



**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**  
**Manavata Chaitanya Yatra 2010**  
**Udaipur to Mumbai (1000KM cycling & seva camps to inspire)**

 <b>No Smoking</b>	<p>Join the <i>CharityAtHome</i> movement to create a healthy, happy and harmonious world</p> <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 system like Yoga</li> </ul> <p><b>Actions at Work:</b></p> <ul style="list-style-type: none"> <li>• Avoid plastics and use your own cup</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>Help your bit to save environment and to get fresh air, fresh water for now and future.</b></p> <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 human</b>  <b>Use little and Give more.</b></p> <p><b>Save the Earth and Be Healthy</b>  <b>Thank you for your kind Support</b></p>	<b>No Anger</b>
 <b>No Alcohol</b>		<b>No Greed</b>
 <b>No Junk Foods</b>		<b>No Lust</b>
 <b>No Water Wastage</b>		<b>No Hatred</b>
 <b>No Food Wastage</b>		<b>No Jealousy</b>
 <b>No Plastics or No non-Biodegradable</b>		<b>No Violence</b>
 <b>No Pollution</b>		<b>Live with Tolerance and Love</b>
 <b>Plant More</b>		<b>Do right things &amp; Live with Humanity</b>



**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)



## Ideal Daily Schedule for Healthy life

*“Be the change which you want to see in the world”*

Following is an ideal schedule to maintain good health, to prevent and cure any ailments. One can make it suitable to their convenience depending on their job or work schedule. On the whole it is important to change the life style gradually and consistently to achieve this ideal state. Go slowly and make one change at a time with a strong will and sustainable practice.

Activity	Time	Tasks
<b>Wake up</b>	between 4am and 6am	
<b>Clean up</b>		drink 1.25 to 1.5 liters of water first round of abluion
<b>Exercise (Mind &amp; Body)</b>	1 hour	Yoga, Pranayam & meditation
<b>Clean up</b>		drink 1.25 to 1.5 liters of water second round of abluion drink 1 litre of water
<b>Breakfast</b>	Before 8AM	fresh juice or fruits
	after 1 hour	sprouts & dates
	after 2 hours	drink 1 litre of water in installments stop drinking water 30 minutes before lunch
<b>Lunch</b>	between 12noon and 1PM	Greens (spinach / curly leaves) cooked along with whole gains lentils along with unpolished rice or chapatti
		don't drink water while eating
<b>Snacks</b>	between 4pm and 5pm	fresh fruits / Water  if you feel hungry eat fresh fruits or dry fruits (no cooked food)
<b>Cleaning</b>	between 6PM and 7PM	drink 1 litre water Abluion
<b>Dinner</b>	between 7:30 PM and 8PM	½ kg vegetables (steamed or fresh) with roti or brown bread or unpolished rice
<b>Sleep</b>	between 9:30 PM and 10PM	a prayer or a few minutes of meditation will help for a pleasant sleep

Complete information can be downloaded from the following URL:

[http://charityathome.org/index.php?option=com\\_content&view=article&id=77:health-info&catid=39:health&Itemid=88](http://charityathome.org/index.php?option=com_content&view=article&id=77:health-info&catid=39:health&Itemid=88)