

Cycling for Humanity Mission:

A Harmonious Ride for Humanity!

Cycling for Humanity program involves Cycling from London to Delhi, doing humanitarian activities with the help of volunteers & local charitable organizations, along the way. We aim to:

- ▶ Create awareness and inspire a positive, caring outlook towards nature & humanity
- ▶ Bring together like-minded people to achieve humanitarian objectives
- ▶ Motivate youth to engage in social responsibility
- ▶ Help children & disabled with right education

Join the Challenge for a Humanitarian Cause!

- ▶ 100 days!
- ▶ 10000 KM cycling!
- ▶ 100 Collaborations with charities!
- ▶ 500 Volunteers!
- ▶ 500 Charity Events!
- ▶ Inspire for a Positive change in 2.5 million people!
- ▶ Help 25000 needy people!



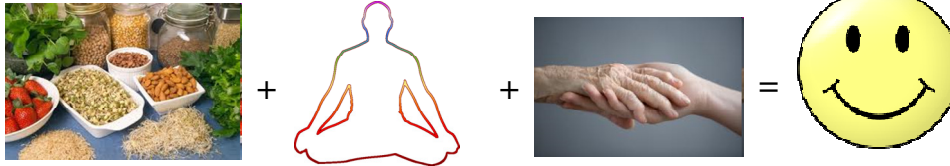
Some of the heart-breaking facts, which we cannot ignore -

- About 1 billion people are hungry
- EU & US have experienced extreme winters & floods
- Torrential rains have rocked Asia and Australia
- About 20,000 species on Earth are listed endangered, due to irresponsible human activity
- People world over are suffering from man-made disasters like the oil spill & pollution

Each of us sustain our lives entirely with the resources our planet provides us – so it is our duty & a gratifying act - to protect our planet; take responsibility to change it for better. The change should start from each one of us & at our homes.

So where do we start?

1. **Help Yourself:** Simple, positive & healthy life style is the key to happiness.



Healthy food + Self-discipline + Positive attitude + self-less service = True Happiness

Enjoy a healthy lifestyle & work towards a harmonious society!

2. **Help Environment:** Be a Responsible human & Preserve our environment



Reduce Carbon foot print + Plant More + Cycle to work + Help Children to get right Education & Values

Conserve Water, Food & Energy: Help build a sustainable and brighter future!

3. **Help Others:**

There are many disadvantaged people, who need our help – the world would be a much happier place if each one of us spared some of our time/money to help those in need. Volunteering activities, can be very satisfying & bring happiness to all involved. Please represent humanity positively by being truthful, non-violent, tolerant and loving to all.



About Organisers:

Who we are

Manavata (meaning 'Humanity' in Sanskrit) is an international (charity registered in UK, USA and India) voluntary, non-profitable and non-religious organization, engaged in a variety of social causes. It is run by a large group of service minded volunteers, aiming to bring together many enthusiastic youth and social service organisations, across continents, in service of humanity.

Mission:

To create and promote a Healthy, Happy and Harmonious (3H) world.

Manavata, Charity Number: 1120315 (UK), 3417 / 01 (India), 000918874 (USA)

www.manavata.org