

# KANHA SHANTI VANAM



## *Information Brochure & Guidelines for Visitors*

heartfulness  
purity | weaves destiny

[kanha.sahajmarg.org](http://kanha.sahajmarg.org)

*Kanha Shanti Vanam is an oasis that brings forth a unique blend of a blissfully serene Spiritual Retreat and a well-planned lifestyle supported by modern infrastructure. All seekers of spirituality from around the world are most welcome here to meditate, in the purity and sanctity of its atmosphere.*

*Kanha Shanti Vanam is located in the southern suburbs of Hyderabad, near the Hyderabad Airport and close to the Bangalore Highway. Magnificent in its conception and design, tranquil in its atmosphere. Kanha exhibits a perfect blend of nature's beauty and human enterprise. The vast infrastructure is designed to cater to large gatherings who are participating in the Heartfulness movement.*

## MEDITATION HALL

- Overall meditation area is 32 acre and being able to accommodate 100K people under one large covered meditation hall which is also surrounded by eight additional pods. Ferrari fabric forms the canopy.
- The main hall is surrounded by eight satellite buildings.
- The first satellite building on north side of dais is auditorium block fully air conditioned.
- Second building adjoining the auditorium is the conference hall where both, ground and first floors are air conditioned.
- There are four larger and two smaller satellite buildings are designed to cater to multiple training facilities.



## KITCHEN

- Cooking is done by steam. The kitchen is equipped with 2x2 tons of steam boilers and one 600 kg steam boiler. There are several cooking vessels which are double walled and made of stainless steel. They are of 300 litres each and capable of cooking 75 kgs of rice in 15 mins. Food for approx 30,000 people can be prepared in 2 hours.
- A chapati making machine can produce 4000 chapattis per hour in the main kitchen and 2 more machines are located in north and south dining halls of capacity 8000 per hour.
- Provision Store: Generally one month's stock is maintained in the store in an organized manner. Inventories are maintained.



## DINING HALL

- Three Dining halls are located in north, south and east which cater to 2,000 persons at one serving and is equipped with dishwashers to maintain hygienic conditions.
- Main dining hall timings:
- Breakfast:- Mon to Sat, 8 to 9 a.m.; Sun, 7:30 to 8:45 a.m.
- Lunch: Lunch: 12:30p.m. to 2.00 p.m.
- Dinner: 7:30 p.m. to 8:45 p.m.
- Tea: 5:30 to 10 a.m.; 3:30 to 5 p.m.

## PREMIUM DORMS

- Comfort Dorms A, B, C and D have dormitories equipped with bunk beds. They provide luxurious accommodation for 4,300 persons. The ground floor is fully air-conditioned.
- Visiting members generally stay in Kanha for a week, enjoying the spiritual retreat. They are provided food and accommodation for free.
- Voluntary donations are made by members to support functioning of the centres and their maintenance.
- Separate dorms are allocated for male and female members. Family dorms are also provided.
- Facilities also cater to specially-abled persons. Toilets are equipped with hot water for 24 hours provided by Solar water heaters and for larger gatherings heat pumps are operated.



## SOUTH DORMITORIES

- There are four blocks, each with four storeys, to accommodate 18,000 people. The ground floors of three of the blocks are equipped with bunk beds.
- The ground floor of the fourth block is The Wellness Centre, which provides Ayurveda remedies and also luxurious rooms for those interested in staying over for the treatment.

## NORTH DORMITORIES

- There is a total of 63 shed with insulated roofing, providing housing for 8,500 people.
- Eight of these sheds function as air-conditioned training rooms, providing the flexibility to carry out multiple training programs concurrently.

## NORTH BLOCK

- The exterior of the three buildings are constructed with red bricks. Each building is three storeyed.
- The Heartfulness Learning Centre (THLC) is located in one of the buildings, and currently offers education to students up to Year 8. It will scale up to Year 12 during the next few years.
- Luxurious hostel facilities are provided in another one for both girls and boys.

## CANTEEN *Operational Time (7 a.m. to 8:45 p.m.)*

- It is operated by *Suruchi Café* with multi cuisine options available which also includes Chinese and continental food. Meals are provided at reasonable rates. North/South Indian varieties, sweets, bakery, fresh fruits and juices are also available



- *Fausto's Ristorante Italiano* - An open terrace Italian restaurant with pleasant ambience provides different varieties of pizzas, pastas, coffees and mocktails. It is open from 6.30pm to 8.30pm.

## MEDICAL CENTER *(24hrs)*

- Outpatient : Mon to Sat: 10 a.m. to 1 p.m. & 4 p.m. to 8 p.m. / Sun: 10 a.m. to 1 p.m.
- Primary and Emergency Medical care are provided. Out Patients and Limited in-patient facilities are available.
- Emergency services are provided round the clock, backed by emergency equipment and medicines.

## BOOKS AND MORE

- Besides it's exquisite construction, the bookstore holds spiritual wealth in the form of literature. Meditation chairs, souvenirs, utility and gift items are available at reasonable prices.

*Timings: Tuesday to Friday: 9:30 a.m. to 7 p.m.,  
Saturday: 9:30 a.m. to 7 p.m., Sunday: 10:30 a.m. to 4:30 p.m.,*

*Monday: Closed*

*Email id : [kanhabookstall@shpt.in](mailto:kanhabookstall@shpt.in)*



## THE PEARL

- Provides lavish accommodation equivalent to five star facilities.
- *Kaushalam* is a series of programs for corporate groups hosted at The Pearl.
- It is managed by professionals from the hotel industry. Unique cuisines are provided in the restaurant, which attract both visitors and residents.
- Thirty-five rooms with single size beds and seven suites with double size beds are available.



*Timings: Check-in 1 p.m.; check-out 12 noon.*

*Reservations: [pearl.reservations@heartfulness.org](mailto:pearl.reservations@heartfulness.org) or Call: +91 6302750394*

*<https://heartfulness.org/kanha/pearl-hotel>*

## CHILDREN'S PARK

- The children park offers variety of amenities for the recreation of children. These equipment was procured from across the continents and arranged with precision. Children below the age of 15 years are use the facilities. Elders have to resist their temptation!
- Artists from Singapore and Malaysia have contributed largely in this project.



## YATRA GARDEN



- Depicts the journey of the soul with unique understanding of the spiritual anatomy of a human being.
- Knowledge of each chakra and experience makes one wonder.
- Starts from the Welcome Lounge and ends at the amphitheatre, where there is a tall statue of the Founder-President, Shri Ram Chandra. Statue is 32 feet in height, weighs 15 tons and

is cast in bronze. Silence needs to be maintained as people are often meditating. This space can accommodate 1,000 people.

## LAUNDRY

- Linen is washed in-house and laundry is handled efficiently by a trained crew.



- Industrial washing machines of 125 kgs and 65 kgs, along with driers and an ironing machine are provided. Approx. 1500 bed sheets are washed daily.
- Private launders are available for the personal needs of guests.

### **GENERAL STORE** (9.00 a.m. to 7.30 p.m.)

- Equipped to meet the daily needs of all residents and visitors.
- Heartyculture products are available for purchase, including essential oils which are extracted in-house.

### **TRAVELLING IN CAMPUS** (Lunch Break 12.30 to 1.30)

- Golf carts, e-scooties and e-bicycles are available for guests.

### **YOGA TRAINING**

- Wellness and Yoga courses are conducted throughout the year. Information can be sought from website : <https://heartfulness.org/education/yoga-trainers/>
- The Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India (MDNIY) and Heartfulness Education Trust (HET) offer courses developed and implemented by both institutions for Yoga professionals, to promote Yoga (the whole of Ashtanga Yoga) for wellness.
- One month residential course: the course is designed to impart the knowledge, skills and techniques of Yoga to enable the participants to become qualified Yoga professionals and teach voluntary Yoga Protocol for Health and Well-being. Moreover, the aim is to impart classical, scientific Yoga education and training.

### **GENERAL INFO**

- 800 KW Solar plant is installed to generate electricity.
- The campus of the International Heartfulness Centre at Kanha Shanti Vanam (meaning 'Forest of Peace'), extends across 350 acres. Five natural water bodies have been deepened as part of the rainwater harvesting system. Percolation pits to recharge the bore wells, and deep pits to enhance the ground water, have been built across the campus.
- 120,000 trees have been planted in this once-barren land. As a result, Kanha Shanti Vanam has been awarded the prestigious 'Haritha Haram' environmental award in 2016-2017 and 2017-2018. Over 1,000 mature trees that would have otherwise been destroyed due to roads and construction, have been transplanted to Kanha. The trees have attracted many species of birds, butterflies and other fauna.
- Kanha Campus was awarded platinum award by IGBC in the year 2019 for its green definition.



- A tissue culture laboratory for research and the protection of endangered species is in the making.
- Produce from the many organic farms are provided to residents and visitors. The nursery is huge and well maintained by experts in the field.
- Pottery is a silent feature located in north tent N17. Students of The Heartfulness Learning Centre and those who are interested are always welcomed.

### ***Important Guidelines for Staying in Ashram & Visitors***

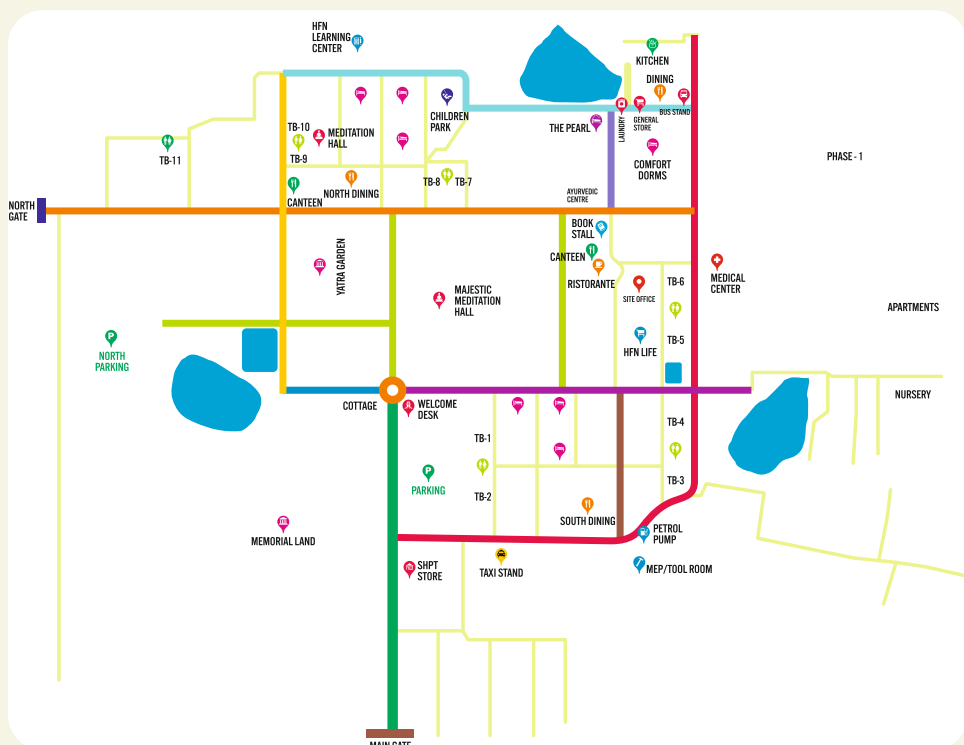
- The purpose of staying in the ashram is to enjoy the subtle atmosphere while connecting ourselves to the inner Being. Try to keep this in mind during your entire stay.
- The permitted duration of stay in Ashram is 5 days for Indian Abhyasis and 15 days for overseas Abhyasis.
- Overnight stay in ashram is allowed only for Heartfulness practitioners. If there is a need for any visitor to stay overnight, kindly contact the Welcome Desk.
- All members are expected to wear and display Abhyasi /Heartfulness ID cards.
- Abhyasis are encouraged to attend all Satsanghs during their stay in the ashram.
- Abhyasis must do shramdaan and participate in Volunteer work for maintenance of the ashram.
- We recommend you to switch off your cell phone and other electronic devices for the duration of the stay in the Ashram. If unavoidable, please limit their usage to the bare minimum during the stay and ensure that others are not disturbed.
- Mobile phones are to be switched off prior to entering the Mediation hall. It is advisable not to carry them to the mediation hall itself.
- Watching videos for entertainment of any sort on laptop/ phone is not permitted in the Ashram.
- The Ashram is declared as plastic free zone.
- 9:30pm to 5:30am is Silence time. Please occupy your bed before 9:30 pm and maintain silence in dorms.
- Abhyasis are requested to know, respect and adjust to the Indian cultural habits, especially dresses.
- Conserve Water and Electricity, ensure fan and lights are switched off when not in use.
- Possession of lethal weapons, alcoholic beverages, tobacco and drugs are prohibited.
- Smoking is prohibited within Ashram campus.

- Cooking and consuming non-vegetarian food within the Ashram premises is strictly prohibited.
- No pets and other animals should be brought into the Ashram.
- Keep the surroundings clean. Use appropriate dustbins to throw the garbage for the purpose of recycling.
- Maintain silence in the Ashram premises to preserve the sanctity of the spiritual environment

### Important contact details

Accommodation	:	9133310930
Information	:	9133318626
Medical Center	:	9133310393
Toll Free number	:	1800 103 7726
Contact Number	:	91333 10393

### Location Map



[www.heartfulness.org](http://www.heartfulness.org)

[www.daaqi.org](http://www.daaqi.org)



heartfulness



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heartfulness



practiceheartfulness



youtube.com/heartfulness

