



INTERNATIONAL
WOMEN'S CONFERENCE

February 14th - 16th, 2020 | Bangalore

The Circle of Life

Passion | Compassion | Dispassion



*"You need Passion, Compassion and Dispassion in life.
Breathing in is Passion, Breathing out is Dispassion and
in between the two is Compassion."*

- Gurudev Sri Sri Ravi Shankar



OUR INSPIRATION





CHAIRPERSON'S NOTE

This entire planet is one living organism. Every being is connected and interdependent. Every life sustains and nourishes so many others in multiple dimensions - from the basic needs of food and protection to the subtlest need - love.

Passion is the seed for creativity, innovation and continuity.

Compassion inspires an attitude of caring, sharing and service to humanity.

Dispassion gives one the strength to let go, for that is when one can spread one's wings and fly.

Every life, when it moves through this circle, is fulfilled and happy.

The Krishnakamala or the Passionflower has a very complex design - ten outer petals, one hundred smaller inner petals, five prominent inner petals, and three stamens with one taller than the other two.

The Circle of Life

Passion | Compassion | Dispassion

One look at the flower is enough to remind us of the One who created such beauty. Life is also a complex design, but one of exceptional beauty when your eyes are open to see it.

Life moves in an eternal continuum. In this continuum, birth is a mystery and death is a mystery. And life in between is a greater mystery. It cannot be understood or solved, but it can be lived to its fullest. And that is spirituality.

In this conference entitled "*The Circle of Life - Passion, Compassion, Dispassion*" - we go deeper into these three driving forces that enable success and happiness in every field of life.

Warm regards

Smt. Bhanumathi Narasimhan

Chairperson, Women Welfare &
Child Care Programs, Art of Living



DAY 1 THEME PASSION

WORKSHOP

Happiness Program /
Sri Sri Yoga /
Art of Meditation**

INAUGURAL SESSION

PASSION - The Seed of Continuum

The mind goes towards what we love the most. If we are in the company of those who have good intentions, constructive thoughts take form and we act upon them. With a calm, peaceful and enthusiastic state of mind, we can accomplish even big tasks in a more skillful way within a short period of time. When we do not feel that the task is a burden or a pressure, we can do it cheerfully.

Speakers in this session will share insights on the attitudes that shape achievers who have contributed positively to society.

SESSION 2

Positive Impressions for the Millennials

Social media has turned around the way we communicate with each other and transformed the perceptions of the world that we live in. It impacts individual relationships, business - Occupy Wall Street for example, social trends and even governments as in the case of the Arab Spring, and the Libyan and Ukrainian revolutions.

The positive and negative are both available. We have the power to choose what we connect with and amplify.

In this session, we discuss creative approaches to use social media constructively, with a focus on youth, to create a positive impact on our own life and in society.

WORKSHOP

****The Art of Meditation**

Meditation is the delicate art of doing nothing, of letting go. Experience the depth of your being with the help of powerful sound vibrations.

EVENING

Cultural Programs



DAY 2 THEME COMPASSION

SESSION 1

Service Beyond Boundaries

Taking care of those whom we feel connected to is natural. Expanding this circle of belongingness and the readiness to be available to anyone who needs our help is exemplary.

In this session, we will draw inspiration from the life-transforming stories of humanitarian service from remarkable women who have extended themselves beyond the boundaries of family, friends and well-wishers to serve the community as a whole.

"Love in action is service."

- Gurudev Sri Sri Ravi Shankar

SESSION 2

Nature & the Healing Touch

Nature has its own unfathomable ways of both caring and nourishing every living being and responding to stress and exploitation. In this session, we will explore and understand ways to protect and care for our planet and its people. We will share insights on lifestyles that promote health, wellbeing and happiness while protecting the environment.

WORKSHOP

The Art of Meditation

EVENING

The Unknown Factor - A conversation with Gurudev Sri Sri Ravi Shankar

"Let go, open your palms and the entire sky is in your hands."

- Gurudev Sri Sri Ravi Shankar

DAY 3 THEME DISPASSION

SESSION 1

On the Pathless Path

When you dive deep within to that inner space of serenity and come out, then sensitivity and skill becomes natural in our work in the world also. In this session, the effectiveness and importance of the ancient wisdom and practices for life today will be highlighted.

SESSION 2

Deepening the Roots

The world has a rich and diverse cultural heritage that must be honored and preserved. A multi-cultural education is the basis for greater understanding between people of different races and mind-sets. In this session, we will deliberate on the various perspectives that cultures offer that celebrate harmony in diversity.

Roadmap & Valedictory

WORKSHOP

The Art of Meditation

EVENING

Grand Finale & Award Ceremony





INTERNATIONAL
WOMEN'S CONFERENCE

15 YEARS
9 CONFERENCES

100
COUNTRIES

6000+
DELEGATES

425
EMINENT SPEAKERS

INNUMERABLE VOLUNTEERS

2005 | **SHAKTI**
The Strength of a Woman

2007 | **CELEBRATING WOMEN**

2009 | **LIGHT OF LEADERSHIP**
Integrating Global Perspectives

2010 | **WAVES OF BEAUTY**

2012 | **WOMEN & TECHNOLOGY**

2014 | **HARMONY**
Evolution to Perfection

2015 | **THE BUTTERFLY EFFECT**
Everything Matters

2018 | **LIFE, A MYSTICAL JOURNEY**

The International Women's Conference supports the Art of Living free schools project.

The Art of Living Free Schools aim to provide free, holistic, value-based education to under-privileged children in rural, tribal and socioeconomically backward places in India. Today, this vision has spread across 20 states in India, with over 700 schools in rural and remote areas providing free value-based, holistic education to over 70000 students.

They are provided textbooks, uniforms, mid-day meals and in some cases transportation free of cost. The practice of yoga and meditation is integrated into the curriculum of the school and co-curricular activities such as dance, drama, sports, arts and crafts, literary competitions, tree planting campaigns and educational trips ensure the all-round development of the child.

700+ 
SCHOOLS (IN INDIA)

OVER 70000 
STUDENTS

ACROSS  20
STATES



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f The International Women's Conference

