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APRIL 2021



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

Greetings from Bhavyata Foundation
In the following pages, we present the Monthly Dispatch of April 2021. The second wave of COVID -19 hit the nation hard and led to mass deaths. During this hour of deteriorating mental health and augmenting fear, the Bhavyata Foundation organised an online Ayurvedic way of tackling second wave session. Our team visited the Palghar district for surveys and evaluation. We also conducted a Marma therapy session and two teacher's training programs for Anganwadi and Balwadi teachers.



Helping People By Charity Is The Most Human Thing We Can Do.

HIGHLIGHTS

- ✓ Samadhan – Tackling Malnutrition
- ✓ Teacher's Training Program
- ✓ Ayurvedic Session
- ✓ Marma Therapy Session

Our volunteers visited the Palghar district to conduct surveys with parents and evaluate their situation. Samples of nutritional supplement were given to know the acceptability of taste. Additionally, two teacher's training was also conducted. One was for Palghar District's Aanganwadi teachers and the other for BMC Balwadi teachers. The goal was to teach them new methods and activities.

The second wave of COVID -19 without any questions raised left the country at its feet. The world witnesses mass spread and surging of deaths. This left those who are in their homes full of anxiety and stress. To help this, the Bhavyata foundation organised an online session which was titled 'Tackling the second wave: The Ayurvedic way'. We also organised a 'Heal N Feel' or Marma therapy session to teach others the way to relax their body and mind.

PROJECT UPDATES

Under the initiative 'SAMADHAN', the team of Bhavyata foundation visited the tribal belt of Palghar district for evaluation and understanding the ground situation. This initiative aims at rooting out malnutrition amongst children. With the assistance of Anganwadi teachers, we filled surveys forms and had conversations with parents. These forms helped us get insights into their diet regimen, lifestyle, monthly income and health issues faced by them. Samples of nutritional Supplement were given for tasting to children to know the acceptability of taste. Then we came up with low-cost recipes that can be made from locally available sources rich in various nutrition.

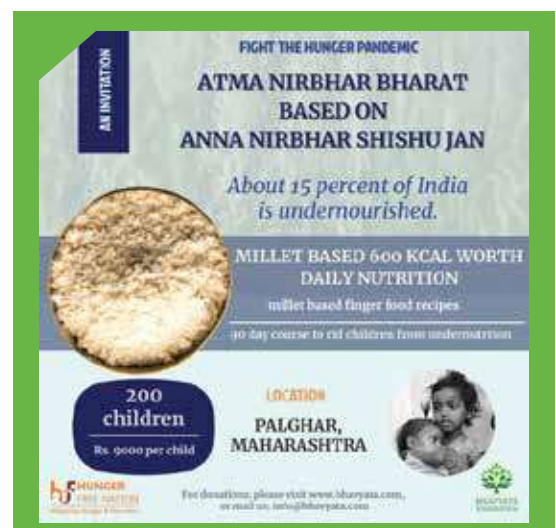


In April, the Bhavyata foundation launched two teacher training programs. The first program was organised on 4th April for the Anganwadi teachers of the Palghar district. We introduced them to new teaching methods, played a few games, introduced intriguing activities, and explained to them the benefits of the activities and how they will help in a child's mental growth. The second program was an online session that was launched on 9th April for BMC Balwadi teachers. We discussed various activities that could be included in the curriculum for holistic development

ATMA NIRBHAR BHARAT

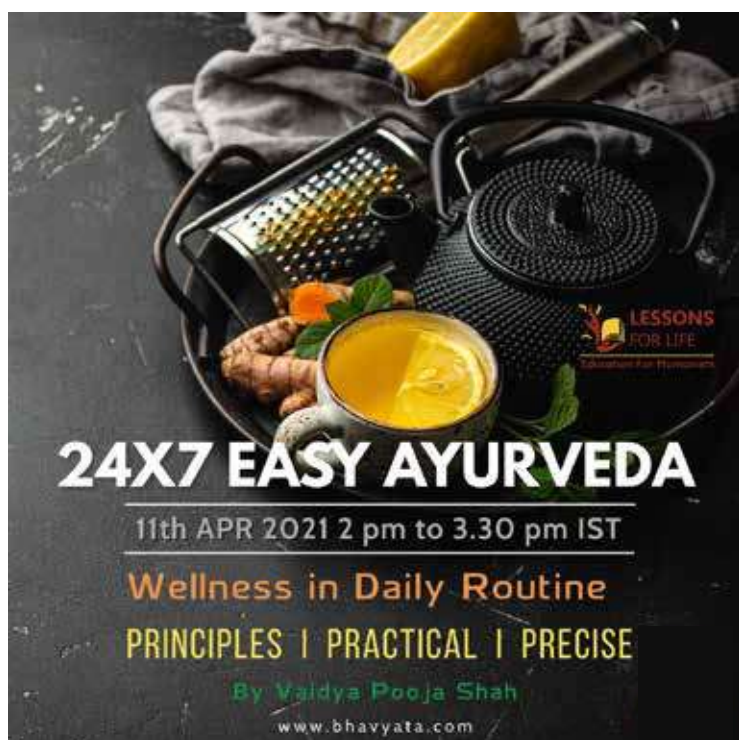
Projects reflected 5 main aspects of the Indian Culture, and most important weapons India could give to the world in its battle with Covid-19 :

1. Hatha Yoga
2. Krida Yoga
3. Organic Farming
4. Mother Cow



EVENT UPDATES

Under these stressful COVID times, the Bhavyata foundation took the initiative and organised an online Marma therapy session. The session was titled 'Heal N Feel' and it gave detailed insights regarding the innate healing power of human beings. The speaker of the evening was Lokesh Chauray and this session was divided into three parts - Reflexology, Marma massage and Wand massage. The aim was to promote the power of self-healing and make people conscious regarding the effects of Marma therapy which, today, is known as Acupressure. Later, the session was also made available on Bhavyata Foundation's Youtube channel.



With the sudden surge of Covid cases and the mass spread of the virus leading to confirmation of the second wave, the Bhavyata Foundation took the initiative and organised an online session. The session aimed at making others aware of how Ayurveda can help in this fight against the unseen. The speaker of the session was renowned Vaidya Pooja Shah, and it was titled '24 x 7 EASY AYURVEDA'. The session was divided into parts, with each piece shedding light on adapting ayurvedic in daily routine and some crucial aspect of the COVID fight. The session is available on Bhavyata Foundation's Youtube channel.

MISSION COMPASSION

Kansa artisans, or Kansaris, are struggling in the face of government apathy and decreasing demand. With the disappearance of guilds and children moving away for better livelihoods, they are at the risk of losing their community heritage altogether. So, when you buy Kansa, you not only buy a product but rather, you support a community that is striving to keep a tradition alive. You are making a community self-reliant, being a catalyst towards an Aatmanirbhar Bharat. Bhavyata Foundations is providing support and financial stability for local artisans by selling their goods and promoting their craftsmanship.

When You Support Handmade, You Are Not Only Supporting Small Business, You Are Purchasing The Heart Of An Artisans



Kansa is a name of Indian bell-metal or bronze. It is a metal we probably don't know as a generation. Our parents spoke about it in a sentimental way and it was seen on a daily basis in the age of our grandparents. When our parents grew up, plastic appeared in the market and became a state of past history, powering ceramic, glass, steel and, obviously, Kansa. Kansa is an alloy of copper and tin. The copper present in Kansa consists of brain stimulants and have anti-convulsive brain properties. This helps in stimulating our brain functions by increasing the supply of blood and whetting the intellect. Along with this, it also has various therapeutic properties. Ayurveda states that eating food in Kansa comes with several healing properties. It helps improve skin and eye-sight conditions, reducing obesity, boosting the immune system, enhance the body's haemoglobin level, and sharpen the intellect. Thus food and water stored in Kansa are beneficial.



HIGHLIGHT OF THE MONTH

Our first job was to build a shelter, and with the help of a 1200 m power supply cable and a 10 HP multistage pump, we connected the Kalu River to the land. We also cultivated 2 acres of land to ensure a continuous supply of fodder. Then we began our intervention by educating and training farmers about feed and fodder management, usage of new technology, milk marketing and other vital areas. The goal of this intervention was to make farmers independent. Today, farmers have cultivated enough green fodder for bovines and bajra for themselves. The cows produce ample milk that can be sold in the urban market, thus giving farmers and their families a new source of livelihood. With 'SAMVARDHAN', we have positively impacted the lives of 17 dairy farmers and planted a seed of hope.

“Life On A Farm Is A School Of Patience, You Can't Hurry the Ox Or Make The Crop In Two Days



In India, cows are looked on not only as livestock but as holy animal. In the pages of Hindu sastras and Vedas, cows have been referred to as a goddess. But due to a lack of fodder and water source, the Vakalwadi district of Murbad Taukla of Thane district recorded rising deaths of dangi breed cows. To save the lives of cows, provide a sustainable environment for their living, and improve villagers' livelihood, the Bhavyata foundation launched the project 'SAMVARDHAN'. The project was launched in 2 states: evaluation and intervention. Our team first evaluated the situation of the bovines and the reason behind their deaths. We discovered a lack of weather-resistant shelter and the absence of a continuous source of water supply for bovines.



Ayurvedic Tips For Healthy Lifestyle



In today's tech-polluted and hustle life, one thing you can gift to yourself is a healthy lifestyle and diet regimen. This will keep you not only fit and fine but also promoted holistic wellbeing. And what a better for some tips than Ayurveda? The ancient text lays down norms for the appropriate way of starting a day, which is the first step towards being healthy.

The Before Of 96 minutes

Ayurveda states that 96 minutes before sunrise is known as the Brahma muhurta, and it is the right time of waking up. This is the hour of creativity, but the Saptarishi constellation showers wisdom and knowledge during this time. Not waking up during this hour is accompanied by various health ailments.

Datun not Toothpaste

Instead of using chemical toothpaste, which includes several harmful preparations, you should use datun or teeth cleaning twigs. Ayurveda suggests the usage of Neem, khader, Mohada and Karanj datun. Datun not only kills all the teeth decaying germs, but it also organically strengthens the teeth.

Copper For The Healthy Start

You need to begin the day with a glass of water from a copper vessel. Copper has various health benefits such as anti-inflammatory properties and acts against stomach related issues like constipation and indigestion. The primary step is to keep the water a night before drinking it in a copper jug or a decanter.

Hot Water Or Cold Water?

A Coldwater shower stimulates the body and mind, while hot water relaxes and calms down both. You should bath according to the season, as Ayurveda suggests. But while taking a hot shower, make sure you don't bring your head and eyes in its contact as it leads to hair fall and various eye-related issues.

BENEFICIARIES

AND

TESTIMONIALS



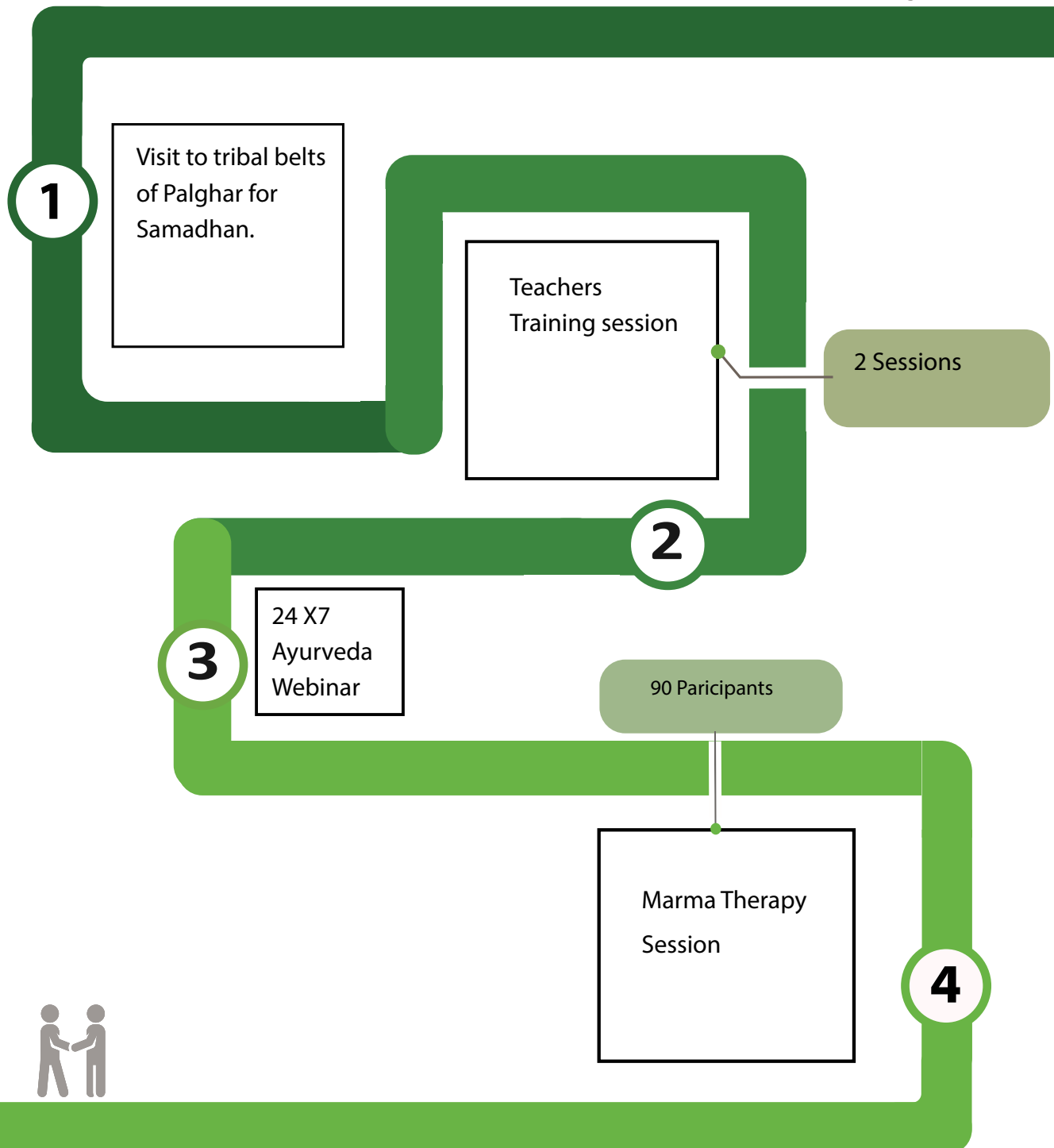
The nutritional supplement sample given by Bhavyata Foundation was really tasty and full of nutrients. Our children were happy with the taste. We are happy that Bhavyata Foundation has taken the project to fight malnutrition and help our children live a healthy life.

RANJANA BHOIR

Marma Therapy session was really very informative on how to self-care for back pain or joint pain. Looking forward for more such sessions from Bhavyata Foundation.

SAMIR PALEJA

TRANSFORMATIONS





UPCOMING PROJECTS AND EVENTS

SAMVARDHAN

Restoration of traditional strength of nature resources, fodder support and irrigation for Dangi breed at Ambewadi, Adsara Village, Taked village of Igatpuri, Nasik district.

BALVATIKA

Balvatika - For Nurturing Young Minds. Under the initiative of Lessons For Life. Curriculum Content for Training Faculty at BMC Schools.

AYURVEDA

Adapting ayurvedic in daily routine by Vaidya Pooja Shah. Distribution of Ayurvedic Home Care Kits.

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 National 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

Family Member

(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]



₹5,000



₹10,000



₹25,000



₹35,000

GROUP MEMBERSHIPS [Annual]



₹50,000



₹6,00,000



₹11,00,000



₹21,00,000

CAMPAIGN PROMOTIONS

Samadhan

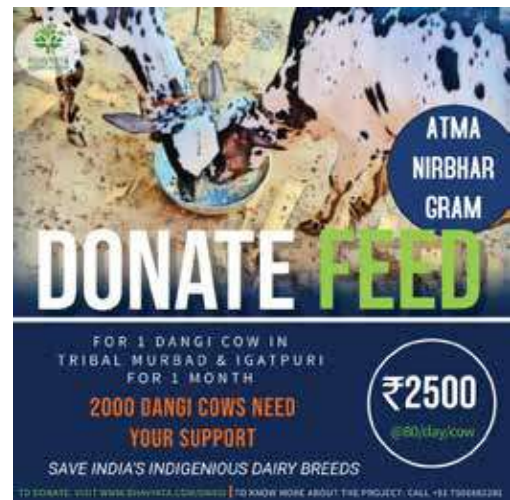
The program Samadhan, under Hunger Free Nation initiative in partnership with Bhaktivedanta Hospital, aims to conduct a three month program to impart nutritional diet three times a day and medical supervision and nutrition education to sustain the impact in the villages of Vada and Vikramgad in Palgarh district. The intervention will be conducted for 1000 children between 3-5 years old in Palghar through 30 Anganwadis.

Samvardhan

Under the initiative 'Sowing the Seeds', through the project Samvardhan, we recognized the scarcity of resources like irrigation, fodder and shelter for bovines and sustain the occupational livelihoods in the neighbouring villages of Adsare, Taked, Indore, Ambewadi, Igatpuri in Nasik district of Maharashtra, India.

DONATE NOW

THANK YOU



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For more details please check this video
<https://youtu.be/EtS9aEO8hx4>

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