



## Manavata UK Family Event 2013 News

**Get Together with Nature!**

**Be the Change that you want to see in the world!**

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## ***Selflessness creates Harmony!***

Manavata's extended family consisting of more than 150 adults along with in excess of 40 children from across the UK got together with nature into the heart of British nature in [Peak District](#). This get together event of our family has proven again that everyone can live with the 3H principles which is core to Manavata. These are only possible through self-less attitude, sharing and caring for each other with proper humanitarian approach in practice.

As described by Srinivasa Alluri, the 3H standing for Health, Happiness and Harmony are the most critical and often most neglected virtues to success, peace and tranquillity.

We all gathered for a cause, with a common mission of 3H:

- Live simple and protect nature
- Be Healthy with self-discipline, right food and Yoga/Meditation
- Avoid food wastage and no-plastics
- Cycle to work
- Empower children and help everyone who is need

Thanks to the participants who have greatly supported to make healthy and eco-friendly. The event highlighted how individuals and families can live together in an eco-friendly and responsible manner, without wastage of food, without using non – biodegradables (with exception of recycled milk bottles) etc. It was fascinating to see a wide variety of individuals merge together as a single synergy who stayed, worked, learned, played and enjoyed together without any inequalities.

Over the recent years, with increasing work pressure and deadlines taking a higher priority in our lives as opposed to our younger generation, we have pushed our younger generation to be more resilient on electronic gadgets and devices for entertainment. According to a recent survey published in the Times, children miss their electronic appliance more than parents if they were kept away from both for the same period of time. As a result, we focused our efforts this year to revise ourselves and teach our children the natural ways of enjoyment. These values demonstrate how we can use our learning, culture and traditions into our day to day lives to make life more lively and simple whilst being responsible.

As part of the event, the entire family from children to adults were re-introduced with eco-friendly and healthy games such as [Kabaddi](#), [kho-kho](#), football, cricket, tennis, chess etc. Adults were also introduced and promoted to adopt healthy cooking lifestyles to retain their nutritional value and to reduce the intake of salt, sugar and oil which form popular reasons for leading diseases in the modern world. As a part of healthy cooking and living, many participants learnt to prepare healthy breakfast with sprouts, salads, fruits Or Ragi-Oats porridge. This was further extended with additional emphasis on replacing processed foods with wholemeal foods which are known to be more beneficial for the mind and body. To prove and to promote this, no processed foods such as bread etc were used during the duration of the entire event.

The participants were surprised to be revealed at the end of the three day event that during this event which was attended by more than 150 participants, not even a single disposable was utilized and no food was wasted due to careful planning and management. If this is possible on such a scale, then it should be exemplary for smaller families who waste food on a daily basis irresponsibly due to a lack of care and planning. In recent times, there has been an ever increasing wastage of food at birthday parties, wedding dinners, and other parties due to lack of motivation for distributing the food not utilized or for lack of proper planning and management. This comes at a time when we are increasingly challenged around the world with shortage of food and turning to cultivate a more genetically modified food. Wouldn't it be more sensible for people to reduce this unnecessary wastage to conserve our resources?

Another major highlight is, learnt managing our time productively by starting the day at 5 am with enthusiasm and positive energy. Truly experienced how Yoga practice can bring positive and well-

being.

Highlights

Wonderful Venue: Smallwood Manore, Uttoxeter, Peak District



**Big Family together:**

Grand Success with wonderful over 150+ people took part in this event including 40 kids. Great team work and synergies.



**Daily Yoga/meditation practice and Healthy routine.**

Yoga session by Srimi:







### **Health and environment:**

Healthy, fresh food is prepared which has given nutrition & healthy life style knowledge to participants. We have managed to follow key principles of responsible human to take care of health and environment. Even though we are a big family of 150 members, we felt bad that 3 to 4kg food wasted on last day as last day some people left before lunch. Rest all days, we made sure that there is no food wastage.

Healthy recipes like: Salads, Continental Sambar, Crushed wheat Upma, Celery soup, steamed vegetables & nuts powder, Ragi, Peas and green leaves curry, homemade curd / yogurt etc.



### **Medical Essentials and Discussion on Humanitarian aid:**

Doctors from NHS Manchester, Dr. Narveswar Sinha (Ideal Charity), Dr. Raghunath (Joining Hands charity) and Dr. Surabhi (Heart specialist) addressed attendees. Shared took a session for an hour about day to day health issues. Very interesting discussion and useful for all families both awareness talks on address heart diseases and Hearing issues. Dr. Raghunath has also shared his experiences with Manavata projects, how he could help in different medical aid camps including cyber clinic. He has also promised to work together with Manavata volunteers to help poor patients in remote villages. It is great motivate for everyone towards humanitarian work. Srimi has thanked all the volunteers who are working together for a self-less cause and explained about "Paropakarthamidam sareeram" (this body is to serve others) and concept of self-less service to achieve purpose of human life. He requested all the volunteers to take initiatives in their own capacity for self-less service and how Manavata existing projects in Health, Education, Environment and Help Needy projects can be reused for sustainable development.





### Games:

Various Games like Kabhadi, Kho Kho, Cricket, Football, Tennis, chess and many more games played over 3 days







### **108 Suryanamskara challenge:**

25 children and 30 adults took this challenge. Meghana, Medha, Uma, Venkatesh, Khalai, Sanjay own gold medals. Venkat Para, Mahesh Patharlapalli took 2nd place.



### **Nature Walk:**

We managed to walk with families together couple of miles within nice campus of 80 acres and spent most of the time in greenery and sunlight. Though Raj and Gary tried to plan some outside walk paths, but avoided this as it is difficult to manage with lots of kids on road. However everyone enjoyed walking within the campus. Spent time with cows, horses and other animals also.



### *Pleasant evening with Meditation*

Session Conducted by Mr. Ravi Krian / Pranahitha





### ***Talk in Sanskrit in 1 hour:***

Workshop conducted by Madhurima from Telford (this was totally enjoyed by over 50 people who felt like back to school). We learnt basic conversation in Sanskrit very quickly in an hour time.



### ***Humanity and Self-less Service:***

Like Minded People shared their Knowledge on Humanity and we all motivated to work towards self-less cause! We have also shared ideas for different Manavata projects for 3H mission and help needy.



### ***Talent show and cultural events:***

All the kids have showed their talents and inspired everyone towards positive habits. (Rhythmic Gymnastics, singing, Dancing etc.) Meghana's rhythmic Gymnastics other wonderful talents presented by most of the kids:





## Teams:

We have organised ourselves into different teams for both activities and responsibilities. For food preparation, organising accommodations, cleaning

**Men:** there are 5 teams namely India, UK, South Africa, USA and France. They have played multiple games Kabaddi, Cricket and football.

**Organisers:** Raj, Mahesh, Venkatesh and team

As part of 'Get together with nature' event Manavata has organised traditional Indian game Kabadi and Cricket, football sports activities for adults. Lot of people showed interest in both games and especially enjoyed Kabadi. Two Kabaddi games matches were conducted between India vs US and France vs South Africa. India and France won on their respective games and both games were very competitive with only couple of points difference. Everyone also enjoyed the three cricket matches conducted during two days. There were plenty of outdoor sport grounds which were well utilised by everyone with lots of sun around by participating in different interested activities including walking.

## Kids and women Event

**Women:** 5 teams namely Kavery, Ganga, Yamuna, Godavari and Saraswathi. Played Kho-Kho, Cricket and few other games.

**Kids:** played plenty of games

**Organisers:** Suba, Hememalini, Pravina, Jayanthi, Priya, Sreelakshmi, Madhavi and team

The event hit off on Saturday morning with the outdoor sports events after breakfast. As planned and the weather being sunny, we kicked the day off with cricket match for kids. Dividing the kids into two teams as Mumbai Indians and Sun risers Hyderabad, the kids enthusiastically selected their captains. The captain for the MI team was Aditya and the SR, Hyd was Sujay. MI team won the toss and came

forward for bowling. We decided on 6 overs and MI winning the toss chose to do the bowling first. The sun risers Hyd took 13 runs .The MI also took 13 runs in 6 overs and hence the match was a draw. Organising the cricket match for the kids, women got inspired and decided to play the friendly match among themselves. Deciding on 10 overs, the team a decided to bat first and got 14 runs. For most of the women, it was the first time holding the bat, just enjoyed the experience. The team B got 15 runs and won the game. With loads of fun and play under the sun, we took a break for cooking dinner which was followed by meditation.

On Sunday, as per the plans, all the kids were taken to the tennis playground. According to their ages, they were divided into two groups. One group aged, 5 -10 and the other 10+.The winners for the tennis for the age group 5-10 were Rishi and Abineeth. For 10+ age group (doubles team), were Meghana and Divija. The runners up were Bharghav and Sujay. Simultaneously, we also organised the skipping rope competition for the girls aged 5- 10 and the winners were Reshmi (100)and Tranthini(97) in one minute. The age group 10+ skipping competition winners were Meghana(123) and Divija(100) in one minute. Also the competition was conducted for ladies as well, where the winner was Pravina.

Simultaneously, Madhavi conducted the Lemon and spoon for kids and women. The winners for the kids aged 5- 10 were Manusri and Tejasvi and for the ages 10+ were Saloni and Divija. The winners for Lemon and spoon for women was Sri. We also conducted the running and back running for women. The winner for both the event was Sarvani.

Women played kho-kho.Many people enjoyed playing it as like in school days. The women were divided into teams of two with 10 people in each team. The captains were Uma and Sarvani, respectively. Sarvani's team won the game with all the players being caught in Uma's team. It was total fun.

After the break for lunch, the kids were all gathered to play chess.we had totally 12 kids registered to play chess. We had 3 chess boards and and divided the kids into 2 batches with 6 kids in each batch. The time was decided for 12 minutes for each game. We chose 6 kids to play the semi finals. Finally 3 kids, Adithya, Abhineeth and Charan were made to play against each other. The winners in chess were Adithya and Abhineeth followed by Charan in the third place. The kids were so excited and we were surprised to see many kids play for the first time .Their moves were great as they were playing like professionals.

Sunday was finished by the lovely performance by all the kids in the cultural event.





## Vote of Thanks:

We must appreciate the efforts everyone made to gather together and make a positive change in each of their families. A big thanks to all the participants and volunteers.

Special thanks to volunteers Hemalatha Karwa, Hememalini, Pravina, Jayanthi, Sarvani, Venkatesh, GR Reddy, Raj Marni, Sreelakshmi, Priya Maruthi, Madhavi, Venkat Reddy, Vijaya, Pranahitha, Ravikiran, Madhurima, Manish, Gary and many more (Apologies for missing many names).

Volunteers who contributed for Overall co-ordination of the Event: Uma Lade, Rao Penumudi, Mahesh, Kalyan, Suba, Babji and Srin

Also thanks to regional volunteers who helped from Milton Keynes, Telford, Reading, London, Basingstoke, Manchester, Halifax and other regions.

## Takeaways:



**TAKEAWAYS:**

- **Great Memories**
- **Positive Energy, Yoga & Meditation**
- **Healthy Habits (Ideal daily routine)**
- **Thoughts to lead Healthy and purposeful life**
- **Ways to lead Eco-friendly life**
- **Humanitarian / self-less service opportunities**
- **Inspire children to be more responsible**
- **Collaboration for righteousness**
- **Best practices for 3H family**

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

### **Happiness and feeling of oneness**

- Lots of great memories
- Learnt healthy recipes ([Download](#))
- Learnt about [Ideal Daily Schedule](#)

### **Yoga & Meditation:**

When we had a such a peaceful time, joyful sate and great energy where everyone did lot of activities with happiness with just an hour of Yoga in the morning. Why can't we just adopt the same in our day to day life to make our life healthy and happy. Find online Yoga on [www.manavata.org](http://www.manavata.org)

### **Eco-friendly shopping:**

To save environment taking small steps like stop buying stuff with trays. Hema Karwa proved that we can buy all loose fruit and veg without any plastics from local farmer markets.. She bought 500 Oranges, 500 bananas, 500 English apples and many other fruit and vegetables from maidenhead farmers market to use in this event. If one lady is able to manage this much, why can't we do it for our family weekly eco-friendly shopping.

### ***Make yourself Healthy Yogurt, no plastic pots:***

Priya Maruthi has made 25 kg fresh curd / yogurt at home and brought for everyone. She also made fresh again on 2<sup>nd</sup> day at our venue. Yogurt plastic containers are not recycled (as #5 type plastic costs more to recycle). So it is better not to buy them. But you can make wonderful yogurt at home with fresh milk (milk bottles are recycled). Priya has given yogurt seed to all the participants to take home which helps them to make curd at home.. This is amazing work from her. This saves so many plastic pots.

### ***No Food wastage:***

When we are able to manage without food wastage for such a big family, why can't we follow the same principle at every home in our day to day life.

### ***Time Management:***

When we are able to do so many activities in just 3 days and learned many things from each other within very short time, why don't we follow the same principle to start everyday with high energy and proper discipline.

### ***Humanitarian work and volunteering:***

Lots of issues around us and around the globe. But every little drop of effort helps.. Good that we had lots of good thoughts exchange to volunteer our time and invest our life for right purpose. Lots of collaborations, ideas, some of the new volunteers also already started involving in Manavata projects and taking up new initiatives for self-less cause. Practice of Humanity is the key to make world a better place to live. Thanks everyone for making such a huge positive impact. Let us continue contributing some of our time every day for helping someone without any expectations.

### **Useful links:**

[www.manavata.org/Yoga.htm](http://www.manavata.org/Yoga.htm)  
[www.charityAtHome.org](http://www.charityAtHome.org)  
[www.CyclingForHumanity.org](http://www.CyclingForHumanity.org)

### **Key Actions for Healthy Life:**

- Drink 1.5 liter water every morning + drink 2 to 3 liters water during the day
- Keep nostrils clean all the time to supply good oxygen
- Eat Healthy and more fresh food and avoid junk
- Spare an hour for Yoga and Meditation every day & practice with dedication
- Observe fasting 1 day a week with spiritual discipline
- Involve in self-less service regularly
- Be eco-friendly, Live simple and Save Nature



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***Good food + good thoughts & Self-discipline + self-less service***



## Upcoming Events:

### **Cycling for Humanity Bike Month 2013: 22<sup>nd</sup> June to 23<sup>rd</sup> July:**

Please join this to inspire everyone for a cause! Join following events or Organise a local rides / walks in your area with your friends and families.

### **Manavata Team to UN**

United Nations has accepted Manavata's SRDP paper presentation and Invited Srimi as a speaker in High Level Segment Conference in Geneva. Rao, Babji, Suba and Manish are also going along with Srimi for 4 days conference which will be a great learning for the team from 1<sup>st</sup> to 4<sup>th</sup> July.

### **13<sup>th</sup> July: 75 miles Cycling: London to Brighton**

Reading/ Basingstoke teams starts from their locations and meet at Guildford. [Register yourself to be part of this exciting event:](#)

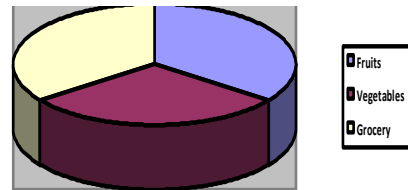
### **Volunteering Opportunities and Contributions:**

There are number of Manavata humanitarian aid projects, campaigns, life transformation and empowerment initiatives which needs many volunteers with different skills. We greatly appreciate if you can volunteer your time for project which you are interested. Have a look at website and [register yourself online](#) or mail us on [info@manavata.org](mailto:info@manavata.org) if you are interested to volunteer. If you would like to donate: [here is online donation link](#)

## Event Economics:

Total Contributions:	<b>£10975.45</b>
Total Event Expenditure:	<b>£ 8131.87</b>
Balance Contributed to Manavata	
Humanitarian aid projects:	<b>£ 2843.58</b>

(Thanks for additional contributions from some of the volunteers)



**Picture: Food spending Ratio**  
(Approximately 1000£ total food expenses)