

A HARMONIOUS RIDE FOR HUMANITY

THERE ARE MANY aspects of health, safety and the environment in the workplace which get pushed to one side, whether that be due to time limits, financial constraints or other priorities. The management of mental health and psychological and emotional wellbeing at work has been highlighted recently. Maybe it's time to take stock and look for some important yet simple messages for our mental, as well as physical, health.

LAURA MILSOM

So often in our busy lives, our psychological wellbeing gets pushed to the side and we forget the 'human' side of humanity: that we are not simply a race of functioning bodies, driven to breathe, learn, work and feed; but also people with the capacity to feel, love, hate and act through our emotions. All this creates our psychological balance.

Many of us aspire to find meaning in our lives. We are not satisfied with an 'enter, exist and extinct' kind of life. We want to be well known, loved and useful. We want our friends, family and colleagues to need us, and if possible, to be valuable to the wider fraternity, homeland, humanity and our entire natural world. Of all our aspirations, this will be useful to others in cash, kind or through our actions is most noble.

HUMANITY

Manavata (Sanskrit for humanity) is one such UK registered charity organisation which fosters brotherhood among everyone with a vision of providing a healthy, happy and harmonious life for all. The 'health' in the vision propagates healthy living habits

amongst everyone. 'Happiness' is something that resides in us all and comes out through us being helpful and loving to everything we come across in life. 'Harmonious' is about living in equanimity with nature. This means being conscious of our carbon footprint; trying to use as much biodegradable material as possible; consuming local produce; and giving back to nature what we take from it.

This global organisation was started by Srinivas Alluri. On 25 June, he is embarking on a 6,100 mile biking expedition from London to New Delhi. The trip will take him through 13 countries in around 100 days. The challenge is not without clear goals, which Srinivas hopes to achieve on the way.

"First and foremost we want to reach all those people along the route to join the movement and make positive changes in their lives," Srinivas says. "We will also be organising at least 500 local events on healthy living and building a base of regional support groups. We are trying to get pledges to adopt 500 villages through leaders for sustainable rural development plan 2012."

While the physical endeavour of riding

across continents for over 6,000 miles is great, the impact Srinivas hopes to achieve goes deeper. "We have a global movement promoting healthy and harmonious living, with over 6,000 volunteers having already made a difference to over 20,000 lives. I want to take that further: inspiring people to make direct changes in their lives, or donate to help fund social, health and environmental projects throughout the world."

CHANGES

You do not have to cycle across the world to make changes. They can be big or small, and we can all make a difference, whether that is at home, on the road, or at work. For more information visit www.manavata.org or www.cyclingforhumanity.org

AT HOME:

- Reduce, reuse and recycle as much as possible. This means materials, clothes, food, furniture.
- Consider growing some of your own vegetables, fruits or herbs. You don't need a lot of space, a window sill will do.
- Buy locally and take your own bag for your shopping.
- Adopt a healthy diet and exercise routine; the benefits will not simply be physical.
- Think about ways to conserve energy: switch off machines when out of use; avoid wasting heat in the home or whilst cooking; only use as much water as you need.

AT WORK:

- Avoid plastics; use your own cup.
- Think before you print and recycle your paper, plastics and food waste.
- Encourage environmentally friendly travel: bike, walk or use public transport and limit business travel.



THE HARMONIOUS ROAD: The Manavata bike trek spreads a message of health and happiness on its route from London to New Delhi. Here, Srinivas is joined by a friend as he cycles through Rajasthan.