



MANAVATA 3H

Covid Issue - May 2020

mission to create
**HEALTHY
HAPPY
HARMONIOUS
WORLD**

Manavata's Covid Relief Work

*Manavata stands for humanity, understanding other beings,
caring for them and believing that we all can make a difference - Srinivas Alluri*



2120

GROCERY KITS
DISTRIBUTED



2500

PATIENTS
TREATED



730

YOGA FOR
IMMUNITY



4250

FOOD PACKETS
DISTRIBUTED



35000

MEDICINE KITS
DISTRIBUTED

From Srin's Desk



At the outset, I bow in respect to all the Doctors, Police, Volunteers, donors and countless others who have come

forward to work together and help the needy during this pandemic situation. The dedication and commitment each one has shown is humbling and exemplary. Manavata's COVID relief work could not have been possible without all your unflinching dedication.

Manavata's COVID relief work includes 4 categories based on the current priority to help needy. **First**, feed hunger: Healthy food grocery kits to migrant workers and food distribution to travellers and poor. **Second**, Manavata's Virtual OP medical support to serve the Police on Duty for both Telangana and Andhra States; Immunity kits distribution to front line workers. **Third**, Yoga for Immunity as we believe holistic healthy style improves immunity and protect people from virus; train people

regularly on healthy living, diet, pranayamas etc 4. Universal Peace Meditation for the benefit of all mankind along with inspirational webinars. I am very pleased to work together with such a great team of volunteers, we didn't realise time with last 60 days core volunteers tirelessly working for self-less cause! working together as a team, even we are all connected virtually, early hours to late night 18 hours a day, we felt it was blessing and we could be useful, save lives and serve needy at right time.

We could identify some of the COVID cases through helpline and sent them for testing at right time, which helped for COVID control. Holistic health care service helped many people to cure their problems naturally during lockdown time without going to hospital. With the team work we have been able to distribute over 2125 grocery kits, 4250 food packets and immunity homeopathy medicine to 35000 families.

With 60 days of virtual OP: We have also treated over 2500 patients with the help of our

doctors & frontline volunteers and health professionals. Thanks to TS police and AP police for their cooperation and working together. It also helped us to reach needy and distribute food safely with social distancing during lockdown.

The Yoga for Immunity program trained 730 families, Manavata's rural Health Centres & Homeopathy dispensaries ran as per schedule with social distancing and safely treated patients. Each of the centres were able to serve 60-70 patients, covering over 850 families in all. We also initiated to deliver medicines to the aged patients from far of distances who could not visit the clinic. Manavata's core objective is to blossom humanity with the 3H mission.

Be the change that you want to see in the world! Make a positive change, take care of yourself with healthy life style and care for elderly people. Please avoid spread virus by strictly following COVID protocols in next 6 months to 1 year.

Food for the Needy

This Lockdown, Hundreds of thousands of people, children and the elderly are not getting food; they lack access to safe, nutritionally adequate food.

Daily Wage Earners, migrant workers and the poor are struggling to survive. Manavata has pledged to help each family with healthy daily food.

Congratulations to Manavata food service team: Siva, Surya, Aravind, Ravi, Ramakrishna, Manoj, Mahadev and team for their hardwork and commitment for daily food service. Kothakota team volunteers Panduranga, Prakashji, Venkateswar, Pardha, Balakrishna, Sai and team for 20 days of serving food at Addakal toll gate for truck drivers and poor workers.



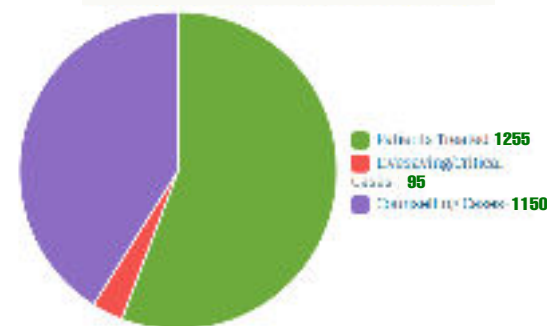
Medical Support: Free Consultation with Doctors

In the year 2000, Manavata's helpline was initiated for general public. It was a helpline for medical related emergencies, blood donations, critical surgeries etc. It was helpline for the poor citizen to access doctors for consultation. This helpline has extended to support and help the needy, the police department and their families as well.

The same helpline is used even more during the COVID emergency. Manavata works along with the Police Departments of Telangana and Andhra Pradesh.



2500 Helpline Beneficiaries



Thanks to our Doctors & Volunteers

Our heartfelt gratitude and thankfulness to all our doctors who provide their services for Manavata. Their indomitable spirit and generosity to further the cause of service is exemplary.

The doctors, expert in their respective fields, volunteer and provide their service free. They visit remote villages, listen to their patients, and serve them with utmost care and empathy.

We also would like to shout our a BIG THANK YOU to Manmohan Jain and Hitesh from ZENSARK Technologies Pvt Ltd (www.zensark.com) with the Manavata Web designing assistance they provided for the Covid Relief Operations.

We also thank Tulasi, Jyoti and Surya Prakash garu for their continous hard-work commitment and dedication.



Manavata UK

The amazing teamwork by Manavata UK chapter volunteers have inspired over 400 families to participate in the Yoga for Immunity: Online Daily Special Sessions (5 am, 6 am and 7 am). They are all qualified Yoga teachers who have volunteered their time and made significant impact and also helped for fundraising.



Manavata US

Thanks all US chapter volunteers for your continuous support. Special thanks for your volunteering consistently for Manavata COVID relief work the past 60 days. Sincerely appreciate your efforts for your help to the needy, technical support, fundraising and also yoga for immunity sessions. Best Wishes to you all!



TS Police:

We recognize the diligent efforts of the Police department to stop the spread of the Covid-19 virus and keep us safe. Manavata Offered Free Tele-Medical & Health consulting services for Police & their families.

Our Helpline specializes in holistic, counseling and preventive health care with Highly-skilled Doctors, Psychologists, Counselors. Service-oriented Volunteers are constantly available on the Helpline in saving lives in these dire times.



Manavata launched free Medical helpline with TS Police on 8th of April, 2020, we are still continuing the service. So far 800+ counseling calls, 500+ patients calls treated successfully. We also supplied Arsenic Album 30 immunity medicine to 20,000 police families along with information brochure on Homeopathy, Ayurveda and Yoga for immunity.

DIG Smt. Sumathi garu, IG Smt. Swathi Lakra garu, also appreciated for timely support to during the crisis with medicines and essentials. She specially thanked our volunteers for the continued support on NH44 for supplying food for migrant workers and the poor across the city.

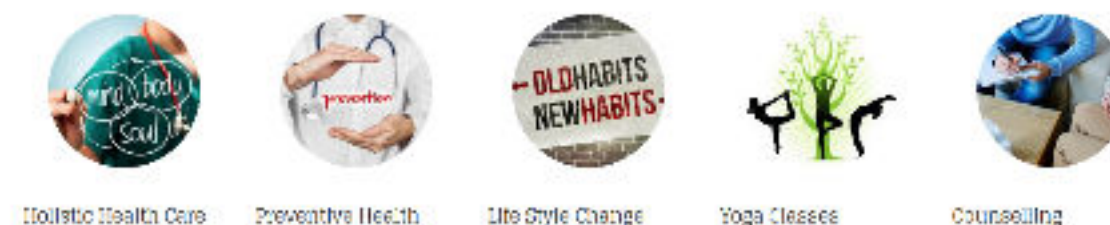
Telangana Police arranged a Teleconference Meeting with the DGP Sri Mahender Reddy, IPS and invited all the NGO Partners for covid relief operations (serving food and dry ration kits) and acknowledged our Services. So far we have counseled 350 and treated 500 Medical cases.

AP Police:

IG Mr. Srinivasulu Bathini took initiative to launch this Manavata helpline for AP police. AP DGP Goutam Sawang launched Free medical helpline service on 15th April. DGP addressed at a Teleconference with AP Aarogya Bhadrata Welfare Officer IPS Ramkarishna garu, All district SP's, CPs, Unit Officers, IPS officers and briefed about Helpline services. He appreciated each and every one of the Manavata doctors, volunteers, founder and director. So far we have counseled 350 and treated 500 Medical cases. also supplied 1000 immunity kits.



Our Holistic 3H Approach Includes



Rural Health Centres

Manavata rural Health centers (Homeopathy dispensaries) in Lolla, Biccavolu, Kurmapuram, Alamuru, Pedapalla, Rachapalli, Srungarayani palem, Gangavaram, Vetlapalem, Konkuduru, Sandredu and other locations were held peacefully with COVID protocols and social distancing rules.

Each center served 60 to 70 patients each. During this period we also delivered medicines to those poor old patients who could not come from long distance. All the patients who have taken treatment and medicine were happy to see us during this Covid Lockdown time.



Yoga for Immunity

Manavata has been regularly conducting Yoga for Immunity sessions online.

The Program is free and has more than 300 participants for each session.

Covid-19 attacks when our immunity is low. Yoga is the best way to stay healthy and build your immunity. Manavata specializes in teaching Classical Yoga. We have coached over 120,000 students across the world; Trained over 200+ Yoga Teachers; Provided over 350+ Yoga Therapies for differently-abled children. Our Family Yoga Program has covered over 3000 families.

Family Yoga - 6-7 AM IST & 6-7 PM IST

Yoga for Beginners - 7-8 AM IST

Chair Yoga for Elders - 5-6 PM IST

Yoga for Police - 6-7 PM IST

Yoga for Teachers - 6-7 AM IST



The Food Kits Contents

Covid Grocery Kit	Health & Immunity Kit	Vegetable Kit	Cooked Food Drive
 Rice (5kg), Mung Dhal (1kg), Ragi Flour (1/2 kg), Dry Chilli, Sea Salt and Mask	 Turmeric, Ginger & Garlic, Jeera & Dhaniya, Black Pepper and Sonti (Dry Ginger) Barley (250gm) and Sabja Seeds (100gm)	 Carrots, Sweet Potato, Onions, Cabbage, Bottle Gourd, Cucumber and Seasonal Vegetables.	 Rice, Jeera Rice, Spinach Dhal, Gongura chutney (Leafy), Curd Rice, Butter milk

Success Stories

Timely Holistic care recovered Constable Srinivas from Nagarkarnool

He got severe temperature, skin allergy, itchy skin, whole body bleeding with rashes, blood comes out of the wounds. His wife called Manavata medical helpline. Dr. Suryaprakash consulted the patient, requested the photos of the skin and suggested diet and precautions. Founder Mr. Srinivas had a online video call and suggested to keep the clean environment at home, apply neem & turmeric paste to whole body and take bath with neem water, suggested body cooling diet like coconut water, barley and fresh fruit juice, tippa teega kashayam. they followed this method strictly, got betterment within 2 days. Manavata also escalated to TS police, local SP team acted quickly to take get some local treatment too. Daily Manavata volunteers followed up this case, 90% is recovered. Wife called back and appreciated the help at the right time.

A 39 Year-Old Techie builds up his Mental Health

A 39 year-old Techie began to panic about the Covid-virus. He was mentally disturbed and abused everyone at home. He accused his family members of attempts to killing him. His terrified Sister called the Manavata helpline.

Manavata counseled him about changing the home environment. Suggestion to keep the home airy and provide lot of ventilation, to use white soothing curtains and make improvement to his food. After several phone sessions, his behavior has calmed down.

The patient feels better and is mentally stable. He has accepted the situation, and thanked Manavata for the critical counseling we provided at the right time.

A Constable Reclaims his Life after 2 Years

A Constable from Ananthapuram after an accident, became emotionally weak for 2 years. He felt no respect from his family, he started under performing at work, he was depressed and had tried to commit suicide. Moreover, he could not bear comments from his wife as she was deceiving him regularly.

His concerned DSP called Manavata Helpline to help him. Dr. Seshaih and Founder Srinivas Alluri through meditation, diet change, homeopathic medication and daily counseling, taught the constable to control his addiction and change his mental state.

Constable feels better and realized his behavior was hurting him and others. He began to treat his wife better. This is yet another life is saved by Manavata.

Thanks to our Sponsor & Donors

A Big **Thanks** to all our donors, sponsors and partners. Over 100 donors contributed Rs. 26.5 lacs, 100+ volunteers including 30+ doctors & 30+ Yoga teachers worked together for Manavata COVID relief, contributed 33000 hours of voluntary work.



"We are proud to support Manavata! We feel our social responsibility is effectively reaching right needy with Manavata!"

We greatly appreciate Manavata noble work and volunteers dedication!

Thanks to **Sandhata** for their continuous support to Manavata! Their donation matching & fund raising initiative for Manavata COVID19 relief activities is highly appreciated!

A Special thanks to **Liberty foundation** and other NGOs who came forward to work collaboratively.

EVENTS GALLERY



Manavata for Humanity

Our Mission is to make the world Healthy, Happy and Harmonious: the 3H way.

We strive to reach all of humanity through voluntary initiatives aimed at the individual, family, village, society and global levels that improve human values and quality of living through simple, natural and eco-friendly lifestyles and livelihoods.

We engage the society with Health programs, Medical camps, Personality Development Programs, Self-Employment schemes (Women & Men), Value based education camps for children and supporting Farmers, Farming and the Environment.

Manavata's initiatives include Manavata Academy of Excellence MAHE (for the individual), Charity at Home (for the family).

Our Impact

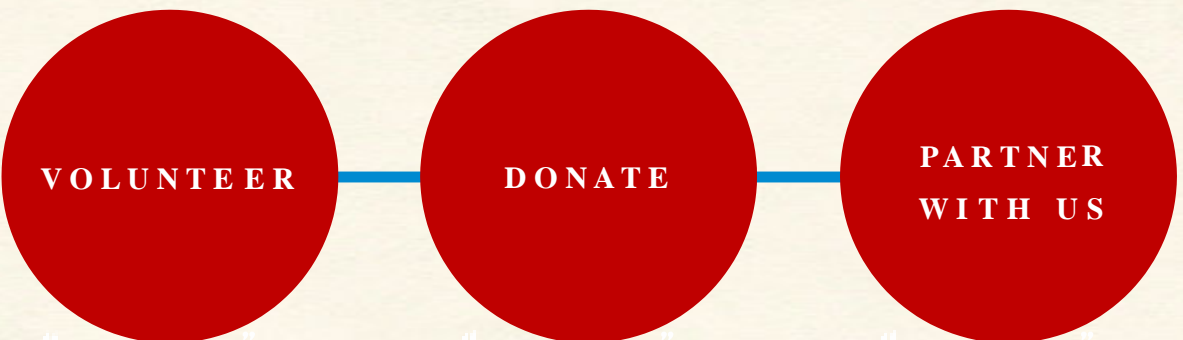
160000
BENEFICIARIES

8000
VOLUNTEERS

600
SCHOOLS

12000
TREE PLANTATION

JOIN THE MANAVATA FAMILY



Join the Manavata Family and contribute to the society in the ways you can.

Are you a corporate/company looking to engage the community via CSR?
Partner with us

Manavata Hyderabad
Plot No.62, Sri Tower, JNTU-
HITECH city road, KPHB Phase
VII, Hyderabad - 500 072,
Telangana, India.

Manavata UFH
Nata Valli, Kothakota mandal,
Wanaparthy dt,
Telangana

Manavata Ashram
Lolla, Rayavaram Mandal,
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www.manavata.org