

**Rising Apostles for Ahimsa and Maitri**

**A One-Year Residential *Flowership* Programme**

# Vision

**To build a global community of peace and harmony **apostles** by inner transformation and community engagement.**

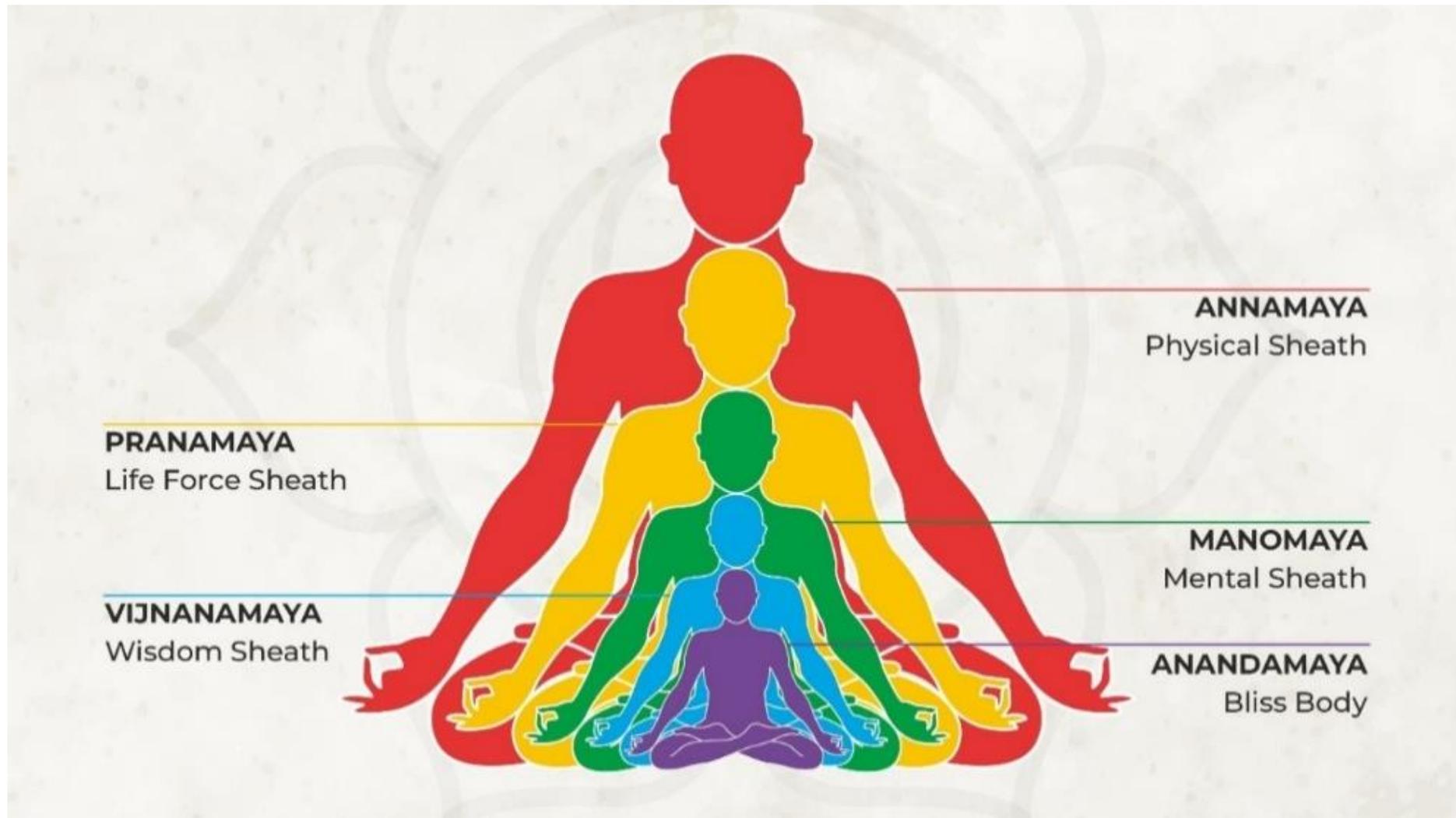
# Objectives

- To internalize truthfulness in thought, word, and action as the anchor of peace.
- To cultivate love as a universal force beyond borders, religions, and divisions.
- To practice compassion through selfless service, empathy, and care for nature.
- To understand and apply Gandhian philosophy in today's ecological and global context.
- To prepare participants as peace ambassadors capable of resolving conflicts, fostering dialogue, and initiating grassroots social change.
- To promote sustainable living practices and eco-conscious leadership.
- To experience satsang as a scientific and spiritual practice for nurturing peace.
- To practice minimalism – living with less.
- To embark upon a journey of Panchkoshiya development
- To start 'Raamvaadi' – a activity center

# Flowership Profile

|                                  |   |  |   |
|----------------------------------|---|--|---|
| <b>Location</b>                  | : | <b>Lokbharati Gramvidyapeeth, Sanosara, Ta. Sihor, Dist. Bhavnagar, Gujarat (INDIA)</b>  |   |
| <b>Inspiration</b>               | : | Mahatma Gandhi & Rev. Morari Bapu  |   |
| <b>Patron</b>                    | : | Chancellor, Vice Chancellor, & Pro Vice Chancellor   |   |
| <b>Fellowship Certified by</b>   | : | Lokbharati University for Rural Innovation, Sanosara   |   |
| <b>Duration &amp; Mode</b>       | : | 1 Year - Fulltime & Residential  |   |
| <b>Eligibility</b>               | : | Admissions through Lol, Entrance Test, Personal Interview and Group Discussion   |   |
| <b>Language of Instruction</b>   | : | English & Hindi  |   |
| <b>Target Participants</b>       | : | Open to individuals from all cultures, faiths, genders and professions across the globe  |   |
| <b>Batch Size</b>                | : | Maximum 25   |   |
| <b>Guiding Principles</b>        | : | Truth, Love, Compassion, Ahimsa (Non-violence), Maitri (Kinship), Peace and faith in the existence in the Ultimate.  |   |
| <b>Mentors</b>                   | : | Experts from diverse fields  |   |
| <b>Internships&amp; Retreats</b> | : | Ramkatha Shraavan (wherever in India), Kailash Gurukul, Chitrakutdham Talgajarda, Mahuva, Sabarmati Ashram, Sevagram-Vardha, Vinoba Ashram Paunar, Dandi Museum, Gramodhyog Centers, Vigyan Ashram Pabal, Gandhi Tirth Jalgaon, Naturopathy Centers, Organic Farms, etc. |   |
| <b>Course Facilitators</b>       | : | Shree Vishal Bhadani<br>+91 9426885387<br>vishalbhadani87@gmail.com  | Shree Jaydev Mankad<br>+91 9825272501<br>jaydevmankad@gmail.com |
| <b>Course Fee</b>                | : | \$ 2000 (US) including food and accommodation (the expenditure for internship is not included as it varies from candidate to candidate)  |   |

# Foundation of the Flowership



# Syllabus

## Semester-1: Gandhi Bapu

- **Truth & Harmony**
- Ahimsa and Maitri
- Philosophy of Unto this last
- Faith and Living the Values
- Internships

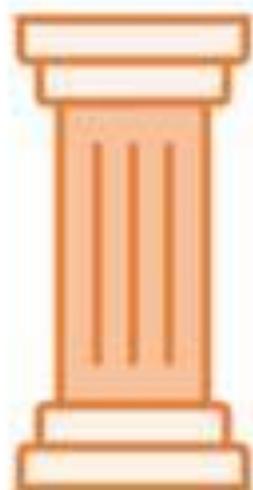
## Semester-2: Morai Bapu

- **Love & Compassion**
- Fraternity and Peace
- Accepting all, cooperation and commitment
- Diligence, perseverance and prayer
- Internships

# Daily Rhythm (Indicative)

- **05:30 – 07:00 am** : Yoga, meditation, silence
- **07:00 – 08:00 am** : Community chores / eco-work (shared living practice)
- **08:00 – 09:00 am** : Breakfast
- **09:30 – 12:30 pm** : Classes, seminars, or workshops
- **12:30 – 02:00 pm** : Lunch & rest
- **02:00 – 05:00 pm** : Fieldwork / group projects / dialogues
- **05:00 – 06:00 pm** : Sports
- **06:00 – 07:00 pm** : Evening prayer / peace meditation
- **07:00 – 08:00 pm** : Dinner and Satsang
- **08:00 – 09:00 pm** : Story circle / cultural exchange / guest talk
- **09:00 pm** : Personal journaling and Silence until next morning

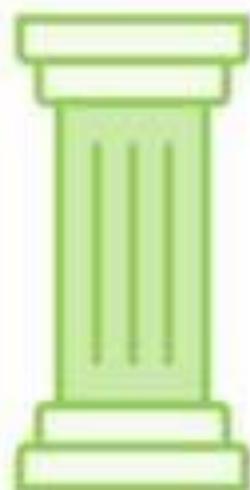
## RAAM's Five Pillars



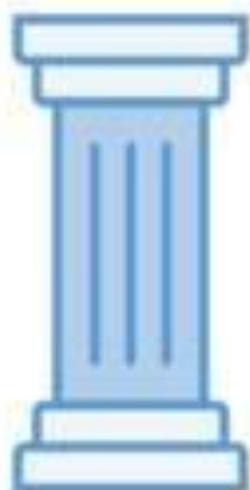
Learning to  
Know



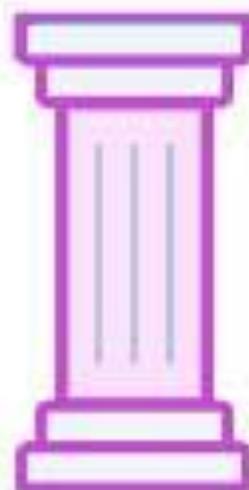
Learning to  
Do



Learning to  
Live Together



Learning to  
Be



To trasform oneself  
and society

# Expected Outcomes

- Develop and make others develop a deep, embodied understanding of Truth, Love, and Compassion.
- Learn and apply practical skills in non-violence, mediation, ecological responsibility, and conflict resolution.
- Experience the transformative power of satsang in nurturing inner and collective peace.
- Carry forward *Peace Action Projects* for human and environmental well-being in their own communities.

# What after the Flowership?

## RAAMVAADI

These flowers will start a center in their respective countries to rise as voices of conscience, bridging divides, healing conflicts, and fostering sustainable communities rooted in dignity, justice, ecological harmony, and mutual respect. Through **inner transformation, service to society, environmental stewardship, and satsang as a collective practice of truth and love**, RAAM aspires to create a living movement of peace radiating from the self to society, from local communities to the global stage.

At the successful completion of the programme,  
the flowers will get

**“The International RAAM  
Membership”**

**Thank you so much!**