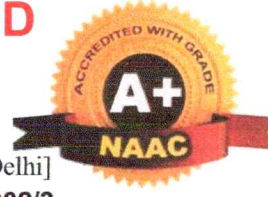




VIGNAN'S INSTITUTE OF MANAGEMENT AND TECHNOLOGY FOR WOMEN

(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/2025-26/01

Date: 11-01-2026

CIRCULAR

Subject: Rising with Kindness Programme (11-01-2026 to 13-01-2026) – 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 11-01-2026 to 13-01-2026.

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

Programme Details:

- Dates: 11-01-2026 to 13-01-2026
- 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

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

1. Event Details

Name of the Event	Rising with Kindness – International Youth Seminar (Global Youth Kindness Seminar)
Organised by	Vignan's Institute of Management and Technology for Women
In collaboration with	Heartfulness Institute, Kanha Shanti Vanam, Hyderabad
Date and Duration	11-01-2026 to 13-01-2026 (3 days)
Time	10:00 AM to 4:00 PM
Venue	Kanha Shanti Vanam, Hyderabad
Target Audience	B.Tech students (ECE, CSE, CSE-AI&ML, CSE-DS and IT)
Number of Participants	211
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.

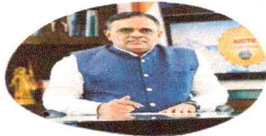
6. Mapping with Programme Outcomes (POs)

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 Venue





KAMLESH D PATEL
Global Guide – Heartfulness

DR. S. SOMANATH
Indian aerospace engineer
and former ISRO Chairman;
led Chandrayaan-3.

T.G. SITHARAM
Chairman, All India Council
of Technical Education
(AICTE)



JOHANNES C.M. ZUTT
Vice President – World
Bank, South Asia Region

DEVI CHITRALEKHA
Renowned spiritual speaker;
Founder of the World
Sankirtan Yatra Trust and
Gau Seva Dham.

JANHVI SINGH
Indian content creator
Known for promoting संस्कृति,
शास्त्र and शांति; Founder of
Sattva Sangha.



Scan to register

11 – 13 JANUARY 2026 | 18 – 35 YEARS | KANHA SHANTI VANAM

Event poster – Rising with Kindness International Youth Seminar, 11–13 January 2026



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.

With the capacity to accommodate **25,000+ youth** during large-scale events, the Kanha campus is designed to foster holistic wellness and spiritual growth. It offers extensive training and mentoring programs that encourage deep inner exploration and learning. Once a barren land, Kanha has blossomed into a thriving green haven with over 900,000 trees and a nursery nurturing more than **200,000** saplings across **739** plant and tree species—including rare and endangered varieties from **113** botanical families.



About the venue – Kanha Shanti Vanam, Hyderabad



Interaction between students and speakers



Art by students



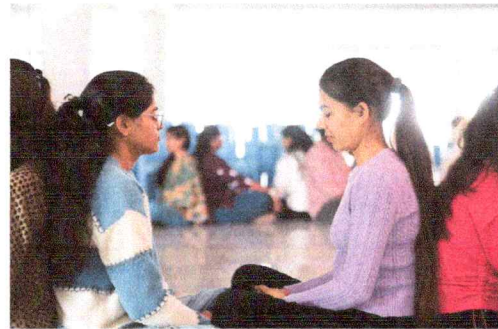
Interaction with students by Jeanne Robertson, using a giraffe puppet as a metaphor



Glimpse from the Rising with Kindness Conference



Glimpse from the Rising with Kindness Conference



Glimpse from the Rising with Kindness Conference

heartfulness HGYN heartful campus



CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Momula Sruthi

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad, from 11th to 13th January 2026, a platform for youth engagement, reflection, and collective learning on the theme of kindness and social responsibility, thereby contributing to the completion of the Heartful Campus Module.

Nivedita

Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus

Ramesh M

Ramesh Krishnan
Director,
Heartful Campus

Jatin

Jatin Khurana
Director - Heartfulness
Global Youth Network

Nitin

Nitin Nirmal
Director - Heartfulness
Global Youth Network



Glimpses of the Seminar



Glimpse of the seminar



Glimpse of the seminar



Glimpse of the seminar



Participants at the seminar venue



Shri Kamlesh D. Patel, Global Guide of Heartfulness, addressing the gathering



International speaker delivering the address



Session in progress



Students participating in the activities

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Mikkili Anuksha

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad, from 11th to 13th January 2026, a platform for youth engagement, reflection, and collective learning on the theme of kindness and social responsibility, thereby contributing to the completion of the Heartful Campus Module.

Nivedita
oo

Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus

Ramesh M

Ramesh Krishnan
Director,
Heartful Campus

Jatin

Jatin Khurana
Director- Heartfulness
Global Youth Network

Nitin

Nitin Nirmal
Director - Heartfulness
Global Youth Network



Certificate of Participation – Sample 3

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Kota Spandana

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad, from 11th to 13th January 2026, a platform for youth engagement, reflection, and collective learning on the theme of kindness and social responsibility, thereby contributing to the completion of the Heartful Campus Module.

Nivedita
oo

Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus

Ramesh M

Ramesh Krishnan
Director,
Heartful Campus

Jatin

Jatin Khurana
Director- Heartfulness
Global Youth Network

Nitin

Nitin Nirmal
Director - Heartfulness
Global Youth Network



Certificate of Participation – Sample 4

Certificate of Participation – Sample 5

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Panneeru Chaithvika Reddy

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad, from 11th to 13th January 2026, a platform for youth engagement, reflection, and collective learning on the theme of kindness and social responsibility, thereby contributing to the completion of the Heartful Campus Module.

Nivedita

Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus

Ramesh M

Ramesh Krishnan
Director,
Heartful Campus

Jatin

Jatin Khurana
Director- Heartfulness
Global Youth Network

Nitin

Nitin Nirmal
Director - Heartfulness
Global Youth Network



Certificate of Participation – Sample 1

CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

Nedula Chandana

has successfully participated in the Rising with Kindness International Youth Conference held at Kanha Shanti Vanam, Hyderabad, from 11th to 13th January 2026, a platform for youth engagement, reflection, and collective learning on the theme of kindness and social responsibility, thereby contributing to the completion of the Heartful Campus Module.

Nivedita

Dr. Nivedita Shreyans
Director - Youth Programs
Heartful Campus

Ramesh M

Ramesh Krishnan
Director,
Heartful Campus

Jatin

Jatin Khurana
Director- Heartfulness
Global Youth Network

Nitin

Nitin Nirmal
Director - Heartfulness
Global Youth Network



Certificate of Participation – Sample 2

9. List of Participants

Total number of participants: 211

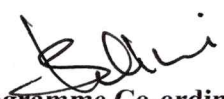
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2	25UP1A1212	DHEERAVATH PRASHANTHI
3	25UP1A1213	DP AKSHITHA
4	25UP1A1214	DUMALA ASMITHA
5	25UP1A1215	GADIKOPPULA CHAITHRA
6	25UP1A0473	CHILUKA USHA SREE
7	25UP1A0474	CHUKKA KRUTHIKA
8	25UP1A0475	DAMARASHETTI RUTHWIJA
9	25UP1A0476	DANDEMPALLY BHOMIKA
10	25UP1A0477	DASI MADHULIKA
11	25UP1A0411	CHINTHALA SIRI CHANDANA
12	25UP1A0412	DAIDA SRUJANA REDDY
13	25UP1A0413	DEVUNI HARSHITHA
14	25UP1A0414	G R PUJEETHA
15	25UP1A0415	GAJAM SNEHITHA
16	25UP1A66K4	BUDDARAJU TEJASWANI
17	25UP1A66K5	CHALAMALLA LAHARI
18	25UP1A66K6	CHALLAWAR HARSHITHA
19	25UP1A66K7	CHINTHALA MANOGNA
20	25UP1A66K8	CHOPPARAPU JOSHITA
21	25UP1A66E0	DEVASOTH MOUNIKA
22	25UP1A66E1	DUKUNTALA AMULYA
23	25UP1A66E2	DUNADHULA SAI SIRI
24	25UP1A66E3	E NEHA
25	25UP1A66E4	EERASARAPU KEERTHANA
26	25UP1A6676	EDULAKANTI PRACHITHA
27	25UP1A6677	GANDHAMALLA MATHULYA
28	25UP1A6678	GODHA BHAVANI
29	25UP1A6679	GUDURU SOWMYA
30	25UP1A6680	GUGULOTHU THULASI
31	25UP1A6611	CHANDRAGIRI SRIJA
32	25UP1A6612	CHATARASI POOJITHA
33	25UP1A6613	CHENAMONI AKSHITHA
34	25UP1A6614	CHIRUMAMILLA VIDHYA SRI
35	25UP1A6615	SHANIGARAM MANASA
36	25UP1A05X2	BOMMANABOYINA YAMUNA
37	25UP1A05X3	BUSINAYANI CHANDANA
38	25UP1A05X4	CHERUKUPALLY NANDINI
39	25UP1A05X5	CHIMATA NAMRATHA
40	25UP1A05X6	CHINTHAKUNTA SWETHA
41	25UP1A05Q8	BHUKYA SOUMYA
42	25UP1A05Q9	BOMMU SRAVYA
43	25UP1A05R0	CHEEKATI SHARANYA
44	25UP1A05R1	CHERUKU ABINAYA SREE
45	25UP1A05R2	DAITA YUKTHA KRISHNA MOUKTHIKA

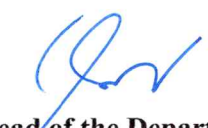
S.No	Hall Ticket No	Name of the Student
46	25UP1A6711	BAIREDDY SPOORTHY
47	25UP1A6712	BALGAM KARTHIKA
48	25UP1A6713	BANDA SANJANA
49	25UP1A6714	BANOUTH HEMALATHA
50	25UP1A6715	BEJJARAPU AISHWARYALAXMI
51	25UP1A05K4	BELLE ANITHA
52	25UP1A05K5	CHEKKILLA AKHILA
53	25UP1A05K6	CHELLABOINA MONISHA
54	25UP1A05K7	CHILLARA SAI SWATHI
55	25UP1A05K8	CHINNAM SAHITHI
56	25UP1A05E0	DHANUKONDA SAI RISHITHA
57	25UP1A05E1	DORI KRISHNAVENI
58	25UP1A05E2	DURGAM NAVYA
59	25UP1A05E3	ESLAVATH SRINIDHI
60	25UP1A05E4	G KEERTHANA
61	25UP1A0576	BOTUKA VAISHNAVI
62	25UP1A0577	BOYABOINA BHARGAVI
63	25UP1A0578	BURRA SUKRUTHA
64	25UP1A0579	CHEDIDIPU SHRAVYA
65	25UP1A0580	CHETTIPALLY NANDINI
66	25UP1A0511	CHERUKURI SARANYA
67	25UP1A0512	CHINTALA VYSHNAVI
68	25UP1A0513	DAIDA AKSHARA
69	25UP1A0514	ELUPULA SIDHVINI
70	25UP1A0515	ENAGANDULA AKSHAYA
71	25UP1A1216	GADIYARAM HARIKA
72	25UP1A1217	GAJAM SHALINI
73	25UP1A1218	GANTI BHOOMIKA
74	25UP1A1219	GUJJALA DEEPTHI SRI
75	25UP1A1220	HOLEYA DASARI RAJITHA
76	25UP1A1221	JANNE SHRUTHI
77	25UP1A1222	KAMUNI BRAHAMANI
78	25UP1A1223	KANGARI SRIVIDYA
79	25UP1A1224	KASYAPA SRINIDHI
80	25UP1A1225	KATHULA CHAITHANYA
81	25UP1A1226	KAUSAR FIRDAUS
82	25UP1A1227	KHAIRUNISSA
83	25UP1A1228	KOUTAM VARSHITHA
84	25UP1A1229	KUMMARI SHIVATHMIKA
85	25UP1A1230	LAKKIDI AKSHAYA
86	25UP1A0479	DURGAM ANJALI
87	25UP1A0480	DYAGA LAHARI
88	25UP1A0481	GADDAM SAI PRATHIKA
89	25UP1A0482	GEDAM AKSHAYA
90	25UP1A0483	GODA CHARITHA REDDY
91	25UP1A0484	GORRE SRIJANA REDDY
92	25UP1A0485	GUTTI NANDINI
93	25UP1A0486	KAPPALA HANSIKA

S.No	Hall Ticket No	Name of the Student
94	25UP1A0487	KODURI ARCHANA
95	25UP1A0488	KOLLURI SRIJA
96	25UP1A0489	KOMMAGONI VAISHNAVI
97	25UP1A0490	KONDISETTI DHARANI
98	25UP1A0491	KOREM SIRI CHANDANA
99	25UP1A0492	KOSURI AASHRITHA
100	25UP1A0416	GANTALA SIVA CHANDRIKA
101	25UP1A0417	GEEBU PRIYANKA
102	25UP1A0418	GOPALA SREEJA SHANKAR
103	25UP1A0419	GUGULOTH LAVANYA
104	25UP1A0420	GUNTIPALLI HARSHIKA
105	25UP1A0421	J KEERTHANA
106	25UP1A0422	JAALA SHREEMA
107	25UP1A0423	JILLELLAMUDI NANDINI
108	25UP1A0424	JUMBARI VAISHALI
109	25UP1A0425	KADIGALLA BHARGAVI
110	25UP1A0426	KATI AKSHAYA
111	25UP1A0427	KATUKURI HARINI
112	25UP1A0428	KONGALA KEERTHANA
113	25UP1A0429	KOTA SPANDANA
114	25UP1A0430	KOTHA MADHULIKA REDDY
115	25UP1A66K9	DASARI VARSHITHA
116	25UP1A66L0	DASARI VENKATESHWARI
117	25UP1A66L1	DOBBALA RAKSHITHA
118	25UP1A66L2	GADDAM LIKITHA
119	25UP1A66L3	GADDAM SNEHITHA
120	25UP1A66L4	GADDIPATI VYSHNAVI
121	25UP1A66L5	GAIKWAD SAIPRIYA
122	25UP1A66L6	GAJULA HEMA
123	25UP1A66L7	GANDHASIRI SINDHUJA
124	25UP1A66L8	GODHAMVAR VARSHINI
125	25UP1A66L9	GOLLA UMA MAHESHWARI
126	25UP1A66M0	GURRAPU MANASA
127	25UP1A66M1	JOSHNA MALLA
128	25UP1A66M2	KANDI RUTHIKA
129	25UP1A66M3	KASULA VARSHITHA
130	25UP1A66E5	GANGADI HEMALATHA
131	25UP1A66E6	GANTA SIRI
132	25UP1A66E7	GARLAPATI SHIVANI
133	25UP1A66E8	GATTIGUNDLA POOJITHA
134	25UP1A66E9	GIRNI ASHMITHA
135	25UP1A66F0	GOLLAVILLI PRANATHI DURGA
136	25UP1A66F1	GUNDALA ANUSRI
137	25UP1A66F2	JAKKU ABHIGHNA
138	25UP1A66F3	JEEDIMADLA ASHWITHA
139	25UP1A66F4	JONNALAGADDA SHIVANI
140	25UP1A66F5	KAPARABOINA VAISHNAVI
141	25UP1A66F6	KASTHURI BHAVANI

S.No	Hall Ticket No	Name of the Student
142	25UP1A66F7	KONDAPELly PRANAVI
143	25UP1A66F8	KOTHA ADITHI
144	25UP1A66F9	KOTHURU HASINI
145	25UP1A6681	GUJJA NAVYASREE
146	25UP1A6682	GUNDALA HARSHITHA
147	25UP1A6683	GUNDEBOINA JASHWITHA
148	25UP1A6684	GURJAKUNTA LIKHITHA
149	25UP1A6685	INAMPUDI PRAVALLIKA
150	25UP1A6686	JUVERIYA FIRDOUS
151	25UP1A6687	K CHANDANA
152	25UP1A6688	KAITHALAPURAM GEETHIKA
153	25UP1A6689	KANDI YASHICA
154	25UP1A6690	KESANI SANJANA
155	25UP1A6691	KOMMU NANDINI
156	25UP1A6692	KOYAGURI BHAVYA
157	25UP1A6693	KUNTI SPANDANA
158	25UP1A6694	LOLAPU AKSHARA
159	25UP1A6695	LUBNA TARANNUM
160	25UP1A6616	DEVARUPPALA RAMYA SRI
161	25UP1A6617	DODLA SHRESHTA
162	25UP1A6618	DUGGI DEVI PRIYA
163	25UP1A6619	EMMADAPAKA VIDHYA SREE
164	25UP1A6620	ENUGU DEEKSHITHA
165	25UP1A6621	ERRAM ANANYA
166	25UP1A6622	ETIKALA SRIVIDYA
167	25UP1A6623	GANGULA SPURTHI REDDY
168	25UP1A6624	GAREPALLI RASHMITHA
169	25UP1A6625	GUNDARAPU SANJANA
170	25UP1A6626	JALAGAM PRAGNA
171	25UP1A6627	JANAMPALLY SAIRAKSHITHA
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173	25UP1A6629	KADALI KAVYANJALI
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177	25UP1A05X9	DHUDABOINA KEERTHI
178	25UP1A05Y0	DULURI GANGA SHIVANI
179	25UP1A05Y1	FARAH
180	25UP1A05Y2	GADE SRIHITHA
181	25UP1A05Y3	GAJJELA VARSHA
182	25UP1A05Y4	GINNELA AKHILA
183	25UP1A05Y5	GODDENLOLLA MADHURI
184	25UP1A05Y6	GODISHALA SINDHU
185	25UP1A05Y7	HASINI REDDY A
186	25UP1A05Y8	JAHNVI M BAGEWADI
187	25UP1A05Y9	JAKKA SPURTHI
188	25UP1A05Z0	JILKARA YOGINI
189	25UP1A05Z1	JONNALAGADDA KAVYA

S.No	Hall Ticket No	Name of the Student
190	25UP1A05R3	DAMERA SOWMYA
191	25UP1A05R4	DEVASOTH SHREYA
192	25UP1A05R5	EPPATURI GEETHA
193	25UP1A05R6	ESTHARI SANJANA
194	25UP1A05R7	GANDLA SRILAXMI
195	25UP1A05R8	GANGARAPU AKSHAYA
196	25UP1A05R9	GOPU PAVANI
197	25UP1A05S0	GOTTIPARTHI SRAVYA
198	25UP1A05S1	GUGGILLA JAHNAVI
199	25UP1A05S2	GUJJETI HARSHINI
200	25UP1A05S3	GUNTI LAHARI
201	25UP1A05S4	JAMMI SANGEETHA
202	25UP1A05S5	KAMMAMPATI UDAYASRI
203	25UP1A05S6	KANCHUKOMMULA SHRAVANI
204	25UP1A05S7	KARRELA ASMITHA
205	25UP1A6716	BETHI DESHIKA REDDY
206	25UP1A6717	BHUKYA ANJALI
207	25UP1A6718	BOMMAPALA SHANMUKHI
208	25UP1A6719	BUSINAYANI MANOGRYA
209	25UP1A6720	CHALLURU VAISHNAVI
210	25UP1A6721	CHINNOLLA LOKITHA
211	25UP1A6722	DONGA SAI SANDYA RANI


Programme Co-ordinator
 Dept. of BSH


Head of the Department
 Dept. of BSH


PRINCIPAL
 VMTW