to what can be done with the children. Everyone felt that this is a program that can transform the children during their formative years by enhancing their observational skills, focus, intuition, self-esteem, sense of empathy, etc. For more information, please visit www. brighterminds.org

Panel on

Education for

Empowered -

African Youth Seminar -Kenya 2018

Kenyan Youth Seminar

Close to 500 young participants engaged through the collaborative efforts of Heartfulness Institute and **CAP** Youth Empowerment Initiative

(NGO based out of Nairobi) assembled for three days, between the 15th and 17th of August 2018. Close to 80 of our Heartfulness practitioners and trainers joined us from across Africa

the area of education, empowerment and life-skills, all speakers consistently remarked that the region is experiencing a value deficit and hence there is much to be done with the children and youth of today so as to create a brighter Africa tomorrow. They appreciated the efforts of Heartfulness Institute to bring about heart-based values and attitude in the youth, that is so vital today.



REUNION ISLAND

- Heartfulness was part of the Wellness Fair - Salon du bien-être - in association with Yourtes en Scène and L'éveil de la Vie.
- In association with Saint Denis town council and ARRCC (Association Réunionnaise des Relations et Créations Culturelles) a Grande Nuit de la Méditation event was organized where different associations presented different Yoga practices through the whole night (8 pm-8.30

am). Heartfulness was also one of them. The theme for the night was non-violence and mental health. Swami Atmananda Udasin was the special guest.

• International Peace Day was celebrated in Etang Salé, St Denis, Jardin de l'Etat, Parc de la Trinité and Le Macareux (Salon de thé) on 21st of September 2018. Close to 200 people experienced Heartfulness Relaxation and Meditation.



MAURITIUS

Heartfulness Relaxation sessions were conducted at New Educational College (Bel Air). 175 students of Form IV, V and VI and 7 teachers attended the sessions. Meditation sessions for about 25 students were also conducted with regular follow-up sessions. Teachers were trained to conduct Relaxation sessions for the students.

Heartfulness workshops were also conducted at:

- Brahma Vidya Yoga Society, Rose Belle
- Mahatma Gandhi Institute





- Staff at State House Republic of Mauritius
- Ramayana Centre
- Mauritius Broadcasting Corporation

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HEARTFULNESS IN ASIA

The Orient was extensively visited by the Guides of Heartfulness as early on as in 1977. Receptive hearts were gently touched by the promise of discovering the source of spirituality, love and joy within. And Heartfulness continues to do so with even more fervour than before.

Across the Asia-Pacific, there is a consistent growth in athome practitioners and an ever increasing number of volunteers and trainers. We are also beginning to work with corporates, governments, and the civil society, with Heartfulness leading the celebrations of events such as International Yoga Day and

International Peace Day, as can be seen in 2018.

India being the birthplace, still remains to be the epicentre of the Heartfulness movement. Our impact is much larger in India than anywhere else in the world, so we have dedicated an entire section for India. We are happy to share that certain programs have reached scales of thousands in India such as the HELP program, which touched over 2,50,000+ lives, and we are also witnessing our events becoming larger than life with over 40,000 audience at the Sitaare Zameen Par concert anchored by Shankar Mahadevan and the Times Group.



HEARTFULNESS IN SINGAPORE

The Orient was extensively visited by the Guides of Heartfulness as early as in 1977. Receptive hearts were gently touched by the promise of discovering

the source of spirituality, love and joy within. And Heartfulness continues to do so with even more fervour than before.



INTERNATIONAL DAY OF Yoga - 21st of June 2018

The Heartfulness Meditation is based on the practice of Raja Yoga. Along with the rest of the world, Singapore too celebrated the International Day of Yoga with great gusto. Nearly 200 participants joined in the simple yet profound Heartfulness Meditation sessions in various locations across Singapore - Choa Chu Kang, Yoga Centre, Citibank, Sports Hub, to name a few.





PRAVASI BHARATIYA DIVAS 2018 The Pravasi Bharatiya Divas is a celebratory event organized by the Government of India with a view to strengthen the engagement of the

CONSCIOUS LIVING (VALUE BASED EDUCATION) IN SCHOOLS

Our children are the future of our world. The Heartfulness Conscious Living Program for children from grade 1 to 10 offers a simple curriculum which is based on the 9 human values laid down by UNESCO. It encourages children to feel and practise these values through simple stories, inspiring videos and pedagogically-tailored activities. The curriculum was executed in the



ASSEMBLY SESSIONS Heartfulness Meditation practice can be started by anyone who is 15 and above.



overseas Indian community. In January 2018, the venue was Singapore with focus on ASEAN-India relationship of 50 years. A wellness initiative afforded us a chance to offer a taste of Heartfulness Relaxation and Meditation to all present. Around 200 participants received individual and group sessions from Heartfulness trainers throughout the day. The end of the celebrations culminated in a single group session with all 200 members meditating at the same time in the same place.



Queenstown GIIS for 300 children from grade 7 to 10.



However, children younger than 15 may practise the Heartfulness Relaxation by which they can mentally relax their physical selves and be settled in their hearts. 300 children in Pungol Global Indian International School participated daily in this simple Relaxation routine in their assembly sessions for 8 weeks straight with amazing results and encouraging feedback.

TEACHER'S TRAINING

50

It is the teacher who is the second mother of a child and therefore deserves the highest respect. The Heartfulness Teacher's Training Program enables teachers through Meditation and various other pedagogic techniques to deliver the best to their students. This training was successfully completed at East Coast Global Indian International School and Balastier



Global Indian International School for 40 and 30 teachers respectively.





CORPORATE WEEKLY SESSIONS

The Heartfulness@Work offers simple solutions to deal with the stress and pressures of a corporate job. Heartfulness@Work programs are in effect at 5 locales in Singapore where Heartfulness trainers continue to conduct weekly Meditation sessions for over 50 employees at Credit Suisse ORL, Credit Suisse CBP, Nomura, A Star, and Credit Agricole CIB.



RESIDENCE / COMMUNITY SESSIONS

On a more individual level, interested seekers approach trainers to learn Heartfulness Meditation at their own residences. More than 115 people at various residential locations throughout Singapore, namely Simei, Jurong East,



Sengkang, LHK3, Statmont RC, Galaxy RC, SportsHub Library, avail of the Heartfulness Group Meditation sessions. Interested and willing seekers from adjoining communities and residences are always welcome to join the sessions.

HEARTFULNESS IN INDIA

HELP PROGRAM

HELP is a program about life-skills and meditation meant for junior college students of the country. Under this program, more than 400 champion lectures were delivered which were attended by more than 2,00,000 students from 800 colleges across all 13 districts in Andhra Pradesh for the academic year 2018-19.

As part of the HELP program, the students learn essential life-skills on various topics through highly interactive and interesting videos. Every session is integrated with an experiential practice of Heartfulness tools for selfdevelopment.





INSPIRE TEACHER TRAINING PROGRAMS AND THE HEARTFULNESS WAY CURRICULUM

Over 10,000 teachers from more than 500 schools took part in more than 100 INSPIRE programs conducted.

54

More than 150 schools took up The Heartfulness Way curriculum, which will ultimately reach over 100,000 students in the academic year 2019-20.

TEACHER TRAININGS IN INDIA BY HEARTFULNESS EDUCATION TRUST

60 training programs were conducted in the year 2018 across India.

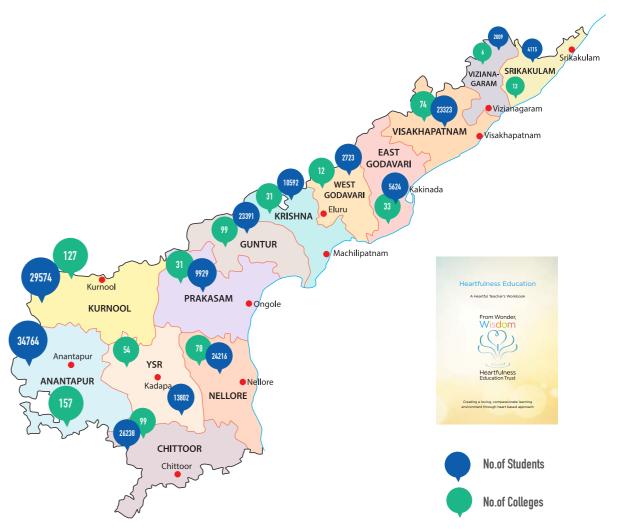
Over 5000 teachers got trained in the states of Tamil Nadu, Andhra Pradesh, Telangana, Gujarat, Rajasthan, Uttar Pradesh, Madhya Pradesh, New Delhi, Jammu, Kolkata, Assam, Karnataka and Kerala.

The training was conducted in English, Hindi, Tamil and Telugu languages.

There has been a continuous stream of requests to conduct more such programs.









NYKS Engagement

Nehru Yuva Kendra Sangathan (NYKS) is a Central Government organization which operates local volunteer clubs across the country, mobilizing youth volunteers towards a variety of government schemes and social causes. Heartfulness has partnered with NYKS to embed HFN activity among their initiatives. Ranging from orientation programs to youth exchange programs, we invite their volunteer groups to our Heartfulness Centres and help them experience Heartfulness.

CORPORATE ENGAGEMENTS IN INDIA IN 2018

To reach out seekers in large corporate houses and MNCs has been this year's greatest success. 24 new organizations were identified and offered Heartfulness sessions.

Accenture was one of the key accounts where many Heartfulness sessions were hosted in 2018. The participant group ranged from employees across their business functions to targeted training programs and leadership teams in Human Resources and Business. We also participated in Accenture's Wellness Carnival in 16 offices across 8 cities in India. At Infosys, Heartfulness refresh sessions were conducted on a quarterly basis and regular communications helped in creating awareness on all sessions planned within the company premises.

Heartfulness sessions for Accenture were rolled out to 5 delivery centres (Bangalore, Chennai, Hyderabad, Pune and Mysuru) and in 2019 as part of phase If the sessions will be extended to other centres in Bhubaneswar, Trivandrum, Mangalore, Chandigarh and Jaipur.

At IBM a very significant mark was made

by Heartfulness sessions, which led to winning the 1st prize in 'Wellness Idea Contest' in 2018. This recognition further led to requests to roll out sessions in other IBM offices in Bangalore, Chennai, Kolkata, Noida and Pune.

A Heartfulness awareness program was also set up in Uber Super Day (Mela event) 2018, where many Uber drivers, partners and their families experienced Heartfulness Relaxation.

Amongst many others, some of the notable new accounts are: Sutures, Zscaler, Latent Talent, HDFC Bank, Standard Chartered Bank, Chumbak, HSBC Bank, Texas Instruments, DnB, Dimensions Data, KPIT, Welingkar Institute, Titan, Replicon, Shield Square, Redlock, Pidilite Ind., LXL People, Amazon, BHEL, Idea & Wells Fargo.

The team also enabled follow-up post the introductory sessions, which led to scheduling of weekly practice sessions with Heartfulness trainers in more than 20 organizations. The surveys at all these companies reflected a very encouraging and positive feedback from participants.



PARTICIPATION AT NHRD TECHEART BANGALORE CHAPTER -NURTURING LEADERSHIP CONSCIOUSNESS THROUGH **HEARTFULNESS:**

The event was held on the 8th of December at National HRD Conference, Bangalore. This program was attended by many business & HR leaders, professionals, leaders in the areas of Learning, Capability Development and Wellness. Mr. Stanislas Lajugie presented the point of view on how Heartfulness could help nurture leadership consciousness, and it was very well received and appreciated.

2018 also saw a consistent effort on inspiring new seekers to dive deeper into Heartfulness and sustain their practice. Some of the notable sustenance programs conducted in 2018 were:

FAMILY RENDEZVOUS IN A

HEARTFULNESS WAY: This event was first of its kind, a one-day program exclusively designed for the families of new seekers. It was conducted

on the 17th of November 2018 at the Heartfulness Centre, Jalahalli, Bangalore and was extended to all the working professionals who had experienced Heartfulness session anytime in the past 12 months. 26 families attended the program. The feedback from the participants, including children, was very encouraging and the organizing team

is all geared up to replicate it in many other centres. **HEARTFULNESS RETREAT PROGRAM:** A weekend program was conducted for

working professionals on the 11th and 12th of Aug 2018, at the Heartfulness centres in Jalahalli, Bangalore. 25 New seekers participated program, enabling to become more self-connected and aware about how the inner state of our being influences our daily life and situations.

The program was designed to explore the language of the heart derived from the Heartfulness practice, and a glimpse of human potential and possibilities, which otherwise seem to be impossible tasks to accomplish. There were other sustenance programs organized by Heartfulness teams @ Oracle, Thomson Reuters & Nokia in the year 2018, which received commendable appreciations.

TESTIMONIALS - DIRECT DIL SE!

- **C** We wanted to extend a Big Thank You for all the help in enabling the Heartfulness Meditation session for a key learning program in Accenture a few weeks ago in Bangalore... Sharing some insights from the feedback received: -
 - 82% enjoyed the Relaxation & Meditation experience 81% felt calm, peaceful 81% felt fresh and energized. 76% would recommend this session. Thank you once again for helping facilitate this for us. We really appreciate it!" - Learning Design & Solutions, Accenture, India.
- **6** The Heartfulness Meditation and Relaxation sessions were a new experience and we have received a good feedback from the participants. We appreciate the effort of

customizing Yoga @ My Work Desk which engaged the attendees who wanted to make the best of the opportunity brought to them. We do hope the interest generated continues." - Oracle, India.

We look forward to 2019, continuing our quest to offer Heartfulness practices to organizations, and to discover newer ways to inspire new practitioners and enable them with techniques, trainings and workshops to dive deeper into Heartfulness.

Choosing to actively cultivate the inner inspiration of the heart is Heartfulness. "

"Dear Team.

Thank you so much for organizing these workshops across. We have also heard great feedback on this. Look forward to working with you more in future."

- Infosys HR Team



$4600 \pm$ CORPORAT PROFESSIONALS **ENGAGED ACROSS 25 CITIES** IN INDIA

2018



INTERNATIONAL YOGA DAY



HEARTFULNESS TALKS AT CHENNAI METRO ZONE (CMZ)

CMZ Talk Series aims at inviting popular speakers and eminent personalities to Heartfulness Institute, Chennai to share their views on various spiritual themes. These events are usually held on the second Sunday of every month or on days of national and international significance.

WORLD HEALTH DAY

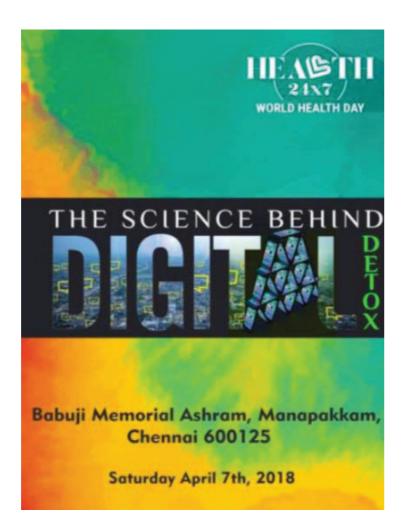
Coinciding with United Nations World Health Day, the Heartfulness Institute, CMZ conducted a day-long event open to all on 7th of April 2018, Saturday, at Babuji Memorial Ashram, Manapakkam, Chennai. The theme of the event was 'Science Behind Digital Detox' which revolved around health-related learnings and self-reflections.

The event was opened with a minimarathon led by Mr. Ashok Daniel, ultra marathon runner, in which many participated enthusiastically.

The second half of the event had some interesting sessions like 'Neerudaithu Nalla Nalamudaithu' and 'Kalyana Samayal Saadham' by speakers Mr Mahendiran and the renowned Mr Healer Baskar who spoke on anatomic therapy.

Group Meditation sessions, expert talks on various health-related topics by experts from the particular fields were conducted. Stalls covering Ayurveda, Yoga, Siddha, Homeo, Nutritious Foods, Medical Check-up and many others were put up. It seemed to be an excellent weekend getaway and a memorable experience for those who visited the green and serene Babuji Memorial Ashram at Manapakkam.

The most successful sessions included Digital Detox - a session on how to balance digital usage in life - Integrated Wellness and Dealing with Stress.



MAJOR EVENTS AND PROGRAMMES

SITAARE ZAMEEN PAR

This flagship event of Heartfulness was held in Hyderabad on the 11th of November 2018 at the Gachibowli stadium, in collaboration with Brighter Minds and Times of India. Sitaare Zameen Par was conceived after months of preparation and it let the audience witness a mindboggling demonstration by the Brighter Minds kids. Thousands of school children from the audience experienced for the first time the varied benefits of cognitive skill development offered by the Brighter Minds initiative.

INTERNATIONAL YOUTH SEMINAR

The International Youth Seminar was held at Kanha Shanti Vanam, Hyderabad from the 12th to 17th of August 2018. Youth from various parts of the world





attended the seminar and benefited from it. Vasco Gaspar, a certified Search Inside Yourself leadership facilitator and a Heartfulness trainer from Portugal introduced the young minds to various concepts and activities based on MIT's Theory U leadership framework.

The key guest speakers included Ira Trivedi, Vasco Gaspar, Shripad Naikji (Indian Minister for AYUSH), Dr Basava Reddy and the YouTube personality CJ Liu who joined the seminar and interviewed Daaji virtually.



Happy youth at the International Youth Seminar, Kanha Shanti Vanam, August 2018



participants at International Youth SeminarVasco Gaspar addressing the young crowd. Over a thousand trees were planted during the event.



Youtube personality CJ Liu interviewing Daaji virtually at the International Youth Seminar.





An interactive Yoga session being held at the International Youth Seminar by Ira Trivedi

TRAIN THE TRAINER

The Heartfulness Way Curriculum for Schools. More than

teacher training programs were conducted for 10,000 and more

educators covering over

schools

upto June 2018. This helped create a culture of values for both teachers and students through practical methods of Relaxation, introspection and Meditation. Heartfulness tools and techniques have regularly been offered since then to students of hundreds of schools, thus touching the hearts of lakhs of student and their families across the globe.

ALL INDIA ESSAY WRITING COMPETITION

This was the 14th year of collaboration between Shri Ram Chandra Mission (SRCM) and United Nations Informatic Centre for India and Bhutan for the All India Essay Writing event.

As in all of the previous editions, there were no charges for participation.

Entries were invited in English and Hin on a national and state level basis in regional languages including Bengali, Gujarati, Kannada, Malayalam, Marathi, Oriya, Punjabi, Tamil and Telugu under the following categories:



e	CATEGORY I - Classes 9 to 12.
ts	TOPIC: There is a wisdom of the head, and a wisdom of the heart - Charles Dickens. Word limit - 600
	CATEGORY II - Under graduates & post graduates
ı	TOPIC: A mind all logic is like a knife all blade. It makes the hand bleed that uses it - Rabindranath Tagore. Word limit 750.
on I	The core purpose of this initiative is to generate and increase awareness for universal human values, a goal jointly shared by Heartfulness and the United Nations Information
ndi	Centre. The methods used to spread this are reflection and introspection. Participants are given a topic and they are encouraged to reflect on how it
, r	relates to them and impacts their lives. This is not an on-the-spot essay contest,
	participants have enough time to study, research, discuss and reflect on the topic before penning it for submission.



The much-anticipated event has seen an incremental growth over the years with

UUU-14 institutions participating

2.0 - 2.5 lakh essay entries

being received for evaluation. The evaluation process is at several levels that includes institution, state and national panels. The final evaluation committee consists of an eminent panel of 8 members who are educationists, doctorates or professionals all wellqualified to evaluate the entries.

The top 10 essays at the national (English and Hindi) and state (English, Hindi and regional languages) levels are given prizes, which include medals for the top 3 essays and certificates jointly signed by the Director, UNIC and President, SRCM; certificates of merit for the top 2 entries at the institutional level; and e-certificates for all those who participated.

PARTNERS AND **COLLABORATIONS**

Inter-governmental agencies we have worked with:

UNIC India and Bhutan - All India Essay Writing Event

UNESCO

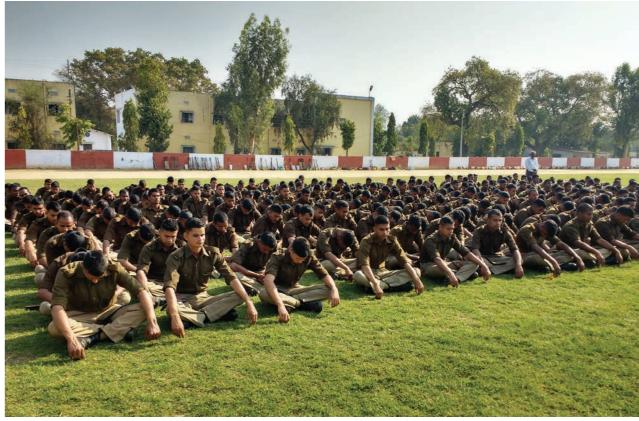
UN reports and the like.

Since 2005, Shri Ram Chandra Mission (SRCM) has been associated with UNDPI as an international NGO. SRCM shares with it the goal of peace, human integration and harmony.

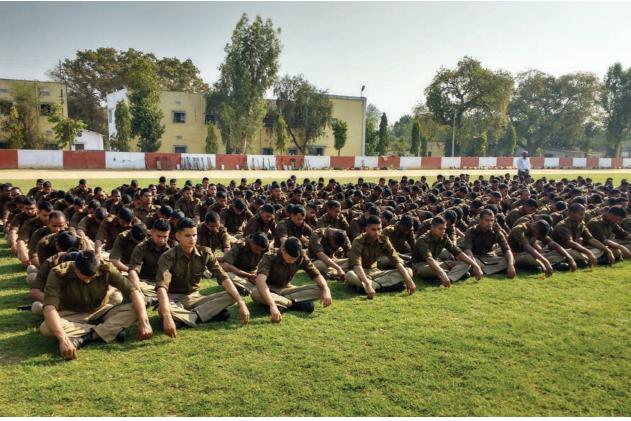


GOVERNMENTS WE WORK WITH:



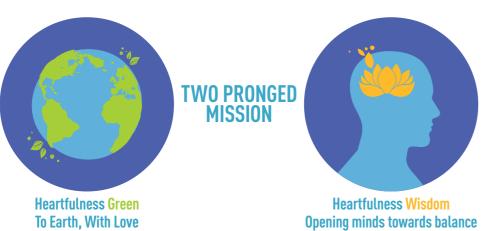


FEUR





CSR - CORPORATE SOCIAL RESPONSIBILITY



To halt the extinction of India's biodiversity of its indigenous and endangered plant species

Companies of a certain turnover are mandated to spend 2% of their profits towards social causes - Corporate Social Responsibility. Many of our Missions's projects would qualify for CSR funds.

GREEN KANHA INITIATIVES

Tissue culture R&D; Plantation at Kanha Shanti Vanam; Adoption to revitalize the forests in various Indian states; Collection of all the extinct species.

To address the unbalanced and stressful lifestyle of today's youth to hamonize their current one-dimensional focus on academics

MEDICAL FACILITIES

FREE medical facility with basic care and minor surgeries; alternative medicines

SPORTS FACILITIES Indoor and outdoor sport

facilities open to all

VEDIC SCHOOL

To revive the ancient scriptures and learning

WHAT CAN YOU DO?

Identify people in decision making positions : Regional Managers of Ban Chief Financial Officers/Chief Market Officers; CSR managers; Owners of

CONTACT 🕀

CSR@Heartfulness.org

AS PART OF THEIR CSR INITIATIVES



PROPOSED AREAS OF COLLABORATION





UN's Sustainable Development Goals - Agenda 2030

(Heartfulness Green)

	companies; HR Directors/Managers
	Our CSR team can provide support to
iks ; ing	prepare proposals for companies you believe could be interested in providing CSR.

WEBSITE

http://Heartfulness.org/CSR



LET US SERVE YOU



The services are offered within various formats such as conferences, retreats, workshops, seminars tailored to different categories of audiences.

HEARTFULNESS@WORK

HFN@Work (erstwhile C-Connect) objective is to conduct Heartfulness programs, in corporates and relevant

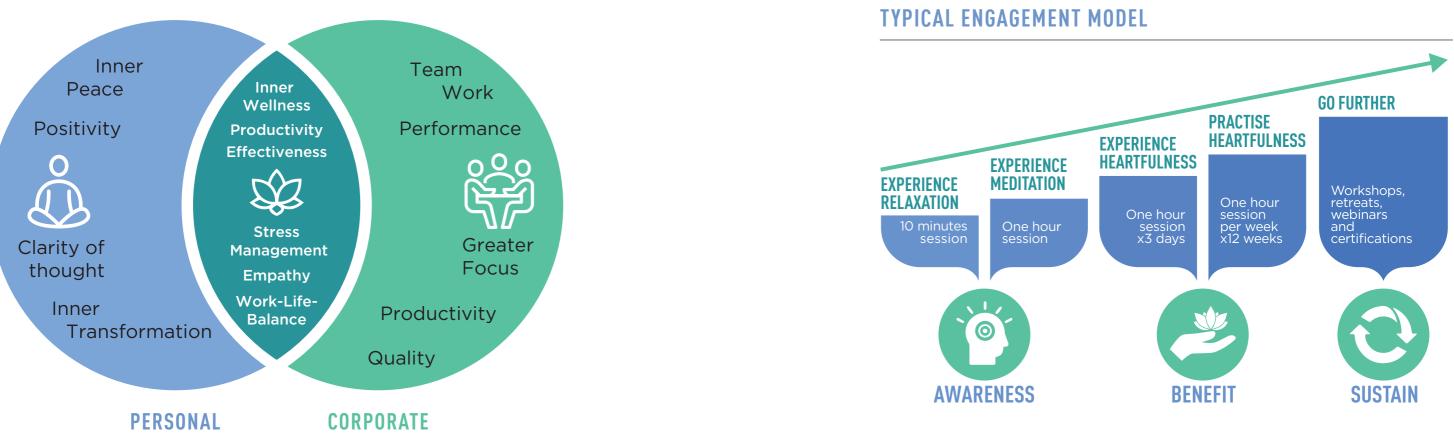




industry forums across the city. We are happy to share highlights of the year 2018, that touched

hearts, through unique events.





Wellness of individuals makes for a healthy organization



LET US SERVE YOU

10 REASONS TO MEDITATE IN YOUR WORKPLACE

Many corporate offices have introduced Heartfulness meditation programs for their employees. What are the benefits?

MEDITATION...

allows you to be in touch with your intuitive, creative intelligence

helps to make wise decisions and choices

balances emotions, so that reactions are not so strong

is a great destressor, removing worry and fear



relaxes the body

expands consciousness to see issues with a 360-degree vision

refreshes, giving you a second wind when you are tired

makes for better relationships with colleagues and teamwork

prepares the mind to accept and work with change



Heartfulness Institute | Annual Report 2018



puts the heart center stage, so that the workplace becomes a happy, joyful place to be.





heartfulness

THE HEARTFULNESS WAY CURRICULUM AND **INSPIRE TEACHER-TRAINING**

THE HEARTFULNESS EDUCATION

offerings are a suite of programs designed to provide a holistic development program for teachers, students that promotes creating a loving, compassionate and inspiring learning environment in all phases of a student's life.



INSPIRE WORKSHOP FOR TEACHING FACULTY: This is an academic yearlong training for teachers which encompasses tools for self-reflection and self-development.



The Heartfulness Education Offerings are a suite of programs designed to provide a holistic development & awareness. It also introduces Heart centred learning and teaching skills 2.

THE HEARTFULNESS WAY

CURRICULUM is our value-based education syllabus for students in Grade 1 to Grade 9. This curriculum allows teachers and students to work together on honing the student's personality which is inclusive of development of qualities like empathy, resilience and creativity.

HELP (Heartfulness: Experience Life Potential) is a 16-week certificate course on life-skills integrated with Heartfulness practices for selfdevelopment of grade 10 to 12 students.

CONTACT 😥	(WEBSITE
education@Heartfulness.org	http://Heartfulness.org/Education
schools@Heartfulness.org	http://Heartfulness.org/Schools

BRIGHTER MINDS

Brighter Minds is an innovative brain training program which aims at harmonizing the brain functions throu providing appropriate environment and training to the children in their formative years. The mission of Bright Minds is to inspire and equip every ch with tools and methods to enhance cognitive functioning for achieving personal excellence and to instil confidence in oneself.

The program incorporates a series of interactive tools and techniques in a learning environment based on joy, positivity, and love. The program has the following activities for the children: • Breathing exercises, Heartfulness

Relaxation and prayer. • Specific brain

exercises and eyeball exercises.

 Specifically developed music for alpha wave Relaxation and entrainment. The main outcomes of the program observed in the children are the following: improved focus, improved memory, better observational skills and comprehension. enhanced levels of



CONTACT 戻

contact@brighterminds.org

	empathy and self- confidence.
	The organization is based out of
ugh	Bangalore, India with over 225 learning
	centres across India. We are present
	in more than 10 countries worldwide
nter	including France, US, Australia,
hild	Denmark, South Africa, UK, Russia and
	Singapore. We have a global base of
	1000 trained facilitators through which
	we have reached out to more than
	11000 children since its launch in Feb
F	2018.
	To know more, please visit

www.brighterminds.org



http://brighterminds.org/

HEARTFULNESS IN GOVERNMENT ORGANISATIONS

Heartfulness has been welcomed across-the-board in government organizations. This includes the State Govt. offices, armed forces, police force, CRPF and central govt. organizations such as Indian Railways, ordnance factories, departments, and many more. The readiness with which Heartfulness is being welcomed in Government agencies reflects the need of interventions for self-development and professional excellence.



CONTACT 🚖	(WEBSITE
Gconnect@Heartfulness.org	http://Heartfulness.org/GConnect
	http://Heartfulness.org/Government

KAUSHALAM RETREATS

Kaushalam, Excellence in Action, is an exclusive 3 to 5 days residential program for personal mastery for business excellence, effective leadership, and empowerment for entrepreneurs, executives, professionals and leaders. The program is held in an idyllic setting, with a continuous connect to nature, and specialized sessions involving selfreflection and contemplation exercises with our experience-rich and unique faculty.

CONTACT 🗟	() WEBSITE
kaushalam@Heartfulness.org	http://Heartfulness.org/CorporateRetreats
corporateRetreats@Heartfulness.org	http://Heartfulness.org/Kaushalam

HEARTFULNESS FOR UNIVERSITIES

This initiative aims to conduct Heartfulness programs on stress management, personality development topics around spirituality & science fo university students and faculty. We al

CONTACT 🚖

uconnect@Heartfulness.org universities@Heartfulness.org

CONTINUOUS MEDICAL EDUCATION (CME) BY HEARTFULNESS

CME Integrated Leadership Program (ILP) are integrated healthcare programs developed for the wellness of the healthcare professionals. This program through its 15 modules aims the holistic wellness and developmen of physicians, nurses and psychologis through Relaxation, Meditation and training interventions through conferences and peer discussions. The tenure of the program is offered in 4 variants to suit the requirements of th

CONTACT 🕀

CME@Heartfulness.org wellness@Heartfulness.org

Clubs, Heartfulness - NSS integrated ent, initiatives as a medium to connect with or students. also	
(WEBSITE	
http://Heartfulness.org/Universities	
http://Heartfulness.org/UConnect	

	participant. Heartfulness CME programs
	are unique educational opportunities as
	you'll learn from practising physicians
	and PhDs, who are also experienced
at	Heartfulness meditators and trainers.
t	Heartfulness Institute is offering these
sts	CME/CE accredited programs in
	collaboration with Annenberg Center
	for Health Sciences at Eisenhower for
е	physicians (AMA), nurses (ANCC) and
	psychologists (APA).
ne	

http://Heartfulness.org/CME

HEARTFULNESS FELLOWSHIP PROGRAMME

The Heartfulness Fellowship is a year-long program which combines intensive meditation practice alongside professional training in one of the Heartfulness connects. The aim of the fellowship is to empower candidates both spiritually and professionally so that they may become Heartfulness ambassadors and active visionaries of the Mission in India and around the world. Each candidate is supported by a mentor, an industry stalwart/specialist, who supervises the activities of the fellow in the particular connect they are posted as well as track their progress.



CON	TACT	Â
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fellowship.program@heartfulness.org

http://Heartfulness.org/Fellowships

HEARTFULNESS NGO CONNECT

Initiatives are focused on supporting humanitarian causes & also introduction of Heartfulness programs within NGOs & related institutions. Priority focused

on Education, Life Skills, Environment, Health/Well-Being and an incubation cell to nurture and address compelling social needs.

CONTACT 🚖	(WEBSITE
NGOConnect@Heartfulness.org	http://Heartfulness.org/NGOs
NGOs@Heartfulness.org	http://Heartfulness.org/NGOConnect

HEARTFULNESS VILLAGE CONNECT

Rural India constitutes 69% of the population and hence is an integral part of our vision of Heartfulness to humanity. This initiative is a compendium of all our connects school, government, NGO - with a specific objective of reaching out to our brothers and sisters in the hinterlands of India. As part of village-connect, scores of our volunteers travel several miles





CONTACT 🕀

vconnect@Heartfulness.org villages@Heartfulness.org



to conduct Heartfulness Relaxation and

http://Heartfulness.org/Villages http://Heartfulness.org/VConnect

HEARTFUL PRESENTER BOOTCAMP

The Heartful Presenter Bootcamp program has been formulated to impart basic presentation and public speaking skills across five key areas: Body Language, Voice Modulation, Presence, Empathy and Impact.

The Bootcamps help Heartfulness facilitators, trainers, coaches and volunteers to be better equipped to effectively conduct the Heartfulness workshops at corporates, universities and colleges, government organizations and in general public.



CONTACT 🔶	() WEBSITE
abhyasiTraining@Heartfulness.org	http://Heartfulness.org/AbhyasiTraining
abhyasis@Heartfulness.org	http://Heartfulness.org/Abhyasis

The Bootcamp also proves effective in one's presentation and communication skills in their respective careers and personal life.



HEARTFULNESS LEGAL CONNECT

It is an initiative embarked by the global Heartfulness Institute to help create a culture of meditation and balanced living among the law students in law schools/colleges, lawyers, judicial training institutions and judicial academies in India. The main emphasis



akshay.nagpal@Heartfulness.org janaksuta.master@gmail.com sujatapatekar@gmail.com krishnanabhay@gmail.com

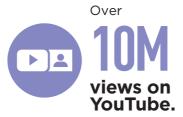
is to introduce Heartfulness in a way that it addresses unique concerns of the legal fraternity so that they can derive maximum benefit in their profession. The objective of this initiative is quite noble and grand as all the other programs of the Heartfulness Institute.

FREE DIGITAL OFFERINGS OF HEARTFULNESS

IN 2018, WE EXPANDED OUR DIGITAL PRESENCE!

Heartfulness has touched many hearts deeply, the unwavering support of whom has led to our presence in social media expanding rapidly.





Growing presence on Instagram, Twitter and Pinterest

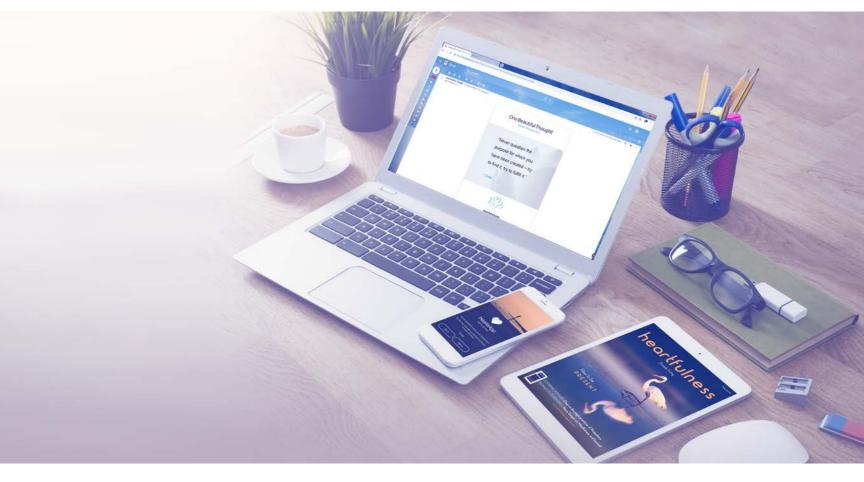












HEARTFULNESS WEBINARS

Heartfulness Webinar

HEARTFULNESS MAGAZINE



KANHA SHANTI VANAM

The ashram is designed to facilitate extensive spiritual training & mentoring programs, promoting personal inner experience, opportunity to learn and contribute. When fully developed, Kanha will be able to host spiritual gatherings of over 50,000 people meditating under one roof equipped with training & seminar halls, comfortable dormitories for multi-day stay, healthy & hygienic food, dining areas, canteens, medical facilities, fully equipped children centre, visual media centre, book store etc.













80,000 people-capacity of the meditation hall that is



A world-class archive, cultural centre, library and museum on Yoga planned.



Kanha Shanti Vanam is a one of a kind place that brings forth a unique blend of a blissfully serene spiritual retreat and

a well-planned lifestyle supported by modern infrastructure.





HEARTFULNESS GREEN

the planet. The focus of Heartfulness Green is the spiritual retreat centre, we call Kanha Shanti Vanam. Being located in the dry and arid environs of Ranga Reddy District, with fast depleting groundwater and tracts of dry barren land, an urgent need to take action was felt. A handful of environment conscious conscious volunteers started the Green Kanha Movement, with love, hope and a passion to grow and restore the Earth's lush green spaces and transform Kanha into an ex situ conservation centre.

Heartfulness Green is an environmental initiative committed to nurturing India's mega bio-diversity, indigenous and endangered species, thereby creating afforestation in the dry region of Telangana. Heartfulness Green is an extension of the Green Kanha initiative, which was primarily launched across all Heartfulness centres in the country to mark the World Environment Day. This initiative includes plantation of trees in their respective facilities, adopting of roads, lakes, villages etc. to take a step towards increasing the green cover on



In the landscaping efforts at Kanha, ecologically, economically and socioculturally important native tree species are grown. An arboretum of medicinally important trees, a germplasm bank of the tree species from peninsular India with seedling seed orchards and clonal seed orchards are being set up. Several hundred trees cut due to road widening projects have found a new lease of life after being trans-located at Kanha. Today, this ecologically transformative movement has inspired citizens from all over the world. Forgoing differences of nationality, language, race, class and gender, together we strive to create resplendent green spaces where the beneficial vibratory fields generated by trees resonate an ideal inner environment. The vision of Green Kanha is to perpetuate this nature-forward movement in as many ways possible.



	() WEBSITE	
greenKanha@Heartfulness.org	http://Heartfulness.org/Green	
green@Heartfulness.org	http://greenkanha.in/	

ACHIEVEMENTS

3,00,000

saplings and trees have been planted so far with a goal to reach 6,00,000 by 2020.

More than a thousand trees (Avenue, Banyan, Peepal, Coconut etc

species) have been rescued and replanted with an unheard success rate of

80% survival.

A total of

675 species of trees have been planted to increase plant diversity.

Over

600,000 saplings in our nurseries ready to be planted

150 bee hives have been installed to facilitate and ensure an increase in the bee population.





As a result of these initiatives, a significant

INCREASE IN RAINFALL was recorded in the region for the first time, after the region

having seen almost 120 years of drought like conditions.







Honorable President of India planting the 100,000th plant at Kanha Shanti Vanam on 25th of December 2017





heartfulness

