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BHAVYATA FOUNDATION

April 2020



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

Greetings
From
Bhavyata Foundation!

In the following pages, we present the Monthly Dispatch of April 2020. The pandemic of the COVID-19 coronavirus is the most massive global health crisis of our time and the single greatest threat we have faced since the Second World War. Bhavyata Foundation took the initiative and attended to the first call of distress during the Covid-19 crisis. We provided essentials kits, monthly ration, awareness on Coronavirus infection and conducted weekly webinars on Ayurveda for immunity building, diet plan and much more.



HIGHLIGHTS

The distributions of Grocery and essentials kits to the fleeing migrant workers, daily wage labourers, remote rural areas & the slum dweller Weekly Webinars on Ayurveda, immunity and other home remedies were conducted to assist the members of our community in fighting this war against Covid-19 pandemic..



A Month of Mass Upheaval & Your Massive Generosity

Mumbai's Covid-19 epidemic could be the largest Covid-19 city epidemic in the world to date.

The distributions of Grocery and essentials kits to the fleeing migrant workers, daily wage labourers, remote rural areas & the slum dweller, who constitute more than 50% of this megacity of Mumbai, were poverty-stricken and locked up in small shanties. The mission began with much furore and by setting up supplying channels immediately.

Covid-19 pandemic and follow up of nationwide lockdown were not only shunning economy and basic supplies, but isolation caused emotional, mental and severe immunity challenges.

Hence, Webinars on Ayurveda, & immunity home remedies were conducted in the wake of the Coronavirus epidemic in the country.

PROJECT UPDATES



Hunger Free Nation initiative & volunteers real-life heroes for 50,150 Migrant workers, Farmers, Mumbaiers and more to stay back home with family, in first 3 months of Covid-19 Lockdown.



The month of April witnessed the first steep rise in the charts, and the fear brought the entire Indian nation to a complete standstill. People were still reeling from the 21-day lockdown of March & rises in the cases of Corona patients and panic had just begun. We could see lakhs of daily wage labourers, migrant workers, taxi drivers and Rickshawala starting fleeing to their hometown.

Bhavyata Foundation Presents

ayurvedic WISDOM

Long Live With Ayurved!


EYE CARE


DIABETES MANAGEMENT


WATER THERAPY

TOPICS COVERED

- Eye Care in times of Digital Exposure
- Types of Water in Ayurved & its Utility
- Preventive & Curative Management for Diabetes

SPEAKER



POOJA SHAH
Nadai Vaidya & Ayurvedic Physician

APRIL • 16th • 18th • 21st

03:00 - 4:00 PM

ONLINE WEBINAR

REGISTRATION FEES
- ₹300

REGISTRATION LINK
www.bhavyata.com/ayurvedicwisdom1

Your fees fund charity to reach out to support COVID 19 affected families.



Ayurvedic Wisdom

Wellness & health Ayurveda Webinar conducted by **Ms. Pooja Shah** facilitated preparation for Immunity & hailed hundreds of people locked in their homes to find mental and emotional peace.

EVENT UPDATES

1.COVID-19 PANDEMIC FOOD-RELIEF PROJECT

Bhavyata Foundation distributed 5348 kits of essential items in areas including Chembur's Thakkar Bappa Colony - skilled labourers, the Taxi drivers/ Rickshawalas in Ghatkopar East, Shastri Nagar, Dharavi, Indira Nagar, Hari Nagar, New Sainath Nagar, Walkeshwar, Virar, Vasai, Dabbawalas in Nallasopara and 7 other locations and could stop these labourers who were risking their lives and their families' by venturing out at that critical time.



2. Ayurved Dincharya (A 10-day course From 4 April to 13 April 2020)

A 'Lessons for life' initiative, in interest of wellness and health.

The webinar covered the theory and applications for:

- Daily Morning Routine
- Diet and Seasons
- Upkeep of Bodily Organs

3. Ayurved Wisdom Series (A 3-day course from 28 April to 30 April 2020)

Bhavyata Foundation has undertaken the task of reviving traditional and scientific wisdom of Ancient India under its initiative "Lessons for Life". In the Ayurvedic Wisdom Series, we shall dwell on strengthening our bodily organs; harmonize with elements of nature, protecting us from lifestyles like diabetes, eye care in this digital age and Immunity.





SWITCHING TO AN AYURVEDIC DIET: Rules for 3 meals of the day

Ayurveda's Holistic Lifestyle Approach for the Management of Coronavirus disease (COVID-19) & Building robust immunity.

According to Ayurveda, five elements make up the universe — Vayu (air), Jala (water), Akash (space), Teja (fire), and Prithvi (earth). They form three different doshas or constitutions, which are considered to be some types of energy in your body.

Practised for thousands of years, the Ayurvedic diet is an essential component of Ayurveda. It's based on determining what your dominant dosha is and according to that, deciding the food that keeps balancing them.

1. The first and most important thing that we should keep in mind is NOT TO SKIP BREAKFAST EVER! Fasting is not recommended in an Ayurvedic breakfast since it disturbs all of the three doshas.

2. During the time between 10 am to 2 pm, pitta dosha stays at its peak. Hence, it says that lunch should be one's most important meal of the day, & should be fresh. An ideal meal should contain six modes of taste, ranging from bitterness to sweetness.

When you are following a specific and healthy diet, your health will show the sparks of excellent physical and mental strength.

For example, the ayurvedic Sherbet called Sherkaro-dakam is prepared by simply dissolving sugar in cold water and adding pinches of cardamom, camphor and pepper and a few cloves. This is a simple, soothing ayurvedic beverage helps in semen production and digestion, is purgative and increases bodily strength.

The Three Doshas

Vata - Air + Space

Pitta – Fire + Water

Kapha – Water + Earth

WHAT HAPPENED IN APRIL?

13 April 2020 marked the 101st anniversary of the Jallianwala Bagh Massacre.

On this day, the martyrs who were killed mercilessly in Jallianwala Bagh are remembered. Prime Minister Narendra Modi paid tribute to the innocent martyrs who showed great courage and sacrifice.



"I bow to those martyrs who were killed mercilessly in Jallianwala Bagh on this day. We will never forget their courage and sacrifice. Their valour will inspire Indians for the years to come," the Prime Minister said in a tweet. The Prime Minister also shared a picture of his earlier visit to Jallianwala Bagh memorial.

INDIA PAYS TRIBUTE TO MARTYRS ON 101st YEAR OF JALLIANWALA BAGH MASSACRE



Killing 560 children, women & unarmed men who had gathered for a peaceful protest on the festival of Baisakhi.

The Hunter Commission report published the following year by the Government of India criticised both Dyer personally and also the Government of Punjab for failing to compile a detailed casualty count, and quoted a figure offered by the Sewa Samati (a Social Services Society) of 379 identified dead, and approximately 1,200 wounded, of whom 192 were seriously injured.

The casualty number estimated by the Indian National Congress was more than 1,500 wounded, with about 1,000 dead.

TIPS FOR HEALTHY LIFESTYLE

1. *Waking up at Brahma Muhurta :*

Brahma Muhurta is a period 96 minutes before sunrise. Waking up at this 'creative hour' is beneficial for us as it is the most auspicious for prayers and meditation because of the serenity and high level of oxygen in the air.

2. *Drinking Tamba Paani :* Storing drinking water in a copper (Tamba) vessel helps improve the immune system, aid digestion, heal wounds sooner than before and even boost tan.

3. *Nasya:*

The Ayurvedic term for nasal therapy is Nasya. Nasya oil can be used for moisturising the nasal passage ways on its own or in combination with a neti pot.

4. *Wearing Footwear:*

Padatra Dharana (Wearing footwear) is recommended to protect the feet from any harm and to keep the vital points of feet safe. Walking barefoot is extremely harmful to the health of feet, eyesight as well the whole body.



**Know Uniqueness & Ability
of your Children.**

Work according to the biological
clock that calibrates with nature &
Sun's movement.

BENEFICIARIES AND

TESTIMONIALS



1. Mrs Bhagyashree

Chandramohan Telkar from Indira Nagar, who helps her husband to run a small tailoring shop, said they were unable to pay their only co-worker and had to stop the business in the lockdown and had to sleep empty stomach for 4 days with her whole family.

2. Indira Hari Rawat from Dharavi who used to segregate plastic out of garbage heaps said, "I was feeling so helpless. I fear that hunger may kill many like us before coronavirus."

IMPACT

TOTAL 4 KITS

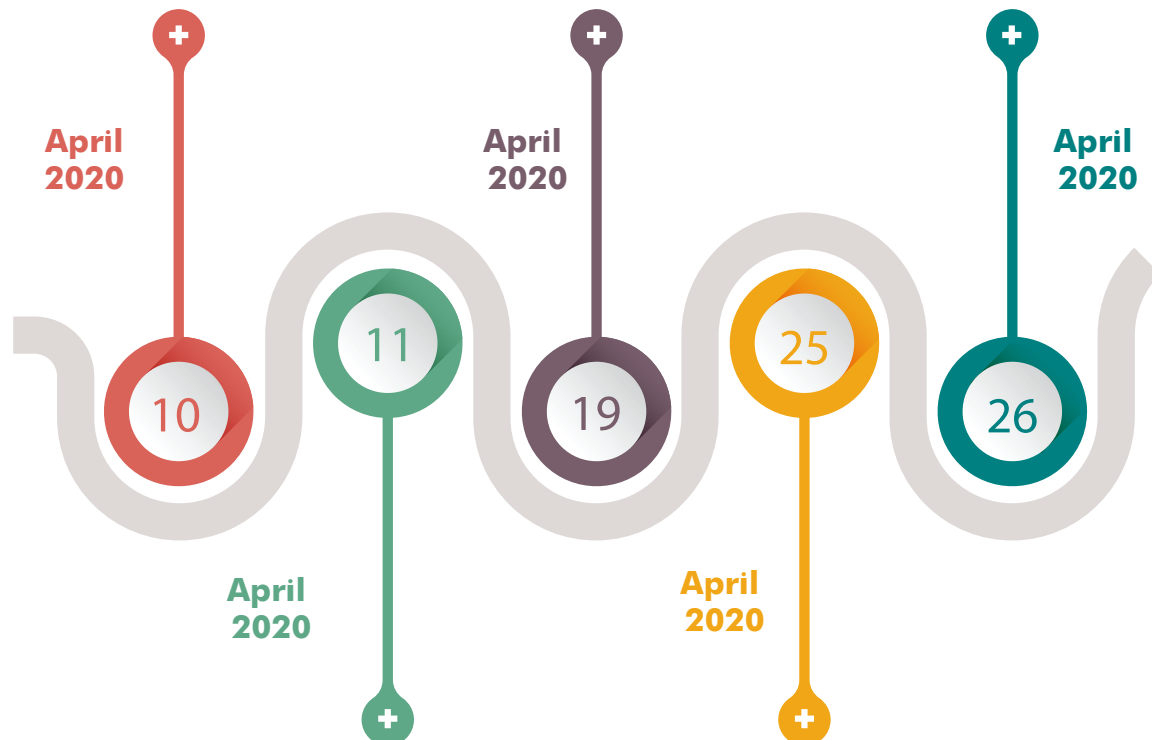
Tilak Nagar, 4
Chembur

TOTAL 1413 KITS

Dharavi	650
Indira Nagar & Madhav Baug,	128
Ghatkopar - West	
Nityanand Nagar,	15
Ghatkopar (W)	
LTT- Mumbai	70
Thakkar Bappa Colony,	200
Chembur	150
Asalpa	200

TOTAL 641 KITS

Meerut -Kishanpuri, Bhagat Gate, Delhi Road	50
Delhi - Jia Sarai, Kalu Sarai, Hauz Khas	50
Aurangabad- Surewadi, Gokul Nagar, Pattarwadi,	
Harshul, Harshul-Palsi Road	300
Kurla	11
Gadchiroli	230



Tilak Nagar, 10
Chembur

TOTAL 10 KITS

Tilak Nagar, Mumbai	200
Pantnagar, Ghatkopar East, Mumbai	100
Thakkar Bappa Colony, Chembur	100
Ramabai Colony: Ghatkopar East	200
Thane	400
Jogeshwari	200
Vile Parle, Shastri Nagar	100
CST Station, Mumbai	100
Banganga, Walkeshwar	100
Banganga, Walkeshwar	100
Andheri East, Mumbai	100
New Sainath Nagar, Majiwade,	350
Thane - 350 families	
Harinagar, Jogeshwari - 200 families	200
Ramabai Colony, Ghatkopar - 90 families	95
Sai Baba Nagar, Pantnagar,	95
Ghatkopar - 95 families	
Shastri Nagar, Vile Parle - 60 families	60
Aarey Colony, Goregaon - 100 families	100
GPO, CST, Mumbai - 100 families	100
Banganga, Walkeshwar - 100 families	100
Tilak Nagar, Chembur - 150 families	150
Adarsh Nagar	330

TOTAL 3280 KITS



NUMBER

No of KITS donated



IF YOU WANT
TO ELIMINATE
HUNGER,
EVERYBODY
HAS TO
BE INVOLVED



OUR PARTNERS

In collaboration with Annamrita Foundation, we provided Khichdi biweekly for three weeks in April at Thakurdwar, Tardeo for 300 people making the count to 1800 plates. While Thakurdwar residents were elated to receive them, we switched to necessities like Atta, sugar, dal, rice, soap, and sanitization kits so that no life was risked to this disease through contact.

5348 KITS
DISTRIBUTED
IN THE MONTH
OF APRIL

Pranic Healing Foundation - 2760
Ernst and Young Foundation - 2495
Entrepreneurs Organization, Mumbai (EO) - 1300
Bhavyata Foundation - 3475



UPCOMING PROJECTS in May 2020



Distribution of Grocery kit & awareness On Covid-19

Distribution of Grocery kit and spread awareness On Covid -19 issued by WHO

"Through this Initiative, we reached out to needed families in Western Suburbs of Mumbai - Dahisar, Kandivali, Borivali and Mira Road and provided them Grocery Essentials & spread awareness of Covid Infection." "Through this Initiative, we reached out to needed families in Ghatkopar, Dharavi, Nallasopara, Vasai

provided them Grocery Essentials & spread awareness of Covid Infection."

Vedic Maths -Revival, Recreation & Re-strengthen mind in Covid -19 pandemic

This program was for Mathematicslovers as the original Sutras, Range of calculations with Sankrit Sutras with a Board understanding of Mathematics was conveyedthroughthissession.

BENEFICIARIES

Peons

Slum
Dwellers

Rural
People

Barbers

Waiters

Hawkers

Tailors

Housemaids

Farmers

Cobblers

Low-Wage
Earners

Construction
Workers

Dabbawalas

Taxi/Rickshaw
Drivers

Carpenters

Laundry
Workers

Shoe Polishers

Sanitation
Workers

Wage
Labourers

Watchman

Garbage
Pickers

Helpers

Carpenters

Landless
Labourers

MEMBERSHIP FEATURES

1.

BENEFITS BY Reciprocal Giftings

Creative Handcrafted goodies include Embroidered Lifestyle Product's. Festival Accessories include Natural Herbal Holi Colors & Bamboo Rakhis. Household Utilities like Kansa Dinnerware, Copperware Utilities and other are eco-friendly products of daily use.

2.

CONTRIBUTES BY Supporting Our Initiatives

3.

INVOLVES BY attending Events

Also, added incentives for the member are complimentary registration to Our Select Flagship Sessions on Lifestyle, Educational and Nation Building Seminars throughout the year. Some of our popular sessions are on Ayurvedic Dinacharya, Parenting Modules, and Preschool Nurturing for Toddlers, Green School Program, and Untold Heroes of India.

A SMALL ACT OF KINDNESS

MEMBERSHIPS

A GREAT GIFT TO SOCIETY

INDIVIDUAL MEMBERSHIPS (Annual)

Patron Member

5,000

Associate Member

10,000

Affiliate Member

25,000

**FamilyMember
(25 members)**

35,000



We are seeking support & contributions from individuals, communities & corporations. You can support us by being a Bhavyata member.

GROUP MEMBERSHIPS (ANNUAL)

Privilege Member

50,000

**Corporate Silver Member
(25 members)**

6,00,000

**Corporate Gold Member
(50 members)**

11,00,000

**Corporate Platinum Member
(100 members)**

21,00,000

INDIVIDUAL MEMBERSHIPS (Annual)

**PATRON
MEMBER**

₹5,000

**ASSOCIATE
MEMBER**

₹10,000

**AFFILIATE
MEMBER**

₹25,000

**FAMILY
MEMBER
(4 MEMBERS)**

₹35,000

GROUP MEMBERSHIPS (Annual)

**PRIVILEGE
MEMBER**

₹50,000

**CORPORATE
SILVER
(25 MEMBERS)**

₹6,00,000

**CORPORATE
GOLD
(50 MEMBERS)**

₹11,00,000

**CORPORATE
PLATINUM
(100 MEMBERS)**

₹21,00,000

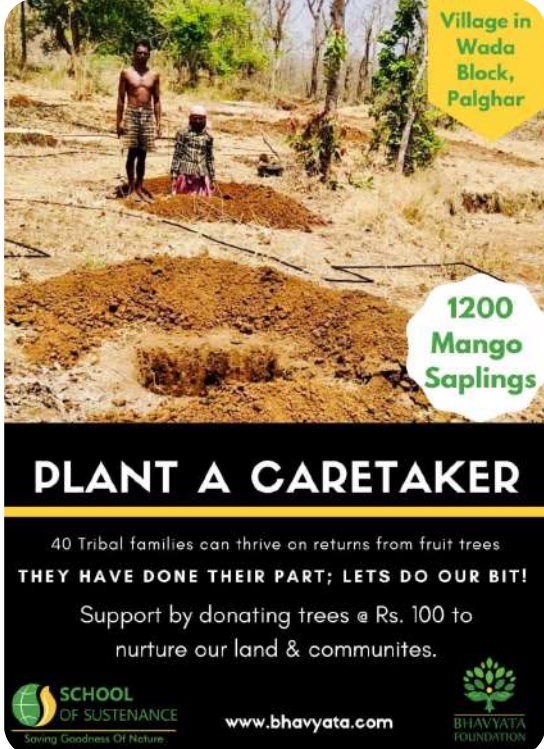
CAMPAIGN PROMOTIONS

*Donate to our Plant-a-Caretaker campaign
to provide livelihood to 140 families.*

Contribute to India's ecological and economic advancement. 1200 mango and 2500 bamboo saplings are being planted in the Wada and Vikramgad blocks of Palghar district. These trees shall provide a livelihood to 140 families for the rest of their lives. To ensure income for a family, adopt 30 trees. 30 mango saplings = INR 3000 (INR 100 per tree) 30 bamboo saplings = INR 510 (INR 17 per sapling)

DONATE NOW

THANK
YOU




Village in Wada Block, Palghar


1200 Mango Saplings

PLANT A CARETAKER

40 Tribal families can thrive on returns from fruit trees
THEY HAVE DONE THEIR PART; LETS DO OUR BIT!
Support by donating trees @ Rs. 100 to nurture our land & communities.

 SCHOOL OF SUSTENANCE
Sowing Goodness Of Nature.

www.bhavyata.com

 BHAVYATA FOUNDATION



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NEXT ISSUE

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Grocery Kits distribution to Rural Areas, Dharavi and more

02

Vedic Maths –Revival & Recreation

03

Spreading Awareness on Covid- 19 in distressed regions