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

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MANAVATA PERSONALITY DEVELOPMENT SESSIONS



Vishwa Manavata Samastha, R.no: 3417/01, HO: Hyderabad, BO: Kakinada, Lolla,
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mission to create
HEALTHY
HAPPY
HARMONIOUS
WORLD

Manavata were conducted lots of Personality Development Programs (PDP) at various places across India for youth and school children in many Institutions, Universities and Central Jails in India and abroad. Hundreds of students and youth attended these programs. Manavata volunteers and the lot of many other like-minded people helped us to organize these sessions.

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1. Personality Development Session at Govt. High School, Dontamuru.

Manavata conducted a personality development camp in Dontamuru Government High school (Rangampeta Mandalam). Srinivasa Alluri has taken 3 hours' workshop for high school children covered key aspects for their development. Started with prayer, meditation and pledge for humanity. With such an inspirational opening, all the children well inspired to follow the path of Dharma/Satya and humanity.



Science and art for life, core human values, time management, purpose of life, how to live with consciousness, healthy food habits, techniques for improving concentration, cleaning techniques like jalanethi, eye cleaning, eco-friendly living, water testing, soil testing topics covered including demonstration. With this intensive session, all the children have well motivated, they are also promised to continue the MAHE education in their school.



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2. Personality Development Program in Government High School, Someswaram.

Srinivas Alluri has conducted Personality Development and meditation program at Someswaram Govt.High School. Srinivas has explained the importance of education, need of education, Social Responsibility & Village development, Importance of Self-sustainability, Rural development health education, need of saving of Nature and water.



Srinivas also has explained about Science and art for life, how to live with consciousness, core human values, time management, purpose of life, how to gain knowledge, self-control, will power, healthy food habits, techniques for improving concentration

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3. Personality Development session in Ramachandrapuram GV & KBM School



A special Manavata PDP program conducted for this school children in a pleasant evening in their grounds. All students from 1 to 10th and teachers attended this program. Srinivasa Alluri has covered humanity, true education is character building, and human values must be followed by every human being, our responsibility to keep ourselves healthy and serving for others as our duty. How to be healthy practice of Yoga, he also made them to practice few postures and meditation to improve their concentration. Volunteers Mr. Venkatreddy, Mr. Subbaraju and other participated. Chairman of the school, Principal and other teachers have given vote of thanks with felicitation of Manavata's founder.

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4. Personality Development Program @ Lolla Govt High School, East Godavari

PDP workshop and daily Yoga / meditation initiation in Government Upper primary school in Lolla. Teachers are students promised me to work together to excellence in both academics and human values.



MAHE library setup is also being done in this school now officially. Appreciate teachers who have committed Mr. Munireedy and others to keep up the momentum and improve the quality of the education to make this as an ideal school. Some of the Manavata children are in this school too.

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5. Personality Development Workshop for Prisoners, Mahabub Nagar Jail

Manavata Workshop was conducted at Mahaboobnagar District Jail by Sri Srinivasa Alluri. Humanity, Self-reliance, Ethical earning and right livelihood / living ethically, how to get control over mind. Practice session of yoga and meditation for them.



This interactive session went on well and inspired around 150 participants who are prisoners to transform their lives. Sri Srinu Naik (Jailer) who has introduced speakers, Manavata Mahaboobnagar committee member Sri Raj Mallesh given his message in opening speech for Manavata. Later Sri Srinivasa Alluri took an interactive session for an hour including practice of Yogasanas, Pranayama and Meditation. He has given some tips for them to focus their mind, improve their life skills to live ethically. Though they got this imprisonment due to their criminal records, they all promised to work hard, live with honesty and humanity without any crimes.

Manavata honored and appreciations are given to Jail Superintendent Mr. Sampath, who has been doing wonderful work with honesty to improve lives of prisoners and reduce crime/corruption. for the same purpose he also has done cycling from Hyderabad to Delhi! He would like to work together with Manavata to reduce the crime and to promote 3H in towns and villages. Later Srini has handed over few plants to plant within campus which can purify environment within the jail campus.



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6. Personality Development Program in Gitanjali Public School, Hyderabad.

Manavata conducted a Personality Development and MAHE Program in Gitanjali Public School at Hyderabad for 5th to 9th standard students.



Sri Srinivasa Alluri started the session by wishing “Happy Rakshbandan” addressing them brothers and sisters to school students and Staff. After given a valuable speech and brought awareness on Humanity, Healthy Living, holistic self-development, mind excellence and the session ended by doing Pranayama and Meditation. Appreciations to best students in the school to take 3H mission forward and help all other children in the school to improve their true education and humanity. Srini suggested to every student to be more efficient by using their time for helping others every day.



Students and staff felt pleasant and inspired towards humanity to extend help to those who are need and promised to protect environment.

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7. Manavata PDP Session in G.Narayanamma Institute of Science and Technology (for women), Hyderabad.

Manavata conducted a workshop in G.Narayanamma Institute of Science and Technology with the help of Dr.P.Aparna(HOD of Humanities and Mathematics Dept.) for around 600 students in two Sessions.



Sri Srinivasa Alluri handled the whole session in his single hand, given inspirational speech, Personality Development class, talked on Healthy living and Humanity, also Yoga practice with them. Students showed more interest and they enjoyed the workshop. After completing the session some students came on to the stage that who having stage fear and never talked in front of all with mic have shared their feelings about the session and also one girl told that she was interested to give financial support to MANAVATA when she started earning.



After the session many students came forward with confidence and expressed their will towards humanity. One student told, after the session. I have got clarity about life. I can say now "Life is a beautiful gift given to us by God, it is our duty to make it meaningful by our thoughts, words, deeds and serving all beings".

In the concluding and vote of thanks, Dr. Aparna, HoD, gave a wonderful messages along with list of reference books for students for regular reference.

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8. PDP Program in Amadabakula High School, Near UFH



Government ZP High school in Amadabakula village has hosted Manavata Personality development program. Mr. Prakash ji has initiated with this school and school teachers Mr. K. Shekarachary, Mr. Devanna, HM N. Vidyavardanamma and other teachers organize this session.



Mr. Srinivasa Alluri has presented about holistic development and shared his experiences to inspire children. After session children felt so confident and felt very positive to make their life better.

Everyone felt that this session also helped children to continue their studies with inspiration and avoid problem of school drop outs.

This school is very much interested to continue and implement regular MAHE program.

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9. PDP Workshop in Matrusri DAV Public School, Miyapur, Hyderabad.

Manavata has conducted a Personality Development workshop in Matrusri DAV Public School at Miyapur, Hyderabad. Principal Smt. Anandavalli introduced and given a warm welcome to Manavata's mission.



Session happened in school assembly. Sri Srinivasa Alluri has addressed students with his inspirational experiences and covered following topics: true education, how to gain knowledge, importance of attaining self-control and self-discipline, humanity, living simple with values etc. both students and teachers participated in this workshop.

Students responded very positively as part of interaction. 10+ students came forward and answered about Humanity.



Smt. Anandavalli given vote of thanks and expressed her full support to Manavata 3H mission. She said, "Mr. Alluri, I would like to thank you for the motivating talk that you gave to children today at school. May your efforts of doing good for humanity continue. I will surely work 3H mission"

10. PDP Session at Bikkavolu Govt. High School, East Godavari

Manavata has conducted a Holistic approach to Personality Development workshop Rayavarm Govt High School, East Godavari. Nearly 120 Students attended in this session.



Srinivasa Alluri took an interactive session for an hour including practice of Meditations, Breathing exercises, Mantra Recitation and Pranayam that enhance concentration and memory and grasping power, were taught and practiced.



Student Responses to situations were very enthusiastic

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11. Personality development program at Kotananduru High School.

Manavata conducted a Personality Development and MAHE Program in Kotananduru High School in Andhra Pradesh for 6th to 8th standard students. Approx. 120 Students were attended in this workshop.



Srini has explained in this session full of activities to realize the leadership traits and skills in children and by following certain techniques they can be the problem solver and can work continuously for self-improvement. Overall it was an interesting session.



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12. PDP for Job Aspirants @ Aravind Krihisi Campus, Hyderabad

Manavata has conducted PDP session for Job Aspirants @ Aravind Krihisi Campus, Hyderabad



Srini told the students that in this era of globalization and privatization, hard and soft skills matter a lot in getting success or obtaining job opportunities. He gave useful tips regarding on facing interview board and being more presentable and encouraged the students to develop good communication skills. Srini emphasized the importance of having clarity while setting goals. Also, one must be determined and prepared to make sacrifices in order to achieve the goals. He influenced the listeners to live as leaders while showing the students the right path. The workshop also included various new techniques and ways of approaching each subject and provided guidance and motivation to students to make it to a new range of careers. He spoke on 'how to take up challenges and make superior decisions. Feedback from the participants indicated that the workshop was successful, and regular sessions were suggested by participants.

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13. PDP Workshop at Rayavaram High School, East Godavari

Manavata has conducted a to Personality Development workshop Rayavarm Govt High School



Srini taught ways to direct the thought process towards positive thinking and several ways to relax the mind. She told the teachers to find their strengths and assets and feel good about their self because only when one is happy with oneself, they will be able to reinstate that into happy classrooms.



Srinivas Alluri highlighted on effective communication skills, techniques of improving teacher student relationship, improving listening skills and enhancing positive classroom environment. Srini also explained how to gain knowledge, importance of attaining self-control and self-discipline, humanity, living simple with values etc.

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14. PDP Workshop at Nan Xi School, China

Srinivas Alluri has conducted a Personality Development workshop in Nan Xi School, China. Srini made students to introduce themselves. The workshop covered various aspects of personality components in details.



The students actively interacted and participated in the workshop which lasted for over two hours. Various components of a composite personality including confidence, clarity of expression, voice personality etc. were taken up.

In this highly interactive workshop aimed at personality development of student, the students who exhibited great confidence, various queries were put forward by the students and Srini clarified all these queries of the students about how to improve this aspect of the personality where they can feel more confident to take initiative in their lives. Various confidence and personality enhancement exercises were conducted with the students.



This is the best school in the region. Principal and students have received us very well and given us overview of the school after that Srini visited 3 classes to understand students. They all responded very well for the Manavata message of 3H and practice of humanity. They are very much disciplined and well received the message. We have hope on their future to make them self-less leaders.



Middle school visit at bottom of the hill: Here also students so excited to interact with us. And we could pass on the message to 7th standard students.

The event was successful and it rightly benefited all those who attended it.

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15. PDP Workshop at Kothur Government High School, Andhra Pradesh.

About 50 were students attended in this workshop. This workshop for development of communication skills of the students.

Srinivas Alluri has covered in this on effective communication skills, techniques of improving teacher student relationship, improving listening skills and enhancing positive classroom environment. There was a power point presentation along with a few activities to make learning fun.

Through multimedia presentation, animated and energizing speech, he stressed that for rising in any field of career and communication, attitude, Leadership, plays the most important role.



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16. PDP Workshop at Koti School, Hyderabad



Manavata has conducted a to Personality Development workshop in Koti School, Hyd.

The main aim of the workshop was to create awareness about the importance of healthy food, physical and mental exercises, and Importance of Self-sustainability.

Srini has shared his experiences and told, Teachers should earn respect from students by being open-minded, only if students feel that they can learn something new from the teacher, will they show interest in the class.

The workshop was very interactive and inspiring.



17. PDP Workshop at Gujarati Pragati Samaj School, Hyderabad

Manavata has conducted a PDP workshop in Gujarati Pragati Samaj, Hyderabad.

The workshop aimed on improving the level of efficiency and productivity of the support staff. Cleanliness, work organization, personal grooming and good communication skills were emphasized. About 250 students were attended.



Sri Srinivasa Alluri took an interactive session for an hour including practice of Yogasanas, Pranayama and Meditation.

Srini motivated the students to think practically, understand the application of each concept to inner depths and accomplish higher goals

Srini shared his experiences and spoke about journey, hurdles and obstacles that came in his way and eventual success and encouraged the students to follow their dreams and work hard in order to reach the zenith of success.

He also highlighted the life stages and career development cycle, factors affecting choice of streams, scope of streams and importance of time management, Leadership.

Overall, it was a fruitful experience for all.



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18. PDP Workshop at Kurnool, Andhra Pradesh.



Manavata has conducted a PDP workshop at Kurnool, Andhra Pradesh. The workshop involved various sessions on positive attitude, communication skills, Public Speaking, Personality Development and effective classroom techniques that need to be adopted by teachers. Approx. 300 students were attended in this workshop.

This workshop help the participants to communicate better and speak with confidence with individuals, officials, clients, participate actively in meetings, conferences and also speak from platforms. This workshop also help a person to develop a forceful personality and get along well with others by developing inter-personal and intra-personal communication.

He also taught the teachers various breathing, relaxing and meditating techniques. It was a highly informative session which aimed to build the logical thinking skills of students.

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19. PDP Workshop in Govt. High School, Coimbatore



At Coimbatore Srimi handled a special session that included Yoga and brain development techniques for Autistic children in a special school. He also conducted a Personality Development Program for 400 students at a government school.

Srimi spoke about language problems, learning problems, quality time to be given to children as well as about study structure like reading, understanding, learning, answering and retaining. Discussion on teaching skills, learning skills and classroom participation also took place.

This workshop which focused on controlling anger through the techniques of yoga Meditation and also discussed a few points on positive thinking. The workshop emphasized on practicing meditation regularly.

He also gave useful tips were given to make plays more effective. It was truly interactive, fun filled and an enriching session.



20. PDP Workshop at Rayavarm, Andhra Pradesh.



Manavata conducted PDP Workshop at Rayavaram, Andhra Pradesh.

Srini took interactive session through presentation which aimed at empowering students with innovative methods of learning English in classrooms which was a great learning experience.

He added also the students have a very stressful schedule. These kind of workshops will be a welcome break for the students and they will also learn something new from them. In this session students learnt step-by-step, systematic methods to enhance their personality through discussions, group activities, questionnaires, individual exercises and practice sessions.

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21. PDP Workshop at Ramachandra puram Andhra Pradesh.

Manavata has conducted a PDP workshop at V.S.M College Ramachandra puram, Andhra Pradesh.

Srini took an interactive session about the various challenges faced by students, factors for building a successful career, role of hard work, will power, goal setting and time management.

Such workshops if conducted at regular intervals will benefit students to improve their communication skills as well as correct attitudinal defects

The workshop was very interactive and inspiring.



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22. PDP Workshop at Bharath Nagar, Hyderabad



This workshop focused on enabling a student to know himself, his abilities, aptitude, interest, Self-sustainability and personality and then guiding him to choose career in accordance with his strengths and limitations. About 100 students were attended in this workshop.



Srini also taught the teachers various breathing, relaxing and meditating techniques to Students. Teachers and students promised not to waste food and water and live with honesty.

23. PDP Workshop at Vedurupaka, Andhra Pradesh



Manavata has conducted a PDP workshop in Vedurupaka

In this session Mr. Srinivas Alluri motivated the students and filled them with new zeal to become better student and human beings. He emphasized on the need for a student to keep up the knowledge, learning additions things and creativity. Srinivas Practiced with students of the breathing technique of pranayama which makes them feel peaceful and calm.



Srinivas also informed about various healthy foods and included in healthy breakfast and how it is the most important meal of the day. The student returned home an enlightened lot.

24. PDP Workshop in Burrakayala Kota, Andhra Pradesh

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Manavata organized a workshop in Burrakayala Kota, Andhra Pradesh.



Overall it was an interesting session.

Srini has taken an interactive session full of activities to realize the leadership traits and skills in children and by following certain techniques they can be the problem solver and can work continuously for self-improvement.

In all it was a learning experience majorly for the students and for the teachers as well, as they got a useful tips of how they can make their class teaching creative and thereby more effective by just developing the imaginative and creative buds of the students.

25. PDP Workshop in Khammam



Government College in Khammam has hosted Manavata Personality development program. Manavata volunteers and the love of many other like-minded people helped us to organize these sessions.

Srini promoted positive thinking and stressed on proper planning, layout for any task or goal that we want to achieve

The workshop emphasized on techniques adopted to establish a connect with different kinds of students and how to encourage students to move from rote memorization to critical thinking.

The conference was thus an academic enrichment experience for educators and enabled them to strengthen their leadership skills and thereby develop the problem solving skills of students. Overall students learnt a lot from these hands-on experiences.



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26. PDP Workshop in Venkatayapalem, Khammam



Manavata conducted PDP Workshop in Government School in Venkatayapalem, Khammam.

Srini has given a valuable speech and brought awareness on Humanity, Healthy Living, holistic self-development. About 200 students were attended in this session. The program focused on how to gain knowledge, self-control, will power, concentration among other things. In this session students learnt inter - personal relationship, co-operative attitude, creativity, leadership quality. The workshop also taught ways of engaging the student's interest besides giving them the desired information and ensuring that they understand the concepts being taught.

Students enjoyed themselves thoroughly.



27. PDP Workshop in Kottayam, Kerala



Manavata conducted PDP Workshop in engineering students of KHIT (Kollam Harnadareddy Institute of Technology)

Srini addressed a session in the Orthodox Theological Seminary, Kottayam, Kerala, the first Orthodox Christian School of theology in Asia. Principal Rev Fr Jacob Kuriyan, along with about 150 priest students attended the session. This was followed by a session in Baselius college, Kottayam, presided over by Dr. Jacob Kuriyan Onatu. Other sessions in the Kerala tour include sessions at Kuriyakose Gregorius College, Pampady and BMM Higher Secondary School, which are sister schools. Sessions were conducted in Catholicate Higher Secondary School, Pathanamthita and Jerusalem Mount School, Vakathanam. Srinivas also spoke to farmers with help from Dr. Kuriyan who translated his talk into Malayalam.

They were enthusiastic about the whole experience and were hoping to repeat it in the coming years.