



Vishwa Manavata Samastha is organizing lot of workshops, awareness programs and events on Yoga, Surya Namaskaras and Meditation programs since 15 years. Manavata has trained around 20,000 people including school children, college, university students, corporate employees and others.

Some of the workshops which Manavata had organized in various locations at Hyderabad, Vizag, Kakinada, Rajahmundry, Lolla, Mahaboobnagar, Bangalore and Mumbai.

The workshop reports as follows:

Workshop Name	Venue
Yogathon-2013	Hitex Grounds, Hyderabad
Yogathon-2014	Hitex Grounds, Hyderabad
Yogathon-2016	JNTU Grounds, Hyderabad Ashram Public School, Kakinada
Yoga workshop	Kondapur, Barath Nagar Ashram, Safari Nagar, KPHB 6 th Phase, Moosapet Ground, Manavata Office Premises, Nizampet Shaikpet, Pebbair, Mahaboobnagar, Ramachandrapuram, Lolla, Rayavaram, Mumbai, Bangalore and etc.

A Report for Free Yogathon Workshop on “Yoga & Surya Namaskaras” at Hitex Exhibition Centre, Madhapur, Hyderabad

(1)	Name of Workshop	Yogathon-2013
(2)	Date / Time Duration / Venue	19 th October 2013, 7A.M to 9.A.M, Hitex Exhibition Centre, Madhapur, Hyderabad
(3)	Topics Covered in workshop	<ul style="list-style-type: none"> ✓ Warm up Exercises ✓ Benefits of Surya Namaskaras ✓ Benefits of Yoga and Pranayama ✓ How to do Meditation ✓ How to do Yoga ✓ How to do Pranayama ✓ Benefits of Meditation ✓ Prize distribution for 108 Surya Namaskars Winners and participant certificates to children and corporate employees.
(4)	No. of participants (Schools/College / Corporate/others)	650 Members (approx.)
(5)	Yoga Trainer	Sri. Alluri Srinivas
(6)	Organized by	Vishwa Manavata Samastha

As part of Manavata 22nd annual day celebrations, Manavata has organized the Free Yogathon workshop at Hitex Exhibition Centre, Madhapur, Hyderabad on 19th October 2013, 7A.M to 9.A.M

A Yoga session of around one hundred twenty minutes was organized in the presence and guidance of Sri Alluri Srinvas who is the founder of Vishwa Manavata Samastha.

Around 25 school children, college students, corporate employees and others were participated in the 108 Surya Namaskars Competition and this workshop enthusiastically.



Registrations for Yogathon-2013 @ Hitex Grounds



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A Yoga practitioner, Sri. Srinvas Alluri was demonstrate various Yoga postures and explain correct way of doing asanas and Surya Namaskaras'.



Warm up Exercises

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Yoga session was started with chanting of 'OM' followed by 108 Surya Namaskaras competition and Yoga Practice. Srinivas Alluri explained that regular yoga helps various parts of the body to perform their functions smoothly and in proper coordination. It also strengthens the immune system and does internal cleansing of blood, body parts, body systems, organs, veins & arteries. It brings a one, in harmony and peace.





Distribution of Prizes for Winners and Participation certificates for Participants

Members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm after the session and requested the Co-Ordinator to organize this kind of workshop for every year in different locations for motivating of everyone.



YOGATHON-2014

THEME: “Yogathon-2014”- By: Yoga Practitioner -Mr. Srinivas Alluri

Venue: Hitex Exhibition Centre, Madhapur, Hyderabad

DATE: 19th October 2014

TIME: 7:00 am - 9:00 am

Yoga Trainer: Sri. Alluri Srinivas.

Guest Speakers: Sri MCV Prasad, Brij Bhushan ji, Ravishenkarji (SSY guru and Natural farming campaigner, Penugonda

Organized by: Vishwa Manavata Samastha

EVENT REPORT

In continuation with the celebrations of the Manavata 23rd annual day, Manavata has Organized Yogathon -2014 and 108 Surya Namaskaras session at Hitex Exhibition Centre, Madhapur, Hyderabad, and 19th Oct, 2014.

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.

Yoga practice is quite cooling, and calming, which brings out vitality, productivity, peace, relieves stress, unclutters the mind & helps to gain focus.

Yoga started with “OM” chanting, remembering God in every aspect of life. Yogic activities included simple Neck to Toe exercises, moving to simple asana like Sukhasana, Tadasana, Trikonasna, Bhujangasana, and Vrikshasana etc



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The main yogic exercises done also organized “108 SURYANAMSKAR” competition (Sun Salutation)!



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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 at least 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)

The session ended with Relaxation, Shavasana and Om chanting.

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 self-lessness". Sri Alluri Srinivas has distributed the prizes to the winners and participant certificates to all the participants of 108 Surya Namasakars competition.

Guest Speakers:

MCV Prasad (Health and natural farming campaigner, Madanapalli), Brij Bhushan ji (AP Yoga association president, Hyderabad), Ravishenkarji (SSY guru and Natural farming



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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 every day, 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.

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.

Report on Yogathon-2016

(1)	Name of Workshop	Yogathon-2016
(2)	Date / Time Duration / Venue	20 th February 2016, 7A.M to 9.A.M, JNTU Grounds, Kukatpally, Hyderabad
(3)	Topics Covered in workshop	<ul style="list-style-type: none"> ✓ Warm up Exercises ✓ 108 Surya Namaskaras Competition ✓ Healthy Living session ✓ How to do Yoga ✓ Meditation Session ✓ Prize distribution for 108 Surya Namaskars Winners and participant certificates to all participants.
(4)	No. of participants (Schools/College / Corporate/others)	600 Students + Professionals (approx.)
(5)	Yoga Trainer	Sri. Alluri Srinivas
(6)	Guest Speakers	Sri K V Ramachandra Rao, Prajakavi JayaRaj
(7)	Organized by	Vishwa Manavata Samastha

Vishwa Manavata Samastha has organized Yogathon 2016 in Hyderabad, JNTU grounds today. Around 600 students from different schools, colleges and professionals have participated in this 108 suryanamaskara competition. Manavata volunteers have made necessary arrangements for all participants and made this event successful with a great team work. Some students are able to complete 108 suryanamaskara



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Explaining the benefits of Surya Namaskaras and Yogasana



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Relaxing in Shavasana



Meditation

Yogathon-2016 has inspired students but it needs lot of commitment from schools and parents to make them responsible human beings. At present both parents and school teachers are not giving right direction to children to realize their real potential. They need proper training and regular practice to make themselves healthy physically, mentally, socially and spiritually. 108 Suryanamakara competition held for different age groups and winners have got medals and personality development books set. All participants have got good inspiration. Manavata has provided them healthy breakfast and personality development.



Yoga, meditation and personality development talks by Srinivasa Alluri, Founder President of Manavata, Dr. KV. Ramachandra rao (Naturapathy, humanitarian) and Prajakavi Jayaraj have inspired children towards humanity and health.

Srinivas has explained how to live simple, responsible, honest and healthy in day to day life.. and he has given good concentration tips for students. Current generation becoming weak and unhealthy day by day due to wrong practices and laziness. He said, it is our responsibility to spread right practices time to time to make everyone Healthy, Happy and Harmonious! Manavata invites you to join this and inspire all.



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Free Yoga & Meditation Workshop at Kondapur, Hyderabad

Date: 17.02.2013 Time: 6:00 A.M to 8:00 A.M



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Manavata has organized Yoga & Meditation workshop on request of Senior Citizens, Corporate Employees and other Professionals at Kondapur Temple premises.

The participants practiced some of the Yoga exercises and did meditation under the guidance and supervision of Mr. Srinivas Alluri.

The Last 30 minutes was spent on doing asanas for peaceful meditation which was relaxing to the body. The yoga specialist shared the importance of meditation and its benefits in the daily life of a person.

Srinivas Alluri enlightened the participants about the necessity of yoga for our healthy and happy life by telling that Yoga is a discipline that gives positive strength to our mind, body and soul.

The participants enjoyed the yoga and meditation.

Yoga & Meditation Workshop at Barath Nagar Ashram, Hyderabad





Yoga practice has been shown to improve several aspects of mental health in normal children.





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Free Yoga & Meditation Workshop at Safari Nagar, Hyderabad



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Free Yoga 10 day's Workshop at KPHB 6th Phase, Hyderabad

Date: 08.02.2015

Manavata has organized 10days free Yoga camp on request of 6th phase colony association, KPHB 6th phase, Hyderabad. The yoga classes successfully organized in the guidance and presence of Yoga Trainer Sri Alluri Srinivas.



These workshops aim at promoting Yoga and health seeking behavior in the long term and thus, unlike a general curative health camps also majority work on building awareness regarding common ailments, natural remedies, nutrition and hygiene. All participants were registered with their name, address, with their contact numbers.

All participants thanked to Manavata for organizing for such a free Yoga & Meditation classes.

Free Yoga Workshop at Barath Nagar Play Ground, Hyderabad



School children aged between nine and thirteen years, performed better on a hand steadiness test, suggestive of better attention and concentration and they showed a significant improvement.

Free Yoga awareness Workshop at G.Narayanamma Institute of Science and Technology (for women), Shaikpet, Hyderabad.

Date: 11.08.2016

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.



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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.

Yoga Trainer Srinivas Alluri explained the necessity and importance of Yoga in women's life. He demonstrated Surya Namasakar postures and some Yogasanas to the Students.

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. She called upon all students to take leadership towards self-less service with the inspiration of the Mr. Srini's work along with all Manavata volunteers.



Free Yoga Workshop on the accession of Youth Day at Manavata Office premises, Hyderabad, Date: 12.01.2016

On the occasion of Youth Day celebrations, Manavata has organized special Yoga workshop on 12.01.2016 at Manavata office Premises. Sandhata Software employees, HDFC, Sai Maruthi Service Centre, Barath Nagar Ashram Children participated in this workshop. The participants practiced some of the Yoga exercises and did meditation under the guidance and supervision of Mr. Srinivas Alluri.



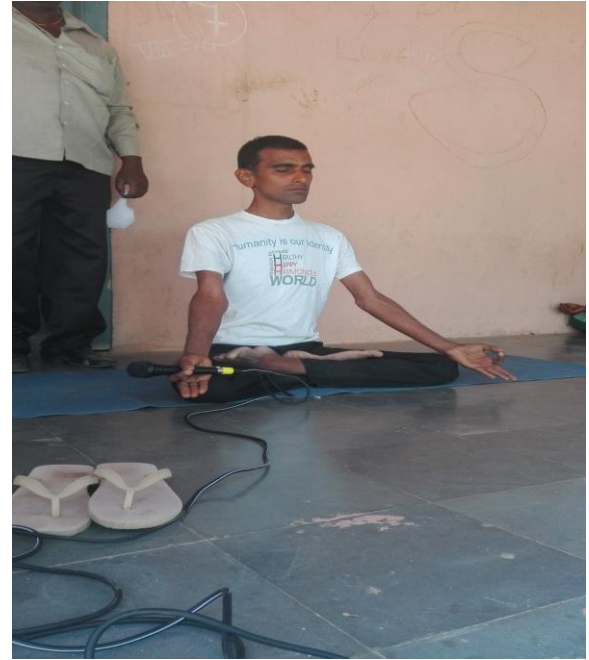
Yoga Workshop for MAHE Classes Nizampet, Hyderabad, Date: 23.02.2017

Manavata Samastha is organizing the MAHE classes for children for the age group of 8 years to 16 years. Srinivas Alluri has taken the Yoga classes and explained the value and importance of Yoga in our daily life. The children pledged to continue the practicing of asanaas and meditation with perseverance to achieve the objective of wholesome health.





Yoga awareness Workshop at Pebbair Government High School, Pebbair Mandal, Mahaboob Nagar Date: 01.02.2016



Yoga awareness, Meditation and PDP Workshop for District Jail Prisoners, Mahaboob Nagar

Date: 23.02.2017

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 Srinivas Alluri has handed over few plants to plant within campus which can purify environment within the jail campus.



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Yoga, Meditation Workshop at Mumbai



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Yoga, Meditation Workshop at Bangalore



Various yogic exercises and asanas were demonstrated by the yoga Trainer Mr.Srinivas Alluri

Yoga, Meditation Workshop at Ramachandrapuram, East Godavari Dist

Date: 03.12.2009

Major Activities

- ✓ Free Yoga Camp
- ✓ Free Consultation to Public
- ✓ Demonstration of Yoga Practices
- ✓ Benefits of Yoga and Pranayama
- ✓ Yoga Awareness Run/ Yoga day Awareness Walk

The Participants were from all age group such as Women, child, Youths etc. The Number of Participants was approximately 120. We had formed some small group of youth to inform the people to attend one month free yoga camp. On the demand of Participants we have had conducted our yoga camp on Sunday as well.





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Yoga is very necessary and beneficial for all human being if it is practiced by all on daily basis in the early morning.

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Yoga, Meditation Workshop at Lolla Ashram, East Godavari Dist



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Yoga awareness Workshop at Rayavaram Government High School, East Godavari Dist Date: 31.01.2017



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Yogathon - 2016: Kakinada on 27.02.2016

THEME: “Yogathon-2016”- By: Yoga Practitioner -Mr. Srinivas Alluri

Venue: Kakinada Ashram Public School, Kakinada

DATE: 27th February 2016

TIME: 7:00 am - 9:00 am

Organized by: Vishwa Manavata Samastha



Participated nearly 300 Children from various schools, local people and Volunteers. Blind children also participated in this workshop. As we have been working with blind school for their improvement here, they could learn bit of yoga. The children pledged to continue the practicing of asanaas and meditation with perseverance to achieve the objective of wholesome health. Srinivas Alluri thanked all participants and special thanks to volunteers who have done great team work to make this event successful