



Ministry of Culture
Government of India

heartfulness
advancing in love



GLOBAL SPIRITUALITY MAHOTSAV
Inner Peace to World Peace

14th - 17th March, 2024

Kanha Shanti Vanam

SCHEDULE OF EVENTS



Register here!

Thursday 14th March

Venue: Main Meditation Hall/All Satellites/All Displays



6pm: Start of Programme + Meditation



7pm: *Musical performance by:*
Shankar Mahadevan
Kumaresh Rajagopalan
Shashank Subramanyam



Register here!



Ministry of Culture
Government of India

**Friday,
15th March**

heartfulness
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YOGA/MEDITATION SESSIONS

VENUE: Main Meditation Hall/All Satellites: First Floor/All Displays



YOGA
5:30AM - 6:30AM

Prahlada ji
Director Sivananda India,
Sivananda Yoga Vedanta



MEDITATION
6:30AM - 7:15AM

MEDITATION SESSION LOCATIONS

N4: Ground Floor: Heartfulness experiential sessions
N4: First Floor: Heartfulness experiential sessions
S4: Ground Floor: Transcendental Meditation - Morning Meditation
S4: First Floor: Transcendental Meditation - Morning Meditation
S3: First Floor: Transcendental Meditation - Morning Meditation

MAIN PLENARY SESSION: Inner Peace to World Peace

9:30AM - 11:00AM

VENUE: Main Meditation Hall/All Satellites/All Displays

Welcome address by Ranjana Chopra ji,
Additional Secretary and Financial Adviser, Ministry of Culture

Address by Sister Usha Behn ji,
Brahma Kumaris

Setting the Context by Shri. Kamlesh D Patel ji (Daaji),
Global Guide of Heartfulness

Address by HH Chinna Jeeyar Swamiji,
Jeeyar

Address by Sh. Gaur Gopal Das ji,
ISCKON

Address by Swami Atmapriyananda ji,
Ram Krishna Mission

MAIN PLENARY SESSION: Spirituality in Daily Life

11:00AM - 12:30PM

VENUE: Main Meditation Hall/All Satellites/All Displays

Session opening remarks by Jt. Secy. Smt. Amita Prasad Sarabhai ji,
Ministry of Culture (Performing Arts)

Address by Yogi Niranjana Nath ji
(Sant Dnyaneshwar Maharaj Sansthan)
+ Experiential demonstration by Warkari groups

Address by Swami Gita Govind Giriji Maharaj ji
Gita Parivar

Address by Dr. Jayanti Ravi ji
(Auroville Foundation)

Address by Sadhvi Shilapi Ji Maharaj ji
Veerayatan

Address by MAASterG Shri Rajesh Kamra ji

Address by Pujya Bhaishree Ramesh Bhai Oza ji
Sandipani Vidyaniketan

Address by Rt. Hon Patricia Scotland, KC ji
Commonwealth Secretary General



4:30PM: Prelude to the Session with
Honorable President of India, Smt. Droupadi Murmu

Address by Swami Gauranga Das ji,
(ISCKON)

Address by Swami Mukundananda ji,
Jagatguru Kripaluji Yog

Address by Devi Chitrlekha ji,
World Sankirtan Tour Trust

Address by Swami Amritaswaroop Nanda Puri ji
The Mata Amritanandamayi Math

Address by Upasana Kamineni Konidela ji
Vice Chairman, CSR Apollo Hospitals Group and Managing Director, URLife

7PM: 'Sur Ki Sadhana'



Sourendro Mullick
Soumyojit Das
Leslie Lewis
Shweta Mohan
Sadhana Sargam

Mangli
Dr. Yashoda Thakore
Iman Chakraborty
and Sanjay Joshi





WISDOM SESSIONS: All Satellites: Ground Floor



Session 1: 1PM - 1:30PM

Satellite S1

Talk by: *Haji Syed Salman Chishty ji*
Gaddi Nashin:
Dargah Ajmer Sharif ji
Topic: *Sufism and Spirituality*

Session 2: 2:30PM - 4:00PM

Panel discussion with key influencers on how we can find peace in the world of Social Media

MODERATOR: *Pragya Mishra*

PANELISTS:

Aridaman
Juli Sharma
Satyajit Majumder
Manisha Rani
Keerthi



Nature and Spirituality

Satellite S4

Session 1: 1:00PM - 2:15PM

Humanity's Co-Evolution with Nature: Exploring the Spiritual Connection

MODERATOR: *Ananya S. Rao*

PANELISTS:

Dr. Elizabeth Denley ji
Ven. Geshe Dorji Damdul
Swami Chaitanya Keerti ji

Session 2: 2:30PM - 3:45PM

Sustainable Development through Thought Purity

MODERATOR: *Subramanian S*

PANELISTS:

Alain Desvigne ji
Sri Nataraj ji
Pracharak Frederick Stella ji



Spirituality @ Youth - Schools and Colleges

Satellite N4

Session 1: 1:00PM - 2:15PM

Cultivating spiritual values of the heart to become the best versions of ourselves

MODERATOR: *Liz Kingsnorth*

PANELISTS:

Swami Bodhamayananda ji
Pierre Ravan ji
Dr. Bhavani Rao ji

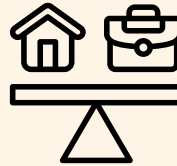
Session 2: 2:30PM - 3:45PM

Fostering Spiritual Growth in Youth: Finding your Path to Purpose

MODERATOR: *Kritika Krishna*

PANELISTS:

Krishnamani Maharaj ji
Prahlada (T. Reddy) ji
Milind Tukaram Patre ji
Shivlilatai Patil ji



Spirituality @ Work

Satellite N3

Session 1: 1:00PM - 2:15PM

Role of Spirituality For an Effective Leader

MODERATOR: *Prashanth Vasu*

PANELISTS:

Shreans Daga ji
Sis Jenna ji
Dr. (Smt.) Jayanti S. Ravi ji
Lilananda Das Ji

Session 2: 2:30PM - 3:45PM

Technology and Spirituality

MODERATOR: *Pragya Kallia*

PANELISTS:

Dr. Rollin McCraty ji
Shivpreet Singh ji
Ashwin Patil ji
Usha Didi Naik ji



Deepening Understanding of Spirituality

Satellite S2

Session 1: 1PM - 2:15PM

Transforming from Human to Humane

MODERATOR: *Raghav Rao*

PANELISTS:

Swami Smaranananda ji
Sadguru Charudatta Prabhakar Pingale ji
Ha. Bha. Pa. Dnyaneshwar ji
Rajesh Kamra (MaasterG) ji
Mrs. Rajinder Kaur ji

Session 2: 2:30PM - 3:45PM

Transforming from Humane to Divine

MODERATOR: *Rishi Ranjan*

PANELISTS:

Swami Japasiddhananda ji
Gaddi Nashin - Dargah Ajmer ji
Sharif Haji Syed Salman Chishty ji
Sadguru Shri Riteshwar ji
Sri Shubhra Ji



Spirituality for Health

Satellite S3

Session 1: 1PM - 2:15PM

Healing the Collective Soul

MODERATOR: *Dr. Ajeya*

PANELISTS:

Swami Mukundananda ji
Dr. Harish Mirchandani ji
Saraswathi Vasudevan ji

Session 2: 2:30PM - 3:45PM

Holistic health and wellness in these turbulent times

MODERATOR: *Dr. Snehal Deshpande*

PANELISTS:

Dr. Joseph Howell ji
Dr. Prashant Sharma ji
Rakesh Mutreja ji
Sri. Dr. Nataraj ji

PRACTICE SESSIONS: ALL SATELLITE FIRST FLOOR

Satellite S2

Session 1: 1:00PM - 2:00PM

Shrimad Rajchandra Mission:
Sound Bath Meditation

Session 2: 3:00PM - 4:00PM

Transcendental Meditation:
Evening Meditation

Satellite N3

Session 1: 2.00PM - 3.00PM

Brahma Kumaris Relationship
Management

Session 2: 3:00PM - 4:00PM

Brahma Kumaris Spiritu-tainment:
Enjoyable Learning

Satellite S4

Session 1: 2.00PM - 3.00PM

International Buddhist
Confederation
Chanting for the World

Session 2: 3:00PM - 4:00PM

Transcendental Meditation

Satellite S1

Session 1: 2.00PM - 3.00PM

Art of Living
Pain Management and Scanning

Satellite N4

Session 1: 2.00PM - 3.00PM

Heartfulness Experiential Session

Session 2: 3:00PM - 4:00PM

ISHA Foundation - Isha Yoga

Satellite S3

Session 1: 1:00PM - 2:00PM

Warkari Sampraday +
Sant Tukdoji Maharaj Panel Discussion:
The Need for Unity

Session 2: 2:00PM - 3:00PM

Transcendental Meditation:
Brain Mapping

Session 3: 3:00PM - 4:00PM

Transcendental Meditation:
Evening Meditation



Ministry of Culture
Government of India

**Saturday,
16th March**

heartfulness
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YOGA/MEDITATION SESSIONS

VENUE: Main Meditation Hall/All Satellites: First Floor/All Displays



YOGA
5:30AM - 6:30AM

Rajvi Mehta ji
Senior Yoga Teacher
Iyengar Yogashraya



MEDITATION
6:30AM - 7:15AM

MEDITATION SESSION LOCATIONS

N4: Ground Floor: Heartfulness experiential sessions
N4: First Floor: Heartfulness experiential sessions
S4: Ground Floor: Transcendental Meditation - Morning Meditation
S4: First Floor: Transcendental Meditation - Morning Meditation
S3: First Floor: Transcendental Meditation - Morning Meditation

MAIN PLENARY SESSION: Confluence of Pathways for Inner Peace to World Peace

VENUE: Main Meditation Hall/All Satellites: First Floor/All Displays

9:15AM - 10:30AM

Session opening address by Sh. Abhijit Halder ji,
International Buddhist Confederation

Address by Cardinal Anthony Poola ji,
Archbishop of Hyderabad

Address by Dr. Imam Umer Ahmed Ilyasi ji,
AIO

Address by Venerable Bhikkhu Sanghasena ji,
Mahabodhi International Meditation Centre Ladakh

Address by Sadguru Shri Riteshwar ji,
Anandam Dham Vrindavan

Address by Adarniya Atmaprit Vidhiji,
Shrimad Rajchandra Mission

Address by Sh. D S Anand ji,
Shiromani Gurdwara Parbandhak Committee

MAIN PLENARY SESSION: Being & Becoming

VENUE: Main Meditation Hall/All Satellites: First Floor/All Displays

10:30AM - 12:00PM

Session opening by Jt. Secy. MoC Smt. Uma Nanduri ji

Address by Raj Yogi BK Mruthyunjaya, ji
Brahma Kumari

Address by Swami Bodha Maya Nanda ji,
Ram Krishna Mission Hyderabad

Address by Acharya Swami Mitrananda Saraswati ji
Chinmay Mission Chennai

Address by Jaya Kishori ji,
Spiritual Orator and Life Coach

Address by Maharaja Dr. Tony Nader ji
Transcendental Meditation

Address by Sh Kabir Bedi ji, Sh Shekhar Kapur ji, Shaina MC

WISDOM SESSIONS: All Satellites: Ground Floor



Satellite S1

Session 1: 1PM - 1:45PM

*Dr. Rollin McCraty ji
Director of Research HeartMath
Topic - HeartMath, The Power of Heart*

Session 2: 3:00PM-3:30PM

*Swami Virupaksha ji:
Inner Peace to World Peace*

Session 3: 12:30PM-1:30PM
*Nurturing Happiness, Peace, and Well
Being Amongst Humanity in the Day of
AI*

MODERATOR: Dr. Pankaj Gupta
PANELISTS:
Sushil Ram ji
Dr P S Pasricha ji
Shri Devkinandan Thakur Ji Maharaj
Swami Mitrananda ji

Session 4: 1:45PM-2:45PM
*Yoga in Schools: Navigating
Relationships, Friendships and
Peer Pressure*

MODERATOR: Rudy Pratap
Singh
PANELISTS:
Dr. Rajvi H Mehta ji
Tenzin Celon ji
Swami Virupaksha ji

Session 5: 3:00PM-4:00PM
*Spiritual Education for Holistic
Development:
A Need for a Bright Future*

MODERATOR: Dr. Geeta Thakur
PANELISTS:
Praveen Raju KV ji
Dr. Anjum Babukhan ji
Rakesh Mutreja ji

Session 3: 12:30PM-1:30PM
*The Purpose of Work & Its Relation
to a Happy Society*

MODERATOR: Tejinder Kaur
PANELISTS:
Swami Atmaprit Rakshitji ji
Mahant Uddhav Maharaj Mandlikji
Sulekhatai Kumbhare ji
Dr. Dilshah Singh Anand ji

Session 4: 1:45PM-2:45PM
*Thought Leadership in Spirituality
and its Meaning for Organisations*

MODERATOR: Anil Kumar SG ji
PANELISTS:
Hanuman Dass ji
Darshan Bhat ji
Radheshyam Das ji
Ashwin Patil ji
Brahmachari Pragyachaitanya

Session 5: 3:00PM-4:00PM
*Employee Engagement in Today's
Time*

MODERATOR: Priya Seth ji
PANELISTS:
Abhijit Halder ji
Swamini Atmaprit Shivaniji
Jyotindra Mukundrai Dave ji
Brahmachari Pragyachaitanya ji



**Spirituality @ Youth
Schools and Colleges**
Satellite N4



Spirituality @ Work
Satellite N3



WISDOM SESSIONS: All Satellites: Ground Floor



Spirituality for Health
Satellite S3

Session 3: 12:30PM-1:30PM
Spirituality at the Cutting Edge of Medicine

MODERATOR: Mr. Manish Agarwal
PANELISTS:
Heather Mason ji
Dr Trupthi Jayin ji
Sat Bir Singh Khalsa, Ph.D. ji

Session 4: 1:45PM-2:45PM
Implications of Spiritual Practices on Community Health: Journey to Swasthya

MODERATOR: Mr. Sudhendra
PANELISTS:
Ms. Isabelle Wachsmuth ji
Dr. Chetan Rajhans ji
Dr. Ranjit S. Bhogal ji

Session 5: 3:00PM-4:00PM
Epigenetic, Belief and Spirituality

MODERATOR: Ms. Bhavna Sonkamble
PANELISTS:
Dr. Rajvi H. Mehta ji
Raquesh Murtaja
Dr. Charudatta Pingale ji



Nature & Spirituality
Satellite S4

Session 3: 12:30PM-1:30PM
Harmonizing with Nature: Embracing Spiritual Balance in the Modern Era

MODERATOR: Ananya S. Rao
PANELISTS:
Anil G ji
Pierre Ravan ji
Padmashri Dr Popatrao ji

Session 4: 1:45PM-2:45PM
Interconnectedness of Nature & Spirituality: The Historical Tapestry

MODERATOR: Subramanian S
PANELISTS:
Pracharak Frederick Stella ji
Mr. Shannon Bauwens ji
Ven. Geshe Dorji Damdul ji

Session 5: 3:00PM-4:00PM
Nature As a Teacher:
Unveiling Spiritual Wisdom through Nature

MODERATOR: Leah Rich
PANELISTS:
Hemraj Sharma ji
Dr. V Ramakantha ji
Mr. Hari Madathil Rajappan Nair ji
Sri Nataraj ji



Deepening Understanding of Spirituality
Satellite S2

Session 3: 12:30PM-1:30PM
Interfaith – Union of Hearts

MODERATOR: Prashanth Vasu
PANELISTS:
Dr. Joseph Benton Howell, Ph.D. ji
Sadguru Dr. Charudatta Prabhakar Pingale ji
Dr. Pir Zia Inayat Khan ji
Master Minood ji

Session 4: 1:45PM-2:45PM
Evolution of Consciousness

MODERATOR: Purnima Ramkrishnan
PANELISTS:
Dr. Elizabeth Denley ji
Dr. Rollin McCarty ji
Dr. Pir Zia Inayat Khan ji
Dr. Joseph Benton Howell, Ph.D. ji

Session 5: 3:00PM-4:00PM
Wisdom from Yogic and Spiritual Tradition

MODERATOR: Raghav Rao
PANELISTS:
Swami Japasiddhananda ji
Swami Smarananda Giri ji
Dr. Elizabeth Denley ji

PRACTICE SESSIONS: All Satellites First Floor

Satellite S2
Session 1: 1:00PM - 2:00PM
Shrimad Rajchandra Mission:
Sound Bath Meditation

Session 2: 2:00PM - 3:00PM
Transcendental Meditation:
Evening Meditation

Satellite N3
Session 1: 2:00PM - 3:00PM
Brahma Kumaris Exploring Values through
Creative Activities

Session 2: 3:00PM - 4:00PM
Brahma Kumaris Enhancing Inner Strength

Satellite N4
Session 1: 1:00PM - 2:00PM
Warkari Sampraday + Sant Tukdoji Maharaj
Panel Discussion:
The need for unity

Session 2: 2:00PM - 3:00PM
Heartfulness Experiential Session

Session 3: 3:00PM - 4:00PM
ISHA Foundation - Isha Yoga

Satellite S1
Session 1: 2:00PM - 3:00PM
Art of Living
Pain Management and Scanning

Satellite S4
Session 1: 1:00PM - 2:00PM
Transcendental Meditation:
Self Pulse Diagnosis Training

Session 2: 2:00PM - 3:00PM
Transcendental Meditation:
Brain Mapping

Session 2: 3:00PM - 4:00PM
Transcendental Meditation:
Evening Meditation

Satellite S3
Session 3: 3:00PM - 4:00PM
Transcendental Meditation:
Evening Meditation



Ministry of Culture
Government of India

**Saturday,
16th March**

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**4:30PM: Prelude to the session with
Honorable Vice President of India, Shri. Jagdeep Dhankhar**

**Address by Mr. Fred Stella ji,
Hindu American Foundation**

**Address by Pir Zia Inayat Khan ji,
Inayati Order**

**Address by Maharaj Kumar Sahib Dr. Lakshyaraj Singh Ji,
Mewar of Udaipur**

**Address by Sh. Madhur Bhandrarkar ji,
Film Personality**

**Address by Ven. Geshe Dorji Damdul ji,
Tibet House Cultural Centre, New Delhi**

7PM: 'Mrityunjaya'

**Paramita Maitra:
'Spiritual India through Percussions'
Bickram Ghosh and team**

**Pt S Shekhar
Sudha Raghuraman**

Sunday, 17th March

YOGA/MEDITATION

VENUE: Main Meditation Hall/All Satellites: First Floor/All Displays



YOGA

5:30AM - 6:30AM

Dilip Dauneria ji
Senior Yoga Teacher
Kaivaliadhama



MEDITATION

6:30AM - 7:15AM

MEDITATION SESSION LOCATIONS

N4: Ground Floor: Heartfulness experiential sessions
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S4: Ground Floor: Transcendental Meditation - Morning Meditation
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S3: First Floor: Transcendental Meditation - Morning Meditation



9:00AM - 10:30AM: Immersive Experience

**Meditation with Pujya Kamlesh D. Patel ji,
Global Guide, Heartfulness**

**Session with Sadhvi Bhagwati Saraswati ji,
Parmarth Niketan**



10AM-12PM:

Youth and Spirituality in the Digital Age



GLOBAL SPIRITUALITY MAHOTSAV
Inner Peace to World Peace

**THANK YOU
FOR JOINING US!**