

## **GITOPADESH SUMMIT 2024**

### **PROGRAM SCHEDULE AND GUIDELINES FOR EVENTS AT KANHA SHANTI VANAM**

#### **Program Information:**

- Arrival Time & Date: 5<sup>th</sup> Dec Evening/6<sup>th</sup> Dec Morning before 7:00 AM
- Departure Time & Date: 8<sup>th</sup> Dec Evening after 5:30 pm/9<sup>th</sup> Dec Morning

#### **Program Design:**

Three-day fun filled and insightful event experiencing Bhagavad Gita in the Light of Heartfulness for children, youth and adults alike which includes

- Sloka Recitation Competition/Poster Making Competition based on select themes from Gitopadesh
- Dance Drama Competition
- Children's activities around Bhagavad Gita and Ancient Wisdom
- Workshops for Children, Youth and Adults on Storytelling, Art and Craft, Brighter Minds, Organic Microgreens, Forests by Heartfulness
- Heartfulness Yoga for Children & Adults
- Heartful Communication Children & Adults
- Dance and Music Concert by Heartfulness
- Insightful Talks and Interactive Engagement Sessions by Distinguished Speakers
- Quiz Program & Group Discussions
- Tour of Kanha Shanti Vanam
- Games/Food/Gifts Stalls

## PROGRAM FOR GLOBAL GITOPADESH SUMMIT 2024

<b>Samatvam Yoga Ucyate – Equanimity is Yoga - Gitopadesh Summit 2024 at Heartfulness World Headquarters, Kanha Shanti Vanam, Hyderabad</b>							
Ser	Date	Time	Session	Theme	Description	Venue	
<b>DAY 1 FRIDAY</b>							
1	06/12/2024	9 AM - 10:30 AM	Group Meditation followed by Welcome/Address by Revered Daaji/Inauguration Program by Children	Meditation & Talk		Main Meditation Hall	
2		10:30 AM - 11:30 AM	Morning Plenary	Talk by the Guest Speaker		Main Meditation Hall / Training Halls	
3		11:30 AM - 12 PM	Tea Break				
4		12 PM - 1 PM	Sloka Recitation by Children/ Workshops	Gitopadesh		Training Halls	
5		1 PM - 2:30 PM	Lunch				
6		2:30 PM - 4:30 PM	1. Children - Poster Making/Games 2. Youth – Visva-sakshi 3. Adults – Sthitaprajna	Samatvam Yoga Ucyate Equanimity Yoga	Yoga is	Children - Poster Making/Games - Youth session – By Guest Speaker Adult session – By Guest Speaker	1. Children - Training Halls 2. Youth - Training Halls 3. Adults - Training Halls
7		4:30 PM - 5 PM	Break				
8		5:45 PM - 6:15 PM	Dance Video Presentation of Participants	Gitopadesh			Auditorium
9		6:15 PM to 7:30 PM	Evening Plenary	Dance Performance		Dance Drama & Play	Auditorium
<b>DAY 2 SATURDAY</b>							

	07/12/2024	6:00 AM – 6:45 AM	Heartfulness Yoga			Main Meditation Hall/Comfort Dorm//Satellite/ Training Halls
		7:30 AM – 8:30 AM	Breakfast			
10		9 AM - 9:45 AM	Group Meditation	Meditation		Main Meditation Hall
8		10 AM - 11:30 AM	Morning Plenary	Talk by the Guest Speaker		Main Meditation Hall / Training Halls
9		11:30 AM - 12 PM	Tea Break			
10		12 PM - 1 PM	Sloka Recitation by Children/Workshops	Gitopadesh		Training Halls
11		1 PM - 2:30 PM	Lunch			
12		2:30 PM - 4 PM	1. Children - Poster Presentation/Games 2. Youth – Visvasakshi 3. Adults - Sthitaprajna	Samatvam Yoga Ucyate – Equanimity is Yoga	Children - Poster Making/Games - Youth session – By Guest Speaker Adult session – By Guest Speaker	1. Children - Training Halls 2. Youth - Training Halls 3. Adults - Training Halls
13		4 PM - 4:30 PM	Tea Break			
14		5 PM - 5:45 PM	Dance Live Presentation by Winners /Kanha Tour	Gitopadesh	All	Main Meditation Hall / Auditorium / Open Space
15	6:15 PM - 7:30 PM	Special Music Concert	Cultural Integration through Music	All	Main Meditation Hall / Auditorium / Open Space	
<b>DAY 3</b>						
<b>SUNDAY</b>						

10	08/12/2024	7:30 AM - 9:00 AM	Group Meditation followed by Revered Daaji's closing remarks/Felicitation to the Guests/ Presentation by THLC Students/Announcement on Gitopadesh programs	Meditation followed by Presentation	All	Main Meditation Hall
		9:00 AM – 10:00 AM	Breakfast			
8		10:15 AM - 12:00 PM	Certificate Distribution/Experience sharing by participants		Organizers and Participants	Training Hall
10		12 PM - 1 PM	Vote of Thanks & Closing Ceremony		Organizers and Participants	Training Hall
11		1 PM - 2:30 PM	Lunch			
12		2:30 PM – 5:00 PM	Inner Peace Museum Visit and Tour of Kanha Shanti Vanam		All participants	Misc
15		6:00PM - 8:00 PM	Special live session by Guest Speakers to the Global Participants	Global Online Live Session	All	

- **Food:** Vegetarian food will be served at breakfast, lunch and dinner along with tea and snacks during break times. Paid canteen is also available.
- **Accommodation:** Accommodation will be provided along with bedding.
- **Special attraction:** Yatra Garden, Rain Forest, Nursery, Inner peace Museum, Children's Park, Wellness Centre, Rock Garden, National Sports Academy, many more...!!

**Participants to carry along:**

- Personal Toiletries
- Notebook, pen/pencil & a water bottle
- Warm clothes since it's winter and gets chilly in the mornings.

**Additional Information:**

- While general security of the premises will be taken care. It is understood that Program Coordinators would be solely responsible/liable for safety & welfare of the participants of the program
- All the facilities should be used with utmost care, any damage caused to the carpet, walls, pillars, furniture, audio/video equipment, AC's, doors or any Ashram property will not be accepted. Repairing costs will be charged to the Program Coordinators.
- Program coordinators, participants/guests are expected to keep the meeting venue clean & tidy all the time, use the dustbins provided and summon the house keeping or sanitation teams for clearing when required.
- Ashram Office/Events Team is not responsible for any material left behind by the Program Coordinators or participants.

**Emergency Contacts:**

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Warm Regards  
Gitopadesh Team & Ashram Management