



# Manavata

Member of UN  
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[www.manavata.org](http://www.manavata.org)

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



19<sup>th</sup> Oct 2013,

Manavata Day Celebration in Hyderabad:

**Theme:** Yoga, Health awareness, Environment, Plantation Drive, Inspiration of Humanity.

Manavata Yogathon 2014 inspired thousands of people in today's event at Hitex Hyderabad.

First of all thank you for your continuous support for Manavata and timely support for Yogathon 2014 to many people. This event is mainly organized to make healthy society and inspire all age groups to achieve holistic health. More than 1200 people and 13 schools participated, 100 volunteers worked together to organize this mega event.

We are very pleased to send you today's success event at Hitex with overwhelming response. Yogathon 2014! (108 surya Namaskara's Competition). Manavata's relentless work to inspire people towards holistic health and humanity has inspired 1000's people in today, 23<sup>rd</sup> annual day celebration with this event brought many humanitarians and yoga practitioners also together. Blood donation camp, Plantation drive, health/education and environmental awareness for children also greatly helped. Here are the details about the event:

**Manavata Day** wishes to everyone:



## Humanity is Our Identity

mission to create  
HEALTHY  
HAPPY  
HARMONIOUS  
WORLD

# Happy Manavata Day

## 23<sup>rd</sup> Anniversary of Manavata

**1991: Manavata started as a youth association**

**1997: Manavata Hyderabad started**

**2000: Manavata is on web for blood donors helpline**

**2005: Manavata Ashram project started**

**2011: London to Delhi Cycling: Limca book of records**

**2012: Got a special Consultative Status in UN ECOSOC**

Donate Blood



Save A Life



Inspire / Help Some one



Plant a Tree

**Yogathon:** Around 1200 people participated in this event, actively practiced 108 suryanamaskaras, around 300 people could complete 108 suryanamaskaras well. Rest of the people also done their best to cover

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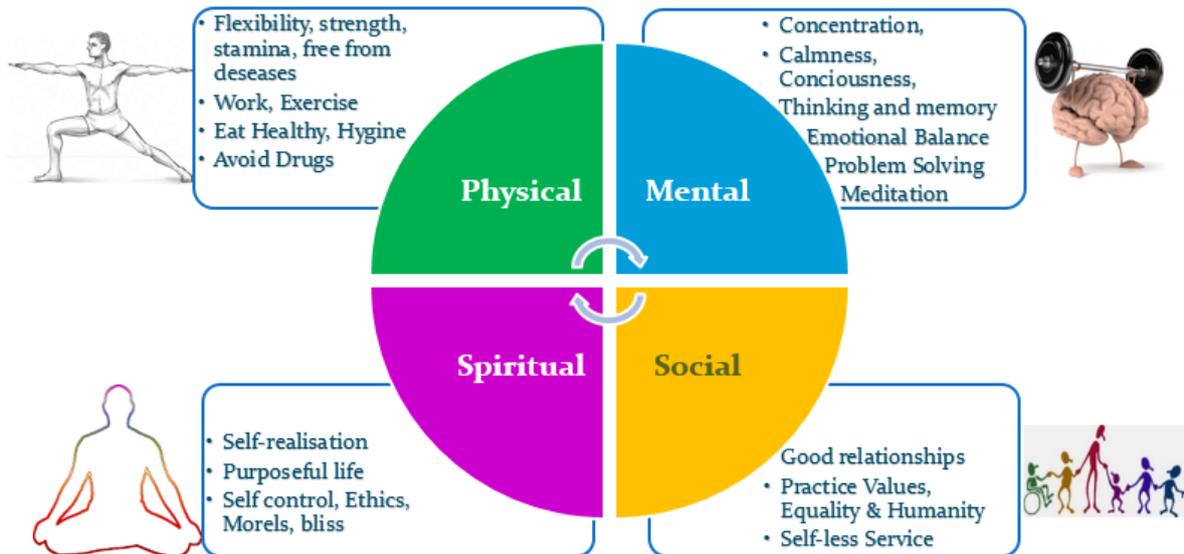
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HEALTHY  
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maximum rounds in given 59 minutes time. Founder of Viswa Manavata Samtha, Sri Srinivasa Chowdary Alluri has guided this whole program and given nice tips for children to improve their health and memory power.



Srinivas Alluri has asked everyone to practice atleast 12 suryanmaskaras every day before sunrise with concentration and proper breathing. He said, this practice can help people to achieve holistic health (Physically, mentally, socially and spiritually healthy) as explained in 4 aspects as in following picture:



**Winners in Yogathon 2014:** are awarded with medals and certificates. Manavata has organized fruits and breakfast for all participants without using any plastics, motivated everyone to use eco friendly life style. They served food in leaves and water in steel reusable glasses.

**Junior:**

**Boys:** J. Pavan, Sishya school, Secbad, B. Prakash, K. Vinay kumar

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**Girls:** K. Ambika (GHS, Ameerpet), S. Anamika (Santiniketan), Maheswari (GHS Ameerpet)

**Seniors:**

**Boys:** B. Pavan kumar (Srisairam highschool), T. Shivendra kumar (Pratibha school, kukatpalli), Naresh (santiniketan)

**Girls:** Saisree (Sahasra talent school), Priyanka (GHS Ameerpet), Jyosthna (ZPHS, Kukatpalli)

**Adults:**

Ankamreddy Srinivas, G. Prasad, Vinod kumar  
Kirankumari, Manasa, Priyanka, V. Rani

**Plantation:** Srinivas has requested everyone to take responsibility of society as part of social health and help people who are in need and also save plants. Manavata has given 1 plant to each participant today (Medicinal plants like: Neem, Tulasi, Maredu, Amla, aloe vera, Neredu/cherry, shelimila etc). Requested each child to take care of those plants and grow them as big trees in their schools and public places along with plantation at their homes. Around 1500 plants were distributed today.

**Blood donation:** with the help of IPM, Naragayanaguada camp was very successful, which motivated many to donors to donate blood and also helped to create awareness among children.

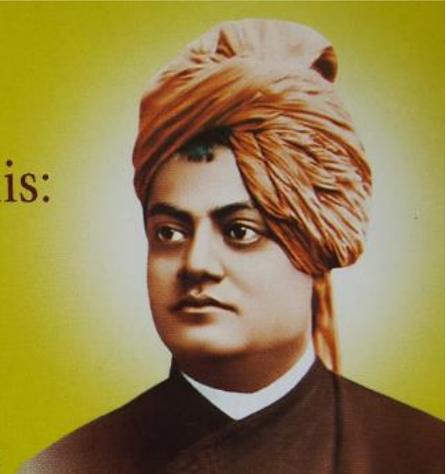
**Exhibition:** Books of inspiration from Swami Vivekananda, Ramana Marshi and many great people are displayed in this event to bring awareness in children, Manavata Ashram volunteers and children have organized this stall. One of the volunteer Manjula has displayed her coin and currency collection from 45 countries. Healthy Naturally grown food stall is organized by Prakrithi vanam Madanapalli.

**Guest Speakers:**

MCV Prasad (Health and natural farming campaigner, Madanapalli), Brij Bhushan ji (AP Yoga association president, Hyderabad), Ravishenkarji (SSY guru and Natural farming campaigner, Penugonda) have given very inspirational messages to children. Covered yoga, food, health science and environment. Srinivasa Alluri has explained about humanity and ask everyone practice self-lessness by helping others everyday, he has also shared his London to Delhi cycling experiences and how yoga helps in our day to day life to keep ourselves fit in all whether conditions. He has thanked all participants and special thanks to volunteers who have done great team work to make this event successful.

The only definition that  
can be given of morality is this:  
That which is selfish is  
immoral, and that which is  
unselfish is moral.

- Swami Vivekananda



Team behind organizing today's event: Around 100 volunteers worked together self-lessly for this event. On behalf of Manavata, Srinivas thanked each one of them, he mentioned special thanks some of the dedicated volunteers who worked very hard, Surya Prakash Alluri, Naresh Anumala, Revanthreddy, Venkat M, Rakesh, Vamshi Raj, Tippareddy, Mahadev, Prasad,

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Thanked event sponsors who have helped financially to cover part of the event expenditure including food and transport arrangements for government school children: Sandhata Technologies, Advanced Computer Solutions, Hitex team for providing ground, Srikanth Ambore for sponsoring food.

Manavata has been organizing Yoga, healthy living and personality development workshops across the globe and working with thousands of professionals and students as part of its mission.

Yogathon (108 Suryanamakar competitions) is one of the key events which helps all age groups to motivate themselves and experience synergy within the event. This event also inspires everyone to increase their confidence, fitness and inspire them towards health and selflessness.

This event also includes different educational programs for children to raise their awareness on health, yoga, plants and environmental science. There are number of books, plants and healthy food exhibitions also be performed in this event at venue.

#### Program Details:

**Venue:** Hitex Premises, Hitex Road, Hyderabad,

**Date:** Oct 19<sup>th</sup>, 2014, Sunday

**Time:** 7 AM to 11 AM (events, including prize distribution and meeting),

Pls feel to contact if you need further details: **9966673111** or email [info@manavata.org](mailto:info@manavata.org) or visit us at:  
<http://yogathon.manavata.org/>

Thanks & Regards,  
Manavata Hyderabad chapter,  
Ph: 9849057179, 9966673111  
[info@manavata.org](mailto:info@manavata.org)