

Rising with

KINDNESS

Kanha Shanti Vanam



FRIDAY AUGUST 12 — MONDAY AUGUST 15  
HYDERABAD, INDIA

# NOW MORE THAN EVER KINDNESS MATTERS!

In the midst of darkness that seems to be plaguing the world we see hope. When disasters strike caused either by a Amidst the chaos and darkness currently plaguing the world, many see hope. When disasters strike -- like a global pandemic or climate change - many immediately see the compassion of humans coming together as one. These acts of kindness are often overshadowed by the darkness of catastrophes; it is time we spotlight these moments of kindness. In these tough times, many of us are also learning how to show kindness to ourselves, through the adoption of wellness practices that help us feel more grounded in our own energy.

'Rising with Kindness' is an opportunity to celebrate these moments of kindness, to continue to foster camaraderie, and to get creative with how we 'self-care'. Join us for an immersive conference experience in Kanha Shanti Vanam, the World Headquarters of the Heartfulness Institute in Hyderabad, India, where we will:

- Spotlight moments of kindness
- Build community with like-minded people from around India
- Connect with our inner self through meditation, yoga, and a myriad of other wellness practices that can help all of us feel grounded

We have witnessed millions of incredible acts of empathy and compassion that have brought relief, created and strengthened bonds, and helped build lasting solutions as the world accepts its new normal. Together, let's continue that momentum by Rising in Kindness.





**THEME**  
Rising with  
Kindness

## Rising with Kindness

, the Indian Youth Kindness Conference, is an experiential retreat for Young Kindness Enthusiasts to share and scale their impact. It is an inspirational space to refocus our attention on the many invisible acts of kindness, unity, and camaraderie seen around the world. We will rise together as youth kindness ambassadors, equipped with contemplative practices and innovation models for Peace and Sustainable development.

#KINDNESS  
matters

DATES	<b>THURSDAY, AUGUST 11 (CHECK-IN) — MONDAY EVENING, AUGUST 15, 2022</b>
VENUE	<b>Kanha Shanti Vanam</b> Hyderabad, India
AGE GROUP	<b>18-35 years</b>
FORMAT	<b>Conference and Concert</b>
ATTENDEES	<b>5,000 - 10,000+</b>
KINDNESS STORIES	<b>100,00+</b>
EVENT TYPE	<b>In-person at venue (select sessions will be broadcasted live)</b>

The Rising with Kindness is a hybrid event being organized so that youth delegates can together develop a 'Kindness Statement', share kindness stories, showcase their Kindness projects, and learn to scale or organize their impact. All delegates will be offered Certificates of Participation by HFI. Few select Kindness Champions shall be invited to join the World Youth Kindness Conference, in November 2022 and some others stand to have their stories features by UNESCO MGIEP.

The Rising with Kindness Conference will see international thought-leaders in Kindness, Celebrity artists and performers, youth influencers, and other inspirational figures.

## OUTCOMES FOR THE YOUTH

- Kindness practices for Society, Environment, and Ourselves
- Exposure and Awareness towards Indian Culture & Heritage through Yoga, Meditation and inter-faith dialogues
- Inspiration for personal wellness and sustainable development
- Networking with like-minded youth leaders
- Digital Certificate of Participation
- Many more opportunities with Heartfulness and UNESCO MGIEP

POETRY  
**self**  
MEDITATION



Impact Areas

#KINDNESS



EMPATHETIC LEADERSHIP

matters

others

SOCIAL ENTREPRENEURSHIP

COMMUNICATION

CIRCULAR ECONOMY

ZERO WASTE  
**nature**

ECO BRICK

CLIMATE ACTIVISM





# AGENDA HIGHLIGHTS

12th August FRI

## DAY 1 EXPERIENTIAL

Yoga +  
meditation

Musical Interlude

Opening

SEEK Workshop

Kanha Tour

Plantation

Networking

13th AUGUST SAT

## DAY 2 CEREBRAL

Yoga + Meditation  
Recap

Keynote

Heartful  
Communication

Green & Blue Innovation  
Breakouts

Kindness Concert

14th August SUN

## DAY 3 HEARTFUL

Meditation

Keynote

Youth Project  
Showcase

Panel

Breakouts

TAGe: Science of  
Kindness

# KINDNESS CONCERT ON DAY 2

As part of the India Youth Kindness Conference, a Kindness Concert by world renowned artists to celebrate the Global #KindnessMatters Movement at Kanha Shanti Vanam

**Ricky Kej**

2 Time Grammy Award  
Winner  
& UNESCO MGIEP  
Kindness Ambassador

**Shibani Kashyap**

Indian Singer

**Pierre Ravan**  
Spiritual House DJ



# ACCOMMODATION AND AMENITIES

**THE EVENT IS OFFERED ON A COMPLIMENTARY BASIS TO YOUTH INTERESTED TO PRACTICE KINDNESS, FROM ACROSS INDIA.**

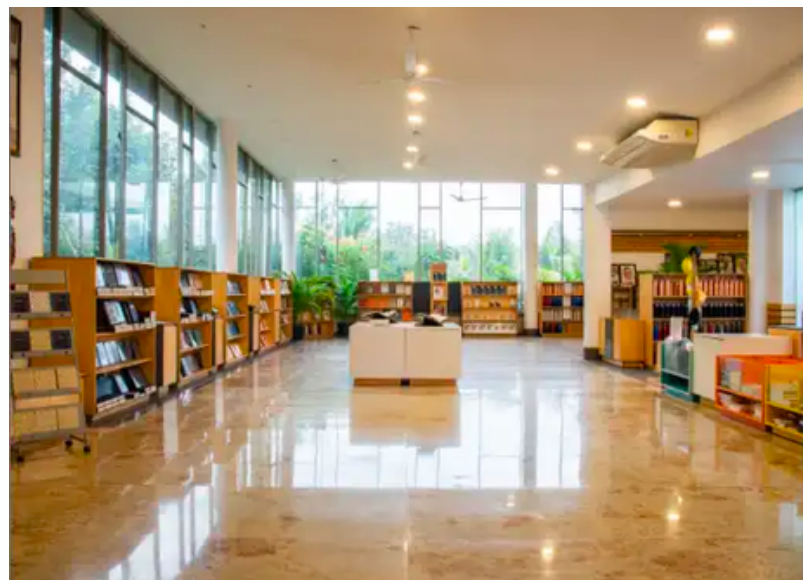
- Delegates are expected to arrive a day earlier on 16th June 2022 to check-in and settle down.
- Delegates can extend their stay for a few more days (until the Yoga Day on the 21st June '22) as preferred. In such cases, the event organizing team needs to be notified so the same is arranged for.
- Food and stay for the delegates is being offered in a pay-it-forward approach supported by Heartfulness Institute.
- Three vegetarian meals and two snack breaks shall be catered to during the 3 days of the event at the dining hall or near the conference venue.
- Accommodation will be provided in clean and sanitized air-conditioned comfort dormitories with separate blocks for men and women.



COMMON AREA IN THE DORMITORIES



AC AND NON-AC COMFORT DORMITORIES



BOOK STORE



CONFERENCE HALL



AUDITORIUM



CAFETARIA



EXTERIOR VIEW OF DORMS  
(5K CAPACITY)



# THE VENUE: AN OASIS OF KINDNESS! Kanha Shanti Vanam, Hyderabad



**The World's Largest Meditation Center**



Conference and auditorium center



Green and Blue projects



Where the world meditates



Volunteering at Kanha Shanti Vanam



International Yoga Academy



Many AgriTech innovations

# AN OASIS OF KINDNESS!

## Kanha Shanti Vanam, Hyderabad

The campus, officially inaugurated by the President of India, His Excellency Shri Ram Nath Kovind in 2020, is being developed as a resplendent green space and ex-situ conservation center aimed at creating afforestation in the dry regions of Telangana, where attention has been paid to all natural elements which includes soil, water, plantation, bio-diversity etc.

Designed to facilitate extensive wellness & spiritual training & mentoring programs, promoting personal inner experience and opportunities to learn

- Wellness Center offering meditation and relaxation techniques to all
- Originally barren, Kanha now has 9 lakh trees and a nursery of 6 lakhs saplings, including 50 rare and endangered species
- A self-sustainable ecosystem, using solar, water harvesting, treatment of grey and black water in wetlands, composting, development of green energy sources etc.
- Traditional cottage industries, e.g. pottery, essential oils, ayurveda products.
- Education and training: The Heartfulness Learning Centre - a school with forward-thinking holistic education and an open curriculum; A training center for farmers in sustainable farming methods
- World class infrastructure, including:
  - a. A meditation hall that accommodates 100,000;
  - b. Overnight accommodation for 40,000 people, including a 3-star hotel
  - c. A kitchen providing food for up to 100,000 people



# ADVISORY AND CODE OF CONDUCT

Write to [rwk@heartfulness.org](mailto:rwk@heartfulness.org) for any queries.

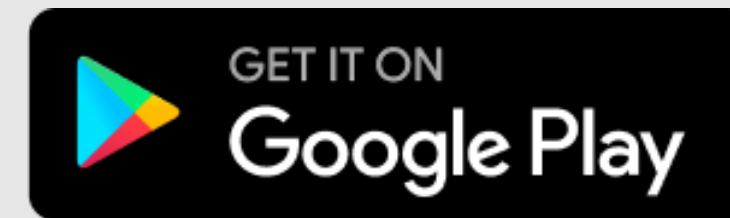


- Delegates are expected to reach one day before (i.e on the 11th of August 2022 before 4PM IST) as there is a Check-In and orientation to Kanha Shanti Vanam. While the conference concludes on 15th (with some independence day celebrations!) you may opt to stay back that night and leave on the morning of the 16th of August 2022.
- Delegates are encouraged to carry a Aadhar/ID card, hat, sunscreen, pair of slippers, and a water bottle.
- **Any prior medical conditions or allergies must be notified to the organizing committee.** We strongly advise any invitees who are sick/unwell to discontinue their plans and participate virtually.
- **Cigarettes/Alcohol/Narcotic substances/ fire arms are strictly prohibited at Kanha Shanti Vanam** any delegates found in possession of the same shall be instantly expelled from the program. The organizing team and the Kanha Shanti Vanam Management Team reserve all rights of entry in the premises.
- **Kanha Shanti Vanam being a meditation retreat does not permit activities after 10:00PM**, mobile phones in the meditation hall, etc

# GETTING READY!



**Download the HeartInTune App** to integrate Heartfulness Meditation into your lifestyle, obtain live meditation trainings, and also join various Live-Audio events. Please click below to download HeartInTune (free-of-cost).



Get inspired on Yoga, Wellness, and Green Action by access the monthly Heartfulness Magazine (free to download digitally).



[www.heartfulnessmagazine.com](http://www.heartfulnessmagazine.com)

## Donate for a Heartful Humanity

Contribute to Heartfulness Movement towards holistic education, wellness, research, and afforestation. A little Kindness goes a long way. Click below to donate.



# ABOUT THE ORGANISERS



Heartfulness is a Global non-profit organisation, associated with United Nations DPI, with a 75-year history. Offers unique, simple, and secular practices such as relaxation, meditation, and rejuvenation for self-development to help us find inner calm and stillness in our extremely fast-paced world. Globally Heartfulness meditation is offered free of charge

Presence spans over 130+ countries with over four million practitioners, 14,000 trainers and 265 retreat centers worldwide. Pursuant to our vision and values, we serve humanity in areas of Education, Environment, and Wellness.

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The Mahatma Gandhi Institute of Education for Peace and Sustainable Development is an integral part of UNESCO, and the organisation's specialist institute on education for peace and sustainable development to foster global citizenship.

UNESCO MGIEP focuses on achieving the UN Sustainable Development Goal 4.7 towards education for building peaceful and sustainable societies across the world by developing programmes that promote socio-emotional learning, innovate digital pedagogies and empower the youth.





**SEE YOU IN AUGUST!**

**Follow us on website and social media to stay updated on the speakers!**  
[www.heartfulness.org/kindness](http://www.heartfulness.org/kindness)  
[@heartfulness](https://www.instagram.com/heartfulness) and [@unesco\\_mgiep](https://www.instagram.com/unesco_mgiep) on various social media channels



**heartfulness**  
advancing in love

