



## Holistic Health with right Mind set!

***"Time is precious! But Life is so precious! so be cautious!"***

Srinivasa Alluri

### **Do you want to Lead a happy and purposeful life with effective thinking?**

As we all know life is short! How much value we can add with our life depends on how effectively we spend our time. This depends on how effectively we think!

Intellect leads our mind and the mind leads our senses. So if we can make intellect right rest can set right easily.. most important thing for all of us to get the right intellect and self-control to guide mind through intellect.. This saves us from rework, redundant work and negative thinking. This will help us to lead a very positive life all together.

So, stop for a while from your regular rushing and other attachments! think calmly! What is best for your life? Make sure that you are not influenced by external factors or your habits!

Developing positive hobbies like learning new things, playing, dancing, singing, music, developing skills, reading and self-development may be a primary step. Next higher step would be spending time in Helping and serving others without any expectations, which creates happiness.

This is all about working with our mind, how effectively we can make our mind and work consistently on positive things. Though from 1000s of years it is proved that practice of Yoga is the way of life.. but funniest thing is, Man goes off-track with lots of confusions in life and wanders around to satisfy his senses finally end up wasting valuable human life with his sufferings.

Be wise to realize the fact from the experiences of great saints who have achieved excellence and brought a great value to the humanity.. for all of us to lead peaceful life. To name a few Adi shankaracharya, Ramakrishna Paramahansa, Ramana Maharshi, Swami Vivekananda, Mother Theresa, Saint Francisco, Arabindo and many more..



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[www.manavata.org](http://www.manavata.org)

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

## Have you realized that you have great power and human excellence within you?

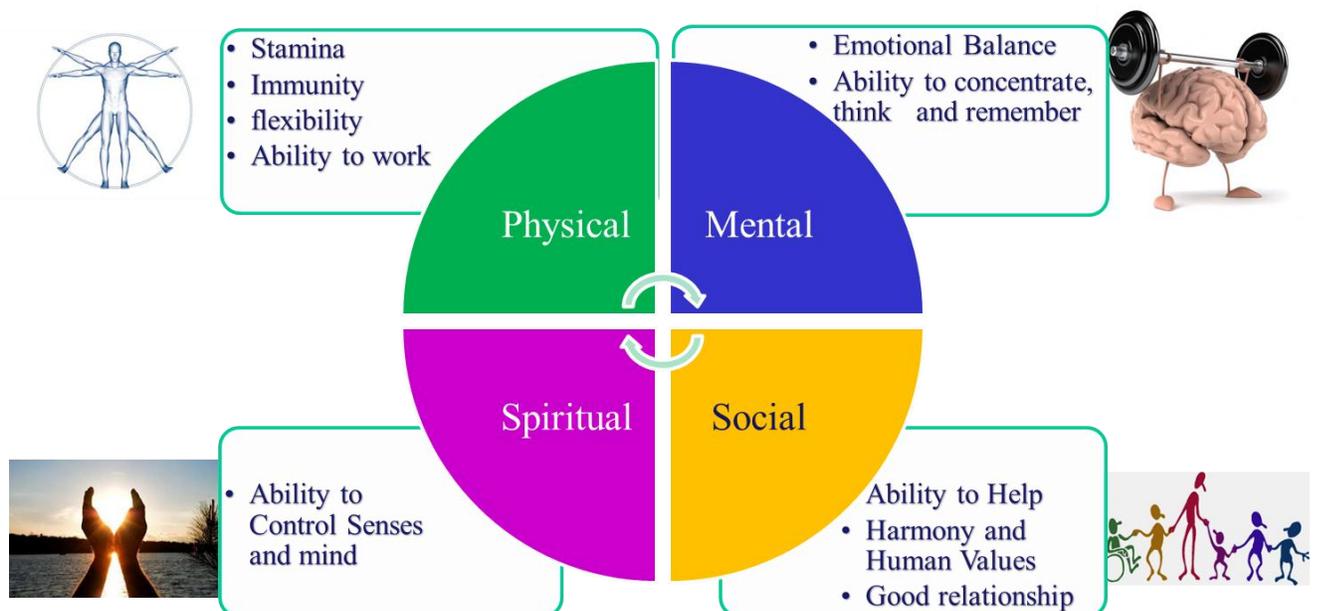
You too can make a such a huge positive value in this life and add a **great value to your own life!**

Don't worry! It is not too late! Just start now!

All we have to do is get ourselves into right track, spend some time in most efficient way.. Calm down mind, meditate.. Practice of yoga can make body, mind and intellect amazingly well.. that will put us in right direction and brings self-control and self-discipline in our life! You can start with mission of making your family and everyone around you healthy, righteous and eco-friendly by making you as an example instead of wasting your time on worrying about many problems in the world and talking! Every small drop matters!

## As a first, make yourself Healthy?

Health is made of Physical, Mental, Social and Spiritual elements as shown in the picture below:



You can achieve holistic health by taking following basic action to start with:



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Get into right daily routine:

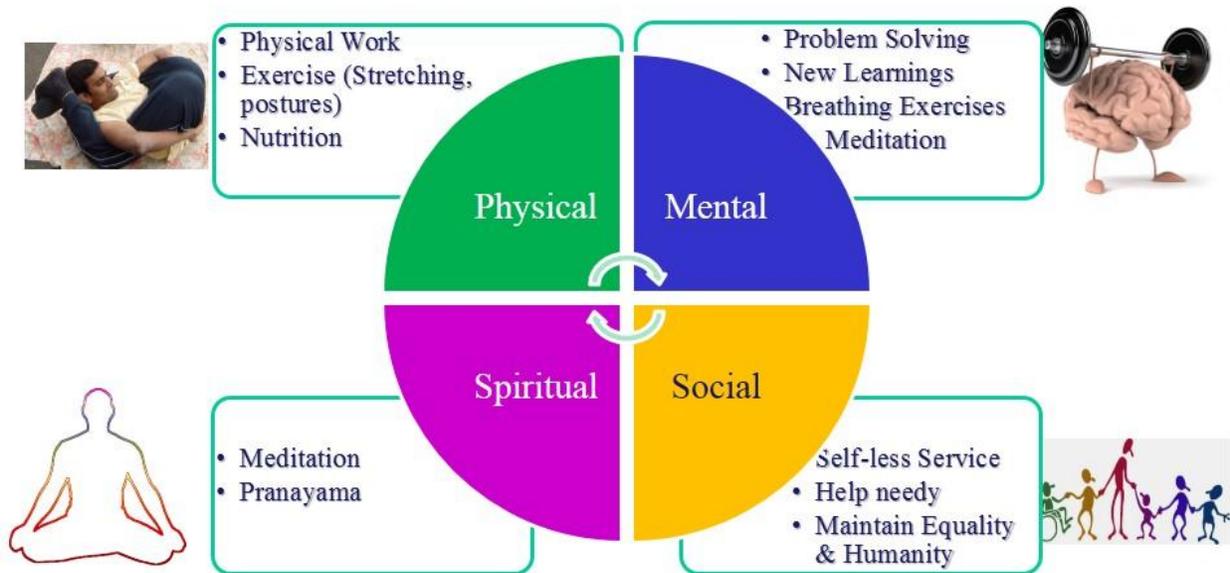
- Drink 3 to 5 liters water per day
- Start day with Yoga (30 min to 1 hour postures, breathing and meditation)
- Eat Healthy: fresh and timely in limited quantities
- Observe fasting once a week (Or stay with water or fruits for whole day)
- Spare some time to help others / self-less service

Refer for more Ideal daily schedule and healthy eating in [www.charityathome.org](http://www.charityathome.org)



## Health is Wealth

### Yoga for Holistic Health



Holistic Wellbeing!

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Thank you for taking positive steps towards creating healthy world!



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## **Join Online Yoga Sessions:**

Manavata daily yoga sessions are also conducted via video conference for the benefit of people who would like to practice at their home daily. If you would like to join online sessions contact on [uktrustee@manavata.org](mailto:uktrustee@manavata.org)

## **Join 3H Mission:**

### ***Manavata –The Need for Humanity In Our Lives***

Manavata is a voluntary, not-for-profit, secular organization that aims to create a Healthy, Happy and Harmonious (3H) world through simple, natural and efficient ways of living. Manavata spreads this consciousness through every one of its volunteers, each standing for a self-less cause and setting an example. Manavata runs several social initiatives directly and through registered voluntary organizations worldwide in health, education, environment and humanitarian aid.

Manavata is a 21 year old organization which today has 8000 volunteers from 57 chapters in number of countries across the globe involved in activities that encompass Child care, Blood donation, Tree Plantation, Natural Farming projects, Humanitarian Aid, Value Based Education, Healthy Living workshops and Self-employment Training. For its relentless work over the past 21 years Manavata has also been awarded a special consultative status at the United Nations ECOSOC.

Join hands with Manavata either as an individual or an organization to work together for 3H mission. You can register yourself as member on our website [www.manavata.org](http://www.manavata.org) or drop us an email at [uktrustee@manavata.org](mailto:uktrustee@manavata.org) to join.

## **Join Manavata get together with Nature in Peak District:**

Manavata conducts annual family event to bring all likeminded people in UK together to share positive thoughts and get together with Nature with lot of fun activities. This year we are all meeting in Peak district during 25<sup>th</sup> May long week end. Please visit following link for more details: [www.manavata.org/EventDetails\\_11.jsp?id=2186](http://www.manavata.org/EventDetails_11.jsp?id=2186)

Please register and confirm your attendance if you would like to join this event as there are limited accommodations available.