

heartfulness
advancing in love

YOGO
4U

YOUTH
UNITE

heartful
campus
be all you can be



The Commonwealth



rising with
kindness

The Second Edition

📅 20th - 22nd Sept 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 of age, people from different communities and organizations, it hopes to inspire a transitional **shift in discourse: from kindness as an act to compassion as a natural state of being**, effortlessly flowing through one's acts. It aims to 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 the heart's innate wisdom. The event 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-kit.

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. The **increase in anxiety and depression among young adults** is a complex issue with many causes. Major contributing factors include higher levels of social media engagement, academic pressures, and economic stress.

The growing prevalence of these debilitating disorders **has severely impacted the academic and vocational performance** of young adults, irreparably damaging 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 RWK 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, 4, 13, 15 & 16 reinforced through its sessions. Its powerful partnerships with global peace ambassadors – Commonwealth, 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 behaviour. 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 RWK, 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 second edition.

The Agenda

The event emphasizes the importance of personal well-being 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, regenerative institutions and contribute to positive change.

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

Day 1: Self Contentment

Contentment as Happiness

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 Relationships & Community

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

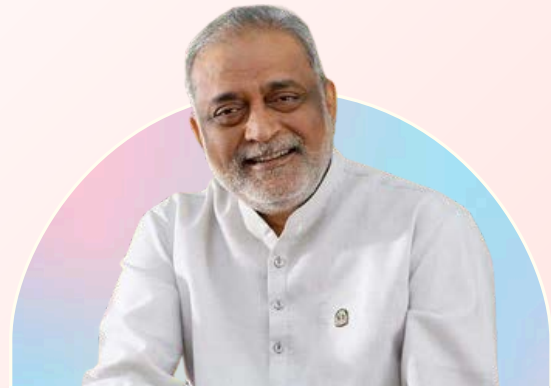
Day two is dedicated to exploring how acts of kindness and compassion can strengthen connection.

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.

Speakers



DAAJI
GLOBAL GUIDE, HEARTFULNESS



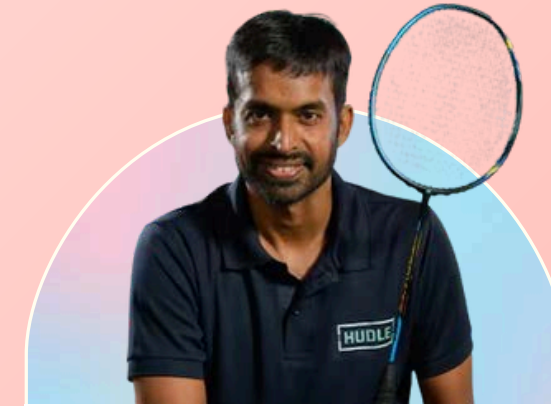
PV SINDHU
INDIAN BADMINTON PLAYER | OLYMPICS
CHAMPION



TAHA SHAH BADUSSHA
INDIAN ACTOR



SHRUTI SETH
INDIAN ACTRESS | VIDEO JOCKEY |
MINDFULNESS MEDITATION COACH



PULLELA GOPICHAND
CHIEF NATIONAL COACH FOR THE
INDIA NATIONAL BADMINTON TEAM



SHIBANI KASHYAP
VOCAL ARTIST



PRAKHAR BHARTIYA
CO-FOUNDER INDIAN SCHOOL OF
DEMOCRACY



SUDHA REDDY
DIRECTOR, MEIL CHAIRPERSON,
SUDHA REDDY FOUNDATION



PRASHANTH VASU
PRESIDENT, STRATEGY - RAMCO, EX-
PARTNER, MCKINSEY.



TANYA MANIKTALA
INDIAN ACTRESS



DJ RINK
MUSICAL ARTIST



PRAGYA M
PUBLIC POLICY & PARTNERSHIPS
LEAD @OPENAI



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.

Nurturing Community + Personal Growth

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 Musical concert and fun-filled Kindness Carnival 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 - aligning body, mind, and spirit, 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 at 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

Heartfully 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.



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, thematic approach that awakens the soul and promotes joyful self-expression.



2. Empowering Transformation

The Habits of Happiness track empowers personal and collective transformation by covering topics on personal growth, emotional wellbeing, relationships, and community building. It provides tools for self-discovery, overcoming challenges, and cultivating positive habits, while equipping attendees to build nurturing relationships, create inclusive environments, and contribute to thriving communities.

Authentic Voice

- Discovering my Purpose
- Listening to my conscience



On Hope & Courage

- Learning to Forgive
- Cultivating Resilience



FOR SELF

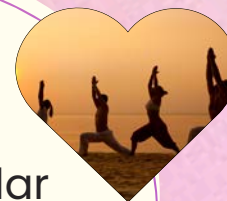
Self Compassion

- Overcoming Comparison
- Dealing with Body-Image



Body

- Building a regular exercise regime
- Yoga of Eating



Calm

- Cultivating Balance
- Making Better Decisions



Conflict Resolution

- Non-Violent Communication
- Coaching & Mentoring



Nurturing Relationships

- Choosing the Right Life-Partner
- Building community



FOR COMMUNITY

At Workplace

- Building Inclusive Workspaces
- Being a Heartful Leader



Family & Friendships

- Being a better friend
- Supporting an ageing parent



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 address the polycrisis, and enable the creation of a new society. The attendees gain insights into paths for creating positive change at local and global levels.



AGRICULTURE

- Regenerative Agriculture
- Spiritual Ecology



HEALTHCARE

- Holistic Healthcare
- Indigenous Health Systems



EDUCATION

- Inclusive Education
- Serving the underserved



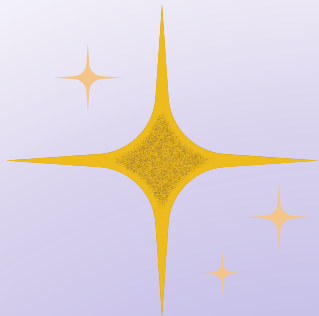
ECONOMY

- Giftivism
- Degrowth Economics



GOVERNANCE

- Heartful Politics
- Gross National Happiness



4. Fostering Community

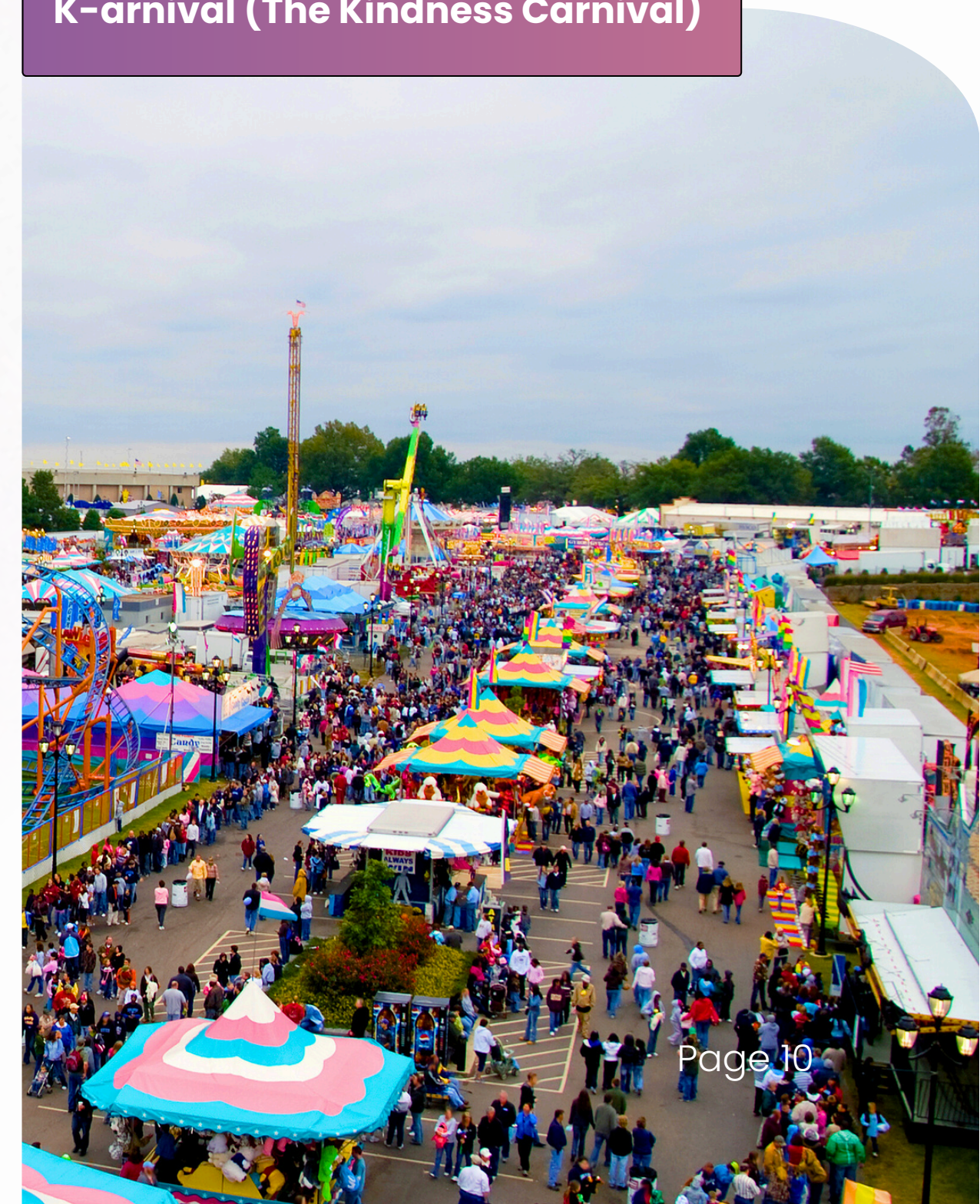
Eco-preneurship workshop



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 Café 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.

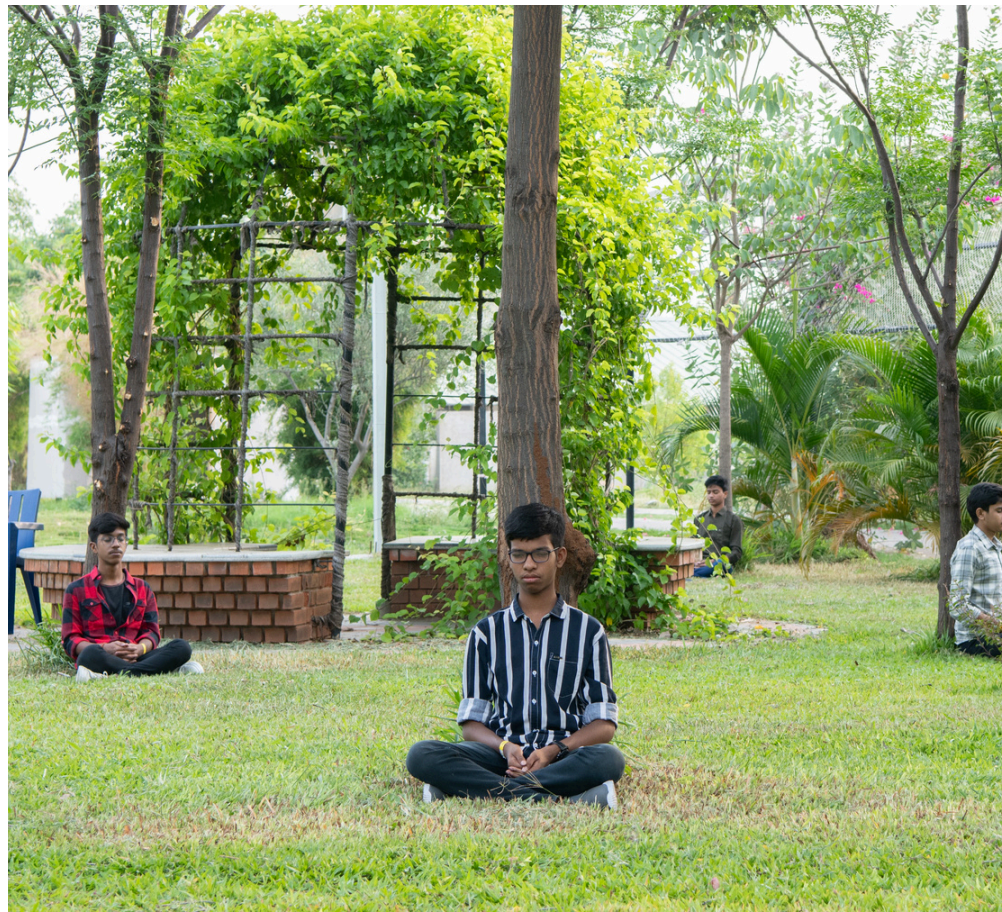
ABOUT THE VENUE:

KANHA SHANTIVANAM, HYDERABAD

AN OASIS OF KINDNESS:

The Heartfulness Institute campus, officially inaugurated by former President of India Shri Ram Nath Kovind in 2020, is transforming into a remarkable green space and off-site conservation centre. Our campus is dedicated to promoting afforestation in the arid regions of Telangana, with a special focus on natural elements such as soil, water, plantations, and biodiversity.

Designed to foster broad wellness and spiritual growth, our campus offers extensive training and mentoring programs, encouraging personal inner exploration and learning. **What was once barren land, Kanha now boasts an impressive 900,000 trees and a nursery nurturing over 200,000 saplings from approximately 739 plant and tree species, including rare and endangered varieties from 113 different 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 people
- 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

The Heartfulness Institute, a globally recognized non-profit organization associated with the United Nations DPI, boasts a rich history spanning over 75 years. We provide unique, accessible, and secular practices such as relaxation, meditation, and rejuvenation techniques, aimed at fostering self-development. Our mission is to help individuals from all walks of life discover inner calm and stillness amidst the demands of a fast-paced world.

With a presence in over 160 countries, Heartfulness reaches more than four million practitioners worldwide. We are supported by 14,000 dedicated trainers and 265 retreat sites globally. Aligned with our mission and values, we also contribute to the fields of education, environmental sustainability, and overall wellness.

Heartfulness meditation is free, making it accessible to everyone, everywhere.

To learn more, visit: www.heartfulness.org.



OUR PARTNERS

ASSOCIATE PARTNERS



The Commonwealth



G20 GLOBAL
LAND INITIATIVE

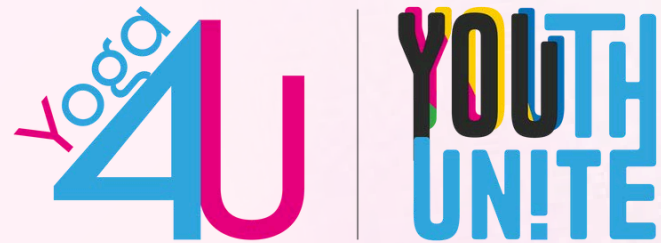


United Nations
Convention to Combat
Desertification

EDUCATION PARTNERS:



ASSOCIATE INITIATIVES



LUXURY LIFESTYLE PARTNER

STEFANO RICCI

DISCUSSIONS ARE ON WITH MORE ORGANISATIONS AT GLOBAL LEVEL



IYENGAR
Yogāshraya Mumbai



KAIVALYADHAMA

Where Yoga tradition and Science meet



Satyananda Yoga Centre
following Satyananda Yoga teachings



Kerala
Sivananda
YOGA VEDANTA TRIVANDRUM CENTRE



Krishnamacharya Yoga Mandiram



SRMD YOGA

COLLABORATING PARTNER: YOGA4UNITY



Yoga4Unity is a global initiative dedicated to uniting various yoga institutions to preserve and promote diverse yoga practices. Their mission extends beyond physical postures, emphasizing unity, accessibility, and empowerment. Yoga4Unity brings together yoga institutions worldwide, fostering collaboration, love, and respect, and celebrating the rich diversity of yoga practices and philosophies. They strive to make yoga accessible to everyone, transcending barriers of race, gender, language, and faith.

Through initiatives like the Youth Yoga Challenge 2024 and Youth Yog Yatra, they inspire and empower the youth. Their online daily practice connects participants globally, promoting consistent yoga practice.

This September, the major schools of yoga will come together for the Rising with Kindness event. Participants will have the opportunity to immerse themselves in a diverse array of yoga classes running simultaneously, allowing them to choose the style that resonates with them. These sessions will be conducted by partner institutions including Satyananda, DSVV/Shanti Kunj, Yogavahini, Kaivalyadhama, Sivananda, Parmarth, Shrimad Raj Chandra Mission, Yoga Vijnana, and Iyengar.

This collaboration offers a unique chance for participants to deepen their practice, learn from various yoga traditions, and embrace the transformative power of yoga and kindness.



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rising with
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Thank You

Associate Initiatives:

