

heartfulness
advancing in love

YOGO
4U | YOUTH
UNITE



The Commonwealth



rising with
kindness

The Second Edition

📅 10th - 12th Aug 2024 📍 Kanha Shanti Vanam, Hyderabad 👥 Youth 18- 35 years



What is Rising with Kindness(RwK)?

RwK is a 3-day international change-making conference, that aims to **ignite a global movement of kindness, compassion, and positive change**. By bringing together young individuals between 18-35, communities, and organizations, it hopes to inspire a transitional **change in discourse: from kindness as an act, to oneness as a way of being**, in which kindness is a natural state of being, effortlessly flowing through one. It aims help **catalyze change inside out**.

RwK will be a transformative journey that aligns closely with the principles of natural change, through better lifestyle practices emphasizing on the heart's innate wisdom. RwK will inspire individuals to cultivate an inner environment of love, compassion, and authenticity. By focusing on the heart's natural capacity for kindness.

RwK will encourage participants to elevate their interactions and relationships, fostering a more empathetic and connected world. This approach not only enhances personal well-being but also ripples outward, creating a collective upliftment that inspires and supports positive change in society.

The Mission:

Authentic Happiness

To **promote self-contentment and well-being** by equipping the youth with a self-care tool-kits.

Strengthening Community

To inspire individuals to strengthen & **nurture the relationships and the community around them.**

Regenerative Action

To create ripple effects of **positive change at a systems level**, inspiring change-making among youth





One of the most at-risk age populations today is young adults, typically defined as individuals between 18–30 years of age.¹ The **increase in both anxiety and depression among young adults** is a complex issue with many causes. Major contributing factors include higher levels of social media engagement, academic stress, and economic stress.

The growing prevalence of these debilitating disorders **has severely impacted the academic and vocational performance** of young adults, irreparably damaged intrapersonal relationships, and sometimes even leading to loss of life.

RWK2 addresses this urgent need by:

- Empowering young adults through habits **enabling well-being & self-compassion**.
- Facilitating **peer support groups to build a sense of community** and shared understanding.
- **Inspiring youth with purpose** and empowering them to contribute.

RWK aims to **create a brighter future for young adults**, paving the way for a healthier, more supportive, and connected society.

Why is it relevant today?

RWK & Global Development Agenda



By nurturing compassion and inspiring positive action, RWK will create a ripple effect that uplifts communities and drives progress across the SDG agenda.

RWK will contribute to SDG 3, 13, 15 & 16 reinforced through its sessions. Its powerful partnerships with global peace ambassadors – Comminweakth, UNCCD, Y4U & Youth Unite are an expression of SDG 17 in action.

RWK is also aligned with UNESCO's powerful *#KindnessMatters* campaign.



Kindness as a Functional Tool for Development

Our well-being and development are deeply intertwined with our emotional and social experiences. Kindness emerges as a powerful tool to nurture these vital aspects of human life and foster holistic development. Through acts of kindness, we **deepen our emotional and social connections**, contributing to individual and community thriving.

Kindness is not just a noble virtue but a functional necessity. It has **neurological benefits, releasing dopamine and oxytocin** – the "reward" and "love" chemicals that promote pleasure, bonding, and pro-social behavior. Moreover, kindness **cultivates social and emotional learning (SEL)**, enabling individuals to develop crucial competencies like emotional awareness, empathy, compassion, and responsible decision-making – skills fundamental for success in all spheres of life.

At RWK2, we prioritize kindness as a catalyst for positive transformation. Our immersive experiences provide a platform to explore the profound impact of kindness, nurture emotional intelligence, and inspire attendees to integrate kindness into their personal journeys and contribute to kinder systems within their communities and beyond.

During the first edition of Rise With Kindness, we observed numerous acts of empathy and compassion. These acts have forged and strengthened connections. Together, for the second time, let's sustain and amplify this momentum by Rising With Kindness.

The Agenda

The event emphasizes on the importance of personal wellbeing and encourages individuals to cultivate a healthier and more compassionate approach to themselves and others. It is also designed to **raise awareness of the interrelationship between self and systems**, inspiring people to align with worthy causes that foster kinder, whole-body systems and contribute to positive change.

Our seminar is designed to guide participants through a transformative journey, moving from self-contentment to transcendence and ultimately to oneness.

Day 1: Self Contentment

Happiness as contentment

We explore happiness as contentment.

This day is focused on understanding the importance of personal well-being and how it serves as the starting point for spreading kindness.

Day 2: Connection

Nurturing Community

We focus beyond ourselves to engage with and contribute to the community.

Day two is dedicated to exploring how acts of kindness and compassion can strengthen connection.

Day 3: Oneness

Relationship between systems and self

On the final day, we transcend community boundaries and focus on achieving oneness. We address larger systems like governance, the environment, and societal frameworks to foster collective action and inspire meaningful action.



The Event

The overarching emotion is one of empowerment - **embracing kindness empowers individuals to grow, connect, contribute and ultimately uplift themselves and others** through compassionate thought and action. By nurturing the kindness within, RWK aims to light a spark that radiates outward, igniting a movement towards a more unified, loving, and conscious world where people transcend divisions to celebrate their shared humanity.

Focus on **nurturing inner self and their relationships** through **habits of happiness**. **Sessions** on personal growth, emotional well-being, and cultivating deeper relationships.

Curate immersive experiences like **yoga, sporting events, cross-country runs** and **immersive meditation sessions** to align body, mind and spirit.



Catalyzing **inspiring & regenerative ideas for systems transformation** through **inspiring workshops**. Designed to inspire attendees to take **meaningful action** and contribute to **systems change**.

A star-studded cricket match, a musical concert with youth-icons, and a fun-filled Karnival with diverse activities centered around art, reflection, joy, connection, and gratitude to cultivate **friendships & community**.

1. Aligning Mind & Body

At RWK, we believe that true joy arises from profound experiences that connect us with ourselves, each other, and the natural world around us. We curate a diverse range of immersive activities that cultivate positive human qualities and enable participants to experience joy on a deeper level:



Green Kanha – Cross Country Run

The exhilaration of a physical challenge with the serenity of nature's embrace at Kanha, fostering a harmonious mind-body connection.



Forest Bathing

Mindfully immerse in the sights, sounds, and scents of the forest, reconnecting with the natural world and cultivating a sense of awe and gratitude.



Sporting Events

The thrill of physical exertion, teamwork, and camaraderie, celebrating the joy of movement and healthy competition.



Mindfulness & Heartfulness Practices

Exploring Heartfulness techniques that cultivate present moment awareness, allowing one to fully embrace the joy of the here and now.

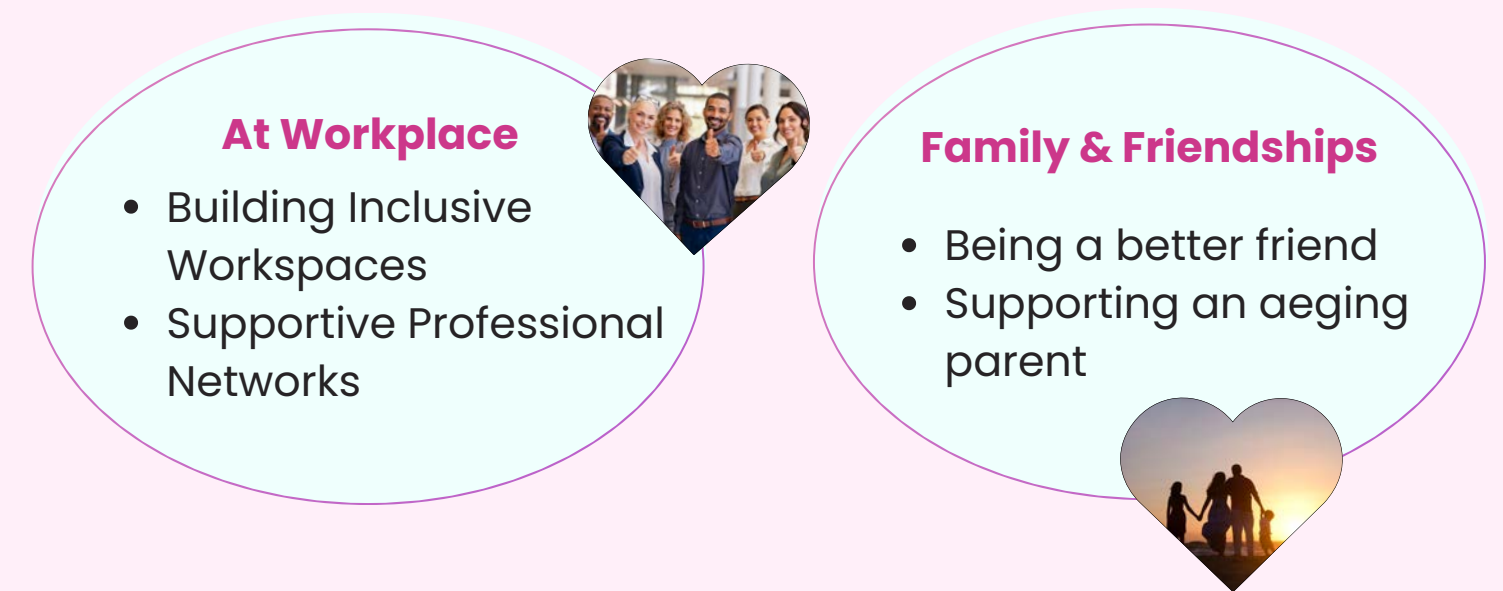
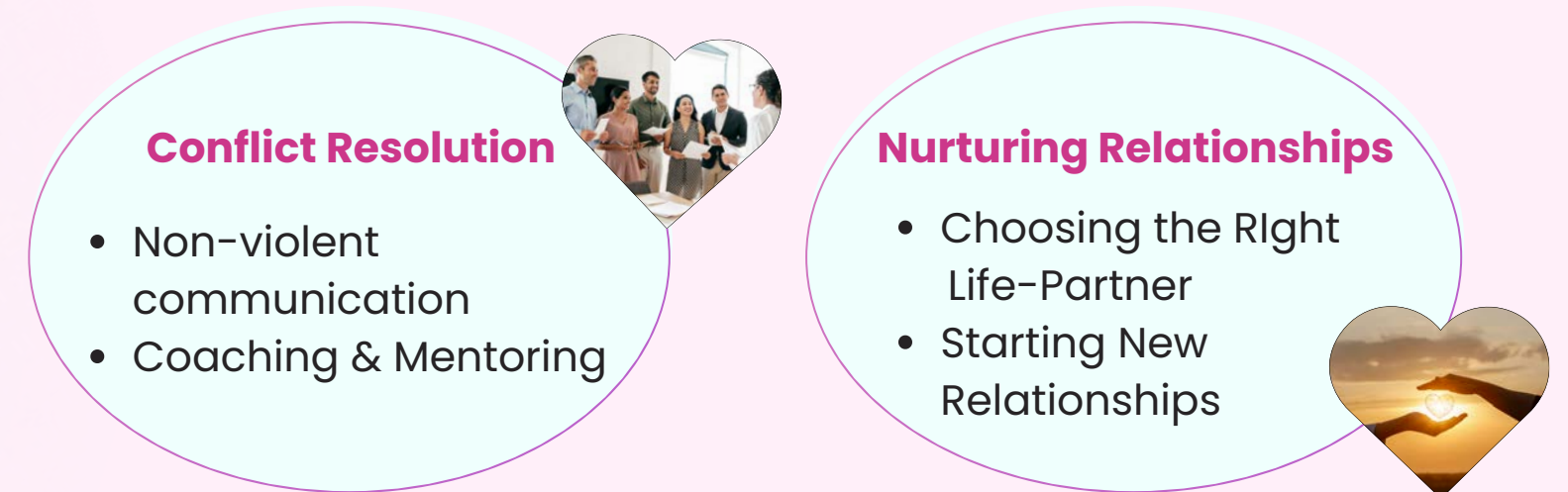


Yoga4You

Exploring the ancient practice of yoga through a playful, themed approach that awakens the soul and promotes joyful self-expression.



2. Empowering Transformation



3. Inspiring Systems Change

By exposing the youth to diverse yet impactful areas aligned with global development goals, RWK aims to equip them with knowledge and inspiration to contribute meaningfully to causes spanning various subjects of importance. The attendees gain insights into paths for creating positive change at local and global levels.



AGRICULTURE

- Regenerative Agriculture
- Spiritual Ecology



HEALTHCARE

- Holistic Healthcare
- Food systems & Nutrition



EDUCATION

- Inclusive Education
- Serving the underserved



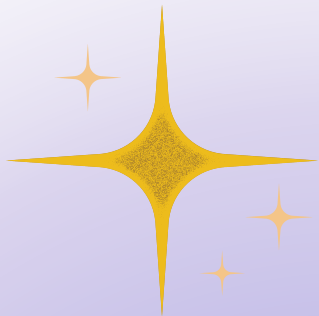
ECONOMY

- Circular Economy
- Degrowth Economics



GOVERNANCE

- Local Self Governance
- Gross National Happiness



4. Fostering Community

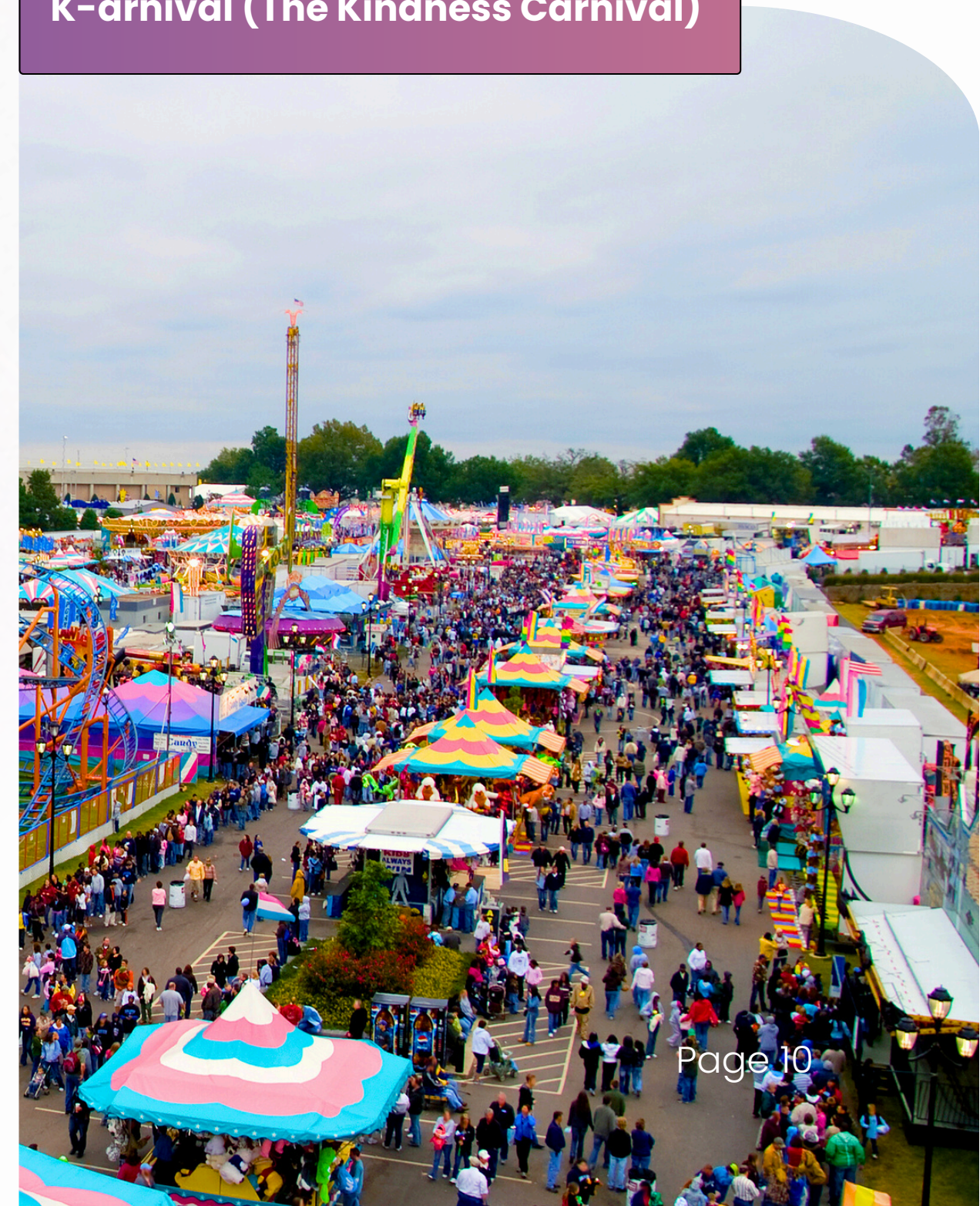
Kindness Exhibition Match



Music Concert



K-arnival (The Kindness Carnival)



K-ARNIVAL: The Kindness Carnival

Open Mic

Letting voices resonate through musical performances and spoken word poetry, uniting attendees in creative expression.

Cosplay

Embodying pop/famous characters and respond to prompts on kindness/transcendence.

Food Stalls

Curated mindful food experiences to eat in gratitude and awe

Metta-circles

Immersing in guided activities radiating waves of loving-kindness towards self and others.

Random Acts of Kindness Challenge:

Spread spontaneous ripples of goodness by accepting dares to perform kind acts.

World Café

Facilitated World Cafe exploring kindness as a catalyst for global change.

A Message from the Universe

Receiving affirmations from the cosmos reminding you of your innate oneness.

Human Library

Connect with diverse 'open books' i.e. humans by having compassionate conversations that transcend backgrounds.

A Letter of Appreciation

Pen anonymous letters of gratitude celebrating the generosity within fellow attendees.

Open Space Technology

Co-create inclusive environments through this facilitator-driven workshop on fostering community belonging.

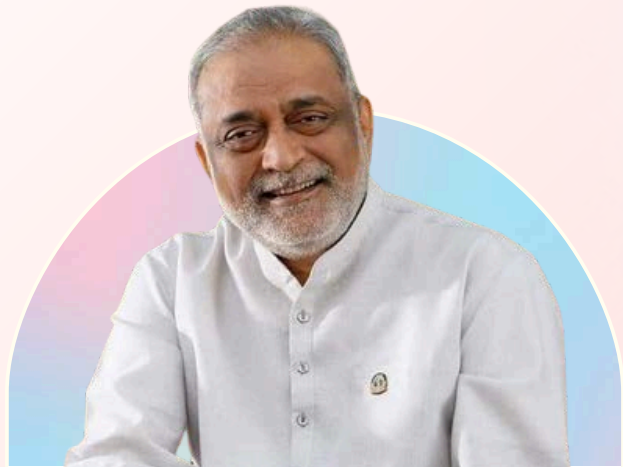
Gratitude Jar Creation

Preserve cherished memories of kindness received by creating personal gratitude jars.

Laughter Yoga:

Breathe in laughter, breathe out negativity through joyful yogic exercises unleashing your inner child.

Speakers



DAAJI
GLOBAL GUIDE, HEARTFULNESS



SHRUTI SETH
INDIAN ACTRESS | VIDEO JOCKEY



SHIBANI KASHYAP
VOCAL ARTIST



SHIVAHOM BHAT
CELEBRITY FITNESS COACH



ADITI GOVTRIKAR
INDIAN ACTRESS | PHYSICIAN | MODEL



SUDHA REDDY
INDIAN BUSINESS WOMAN | ENTREPRENEUR



VRINDDA BHATT
CELEBRITY LIFESTYLE COACH



SANAM ARORA
FOUNDER | CHAIRPERSON, NISAU



DJ RINK
MUSICAL ARTIST

CONFIRMATION AWAITED FROM MORE.

ABOUT THE VENUE:

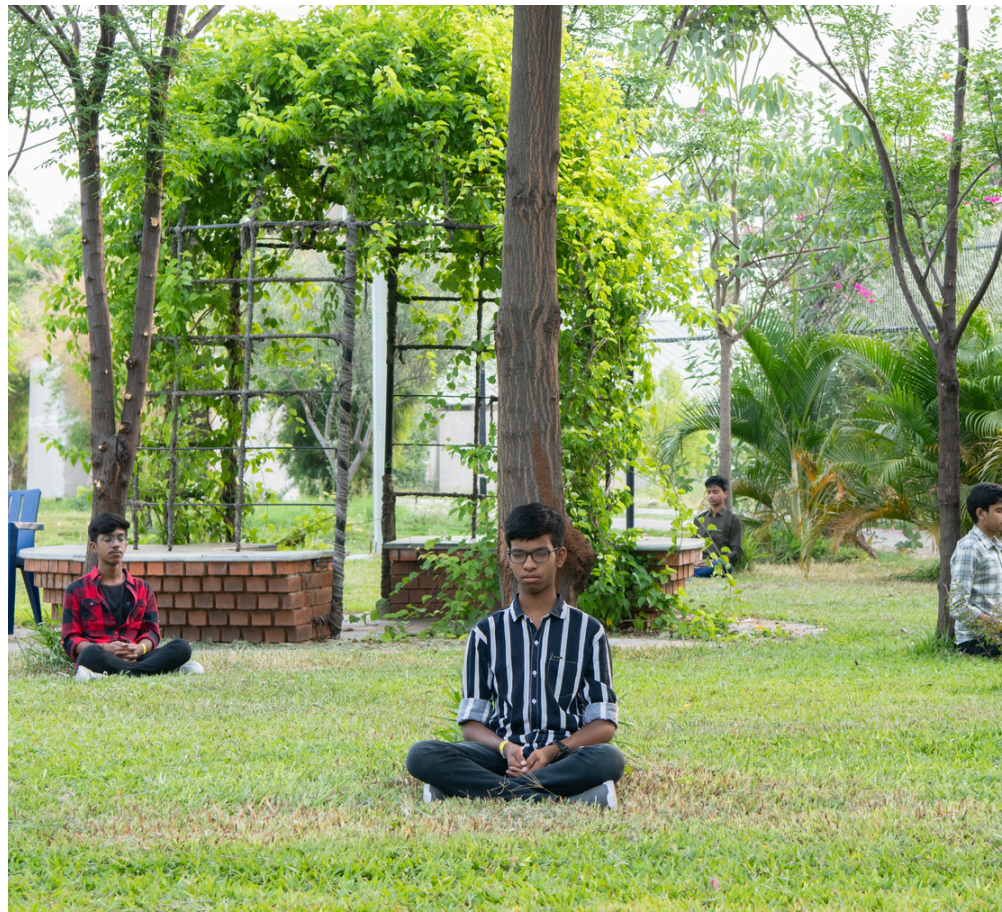
KANHA SHANTIVANAM, HYDERABAD

AN OASIS OF KINDNESS:

The campus, officially inaugurated by former President of India Shri Ram Nath Kovind in 2020, is being developed into a wonderful green space and off-site conservation center. It focused on promoting afforestation in Telangana's dry regions, with special emphasis devoted to all-natural factors such as soil, water, plantations, biodiversity, and much more.

Designed to facilitate broad wellness and spiritual training and mentoring programs while also encouraging personal inner experience and learning.

Originally barren, Kanha now has 9 lakh trees and a nursery of 200,000+ saplings of about 739 species (including rare and endangered) of plants and trees from 113 families.



KEY FEATURES OF THE CAMPUS

The Wellness Centre offers an integrated and complete health package that is a fusion of Naturopathy, Nature Cure, Yoga, Panchkarma Therapies, and a multitude of relaxing therapies.

A self-sustainable ecosystem using solar, water harvesting, treatment of grey and black water in wetlands, composting, and development of green energy sources.

Traditional cottage industries, including pottery, essential oils, ayurveda products.

Education and training:

- The Heartfulness Learning Center (THLC) is envisioned as a place that nurtures a joyful environment of learning through observation.
- Kanha Global School ignites curiosity and empowers students to become grounded, independent thinkers.

World-class infrastructure, including:

- A meditation hall that accommodates 100,000
- Overnight accommodation for 40,000 people, including a 3-star hotel
- A kitchen providing food for up to 100,000 people



ABOUT THE ORGANISERS

THE HEARTFULNESS INSTITUTE

A global non-profit organization associated with the 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.

Its presence exists in over 160 countries, with over four million practitioners, 14,000 trainers, and 265 retreat sites globally. According to our mission and values, we also assist humanity in the fields of education, the environment, and wellness.

*Heartfulness meditation is available for free worldwide!
To learn more, visit: www.heartfulness.org.*



OUR PARTNERS

ASSOCIATE PARTNERS



The Commonwealth



**G20 GLOBAL
LAND INITIATIVE**



United Nations
Convention to Combat
Desertification

EDUCATION PARTNERS:



DISCUSSIONS ARE ON WITH MORE ORGANISATIONS AT GLOBAL LEVEL

heartfulness
advancing in love

rising with
kindness

Thank You

Associate Initiatives:

