

	<h1>Manavata</h1> <p>Humanity is Our Identity www.manavata.org Our Mission is to Create a Healthy, Happy and Harmonious (3H) World</p>	
--	--	--

Manavata (Humanity) is a voluntary organization (registered charity in India, UK and USA) with a standing of selfless service and social outlook. It's non-profitable nature and secular credentials, as proved by **nineteen years** track record of achievements in the chosen areas, makes it imperative to re-dedicate to the cause of the needy and poor in society. It is being moulded as a common platform for many enthusiastic youth and social service organizations, spread across continents, to share and interact in the field of service to the humanity. Manavata acts as a facilitator and dialogue partner with regard to co-operation among the volunteers and member organizations in carrying out social activities addressed to the benefit of community and deserving individuals.

Mission: To create and promote a **Healthy, Happy and Harmonious (3H)** world where there is no hate of one another and where the mind is without fear

Manavata:

- Started on 19th October 1991
- Moved to 7000+ volunteers (2500 blood donors) from an initial strength of 15.
- 20000+ people have benefited from Manavata
- 350+ school dropouts have been trained and enabled self employment
- Around 50 orphan children are getting shelter in Manavata Ashrams
- Supported 500 families in recent flood relief in AP, India
- 4000 students are getting benefitted every year through personality development programs
- 10000 plants are being planted every year
- C@H value based education, healthy living, yoga camps helping 500 families every year
- 50 regional chapters established and working for cause

We are Global

We have started in a small village and grown to a Global village! We will make the world a better place to live. Let us transform the world by transforming ourselves.

They alone live who live for others. The rest are more dead than alive.

Thanks for Volunteering

Thanks to everyone for contributing and working together for the cause of humanity

Think not that you are poor; money is not power but goodness, holiness

Keep up the Good work

Let us continue working together and inspire our brothers and sisters to work for self-less cause and direct them towards humanity

Keep Inspiring

- Keep building responsible citizens
- Promote simple and healthy life style
- Conserve energy and save earth

Join hands (Be Good and Do Good):

Do you want to make your life more happy and useful? Do you want to see healthy and happy world? You may have good thoughts in your mind and might be looking for a platform! Then join hands with us, share ideas with people who concerned about humanity and be part of self-less cause.

Manavata encourages it's volunteers in: Share ideas / eat healthy / help people around / keep encouraging and promoting best practices and values by following yourself / take up the initiatives to improve and reform your own place / spare some of your time for society / promote values in your duty / save environment by recycling etc. Thank you for reading, please visit www.manavata.org for more details. Be part of any of the Manavata projects in your possible way. **Mail us:** info@manavata.org



Manavata

Humanity is Our Identity

www.manavata.org

Our Mission is to Create a Healthy, Happy and Harmonious (3H) World



Yoga for health and happiness

The happiness is two-fold-physical and mental. The mind is at peace when the body is sound or free from any disease. Yoga helps achieve this object.

1. Surya Namaskaras (The Sun Salutation) is a graceful sequence of twelve positions performed as one continuous exercise. Each position counteracts the one before, stretching the body in a different way and alternately expanding and contracting the chest to regulate the breathing. Practiced daily it will bring great flexibility to your spine and joints and trim your waist. It limbers up the whole body in preparation for the Asanas.

Rounds: (Go slowly) Initially you can go for 3 rounds and slowly day by day you can increase up to 12 rounds.



2. Tadasana: A position in Yoga, is also called Mountain Pose. It is a very basic standing posture with feet together and hands at the sides of the body. Yoga practitioners consider it a pose that promotes confidence and happiness as well as improving posture and creating space within the body.



Yoga Master BKS Iyengar Displaying the Tadasana

3. Vrikshasana: A pose in Yoga, also called as Tree pose. This improves body-minded co-ordination, thigh and calf muscles, ankles and the spine are made strong, Stretches the groins and inner thighs, chest and shoulders, Improves sense of balance and relieves sciatica and reduces flat feet.



4. Trikonasana: The position is then sometimes repeated, but with the right and left sides swapped. Also, the body is sometimes allowed to come to rest at a star shape instead of at a rest position, or the position is practised so that one hand is touching the floor instead of parallel to the ground.





Manavata

Humanity is Our Identity

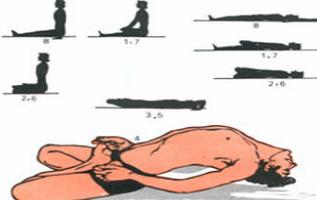
www.manavata.org

Our Mission is to Create a Healthy, Happy and Harmonious (3H) World



<p>5. Virabadhrasana: The name of a fierce warrior, an incarnation of Shiva, described as having a thousand heads, a thousand eyes, and a thousand feet, wielding a thousand clubs, and wearing a tiger's skin.</p>	
<p>6. Ustrasana: It is a very deep backward bend performed in a kneeling position. As a stretch it opens the whole of the front of the body, including the hip flexors and pectoral muscles.</p>	
<p>7. Padangusthasana: It is a one of the standing asana performed by forward bending and taking the big toes with fingers (Hands). Stretches and relaxes legs.</p>	
<p>8. Salabhasana: This asana resembles locust resting on the floor. Tones up the abdominal area and reduces fat at abdomen.</p>	
<p>9. Dhanurasana: is a yoga pose in which the practitioner lies on the belly, grabs the feet, and lifts the legs into the shape of a bow. Dhanurasana is also called Urdva Chakrasana. Stretches chest and regular practice leads to broad chest.</p>	
<p>10. Bhekasana: 'Bhekam' means frog. This is frog pose. Relaxes and stretches legs and chest;</p>	



<p>11. Bhujangasana: Bhujangam means hands or snake. This asana, resembles snake, or consider done with importance to hands. Gives vitality to hands and shoulders.</p>	
<p>12. Chaturanga Dandasana: This pose is a forward lying pose with body parallel to the floor resting on only palms and toes. This pose tones up muscles in arms, shoulders, wrists and gives vigor and vitality to body.</p>	
<p>13. Adho Mukha Svanasana: Adho Mukha means downward facing and Svanam is dog. So this pose of downward facing dog posture.</p>	
<p>14. Urdhvamukha Svanasana: 'Urdhva Mukha' upward facing and hence this posture is upward facing dog posture.</p>	
<p>15. Pavana Muktasana: This asana releases wind from the digestive tracks, and hence the name.</p>	
<p>16. Matsyasana: This asana resembles a fish, and hence the name. This asana may be done as a variation on 'Padmasana' and 'Vajrasana'.</p>	
<p>17. Sethubandhasana: Sethu Bandhanam is the bridge constructed by Lord Rama across the ocean. Hence this asana is basically a bridge pose.</p>	



Manavata

Humanity is Our Identity

www.manavata.org

Our Mission is to Create a Healthy, Happy and Harmonious (3H) World



<p>18.Navasana: 'Nava' means boat and this asana resembles boat and hence this name.</p>	
<p>19.Sarvangasana: 'Sarva angam' means all parts of the body. This asana basically tones up all parts of the body. This asana is called the queen of all asanas. It is also called as 'shoulder stand' posture</p>	
<p>20.Halasana: 'Hala' means 'Plough' (Lord Balarama's weapon). Should be done after Sarvangasana.</p>	
<p>21.Janushirasasana: 'Janu' means knee and 'Shiras' means head. Janu Shirasasana is an asana where the head touch knee. This asana stretches back and hamstrings.</p>	
<p>22.Pashchimotasana: This pose is a seated forward bend pose and is good stretching asana for back and hips.</p>	



<p>23.Vajrasana: 'Vajra' means thunderbolt. This asana provides relief to legs and very good for knees. This asana helps for digestion.</p>	
<p>24.Supta Vajrasana – This is called fixed firm pose. This is a variation of Vajrasana, Improves circulation to joints, Strengthens abdominal cavity and stretches front of hip joint, increasing flexibility.</p>	
<p>25.Padmasana: The position is said to resemble a lotus, to encourage breathing proper to associated meditative practice, and to foster physical stability.</p>	
<p>26.Savasana: "Corpse Pose", alternately spelled Shavasana or Sarvasana, and also known as mrta-asana is a yoga asana often used to begin and conclude a yoga session. It is a relaxing posture intended to rejuvenate one's body, mind and spirit.</p>	
<p>Pranayama: By far the most important thing about good breathing is the Prana, or subtle energy of the vital breath. Control of the Prana leads to control of the mind. Breathing exercises are called Pranayamas, which means to control the Prana.</p>	<p>Kapalabhati and Anuloma Viloma Pranayamas can be practiced under the guidance of expert/guru initially</p>
<p>Dyana (Meditation): Stilling the mind on a single thought stream is Dhyana, says Patanjali (a great yoga teacher) in his aphorisms of Yoga. The 5 features of meditation are :</p> <ol style="list-style-type: none"> 1. Single thought / Effortlessness and relaxation / Slowness / Wakefulness and awareness /Feeling of Expanding lightness 	
<p>Precautions: Initially practice under guidance of guru. Follow instructions. Proceed slowly/carefully Never force or strain to get into a specific position. Relax briefly between each practice If the position is uncomfortable, don't do it Never practice any yoga techniques under the influence of alcohol/mind altering drugs If you are pregnant, notify the instructor for special guidelines</p>	

Ideal Daily Schedule for Healthy life

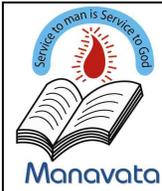
“Be the change which you want to see in the world”

Following is an ideal schedule to maintain good health, to prevent and cure any ailments. One can make it suitable to their convenience depending on their job or work schedule. On the whole it is important to change the life style gradually and consistently to achieve this ideal state. Go slowly and make one change at a time with a strong will and sustainable practice.

Activity	Time	Tasks
Wake up	between 4am and 6am	
Clean up		drink 1.25 to 1.5 liters of water first round of ablution
Exercise (Mind & Body)	1 hour	Yoga, Pranayam & meditation
Clean up		drink 1.25 to 1.5 liters of water second round of ablution drink 1 litre of water
Breakfast	Before 8AM	fresh juice or fruits
	after 1 hour	sprouts & dates
	after 2 hours	drink 1 litre of water in installments stop drinking water 30 minutes before lunch
Lunch	between 12noon and 1PM	Greens (spinach / curly leaves) cooked along with whole gains lentils along with unpolished rice or chapatti
		don't drink water while eating
Snacks	between 4pm and 5pm	fresh fruits / Water if you feel hungry eat fresh fruits or dry fruits (no cooked food)
Cleaning	between 6PM and 7PM	drink 1 litre water Ablution
Dinner	between 7:30 PM and 8PM	½ kg vegetables (steamed or fresh) with roti or brown bread or unpolished rice
Sleep	between 9:30 PM and 10PM	a prayer or a few minutes of meditation will help for a pleasant sleep

Complete information can be downloaded from the following URL:

http://charityathome.org/index.php?option=com_content&view=article&id=77:health-info&catid=39:health&Itemid=88



Manavata

Humanity is Our Identity

www.manavata.org

Our Mission is to Create a Healthy, Happy and Harmonious (3H) World



Save Earth and Be Healthy

"The world we all share is given to us in trust. Every choice we make regarding the earth, air, and water around us should be made with the objective of preserving it for all generations to come."

--August A. Bush III

About 90 per cent of the waste generated by households is currently being disposed of in landfill sites or incinerators. Yet, if we all take a few simple actions, we could reduce this amount considerably and really make a difference. Recycling saves natural resources, reduces greenhouse gas emissions and reduces emissions of air and water pollutants

How can you do your bit to help save our planet?

Something that we must bear in mind is that these ideas do need some thought and sometimes a little bit of perseverance. If some of them aren't practical to your circumstances, just remember that the important thing is to do your best – do what you can!

Reduce....

- Fuel consumption e.g. Don't drive to places if you can walk. The exercise and fresh air will do you good. Saves you money and fuel.
- Electricity wastage - Turn off any electrical equipment when it's not in use.....you'd be surprised how many items this applies to!
- Use cloths rather than disposable kitchen roll. Saves you money!
- Plastic Usage - Use canvas shopping bags, say 'no' to unwanted plastic carrier bags.
- Stop subscribing to magazines unless you really do have time to read them! You'll save some money as well.
- Use solar cooker, Food will be nutritious and will save much of Gas.

Re-use....

We can find new uses for our household waste;

- Use rechargeable batteries instead of disposables
- Reuse plastic bags, to help you remember to do this, keep some in your pocket or handbag – they don't take up much space. It stops you accumulating bags at home.
- If paper has only been written or printed on one side why not use it as scrap paper for messages, notes, lists etc.
- Schools, youth groups etc. will appreciate scrap paper for painting and drawing on.
- old jars can be used for storing all sorts, nails, sugar, pasta etc. or why not decorate them and use as candle holders, pen pots, utensil holders etc.
- Use yogurt pots, plastic bottles etc in the garden to grow seedlings in, or to cover the plants in the winter.
- Make use of old sheets and blankets as household cloths, decorating covers or just as bedding for your pets!
- Use your local library rather than buying books.

Recycle....

84 % of household waste can be recycled, recovered and reprocessed into a new product;

We can recycle by;

- making use of [local recycling banks](#) which are located near super markets so that special journeys are not required
- Understand the meaning of bins outside your home.
- Understand how local council works
- composting

What can be recycled? wood - broken furniture, kitchen units, garden waste - lawn and hedge clippings, glass - jam/coffee/sauce jars, wine/drink bottles, aluminium and steel cans - drinks and food cans, paper/card/yellow pages, old clothes, Recycle your inkjet cartridges.