

rising with *kindness* Handbook



WELCOME ALL!!

GET READY FOR AN IMMERSIVE EXPERIENCE OF HEARTFULNESS MEDITATION WITH HOLISTIC LEARNING THROUGH AICTE APPROVED HEARTFUL CAMPUS MODULES. MAKE SOME LIFELONG FRIENDS IN THIS WONDERFUL INTERNATIONAL YOUTH SEMINAR, WHERE YOU'LL RISE WITH KINDNESS



FUNDAMENTALS

- Participants are advised to download [Heartfulness App](#), take some sittings from their Heartfulness trainers and read the guide before departing.
- Participants for '[Rising with Kindness](#)' summit can stay in Kanha Shanti Vanam (KSV) for up to 7 days with free accommodation & food.
- 100% attendance is compulsory for all the sessions and a QR code based attendance system will be used. If a participant does not fulfil the stated attendance criteria, the organisers reserve the right to deny the program completion certificate.
- The participants will receive a program completion certificate approved by the AICTE, for which the participants can claim credits in their respective colleges or universities.
- The delegates should have an Aadhar Card/ID card, water bottle, sunscreen, and a pair of slippers on the campus.
- Participants are advised to carry a cell phone (to be kept in silent mode always) and usage is restricted for providing attendance & in case of emergencies only.
- Students are encouraged to carry a fresh notebook with required stationery to capture salient points from the sessions.



DISCIPLINE

- Daily Heartfulness meditation with Shri. Kamlesh Patel, affectionately known as Daaji, will take place at 9 AM in the main meditation hall.
- Students are expected to be disciplined during meditation sessions and during the entire program. Participants must not leave the hall during these sessions.
- In order to maximize learning, students are recommended to actively participate in all activities & interactions.
- Participants are required to switch off all mobile phones, lights and go to sleep by 10 PM.
- Alcohol, cigarettes, narcotics, firearms, and other dangerous items are strictly prohibited on the premises. If a delegate is found with any of these substances, the organizers reserve the right to expel the person from the programme immediately.



CLOTHING

- For yoga sessions in the morning, comfortable track pants and t-shirts are recommended.
- Dress code for the event is formal wear
- Casual wear such as shorts, sleeveless shirts & tank tops etc. are not allowed.
- College uniforms containing banners or flags are encouraged.
- Participants are highly advised to wear a mask at all times inside the campus.
- Since it's the rainy season, participants are advised to bring along warm clothing such as hoodies, sweaters, wind sheeters, raincoat etc.
- Due to limited supply of water, washing of clothes is not permitted during the stay. Hence, participants are requested to bring adequate clothing.



TRANSPORT

- Paid transportation facilities will be provided to & from Kanha Shanti Vanam for participants who have provided arrival and departure details to the organizing team.
- Heartfulness booths will be available at the Airport and all major railway stations & bus stops. The transport department personnel will be available to assist and guide all participants.
- For safe and secure travel, special buses have been arranged from all major railway stations and bus stops. We have also tied up with cab service providers for travel to/from the airport.
- The following are the Bus & Cab Charges:
 - Non-AC - ₹160 to ₹180 one way, approximately.
 - Cab - ₹800 one way, approximately.
- Faculty members are requested to collect the money on behalf of the students and hand it over to the bus conductors.
- For more details on transportation, please refer to the circular by [clicking here](#).



FACILITIES

- Hygienic, vegetarian food will be provided for breakfast, lunch, dinner & high tea in the dining hall. Additionally, food can be purchased at the canteen until 9.30 PM.
- Outside or Non-veg food is strictly prohibited on-campus.
- Water coolers with fresh RO drinking water are placed across the campus. Participants are advised to carry their own water bottles.
- A cot, mattress, bedsheet, pillow, and blanket will be provided to every participant in the dormitories. Participants are advised to bring an extra blanket (if required) from home as it can get cold at night.
- An umbrella or a rain coat is recommended, as it is presently the rainy season.
- Communal washrooms and toilets will be provided with 24/7 water supply.
- Students must carry their own toiletries like soap, toothpaste, brush, shampoo, personal towels and other essentials.



MEDICAL

- Participants with serious medical conditions are advised to attend the event online.
- Please inform the organizing team of any prior medical conditions and allergies, so arrangements can be made.
- The Kanha Medical Center caters to most common medical illnesses and emergencies. More information can be found at this link: <https://heartfulness.org/kanha/kmc/>
- For emergencies, contact: [+91-9133310393](tel:+91-9133310393)

DAILY SCHEDULE



- **Morning**
 - The day begins with Yoga at the meditation hall
 - Meditation at 9 AM followed by an immersive morning session
- **Afternoon**
 - Breakout sessions
 - Kanha Exploration
- **Evening**
 - Concerts and other entertainment
 - Conversation with Daaji



HEARTFUL DONATIONS

Link for Heartfulness Education Trust donation for Rising with Kindness event:

<https://donations.heartfulness.org/heartfulness-experience-lifes-potential-help>

Bank Details for Donation:

ACCOUNT NAME: HEARTFULNESS EDUCATION TRUST

ACCOUNT NUMBER: 1345104000087267

IFSC: IBKL0001345

TYPE: SAVINGS

BANK: IDBI

BRANCH: FAROOQNAGAR (SHADNAGAR)

Please refer to the [online conference brochure](#) for other important information regarding the event.

For any clarification, you may write to rwk@heartfulness.org or campus@heartfulness.org

- **Books and more** is the bookstore setup for buying HFN books.
- **HFNLife** stalls would also be there for all participants to make purchases. Please ask any vendor you would like to visit to contact sales@hfnlife.com



IMPORTANT CONTACTS

This is the toll free number for transportation and accommodation if you have any query or you need any help and support please reach out to this number:

1800 103 7726

Youth Transport Facility Support Team:

Mr. Abhijith - +91 9886801891

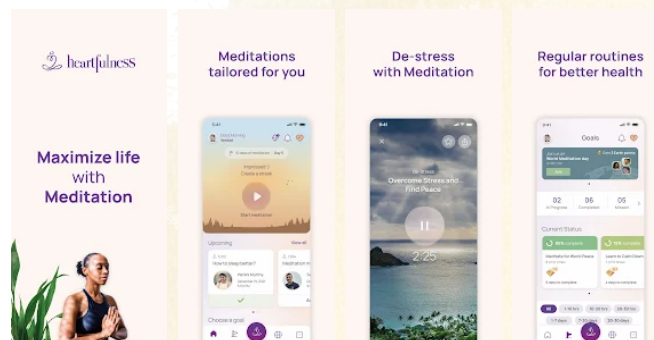
Mr. Chandu - +91 8688050501

Youth Accommodation Support Team:

Mr. Sharan - +91 9895979429

Mr. Ravi - +91 8208171713

HEARTFULNESS: DAILY MEDITATION APP



Everyone is advised to download **Heartfulness App**, take some sittings from their Heartfulness trainers and read this guide before departing.



QUICK CHECKLIST FOR HYDERABAD

- | | | |
|-------------------|-----------------------------------|----------------------------------|
| 1.College ID CARD | 6.Brush/ Toothpaste/Facewash Kit. | 11.Glasses/Sunglasses |
| 2.Aadhar and PAN | 7.Sanitary Napkin (For Girls) | 12.Face mask/Sanitizer |
| 3.Formal Attire | 8.Wallet /Cash /Card | 13.Tissue paper/Wet wipes |
| 4.Night Dress | 9.Mobile phone/Charger/Powerbank | 14.Socks/Shoes/Bathroom slippers |
| 5.Inner Wear | 10.Towels/Napkin | 15.Medicines if any |



EXPRESS YOURSELF

Share all your fun experiences while preparing for your trip to Kanha and during your participation at the Youth summit





Post your best moment of Kindness, your travel story. Take selfies at Kanha at selfie points and photo booths.

Tag [@heartfulness](#) and [@kanhashantivanam](#) and post your image. The top selected posts stand a chance of winning something exciting during the youth conference.


Let's do this! Use these hashtags while posting [#RisingWithKindness](#) [#heartfulness](#) [#mykanhastory](#) [#daaji](#) [#KindnessMatters](#)

OUR SOCIAL MEDIA HANDLES




HEARTFULNESS

-  [@practiceheartfulness](#)
-  [@heartfulness](#)
-  [@heartfulness](#)
-  [@linkedin.com/company/heartfulness/](#)

KANHA SHANTI VANAM

-  [@kanhashantivanam](#)
-  [@kanhashantivanam](#)
-  [@kanhashantivanam](#)
-  **Check-in Location: Kanha Shanti Vanam**

WEBSITES

-  [www.heartfulness.org](#)
-  [www.daaji.org](#)
-  [www.heartfulnessmagazine.com](#)

Core organizing team,
[Rising with Kindness](#)

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