



**Be a Responsible Human & Save the Earth**  
*Earth provides enough to satisfy every man`s need but not every man`s greed – Mahatma Gandhi*  
[www.manavata.org](http://www.manavata.org)



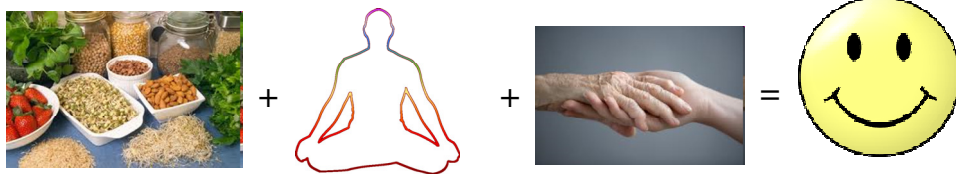
**Be the Change which you want see in the world: Green Your Routine**

# Cycling For Humanity

 <b>Plant More</b>	<p>Join the <i>CharityAtHome</i> movement to create a healthy, happy and harmonious world!</p>	<p><b>Be Honest</b> <b>No Greed</b></p>
 <b>Avoid Food Wastage</b>	<p><b>Actions At Home / Kitchen:</b></p> <ul style="list-style-type: none"> <li>• Reduce, Reuse and Recycle</li> <li>• Avoid food wastage &amp; energy wastage</li> <li>• Save energy: cook less &amp; eat fresh</li> <li>• Take your own bag for shopping</li> <li>• Buy loose items without plastics</li> <li>• Buy local produce</li> <li>• Grow vegetables in your garden</li> <li>• Cook only enough quantities &amp; avoid re-heating &amp; storage</li> <li>• Use clothe towels / reusable and avoid kitchen paper rolls</li> <li>• Dispose off your compost-able kitchen waste separately from glass, tin and plastic</li> <li>• Put foods in the fridge only after they have cooled down completely and naturally</li> <li>• Avoid using fridge for things which can be stored outside</li> <li>• Avoid over cooking &amp; frying</li> <li>• Avoid heat wastage: Use lid that fits. Cooking food on the hob in an open pan is incredibly wasteful. Use pan that fits to hob.</li> <li>• Adopt eco friendly exercise systems like Yoga</li> </ul>	<p><b>Practice Tolerance and Love</b> <b>No Hatred</b></p>
 <b>Conserve Water</b>	<p><b>Actions at Work:</b></p> <ul style="list-style-type: none"> <li>• Avoid plastics and use your own mugs</li> <li>• Save energy wherever possible</li> <li>• Reduce your paper use and recycle</li> <li>• Cycle to work</li> <li>• Avoid un-necessary travel / Optimize usage of machinery</li> </ul>	<p><b>Live with Humanity</b> <b>No Anger</b></p>
 <b>Avoid Plastics</b>	<p><b>Help your bit to save environment and to get fresh air, fresh water for now and future.</b></p>	<p><b>Be self-controlled</b> <b>No Lust</b></p>
 <b>Cycle to Work</b>	<p><b>Make sure that your own enjoyments and desires are not damaging nature.</b></p> <p><b>Be Simple, Be Eco-friendly and Be responsible</b></p>	<p><b>Be self-satisfied</b> <b>No Jealousy</b></p>
 <b>Eat Healthy</b>	<p><b>Save the Earth and Be Healthy</b>  <b>Thank you for your kind Support</b></p>	<p><b>Practice non-violence</b></p>
 <b>Avoid Alcohol</b>		<p><b>Balance Life and Nature</b></p>
 <b>Avoid Smoking</b>		<p><b>Use little and Give more</b></p>

### So where do we start?

1. **Help Yourself:** Simple, positive & healthy life style is the key to happiness.



*Healthy food + Self-discipline + Positive attitude + self-less service = True Happiness*  
 Enjoy a healthy lifestyle & work towards a harmonious society!

2. **Help Environment:** Be a Responsible human & Preserve our environment



*Reduce Carbon foot print + Plant More + Cycle to work + Help Children to get right Education & Values*  
 Conserve Water, Food & Energy: Help build a sustainable and brighter future!

3. **Help Others:**

There are many disadvantaged people, who need our help – the world would be a much happier place if each one of us spared some of our time/money to help those in need. Volunteering activities, can be very satisfying & bring happiness to all involved. Please represent humanity positively by being truthful, non-violent, tolerant and loving to all.



### About Organisers:

#### **Who we are**

**Manavata** (meaning 'Humanity' in Sanskrit) is an international (charity registered in UK, USA and India) voluntary, non-profitable and non-religious organization, engaged in a variety of social causes. It is run by a large group of service minded volunteers, aiming to bring together many enthusiastic youth and social service organisations, across continents, in service of humanity.

#### **Mission:**

To create and promote a Healthy, Happy and Harmonious (3H) world.