



MISSION PEACE

Walking Miles, Spreading Smiles



वसुधैव कुटुम्बकम्

One Earth, One Family, One Future

Inspired by Acharya Shri Mahashramanji



Mission Peace will be a transformative expedition that will journey across continents on foot, promoting the powerful connection between spirituality and science. Drawing inspiration from the profound traditions of the Anuvrat movement, Preksha Meditation, and the Science of Living, this walk is designed to bridge cultural divides, foster understanding, and inspire global harmony.

ABOUT US

Led by a group of spiritual practitioners dedicated to pioneering a vision of peace, this movement is guided by principles of non-violence, mindfulness, and ethical living. Together, they aim to unite people from all walks of life, transcending borders and sparking a global movement rooted in compassion and shared human values. Join us and be part of a journey that will touch lives, connect hearts, and transform the world.

OUR VISION

We envision a world where cultural exchange flourishes and mutual respect prevails. Through our journey, we aim to demonstrate the practical relevance of moral principles and meditation in cultivating non-violence, mindfulness, and sustainable living globally.

OUR MISSION

Our mission is to walk from India to Europe, connecting diverse cultures through the shared values of the Anuvrat movement, fostering understanding and peace through the practice of Preksha Meditation, and the educational philosophies of the Science of Living.





MISSION PEACE- THEMES

The topics are categorized under five primary themes—**Peace of Body, Peace of Mind, Peace of Family, Peace of Community, and Peace of World**. These categories offer a comprehensive framework, allowing a wide range of relevant subjects to be organized within them, promoting a holistic understanding of peace. For further exploration, additional resources can be accessed using the QR code provided on the last page.

Power of Subconscious Mind

Power of Manifestation

Problem Solving Skills

Attitude of Gratitude

Emotional Intelligence

The Art of Letting Go

Anuvrat: Atomic Habits

Holistic Well-being

B +ve

Who am I?

Me Time

Purpose of Life

Food and Mood

Family and Nation

Science of Living

Minimalism

Sustainability

Right Perspective of Life

Series: Will, Skill, Drill, Feel, Heal, Chill, Fulfill

Management: Stress, Relation, Mood, Work-Life, Self, Peer

Science behind Spirituality

Preksha Meditation

Anuvrat Digital Detox (ADD)

Elevate: Experience the Real High



OUR APPROACH

PATIENCE

Cultivating patience with others to reduce conflicts and misunderstandings.

EDUCATE

Promoting knowledge and awareness to inspire peaceful actions and inclusive thinking.

ACCCEPTANCE

Embracing diversity and respecting different perspectives.

COMPASSION

Acting with kindness and care towards all living beings.

ETHICS

Upholding strong moral principles to guide peaceful behavior.

Highlights of #MissionPeace Workshops

Discovering
Peace

Spiritual
Technology
for Peace

Pathway
to Peace

Urgent call
for Peace

Interactive
Q&A

CALL TO ACTION

SMILE

Spread positivity, share at least 5 smiles with people around you every day.

MEDITATE

Dedicate at least 5 minutes every day to mindfulness and reflection.

INTERACT

Connect meaningfully with 5 people each week—family, friends, or colleagues.

LEARN

Commit to learning 5 new things each year to keep growing.

EXERCISE

Engage in physical activity 5 times a week to stay healthy and energized.

PROPOSED ROUTE



**PROPOSED
CHATURMAS**

This route proposes to cover the above-mentioned countries on foot and is subject to alterations based on geopolitical, climate, and other factors that may arise over time. This yatra is scheduled to commence in November 2025.



#MISSIONPEACE

OUR IMPACT



TOUCH

With each step we take to touch the lives of others, we also aim to inspire a journey within themselves that leads to a meaningful impact.



CONNECT

We will build bridges between cultures and hearts, forming meaningful connections with people from diverse backgrounds through repeated interactions.



TRANSFORM

We hope to inspire positive change by encouraging adoption of principles of non-violence, truth, and self-discipline across communities worldwide.

FROM INDIA TO EUROPE ON FOOT

WALK 25000+
KMs

CROSS 2000+
VILLAGES
500+
CITIES

COVER 25+
COUNTRIES

DEVOTE 7+
YEARS

FOLLOW US

 www.missionpeacefoundation.org

 Info@missionpeacefoundation.org



 **Mission Peace Coordinator**
+91 9944255313

   @Missionpeacefoundation