

# Rising with KINDNESS

Kanha Shanti Vanam

heartfulness  
advancing in love

FRIDAY AUGUST 12 — SUNDAY AUGUST 14  
HYDERABAD, INDIA

Knowledge Partner



In Association With



Supported By



Main  
Sponsor



Co -  
Sponsors



Supporting  
Partners



# NOW MORE THAN EVER KINDNESS MATTERS!

In the midst of darkness that seems to be plaguing the world we 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 the world
- 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 With Kindness.

**THEME**  
Rising with  
Kindness

**Rising with  
Kindness**

, the International 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.

#KIND  
NESS  
matters

DATES	<b>THURSDAY, AUGUST 11 (CHECK-IN) — SUNDAY EVENING, AUGUST 14, 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>100,000+</b>
EVENT TYPE	<b>In-person at venue (select sessions will be broadcasted live)</b>

The Rising with Kindness is a hybrid event being organised so that youth delegates can together develop a 'Kindness Statement', share kindness stories, showcase their Kindness projects, and learn to scale or organise their impact. All delegates will be offered Certificates of Participation by Heartfulness Institute. 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 featured 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





# 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

**MULTI-GRAMMY® AWARD WINNER**

**RICKY KEJ**

**LIVE IN CONCERT**

**KINDNESS CONCERT ON DAY 2**

*As part of the International Youth Kindness Conference, a Kindness Concert by world renowned artists to celebrate the Global #KindnessMatters Movement at Kanha Shantivanam*

**United Nations** "LAND AMBASSADOR  
**UNESCO MGIEP** "GLOBAL AMBASSADOR FOR KINDNESS"  
**UNICEF** "CELEBRITY SUPPORTER"  
**Earth Day Network** "AMBASSADOR"  
"GOODWILL AMBASSADOR"





# SPEAKERS AT THE CONFERENCE

heartfulness  
advancing in love



**Daaji,**  
Global Teacher, Heartfulness



**Dr. Anantha Duraiappah**  
Director, UNESCO MGIEP



**Nitin Gadkari**  
Union Minister of Road  
Transport & Highways



**Anurag Thakur**  
Union Minister of Youth  
Affairs and Sports



**Bhupender Yadav**  
Union Minister of  
Environment



**Meenakshi Lekhi**  
Union Minister of State of  
External Affairs & Culture



**V. Srinivas Goud**  
Minister of Sports & Youth  
services, Tourism & Culture  
and Archaeology, Telangana



**P V Sindhu**  
World Champion and  
Badminton Player



**Pullela Gopichand**  
Chief National Coach, Indian  
Badminton Team



**Rickey Kej**  
Music Composer and Two  
Time Grammy Awardee



**Vandana Shiva**  
Environmental Activist



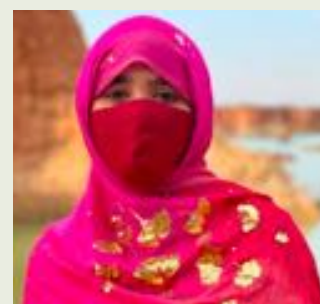
**Rajendra Singh**  
Waterman of India



**Kiran Bir Sethi**  
Founder, Design for Change  
Foundation



**Vani Kola**  
Venture Capitalist



**Khatija Rehman**  
Director & Trustee, A R  
Rehman Foundation



**Neerja Birla**  
Educationist & Mental  
Health Activist



**Tanya Maniktala**  
Indian Actor



**Joshna Chinappa**  
India Professional Squash  
Player



**Dr. Tejaswini Manogna**  
Miss Earth 2019



**Puneeth Lalbhai**  
Executive Director,  
Arvind Ltd



**J D Lakshminarayana, IPS**  
Former CBI Director and  
Additional Director  
General of Police, Mumbai.



**Radhika Ghai**  
Co-Founder, Kindlife.in



**Rishabh Shah**  
President & Founder,  
IIMUN



**Alina Alam,**  
Founder & CEO, Mitti Cafe



**Nirmala Mehendale**  
Founder Trustee, World  
Kindness Movement India



**M Srinivas Rao**  
CEO, T-Hub Telangana



**Venkatesh Murthy**  
Founder & Mentor, Youth  
For Seva



**Sadam Hanjabam**  
Founder & CEO, Ya\_All



**Kuany Kiir Kuany**  
Project Officer, UNESCO



**Amaarah Martinus**  
Senior Programme  
Officer, UNESCO MGIEP



**Arudradev Rao**  
Director, Orient BlackSwan



**Mallika Reddy**  
Founder, Cancelled Plans



**Shobhit Mathur**  
Founder & Dean, Rashtram  
School of Public Leadership



**Ananya S Rao**  
Consultant, UNESCO MGIEP

Note: Names in Bold are confirmed speakers



# ACCOMMODATION AND AMENITIES

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

- Delegates are expected to arrive a day earlier on 11th August 2022 to check-in and settle down by 4PM
- Delegates can extend their stay upto the 15th August as preferred and plan to depart before 12 PM. In such cases, the event organising 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 sanitised air-conditioned (subject to availability) / non - 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

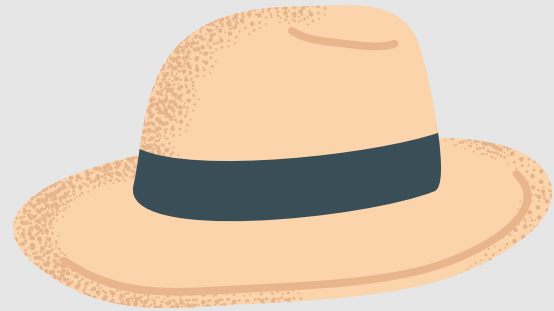
- Wellness Center offering meditation and relaxation techniques to all
- Originally barren, Kanha now has 9 lakh trees and a nursery of 6 lakhs saplings, including 50 rare and endangered species
- A self-sustainable ecosystem, using solar, water harvesting, treatment of grey and black water in wetlands, 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 the 14th, you may opt to stay back that night and leave on the morning of the 15th 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).



Download on the  
**App Store**



GET IT ON  
**Google Play**

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.

[Click to Contribute](#)



# ABOUT THE ORGANISER



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.

# ABOUT OUR KNOWLEDGE PARTNER

UNESCO Mahatma Gandhi Institute of Education and Peace and Sustainable Development (MGIEP) focuses on achieving the United Nations Sustainable Development Goal 4.7 towards education for building peaceful and sustainable societies across the world by developing programmes and products that promote social and emotional learning, innovate digital pedagogies and empower the youth

UNESCO MGIEP's Social Emotional Learning (SEL) interventions draw on the science of learning and aim to build intellectual and emotional intelligence among learners through innovative pedagogies. For further details, visit <https://mgiep.unesco.org/>



**unesco**

Mahatma Gandhi Institute of  
Education for Peace and  
Sustainable Development



INTERNATIONAL RWK YOUTH CONFERENCE

**SEE YOU IN AUGUST!**

heartfulness  
advancing in love

**Follow us on website and social media to stay updated on the speakers!**

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

@heartfulness and @unesco\_mgiep on various social media channels