

Report

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Report Day 0

Verse: Kanha Shanti Vanam Hyderabad... Date: 02/01/2023

Reaching Kanha Shanti Vanam at 11:00 am ushered in a new spirit of energy and vigor amongst all the participants. Each one could feel the serenity, the purity of air and the calmness of mind sitting in to make one peaceful- After registration, and allotment of rooms, an hour of rest was given. Following this, lunch was served and the Session for the day began.

Mr. Anirudh, a volunteer from the Heartfulness at- Kanha shanti Vanam, Hyderabad addressed the participants and welcomed each one. The introduction to 'The Heartfulness' programme was presented and the aim / objectives/ideas behind the establishment of Heartfulness were presented and the association of Heartfulness throughout the world was presented. The quiz on the mentimeter for the participants was a need analysis. Following this, the session was taken up by Mr. Ram Krishna Mallela, Coach and Mentor at the Kanha Shanti Vanam. He reflected on the importance of gratitude and the freedom of being a mentor. Many questions as food for thought were left open ended.

Mr. Anirudh started with mentimeter exercise. The quiz started with registration of the participants which was displayed on a projector. Each participant came forward and introduced himself/herself.

Learnings for The day:

- © Mutual sharing and discussion session aims at experiential experiences at and of Heartfulness.
 - © At will, one lakh people can be made to meditate (as done at Meditation Hall, Kanha Shanti Vanam, Hyderabad)
 - © Be filled with gratitude
 - © Importance of making notes and reflecting the principles of andragogy
 - © Open ended questions lead to self exploration.
 - © Nature compels learning.
 - © Humility adds to a state of openness for adults to learn.
 - © POISE (Personal Organizational Inner School Education)
 - © LSRW_Pause : Listen, Speak, Read Write — Pause
- Specific takeaways that can be implemented:
- 1) POISE can be practiced with various stakeholders
 - 2) since mentoring is a one to one effective domain, it was left for the participant to plan out such sessions with that mentee school teachers.
 - 3) LSRW. Pause is the true essence to understand a being for generating heartfelt communication. Hence, it becomes important to be practiced by mentors.

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Day 1
NET REPORT
Kanha Shantivanam
Hyderabad

65/22/16

The day started with the guided tour of Yatra Garden early morning in the picturesque and peaceful atmosphere of Kanha campus.

Session 1 :

PAUSE to POISE by RamakrishnaSir

- POISE (Personal Organisation Inner School Atmosphere Education) is an inner transformation
- This should be followed by introspection of what you should stop doing , start doing and continue doing (SSC)
- Design your own Andragogy Principles.
- To amplify your heart's intuitive guide as our Ego choices overrides the intuitive suggestion.
- To avoid biases as it can form invisible network if it gets transmitted.
- Follow LSRW(Listening- Speaking- Reading- Writing notes of few important words of what you experienced) followed by 20 minutes Heartful Meditation after relaxation.
- Feeling of divine light in your heart during meditation will help in leading to personal, social and global coherence ; which we call as Natural Conspiracy.
- Designing protocols in the form of good nano habits leading to wholistic learning of students thereby covering physical , social, mental, spiritual & emotional needs.
- NEP: Educate, Encourage and Enlighten. So it's high time we all shall focus on the enlightenment of students.
- All mentor teachers should develop their all three domains ; i.e. Cognitive, Psychomotor and Affective - Use of 3 Hs- Head , heart & hands. They must ensure that there is uniformity in their intentions, thoughts, practice & habits while mentoring.

Session 2:

Heartful Communication by Ms Archana

- Meaning of effective communication is harmony and not just the fact that you are understood.
- Qualities of a good and bad listener.
- The behaviour of a person is a direct reflection of one's needs.
- If one is aware of this Needs Consciousness; one can transform one's judgement towards others leading to smooth communication.
- Listening heart fully leads to full understanding of emotions of the other person.

Session 3:

One to one Heartful meditation of all the participants with their trainers where Heartful transmission was also done.

- Last but not the least the day ended with the Kanha tour.

On

The day started with video of Kanha Shantivanam depicting the innovative efforts made to make barren land to fertile and its other unique features.

Session 1

Simplicity and Purity by Ms Radhika

Session was started by take aways of both Day 1 and Day 2 and with Mind map of Simplicity. Later on it was synthesised that Purity is the by product of Simplicity. Simplicity is conducive to Purity.

-Different facets of Simplicity (External and Internal were discussed)

- Iceburg theory of Ernest Hemingway - The seen and the unseen wherein following was discussed and synthesized:-

- A large portion of personality is hidden from view. Most of who we really are is covered up and tightly protected from ever being seen by others. It is normal to desire to look good in front of others, but when people mask who they really are it can often lead to high-risk or dangerous behavior.

- Cleaning is the tool towards Simplicity . To be an impactful leader and effective mentor, one must clean the emotions attached to the incident.

Session 2

Impactful leader and effective mentorship by Ms Bhavna Sonkamble

- Four activities were conducted to make visualise and understand how a classroom can be made interesting, joyful under the impactful leader and effective mentorship.

- A Mentor should know the strength and growth areas of his/her mentee schools.

- A Mentor should make SMART Goals.

- A Mentor should be physically, mentally, emotionally healthy.

- A Mentor should be the Role model.

Session 3

School visit was undertaken wherein classes and other activity rooms were observed.

- Relaxation meditation was being observed at the time of closing of school.

- The day ended with interaction with Principal Ma'am on a happy note.



Day 3

63/2026

Visit to Golconda & Salar Jung Museum on 5/1/2023.

After three days training on Heartfulness at Kanha Shanti Vanam, excited for Hyderabad City tour and reached Golconda Fort at 9.30 am. A big fort which was the center of Diamond trading also, made in three different lines telling the story of different dynasties and amazing Persian Architecture.



Golconda Fort



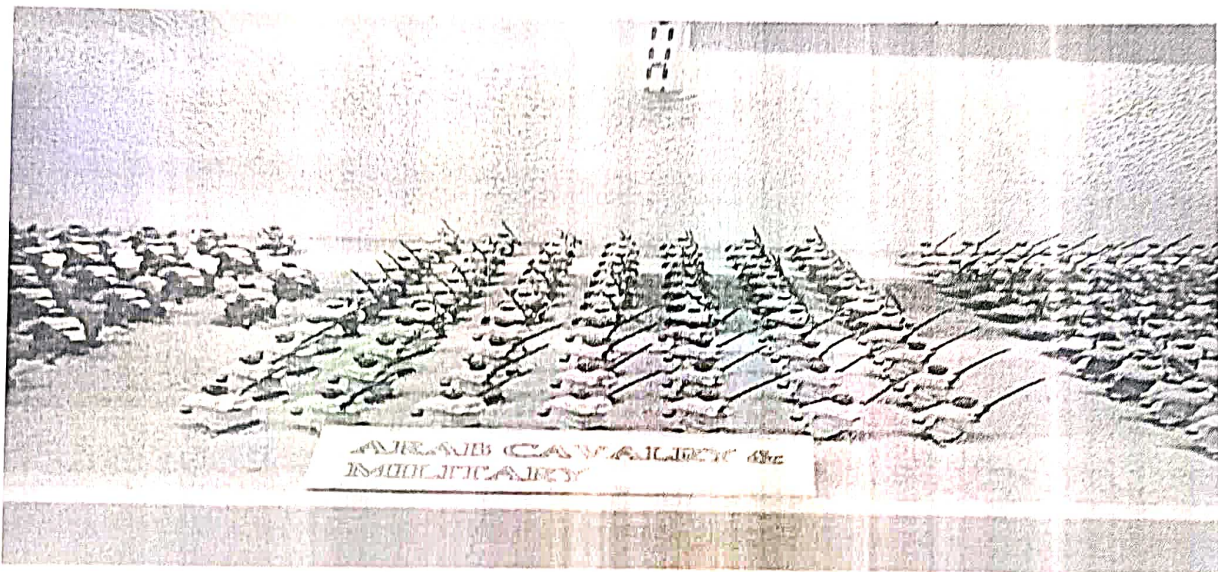
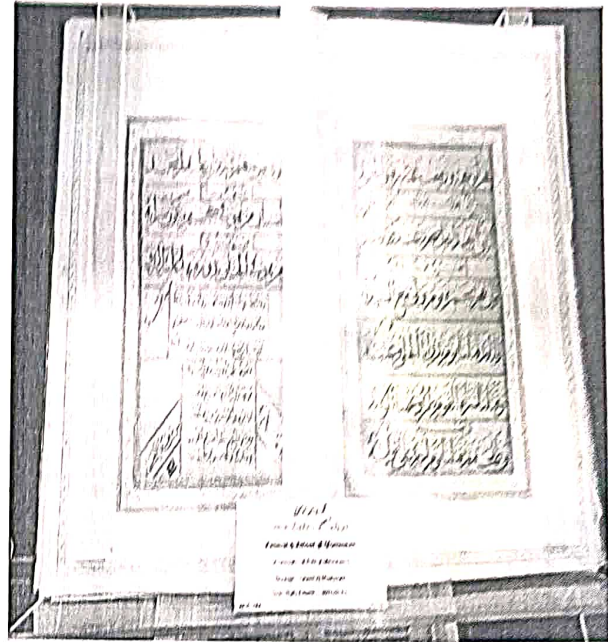
After that we reached the Salar Jung Museum. This museum was filled with many historical art pieces, different manuscripts in Urdu, different army arrangements from the 19th century.

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Salar Jung Museum,

Manuscript



Arab Army arrangements

The visit to these two places is worth watching to enhance the knowledge of history.

24/1910



6/1/2016

-Hyderabad NET' to 'Kanha Shanti Vanam''''

Date:

Report of Day -4

first session was presented by Tarun Kawidaya Sis or "Evolution of Consciousness" Learning Outcomes.

consciousness spectrum Consciousness as an Educator Understanding Subconsciousness and Superconsciousness

compassion in Action

Heartfulness Prayer

Second session was Heartful Leadership facilitate by Rajat Jain Sir

Key points :

Human being to Being human

How to deal with conflict

Building the Lost On environment of trust by embarking fee by Shuela Marm active learning Key Points Key feeling togetherness

It is necessary to activate both side of Brain ie left side as well as Right. Some activities and exercises were done in the session like eye ball exercise and dance exercise.

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Training Schedule

DAY-6
7th January 2023

- 9:00AM to 10:00 AM : Polarity
- 10:00AM to 11:00 AM - Telangana Social Welfare educational initiatives
- 11:00 AM to 12:00 PM POISE IN ACTION & Certificate distribution.
- 12:00 PM lunch and pack up

HEARTFULNESS POLARITY

"Each individual has a healthy pattern of energy movement. When this healthy pattern is compromised, there will be a distortion in the energy field. Fixing this energy field is the purpose of Heartfulness Polarity"

"Heartfulness polarity is about freeing energy and balancing energy."

- Daji

HOW POLARITY WORKS

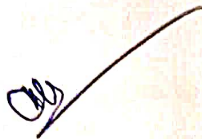
- * Physical and mental disturbances in the human body creates distortion in the energy flow, within us.
- * These distortions become blockages.
- * Heartfulness Polarity helps in removing these blockages to restore the free flow of energy in the human body.

POLARITY SEQUENCE

- * Remove metals like jewelry, belt, watch, etc. from your body for an effective polarity session.
- * Do Cleaning for 5 minutes before and after each session.
- Have a prayerful, peaceful, and positive attitude before starting a polarity session. Connect to the Source within the heart and pray for the well-being of the Receiver CHARGE-Always rub your hands to charge before starting any exercise(s).
- * Do each exercise for a maximum of 3-5 minutes.
- DISCHARGE- Always discharge your hands after finishing every exercise(s).
- * Drink some water and offer water to the Receiver immediately after a polarity session.
- * Wash your hands (Giver) after the polarity session.
- * A polarity session happens between Sisters to Sisters and brothers to brothers only.

Sitting Exercises

1. Two Thumbs
2. Forehead Touch
3. Master Polarity



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Lying Exercises

1. Hand and Foot
2. Shoulder and Hip
3. Tummy Touch
4. Big Toe
5. Arm Smoothing
6. Leg Smoothing
7. Shoulder Blades
8. Star Gate



DON'Ts

Polarity is not a substitute for any medical treatment(s).

Abstain from giving polarity when you are low in energy, tired or sick.

A polarity session is always offered as a service.

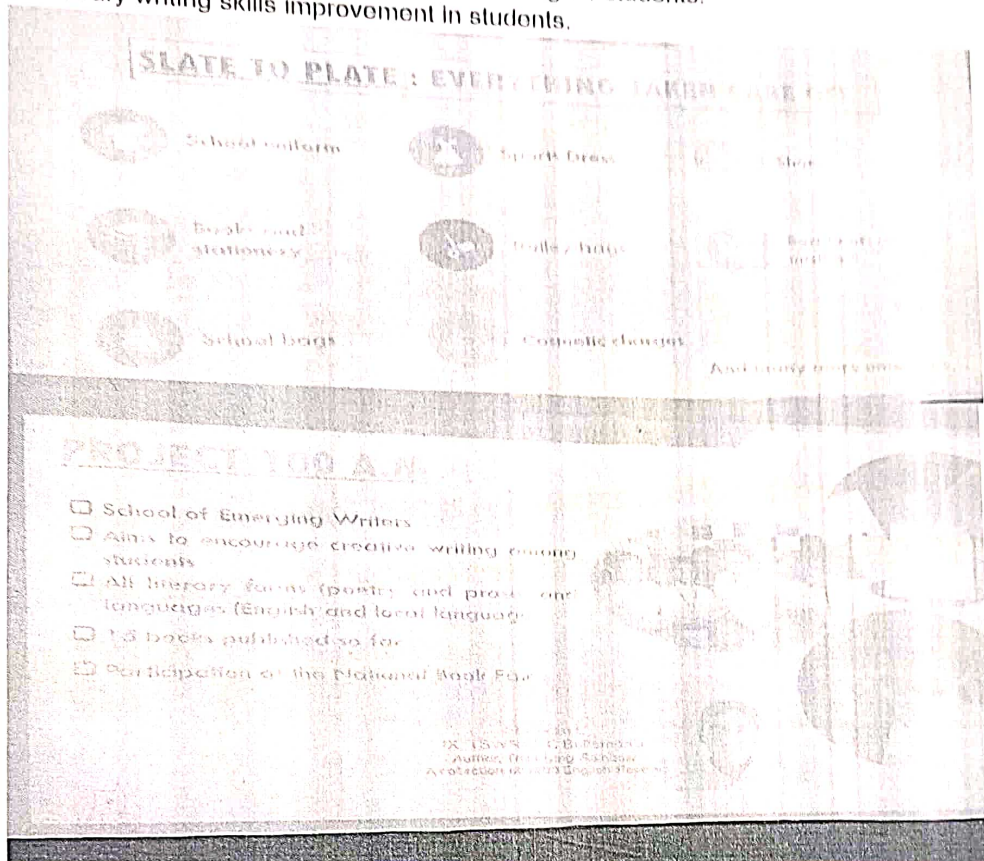
Telangana Social Welfare educational initiatives

Some of following initiatives were shared during the session:-

1. Student well-being panacea - Doctors on call 24x7.
2. Talkathon under magic english program.
3. Mirror Project.

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4. POISE -Training Program for School Leaders.
5. Bridge Courses for all classes for frequent absent students.
6. Life skill and Gender Empowerment Training for students.
7. Literary writing skills improvement in students.



POISE IN ACTION

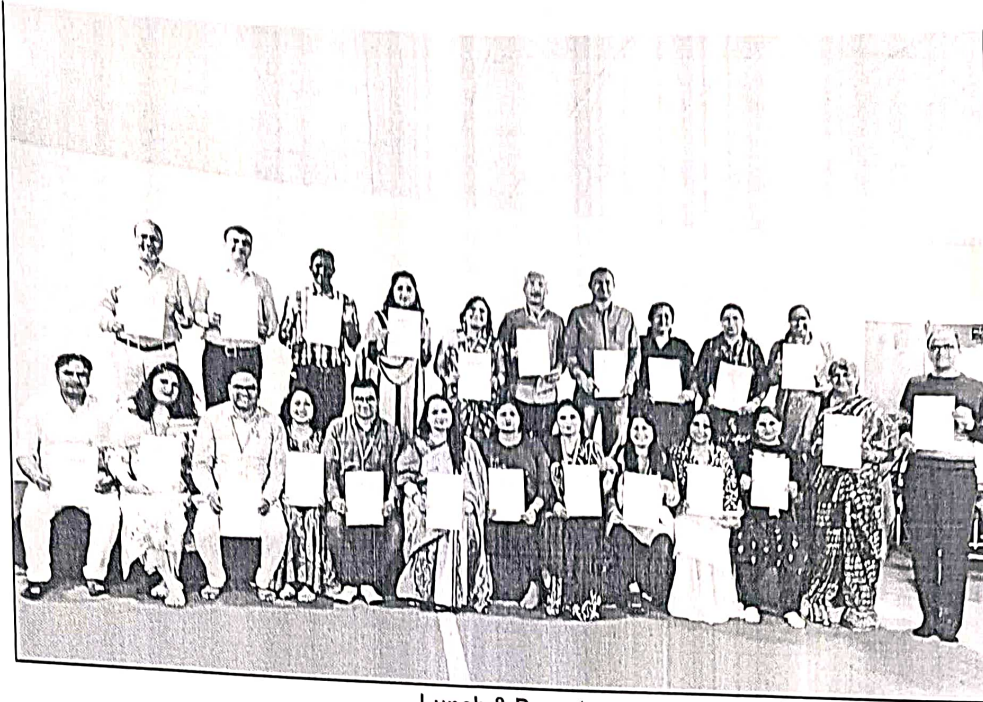
POISE is a signature leadership development training program for schools leaders (Principals, Vice Principals & Head Office officials) hosted by Heartfulness Education Trust. It is a combination of specialised sessions for P-Personal, O-Organisational, I-Inner, S-School, and E-Education sections.

Certificate distribution

- At the end of the training program at KANHA SHANTI VANAM, HYDRABAD all the participants were awarded with certificates of participation. It was really the moment of heartfulness and happiness for all the MENTORS in group.
- All mentors are specially thankful to DOE and SCERT for giving such opportunity of great learning.

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Lunch & Departure

Delicious and healthy food as lunch was provided by the kitchen staff of KANHA SHANTI VANAM.

They gave a heart touching departure to all with the promise of meeting again.

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