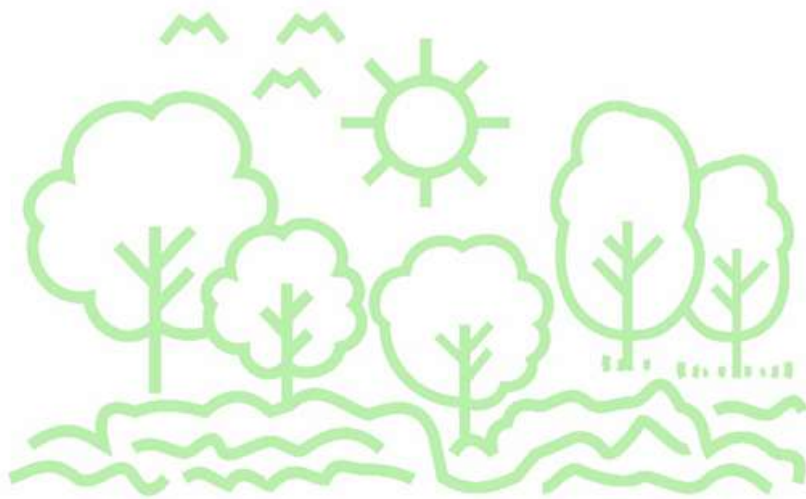

2022

SUSTAINABLE LIVING WITH FORESTS



Forests by
heartfulness
advancing in love



KANHA SHANTIVANAM

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Forests by Heartfulness (FBH) is an ecological movement envisioned to create spaces where humans coexist in harmony with Nature. The movement started in Kanha Shantivanam, Hyderabad – Heartfulness world centre to respond to the call to conserve, restore and create forests and offer a solution to the risk of climate change and loss of biodiversity.

VISION

Our vision is to conserve the native, endemic and threatened species and enrich the mega-biodiversity for a cleaner and greener world thereby contributing to sustainability and playing a critical role in transitioning to a circular bio-economy.

VALUES

We are an eco-friendly, nature-forward movement, committed to building a sustainable future; seeking to actively recreate peace and harmony in the world by cultivating a culture of synchronicity with nature and a loving relationship.



MESSAGE FROM DAAJI



**“EACH ONE,
TEACH ONE,
HOW TO PLANT ONE”**



An invitation from Daaji
“Why must we have
greener Kanha?”

Each time we come here,
we must feel that Kanha
is greener than our
previous visit, just as our
spiritual condition should
be – better each time. I
am delighted to share
some excerpts from
Complete Works of
Param Pujya Lalaji
Maharaj.

See how he conveys to
us with so much passion
about the trees and
plants who can retain
truth, the divine charge,
and transmission for long
durations.

Let us make Kanha
Shanti Vanam the
realization of his dream,
by adopting as many
trees as possible.
“Donation to this fund is
eligible for 80G
exemption under the
Income Tax Act, India.

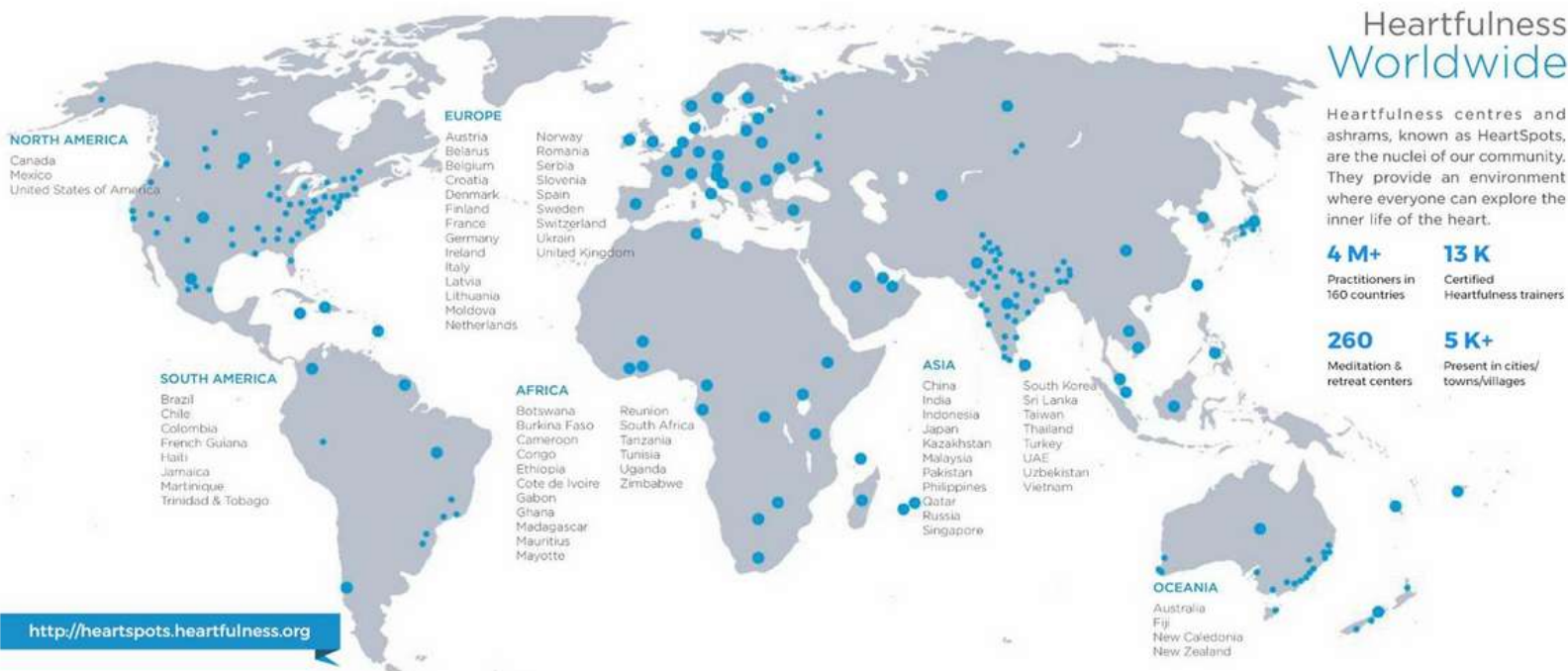
Heartfulness centres and ashrams, known as HeartSpots, are the nuclei of our community. They provide an environment where everyone can explore the inner life of the heart.

4 M+
Practitioners in 160 countries

13 K
Certified Heartfulness trainers

260
Meditation & retreat centers

5 K+
Present in cities/towns/villages



About Heartfulness

Heartfulness, a simple but subtle practice of meditation that connects each one of us with the light and love in our hearts came into existence with the rediscovery of 'yogic transmission' by Shri Ram Chandra of Fatehgarh, who was born in 1873. Since its inception, it has offered spiritual training to all sincere seekers regardless of their sex, caste, or creed, completely free of charge.

It continues to do so, currently through 5000 + Heartspots located in 130 countries across all continents. Heartspots are places where Heartfulness meditation and rejuvenation practices are offered to the public free of charge, by certified trainers.

Despite the pandemic, the many community events offered by the Heartfulness Institute across the globe - for schools, universities, corporates, villages, etc., and other wellness programs - continued as online activities in 2020, which became possible only through the dedication and passion of thousands of volunteers. Heartfulness initiatives have been offering community revitalization efforts as well as environmental and educational endeavours across the globe.

OASIS OF PEACE

Kanha Shanti Vanam



Kanha Shanti Vanam - Kanha is the epicenter of the Heartfulness Movement. Magnificent in its style and design, tranquil in its atmosphere, the beauty of the place lies in its subtlety; the natural and harmonious environment of the place resonates with the balance and love experienced by the hearts of those visiting and living in Kanha. Prior to 2010, this entire area was largely barren and dry. At outset, a massive plantation drive was undertaken with special emphasis being given to the endangered local species. Over the years, the green cover has steadily increased and the landscape has been transformed.

- The ashram is an ecological paradise, a place for a spiritual retreat, where you can experience simple living in tune with inner and outer nature.
- In 2019, Kanha was awarded 'The Pride of Telangana', for inner wellness, by Round Table India & Times of India.
- The center also received the Indian Green Building Council (IGBC) Platinum award in 2019 for following world-class environment-friendly practices becoming the first meditation center in the world to achieve the feat.



Year 2018



Year 2021



Forests by Heartfulness

Forests by Heartfulness is an initiative aspiring to conserve the threatened, rare, and endangered species of our tropical forests. There is increasing evidence that green cover can improve human, physical, and mental well-being. In cities, tree plantations help to combat air pollution and temperature stabilization.

Thus, there is a need to plant more trees to conserve wildlife, support local communities, combat climate change, improve human well-being, and benefit future generations. Forests by Heartfulness (FBH) is an ecological movement aims to create spaces where humans coexist in harmony with Nature.

This initiative envisions creating nationwide nurseries to grow highly resilient saplings that can compete and survive in hostile conditions and support livelihoods and micro-entrepreneurs.



This is an initiative of Heartfulness Institute to partner with global communities to grow, nurture, protect and conserve native, endemic, and endangered tree species while ensuring diversity, sustainability, and longevity.

DIVERSITY

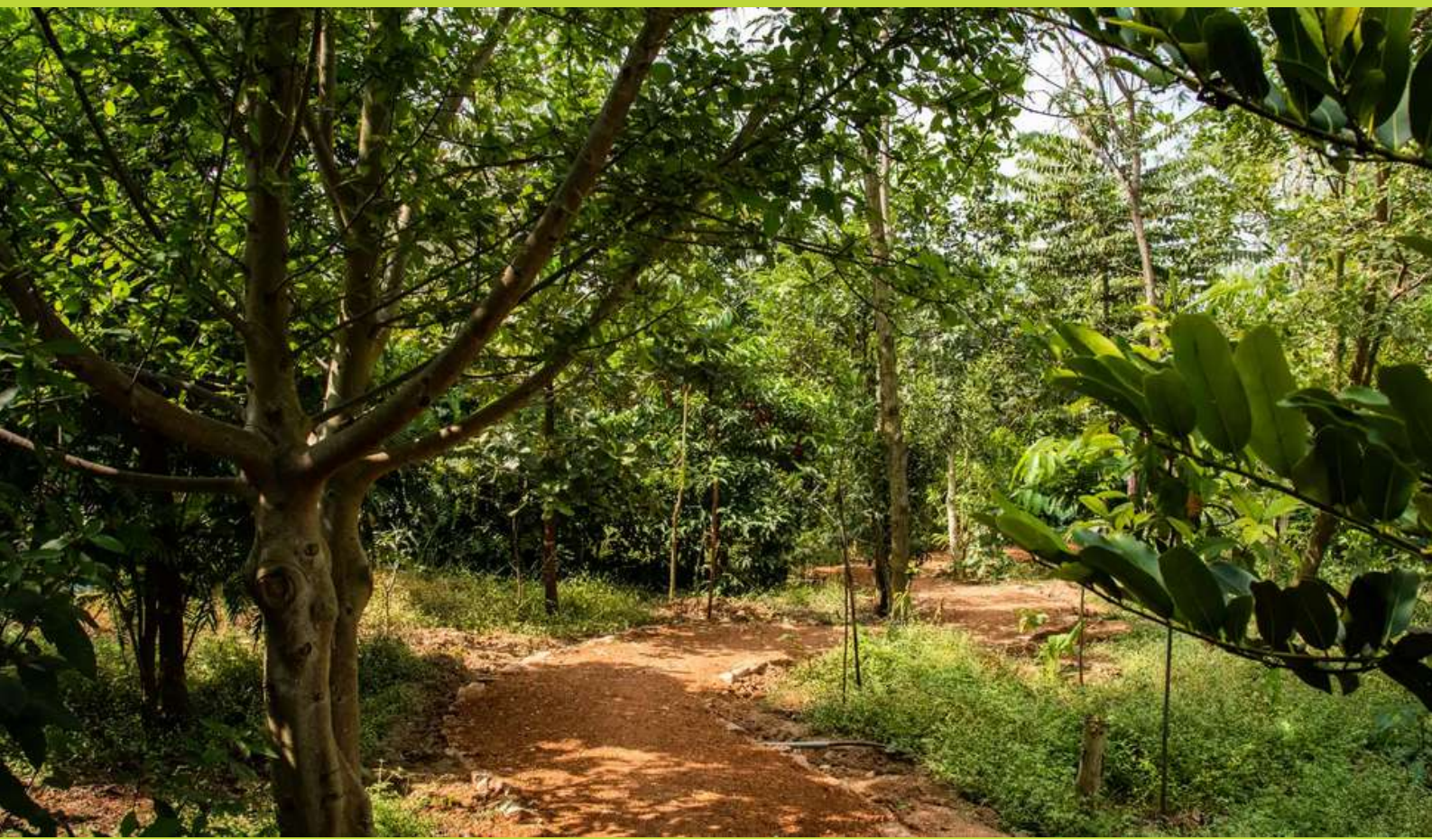
- Through multi location-enabled mini-forests.
- Guidance of several agroforestry scientists, forest officers, academicians, and conservationists.

SUSTAINABILITY

- Focus on native, rear, and endangered species.
- Diverse plantation style in sync with local ecology.
- Support from nationwide nurseries to grow highly resilient saplings.

LONGEVITY

- Careful selection of identified land.
- Involvement of local community.
- Focused aftercare and monitoring using geotagging/satellite imagery/third-party audits.





MISSION AND OBJECTIVES

- Our primary goal is to plant at least **30 million** native and endemic trees across India by 2025.
- In order to achieve this goal, a team of forestry, agro-forestry, and climate experts are guiding the project and will continue to do so for the next 5 years. Under their guidance, as a first step, nurseries are being developed in 18 cities across the country.
- Saplings of carefully selected tree and plant species are raised in these nurseries during the non-plantation season every year between October & May.
- Mass plantation of these saplings takes place every year between June – September (monsoon) and Jan – Feb (late winter). This will be carried out by the Heartfulness volunteers, farmers, NGOs, school children, and the general public.
- Planted saplings will be effectively monitored and nurtured by providing optimum conditions for growth to ensure a high survival rate. Furthermore, Geo-tags are being developed to effectively map the plantation sites.

Forest loss and damage is the cause of around 10 percent of global warming, we through our Forest by Heartfulness programme commit to plant trees in a responsible way; bringing impactful social, economic and ecological benefits.

The program has multiple objectives.

Some of them include:

- Conserving India's mega-biodiversity by planting 30 million native trees of rare, endangered, and threatened (RET) variety over the next 5 years (2021-2025)
- Creating nationwide nurseries and tree species conservatories to grow highly resilient saplings that can compete and survive in hostile conditions while supporting livelihoods and micro-entrepreneurs.
- Relieving farmer distress by partnering with them to grow trees of economic value on their farm bunds, thus insuring them against crop failures and providing alternative income – Agroforestry.
- Growing plants of medicinal value to address the supply-demand mismatch for medicinal plants in alternative treatments such as Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH).



GREEN KANHA INITIATIVE

Green Kanha is an environmental initiative by the Heartfulness Institute committed to nurturing India's mega-biodiversity, indigenous and endangered species. We adopt the latest technologies with scientific planning to create an ex-situ conservation center, replete with splendid green spaces.

With a team of hardworking volunteers, including the children a thriving ecosystem at Kanha has been created from scratch, on barren land during the past 5 years; becoming a model for one of the India's mega-biodiversity which is saving endangered and rare species, creating medicinal gardens, and allowing all the natural plant and animal wildlife of the region to coexist.

A green
'Forward
into
Nature'
movement
to reforest
our lives





Green Kanha Initiative transformed 1,400 acres of barren land at Kanha Shantivanam to what we see today as the Oasis of Peace with greenery all around and sufficient water resources across the campus

Global Forest Goals of the UN



Forest by Heartfulness is aligned with Global Forest Goals of the UN



Global Forest Goal 1

Reverse the loss of forest cover worldwide through sustainable forest management, including protection, restoration, afforestation and reforestation, and increase efforts to prevent forest degradation and contribute to the global effort of addressing climate change.



Global Forest Goal 2

Enhance forest-based economic, social and environmental benefits, including by improving the livelihoods of forest-dependent people.



Global Forest Goal 3

Increase significantly the area of protected forests worldwide and other areas of sustainably managed forests, as well as the proportion of forest products from sustainably managed forests.



Global Forest Goal 4

Mobilize significantly increased, new and additional financial resources from all sources for the implementation of sustainable forest management and strengthen scientific and technical cooperation and partnerships.



Global Forest Goal 5

Promote governance frameworks to implement sustainable forest management, including through the United Nations forest instrument, and enhance the contribution of forests to the 2030 Agenda for Sustainable Development.



Global Forest Goal 6

Enhance cooperation, coordination, coherence and synergies on forest-related issues at all levels, including within the United Nations system and across member organizations of the Collaborative Partnership on Forests, as well as across sectors and relevant stakeholders.



Our Methodology

Green Kanha Initiative transformed 1,400 acres of barren land at Kanha Shantivanam into what we see today as the Oasis of Peace with greenery all around and sufficient water resources across the campus.

The Kanha nursery team adopted 6.5 acres of hilly land in Mahbubnagar and created a rainforest for the purpose of Eco-Tourism. 3000 forest variety saplings are planted in the barren land and the eco-park is handed over to Mahbubnagar district administration for opening to tourists.

- 
- Over 8,00,000+ saplings were planted over the last 3 years at Kanha Shanti Vanam
 - 1000+ trees were transplants that were marked for felling due to road widening
 - Adoption of latest farming technology integrated with traditional know-how including hydro-phonics, Miyawaki, and micro rainforest creation.
 - Different irrigation & bio-fertilizer practices, including drip irrigation, bio-char beds, intercropping, Jeevamruta
 - Has become a model for nurturing India's mega-bio-diversity, saving endangered and rare species, creating medicinal gardens, and a sanctuary for wild birds and reptiles.

The Rainforest

Currently, a quarter of all plant species are endangered, and in India it could be as high as a third. Sadly, we do not have comprehensive information about many of the valuable tree species of India. In the harsh arid conditions of the Deccan Plateau, we have created mini rainforests at Kanha. And this challenging task of growing rainforest species is happening successfully without creating structures made of concrete, steel and glass. It is a miracle in the making.

More than 100 species from the rainforests of the Western Ghats, the Andaman and Nicobar Islands, and North-east India are thriving at Kanha. This is a conservation project, as many of the rainforest species are rare and endangered. Kanha has become a repository of RET plants, like *Syzygium travancoricum* and *Madhuca bourdillonii*, which are both greater in number in Kanha than in the wild, as well as *Canarium strictum*, *Opia parviflora*, *Diospiros*, *candouliana*, *Saraca ashoka*, *Madhuca insignis*, *Garcenia indica*, *Myristica malabarica* and a host of others.

100+

More than 100 species from the rainforests of the Western Ghats, the Andaman and Nicobar Islands, and North-east India are thriving at Kanha



The Deccan Plateau

Today, many common species that are considered holy by traditional people are on the verge of extinction. India has a large number of species with very limited natural distribution. For example, the Red Sandalwood (*Pterocarpus santalinus*) and the Indian Frankincense tree (*Boswellia ovalifoliolata*) are found in just a few districts of Andhra Pradesh. All the narrow endemic species are threatened with extinction. Greening efforts at Kanha give importance to endemic species, also including the Indian Redwood and the Indian Satinwood, and provide a second home to very rare and threatened species of plants. The initiative will also help to conserve the genetic diversity of the country.

We are developing sacred groves where the names of the plants in English and Sanskrit, their botanical names and their medicinal uses will be displayed, in order to educate visitors. They include gardens of edible wild herbs and shrubs, edible wild fruits and tubers, medicinal plants for primary healthcare and wellness, skincare and haircare. There will also be a sacred grove of species representing the astrological signs. There is a palm grove currently covering 4 acres, a series of ponds hosting water lilies, lotuses and other aquatic plants, and rock gardens featuring the Deccan Plateau's magnificent rock formations.



**There is a Palm Grove
covering nearly 4 acre**

Survival Rate of Plants

Ensuring the survival of the plant is critical for any afforestation project and here are the steps we take to make that happen:

1. **Selecting the right species:** Unless it is an ex-situ conservation project, we normally select the species which is endemic to that region. That ensures the sapling grows naturally without too many additional inputs and care.

2. **Selecting the sapling size:** Depending upon the season and irrigation facilities on the land, we choose the right cover size. For e.g., where water is scarce, we select tall saplings (< 3ft) which get a head start in surviving drought-prone conditions.

3. **Selection of the right plantation site:** All our plantation sites are carefully selected based on the below criteria:

- a. Availability of sustainable water source.
 - b. Properly fenced land to keep out grazing animals and trespassers.
 - c. Clear land title with a written letter from the local landholding authority.
- This ensures that the forests we create remain there for several decades.

4. **Replacement of casualties:** We endeavor to keep our sapling survival rate above 90%. Towards that, we replace any casualties with fresh saplings and ensure the forest grows as initially designed.

How we select Endangered Species:

FBH is guided by a team of conservation and forestry experts who guide us on the right species selection, with special emphasis on native, uncommon & endangered species.

PAN India Nursery Network



With Systems, processes, and related infra in place, FBH aims to rapidly increase production to **2000 million saplings** across its network of nurseries by **2025** from its current **7.5+ million** grown presently across Heartfulness centers, India wide to facilitate localized sapling production.

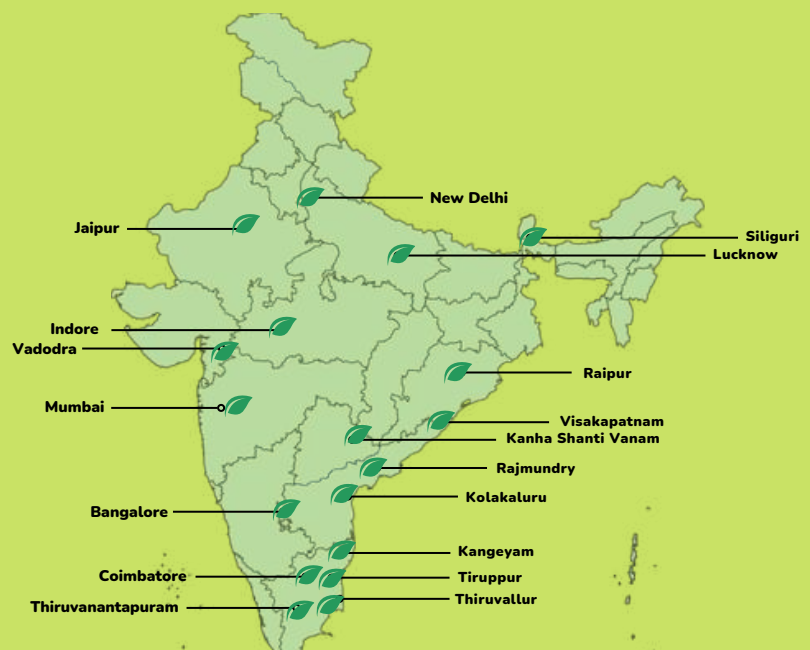
- Meticulously planned activities drawing from Heartfulness's strong technical and scientific expertise with a combined mix of nursery experts, senior forest officers, and tissue culture scientists.
- Central Hub of close to 54+ acres with ~4 million sapling production (2022) in Hyderabad.
- Providing large-scale production that ensures economies of scale and consistency in quality.
- 80+ plant species carefully selected from among native, endemic, endangered & medicinal varieties.
- Slated to employ ~5000+ gardeners and maintenance staff by 2025 from neighboring villages.

Extensive expansion plans of nurseries in South India in 2022 to Dindigul, Virudhunagar, Tirunelveli, Kutralam, Udamalaipet, Erode, Salem, Krishnagiri, Hosur and Vellore.

Target Lakhs of Sapling 2022

Name	Target lakhs
1 Bangalore	3
2 Coimbatore	1
3 Delhi	4
4 Indore	4
5 Jaipur	1
6 Kangeyam	0.5
7 Kanha	9
8 Kolakaluru	3
9 Lucknow	6
10 Mumbai	6
11 Raipur	6
12 Rajmundry	3
13 Siliguri	1
14 Thiruvallur	3
15 Thiruvananthapuram	1
16 Tiruppur	6
17 Vadodara	6
18 Visakhapatnam	1
	64.5

FBH Nursery Network





Our various nursery sites at Hyderabad, Mumbai, Kolakaluru etc.

Select Plantation Drives

Our projects and plantation drives have involved participants, volunteers, and environment enthusiasts from all walks of life, nationalities, corporations, universities, schools, and government including collaborations with other non-profit organizations

Corporate



Google, India



Bank of America



Joint Drive with Google and Indian Forest Service Trainees

Government



Indian Forest Service Officer Trainees (Retreat plus plantations at Kanha Shantivanam)



Non-Profit



World Wildlife Fund (WWF), India





Some Notable Guests & Recognitions

Our locations are frequented by a steady stream of notable individuals from the industry, policymakers, government and corporations, and celebrities from other walks of life.



Shri Ram Nath Kovind, Hon'ble President



Kabir Bedi, Actor



PV Sindhu



Shri Shripad Naik, Union Minister of AYUSH



Tamilisai Soundararajan, Hon'ble Governor of Telangana



Amish Tripathi, Author

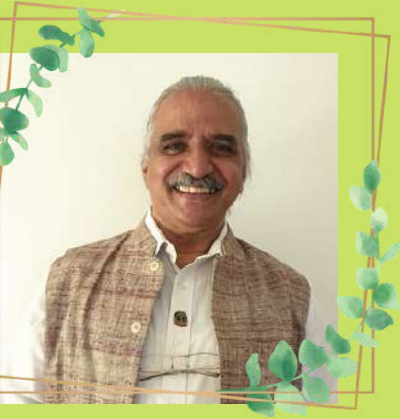


Telangana Haritha Mitra award in 2016 & 2018



Indian Green Building Council (IGBC) Platinum award in 2019 for following world class environment friendly practices

Meet the Team



Dr. V Ramakantha was a member of the Indian Forest Service and has superannuated as the Principal Chief Conservator of Forests. He is an academician, author and internationally acclaimed wildlife photographer. He has had the experience of managing a few of the ecologically important, species-rich ecosystems of India. Post his superannuation he moved to Kanha Shanti Vanam and has been one of the key members of the greening team.

Sangeeth works as a Product Manager in the energy sector and is associated with exploring Nature-Based Solutions as a viable option for achieving Net Zero carbon emissions, both for corporates and countries alike. He strongly believes and advocates that climate change abatement is an opportunity to build a just and equitable society involving grassroots communities. He leads the Forests By Heartfulness initiative as the program manager helping with strategy, industry outreach, and leading collaborative efforts with other NGO partners.



Saravanan is the Master Gardener of Kanha Shanti Vanam, the Global Meditation Center for Heartfulness Institute. He is among the key persons responsible for transforming the once barren land into a green oasis with rich bio-diversity with over 50,000 standing trees and over 2 lakh planted saplings. He comes with decades of nursery management experience and is a tremendous entrepreneur himself. He is the proprietor of landscaping, and design company and of a prominent nursery in Tamilnadu and sits on the board of directors of Heartyculture Products company.

Jeyabala works for a fortune 100 media company as a software engineer and actively leads various tree planting initiatives across all Heartfulness meditation centers in India. He is instrumental in setting up a nationwide network of 18 nurseries for plantation activities of Forests By Heartfulness. He brings to the table deep hands-on experience on the entire lifecycle of tree plantation from species selection to production of seedlings to plantation and maintenance.





Shri Dinesh Agarwal is the executive director of Godawari Power and a Heartfulness practitioner for several years. With initial training and guidance from Heartfulness Institute, he created several mini forests in Raipur, Chattisgarh in public, private and industrial lands spanning tens of acres.

Dr. J. Swamy obtained his M.Sc. and Ph.D. degrees in Botany (Plant Taxonomy). He has been working in the Botanical Survey of India since 2013. He has 13 years of experience in Plant Taxonomy, Biodiversity, Conservation Assessment (Sacred Groves), Medicinal Plants, and Ecology (NDF studies). Presently, he is working on the **Flora of Protected Areas and Grasses of India**, Revisionary studies on the grasses in India, and Assessment of Endemic and Threatened Plants. He has been giving training on plant taxonomy, medicinal plants, endemic and threatened plants, assessment of sacred groves, NDF studies, and grassland management to Green Skill Development Students (GSDP), Scientists, Forest Officers, and Research scholars and faculty. He is a life member of the Indian Association of Angiosperm taxonomy and the Indian Botanical Society.

Dr. J. Swamy has discovered **10 new species** to science and **published 06 books and 91 research papers** in reputed national and international journals.



Dr. Ananya S Rao has a Ph.D. from the Centre for Atmospheric and Oceanic Sciences, Indian Institute of Science, Bangalore, India. She has had the privilege of working with pioneers of climate change research in India and has studied the carbon in soil and biomass in India. She is currently a part of the ex-situ conservation project at Kanha Shantivanam, Hyderabad.



Yatri K Baxi. holds a Master's Degree in Environment and Ecology – specialization in Sustainable Development and also holds a Postgraduate degree in Journalism and Mass Communication from Bombay. Her association with WWF-India Started way back in 1978 which resulted in her forming her organization to dedicate life to Nature. In the past 26 years, she has successfully introduced and made use of multi-media as an educational tool that aims to inform people about the web of Nature's beauty and the role of wildlife in Human society like Conserving Asiatic Lion in Gir Region and Mangroves of South Gujarat. She is a member of THOL-Ramsar Bird Sanctuary, Protected Area Management Advisory Committee: Govt. of Gujarat, Managing Trustee - ParyavaranSantri Trust-Ahmedabad.





FBH works with people to drive the changes that the society needs. Together, we can build a healthier, more sustainable world for ourselves and future generations.

For more information, kindly visit our page:

<https://heartfulness.org/forests>

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CONCLUSION



ENHANCED
EMPLOYEE
ENGAGEMENT



STRATEGIC OWNED
PAN - INDIA
HOTSPOTS



COMPETITIVE, NOT
FOR PROFIT
PRICING



18+ NATIONWIDE
NOT FOR PROFIT
NURSERIES



EXPERTISE IN
FORESTRY AND
CONSERVATION



STRONG MEDIA
PRESENCE



STRONG
GOVERNANCE AND
SYSTEM SUPPORT



PARTNERSHIP AND
VOLUNTEER LED
MODEL



Thank You

