



VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

(An Autonomous Institution)

[Sponsored by Lavu Educational Society, Affiliated to JNTUH & Approved by AICTE, New Delhi]
Kondapur (V), Ghatkesar (M), Medchal - Malkajgiri (D) - 501 301. Phone: 96529 10002/3



Ref.No:VMTW/SAC/RWK/2024-25/01

Date: 10-01-2025

CIRCULAR

Subject: Rising with Kindness Programme (12-01-2025 to 14-01-2025) – Reg.

All the students of Vignan's Institute of Management and Technology for Women are hereby informed that the College, in collaboration with the Heartfulness Institute, is organising the "Rising with Kindness" International Youth Seminar at Kanha Shanti Vanam, Hyderabad, from 12-01-2025 to 14-01-2025.

The programme aims to encourage kindness, compassion, empathy, mindfulness and positive values among students through interactive sessions, meditation and group activities.

Programme Details:

- Dates: 12-01-2025 to 14-01-2025
- Venue: Kanha Shanti Vanam, Hyderabad
- Time: 10:00 AM to 4:00 PM

All students are requested to attend the programme and participate actively. Attendance is compulsory for all students.


Dr G Apparao Naidu
PRINCIPAL

Copy to: CEO for information,

All Deans, All HoD's, TPO, Admin, Library, Exam Branch, IQAC,
&Transport, Hostel In Charges, Supervisors and Wardens

EVENT REPORT

RIISING WITH KINDNESS – INTERNATIONAL YOUTH SEMINAR (SECOND EDITION)

Organised in collaboration with the Heartfulness Institute, Kanha Shanti Vanam, Hyderabad

1. Event Details

Name of the Event	Rising with Kindness – International Youth Seminar (Second Edition)
Organised by	Vignan's Institute of Management and Technology for Women
In collaboration with	Heartfulness Institute, Kanha Shanti Vanam, Hyderabad
Date and Duration	12-01-2025 to 14-01-2025 (3 days)
Time	10:00 AM to 4:00 PM
Venue	Kanha Shanti Vanam, Hyderabad
Target Audience	B.Tech students (ECE and CSE)
Number of Participants	200
Resource Persons	Shri Kamlesh D. Patel (Daaji), Global Guide – Heartfulness, and eminent national and international speakers
Faculty Coordinator	_____
Nature of the Activity	Value-added / Co-curricular – Student Development Programme

2. Objectives of the Programme

- To encourage kindness, compassion, empathy and mindfulness among students.
- To inspire students to be kind to themselves through self-compassion and well-being practices.
- To motivate students to foster compassionate communities around them.
- To inspire students to contribute towards creating kinder and regenerative systems.
- To promote positive values through interactive sessions, meditation and group activities.
- To provide an international platform for interaction with eminent speakers and youth delegates from across the world.

3. About the Event

The Global Youth Kindness Seminar, "Rising with Kindness", held at Kanha Shanti Vanam, Hyderabad, is a unique international event that brings together young people from around the world who believe in the power of compassion to create global change, one kind act at a time.

The seminar is designed to guide participants through a meaningful journey, moving from personal kindness to compassionate interactions and, ultimately, to collective harmony. Sessions are conducted by international speakers, spiritual leaders, policy makers and industry experts, and are supported by meditation, yoga, cultural programmes and group activities.

4. Proceedings of the Programme

Day 1: Kindness in Actions – Small Acts, Big Impact

Day 1 explored how small gestures can create meaningful change. It helped participants understand simple, purposeful ways to contribute to a kinder world, as experts guided them in turning kind intentions into impactful actions.

Day 2: Kindness in Words – Speaking with Presence and Compassion

Day 2 highlighted the power of pausing before we speak and of choosing uplifting words. With guidance from the speakers, participants learnt to lead conversations rooted in empathy and respect – at work, at home and within themselves.

Day 3: Kindness in Intentions – The Inner Seed of Change

On the final day, participants explored empathy at its most subtle level and understood how cultivating kindness within oneself reflects positively on the world around us. Ultimately, it all begins with the self.

5. Outcomes of the Programme

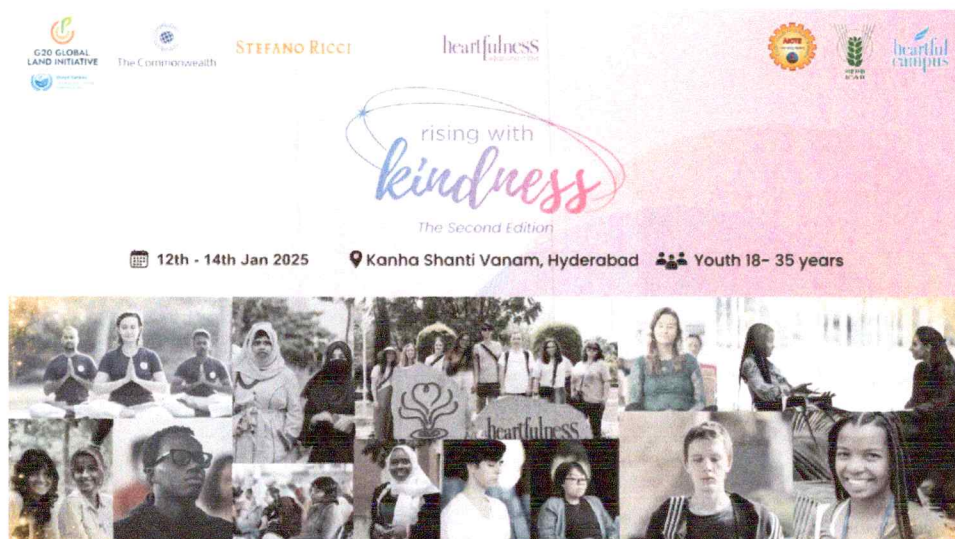
- Students developed a better understanding of kindness, compassion and empathy as everyday practices.
- Participants learnt mindfulness and meditation techniques useful for stress management and emotional well-being.
- Students gained exposure to an international platform and interacted with eminent national and international speakers.
- Improved communication, team work and interpersonal skills through group activities and interactive sessions.
- Enhanced awareness of social responsibility, sustainability and community service.
- Participants received Certificates of Participation from the Heartfulness Institute.

6. Mapping with Programme Outcomes (POs)

PO / PSO	Programme Outcome	Attainment through this Event
PO6	The Engineer and Society	Sensitised students to societal well-being, kindness and community service.
PO8	Ethics	Reinforced ethical conduct, empathy, compassion and moral responsibility.
PO9	Individual and Team Work	Participation in group activities, interactive sessions and team-based tasks.
PO10	Communication	Interaction with international speakers, peers and delegates.
PO12	Life-long Learning	Mindfulness, meditation and self-management practices for continuous personal growth.

7. Event Photographs

Event Poster and Concept Note



Event poster – Rising with Kindness, Second Edition, 12–14 January 2025



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.

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What is Rising with Kindness (RwK)?




Why is RwK relevant today?

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 interpersonal 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.

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.

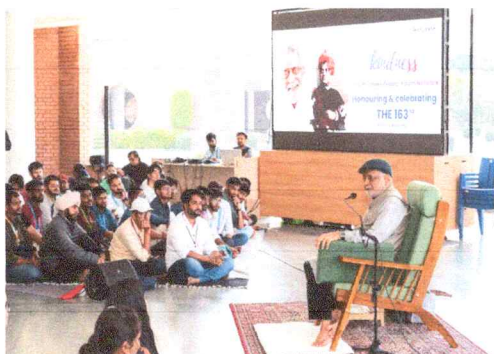
RwK will contribute to SDG 3, 4, 13, 15 & 16 reinforced through its sessions. Its powerful partnerships with global peace ambassadors – Commonwealth, UNCCD, Y4U & Youth Unite are an expression of SDG 17 in action.

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

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Concept note – the need for youth-centred kindness initiatives

Glimpses of the Seminar



Glimpse of the seminar



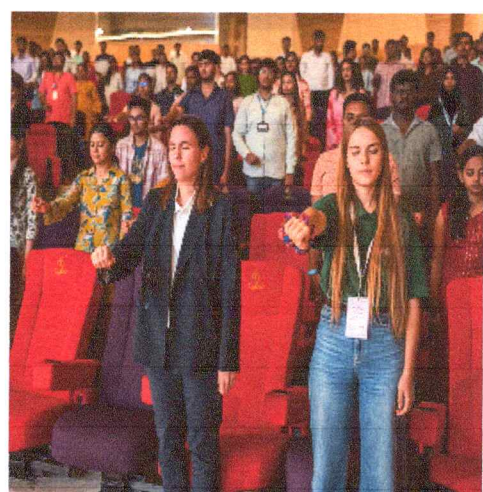
Session in progress



Interactive session with the participants



Students at the seminar



Glimpse from the Rising with Kindness Conference



Glimpse from the Rising with Kindness Conference

8. Sample Certificates of Participation



CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

ACHINA ARCHANA

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad from 12th to 24th January 2025 in partnership with the United Nations Convention to Combat Desertification (UNCCD), the Commonwealth, All India Council for Technical Education (AICTE) and Indian Council of Agricultural Research (ICAR), and completing the Heartful Campus Module.


Paula Padrino Vilela
Programme Management
Officer, UNCCD


Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus


Sushil Ram
Adviser - Youth Development
Commonwealth



Certificate of Participation – Sample 1



CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

BIKUMANDLA SNEHITHA

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad from 12th to 24th January 2025 in partnership with the United Nations Convention to Combat Desertification (UNCCD), the Commonwealth, All India Council for Technical Education (AICTE) and Indian Council of Agricultural Research (ICAR), and completing the Heartful Campus Module.


Paula Padrino Vilela
Programme Management
Officer, UNCCD


Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus


Sushil Ram
Adviser - Youth Development
Commonwealth



Certificate of Participation – Sample 2



CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

J KEERTHANA

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad from 12th to 24th January 2025 in partnership with the United Nations Convention to Combat Desertification (UNCCD), the Commonwealth, All India Council for Technical Education (AICTE) and Indian Council of Agricultural Research (ICAR), and completing the Heartful Campus Module.


Paula Padrino Vilela
Programme Management
Officer, UNCCD


Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus


Sushil Ram
Adviser - Youth Development
Commonwealth



Certificate of Participation – Sample 3

9. List of Participants

Total number of participants: 200

S.No	Hall Ticket No	Name of the Student
1	25UP1A0401	ACHINA ARCHANA
2	25UP1A0402	ALE VAISHNAVI
3	25UP1A0403	BADDAM LAKSHITHA REDDY
4	25UP1A0404	BALGURI PRAGATHI
5	25UP1A0405	BANDELA SHIVANI
6	25UP1A0406	BIKUMANDLA SNEHITHA
7	25UP1A0407	BINGI KRISHNAVENI
8	25UP1A0408	BOORGULA REBECCA
9	25UP1A0409	BUSSA SRIHITHA
10	25UP1A0410	CHINIMILLI VEDHAJNA LAKSHMI
11	25UP1A0411	CHINTHALA SIRI CHANDANA
12	25UP1A0412	DAIDA SRUJANA REDDY
13	25UP1A0413	DEVUNI HARSHITHA
14	25UP1A0414	G R PUJEETHA
15	25UP1A0415	GAJAM SNEHITHA
16	25UP1A0416	GANTALA SIVA CHANDRIKA
17	25UP1A0417	GEEBU PRIYANKA
18	25UP1A0418	GOPALA SREEJA SHANKAR
19	25UP1A0419	GUGULOTH LAVANYA
20	25UP1A0420	GUNTIPALLI HARSHIKA
21	25UP1A0421	J KEERTHANA
22	25UP1A0422	JAALA SHREEMA
23	25UP1A0423	JILLELLAMUDI NANDINI
24	25UP1A0424	JUMBARI VAISHALI
25	25UP1A0425	KADIGALLA BHARGAVI
26	25UP1A0463	AELKACHENU GEETHANJALI
27	25UP1A0464	B VIRAJA
28	25UP1A0465	BANDELA AKSHAYA
29	25UP1A0466	BATTULA CHANDANA
30	25UP1A0467	BINGI DHANA SRI
31	25UP1A0468	BOLLAM SANTHOSHINI
32	25UP1A0469	BORRA ABHIGNA
33	25UP1A0470	BUSHIGAMPA KRANTHI
34	25UP1A0471	BYAGARI ANUSHA
35	25UP1A0472	CHILLARA TEJASHWINI
36	25UP1A0473	CHILUKA USHA SREE
37	25UP1A0474	CHUKKA KRUTHIKA
38	25UP1A0475	DAMARASHETTI RUTHWIJA
39	25UP1A0476	DANDEMPALLY BHOOMIKA
40	25UP1A0477	DASI MADHULIKA
41	25UP1A0478	DONTHI VARSHA
42	25UP1A0479	DURGAM ANJALI
43	25UP1A0480	DYAGA LAHARI
44	25UP1A0481	GADDAM SAI PRATHIKA

S.No	Hall Ticket No	Name of the Student
45	25UP1A0482	GEDAM AKSHAYA
46	25UP1A0483	GODA CHARITHA REDDY
47	25UP1A0484	GORRE SRIJANA REDDY
48	25UP1A0485	GUTTI NANDINI
49	25UP1A0486	KAPPALA HANSIKA
50	25UP1A0487	KODURI ARCHANA
51	25UP1A6601	ABHRAPUDI SRESHTA SUKRUTHI
52	25UP1A6602	AITHARAVENI KALYANI
53	25UP1A6603	AKUDARI VARSHA SRI
54	25UP1A6604	ANISA
55	25UP1A6605	AZMEERA NAVYA
56	25UP1A6606	BANOTHU DHANUSHA
57	25UP1A6607	BETHALA AKSHITHA
58	25UP1A6608	BHUMA DHARANI
59	25UP1A6609	BONAGIRI AKSHAYA
60	25UP1A6610	BUSSA ANURADHA
61	25UP1A6611	CHANDRAGIRI SRIJA
62	25UP1A6612	CHATARASI POOJITHA
63	25UP1A6613	CHENAMONI AKSHITHA
64	25UP1A6614	CHIRUMAMILLA VIDHYA SRI
65	25UP1A6615	SHANIGARAM MANASA
66	25UP1A6616	DEVARUPPALA RAMYA SRI
67	25UP1A6617	DODLA SHRESHTA
68	25UP1A6618	DUGGI DEVI PRIYA
69	25UP1A6619	EMMADAPAKA VIDHYA SREE
70	25UP1A6620	ENUGU DEEKSHITHA
71	25UP1A6621	ERRAM ANANYA
72	25UP1A6622	ETIKALA SRIVIDYA
73	25UP1A6623	GANGULA SPURTHI REDDY
74	25UP1A6624	GAREPALLI RASHMITHA
75	25UP1A6625	GUNDARAPU SANJANA
76	25UP1A6666	AKULA SIRI
77	25UP1A6667	ALLADI RUPA GAYATHRI
78	25UP1A6668	AVANIGADDA SRAVANI
79	25UP1A6669	BHARADWAJA VYSHNAVI
80	25UP1A6670	CHANDA KHYATHI SRI
81	25UP1A6671	CHILUKA BHARGAVI
82	25UP1A6672	CHINNALA GNANIKA
83	25UP1A6673	CHIRIKA KSHETHRA
84	25UP1A6674	CHITTEMSETTY LASYA PRIYA
85	25UP1A6675	DANDA ADVITHA
86	25UP1A6676	EDULAKANTI PRACHITHA
87	25UP1A6677	GANDHAMALLA MATHULYA
88	25UP1A6678	GODHA BHAVANI
89	25UP1A6679	GUDURU SOWMYA
90	25UP1A6680	GUGULOTHU THULASI
91	25UP1A6681	GUJJA NAVYASREE

S.No	Hall Ticket No	Name of the Student
92	25UP1A6682	GUNDALA HARSHITHA
93	25UP1A6683	GUNDEBOINA JASHWITHA
94	25UP1A6684	GURJAKUNTA LIKHITHA
95	25UP1A6685	INAMPUDI PRAVALLIKA
96	25UP1A6686	JUVERIYA FIRDOUS
97	25UP1A6687	K CHANDANA
98	25UP1A6688	KAITHALAPURAM GEETHIKA
99	25UP1A6689	KANDI YASHICA
100	25UP1A6690	KESANI SANJANA
101	25UP1A66D0	AASA SRUTHI
102	25UP1A66D1	ALETI AKSHAYA
103	25UP1A66D2	AMANCHA RAMYA
104	25UP1A66D3	AWARU SAI SHIVANI
105	25UP1A66D4	BADE AKSHAYA
106	25UP1A66D5	BALABOINA SINDHU
107	25UP1A66D6	BANTARAM ANSHU
108	25UP1A66D7	BOTIKA MANISHA
109	25UP1A66D8	CHARLAPALLI VAISHNAVI
110	25UP1A66D9	DATHRIKA SHIVANI
111	25UP1A66E0	DEVASOTH MOUNIKA
112	25UP1A66E1	DUKUNTLA AMULYA
113	25UP1A66E2	DUNADHULA SAI SIRI
114	25UP1A66E3	E NEHA
115	25UP1A66E4	EERASARAPU KEERTHANA
116	25UP1A66E5	GANGADI HEMALATHA
117	25UP1A66E6	GANTA SIRI
118	25UP1A66E7	GARLAPATI SHIVANI
119	25UP1A66E8	GATTIGUNDLA POOJITHA
120	25UP1A66E9	GIRNI ASHMITHA
121	25UP1A66F0	GOLLAVILLI PRANATHI DURGA
122	25UP1A66F1	GUNDALA ANUSRI
123	25UP1A66F2	JAKKU ABHIGHNA
124	25UP1A66F3	JEEDIMADLA ASHWITHA
125	25UP1A66F4	JONNALAGADDA SHIVANI
126	25UP1A66J4	ANUMULA AMULYA
127	25UP1A66J5	AREKATLA PAVITHRA
128	25UP1A66J6	AVULA SUSHMA
129	25UP1A66J7	BATHUKA NIKHITHA
130	25UP1A66J8	BEEPETA TEJASHWINI
131	25UP1A66J9	BEERA MANASWINI
132	25UP1A66K0	BHUKYA CHANDANA
133	25UP1A66K1	BONAGIRI AKANKSHA
134	25UP1A66K2	BOORA ANJALI
135	25UP1A66K3	BOYA MANASA
136	25UP1A66K4	BUDDARAJU TEJASWANI
137	25UP1A66K5	CHALAMALLA LAHARI
138	25UP1A66K6	CHALLAWAR HARSHITHA

S.No	Hall Ticket No	Name of the Student
139	25UP1A66K7	CHINTHALA MANOGNA
140	25UP1A66K8	CHOPPARAPU JOSHITA
141	25UP1A66K9	DASARI VARSHITHA
142	25UP1A66L0	DASARI VENKATESHWARI
143	25UP1A66L1	DOBBALA RAKSHITHA
144	25UP1A66L2	GADDAM LIKITHA
145	25UP1A66L3	GADDAM SNEHITHA
146	25UP1A66L4	GADDIPATI VYSHNAVI
147	25UP1A66L5	GAIKWAD SAIPRIYA
148	25UP1A66L6	GAJULA HEMA
149	25UP1A66L7	GANDHASIRI SINDHUJA
150	25UP1A66L8	GODHAMVAR VARSHINI
151	25UP1A0501	ADIBA MAHEEN
152	25UP1A0502	AGEWAR HARSHITHA
153	25UP1A0503	ALETI NUTHANA
154	25UP1A0504	BANTU JOSHNA
155	25UP1A0505	BATHULA SPANDANA
156	25UP1A0506	BELIGE SHIVANI
157	25UP1A0507	BHUKYA ALEKHYA
158	25UP1A0508	BOYA PREETHI
159	25UP1A0509	BUDULAPUR SAITEJASWINI
160	25UP1A0510	CHAPPIDI NEHA SREE
161	25UP1A0511	CHERUKURI SARANYA
162	25UP1A0512	CHINTALA VYSHNAVI
163	25UP1A0513	DAIDA AKSHARA
164	25UP1A0514	ELUPULA SIDHVINI
165	25UP1A0515	ENAGANDULA AKSHAYA
166	25UP1A0516	GAJJA VIDYA BHANU GOUD
167	25UP1A0517	GARDASU NANDINI
168	25UP1A0518	GORIGE MANASA
169	25UP1A0519	GORLE HEMALATHA
170	25UP1A0520	GUDICHUTTU LAXMI PRASANNA
171	25UP1A0521	GUGULOTH SUNITHA
172	25UP1A0522	JANJARLA CHAITHANYASRI
173	25UP1A0523	JAVVAJI SREEJA
174	25UP1A0524	KAMUNI MANASA
175	25UP1A0525	KANKAPURAM APOORVA
176	25UP1A0566	ADAMALA LOHITHA REDDY
177	25UP1A0567	ALLAKONDA SATHVIKA
178	25UP1A0568	ANDUKURI SANJANA
179	25UP1A0569	AOUSALI NANDINI
180	25UP1A0570	ARUMULLA NANDINI
181	25UP1A0571	AZMEERA SUNITHA
182	25UP1A0572	B AMRUTHA INDHU VARSHINI
183	25UP1A0573	BALDE LAXMI PRASANNA
184	25UP1A0574	BASSI KALYANI
185	25UP1A0575	BHUTHARAJU HASINI

S.No	Hall Ticket No	Name of the Student
186	25UP1A0576	BOTUKA VAISHNAVI
187	25UP1A0577	BOYABOINA BHARGAVI
188	25UP1A0578	BURRA SUKRUTHA
189	25UP1A0579	CHEDIDIPU SHRAVYA
190	25UP1A0580	CHETTIPALLY NANDINI
191	25UP1A0581	CHINNAM RISHIKA
192	25UP1A0582	CHITYALA DEEKSHITHA
193	25UP1A0583	DAYYALA RAMYA
194	25UP1A0584	DHARAVATH ANUSHA
195	25UP1A0585	ERUGURALA VENNELA
196	25UP1A0586	GAJULA VAISHNAVI
197	25UP1A0587	GARIGANTI INDU
198	25UP1A0588	GORAKANTI JYOTHIKA
199	25UP1A0589	GUDDETI MANASWINI
200	25UP1A0590	JANNAPALA CHANDANA


Programme Co-ordinator
 Dept. of BSH


Head of the Department
 Dept. of BSH


PRINCIPAL
 VMTW