



WE ARE EARTHLINGS



In a world where you can be anything, Be Kind!

ABOUT YV CARE

"YV Care" is a Project organized by the Discover Urjaa Charitable Trust, an institute registered in Mumbai in 2004. YV Care is the brain child of Vignesh Manjeshwar, who has worked in the field of human behaviour. YV Care started in September 2019 with the intent to create awareness on the impact we have on the environment and other species – Earthlings.

YV Care inspires living in a manner where our actions cause minimal harm to all. Our aim is to create awareness about the lifestyle choices we make individually and its direct impact on the environment, the people around us and the animals. Through the workshop we introspect how as individuals we can reduce this impact. With this aim in mind YV Care began workshops titled 'We Are Earthlings'.

OUR VALUES

COMPASSION



EQUALITY

FREEDOM

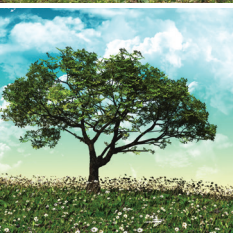


RESPONSIBILITY

The objective behind starting YV Care is creating a lifestyle that causes minimal harm to the planet as a whole. To promote the habit of consuming only what is required and as far as possible, living a minimalist, cruelty-free and compassionate lifestyle.

In addition to the 'We Are Earthlings' workshops conducted every week, we plan to launch a series of short videos and films to spread this awareness to the masses.

Through our workshops, we look at the impact of our choices and learn to adopt a more mindful lifestyle which resonates with our true values.



YV CARE WORKSHOP "WE ARE EARTHLINGS" CREATES A SPACE

- To explore our relationship with the natural world and connect with it
- To create awareness on the impact of the human lifestyle on the planet
- To question traditional beliefs, culture and values that harm the environment
- To understand how to align our beliefs and values with our actions to live harmoniously with nature.

We conduct workshops for Corporates, Schools and Colleges as well. Our workshops are custom designed. We also have Advanced workshops arranged for participants.

Our workshops are conducted every week. The workshops are free of cost and include plant-based lunch and snacks. The food we provide proves that one can eat healthy, tasty and interesting meals without being cruel to animals.

The many who have attended our workshops unanimously acknowledge the harm we cause to the planet, the cruelty and injustice done to animals; also becoming aware of the health aspect - how we destroy our health as well with these cruel irresponsible choices. Fifty percent of those who attend the workshop choose to shift to a more compassionate way of living and opt for a cruelty free lifestyle.

To facilitate the participants in their resolve to be a compassionate, just and responsible human being, we stay connected with them through support groups on WhatsApp and Facebook. We offer assistance through discussions, address challenges, share resources, educational videos and articles, along with information on alternatives available to facilitate participants in transitioning to a cruelty free lifestyle.

YV Care aims to contribute in creating a more humane and compassionate world – one where we question our actions and not follow tradition or culture for the greater good of mankind, animals, the environment and our planet.

Through our workshops, we embrace new beginnings and by making mindful choices in our lifestyle that align with our core values.



FREE WORKSHOPS REGISTER NOW

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