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AUGUST 2020



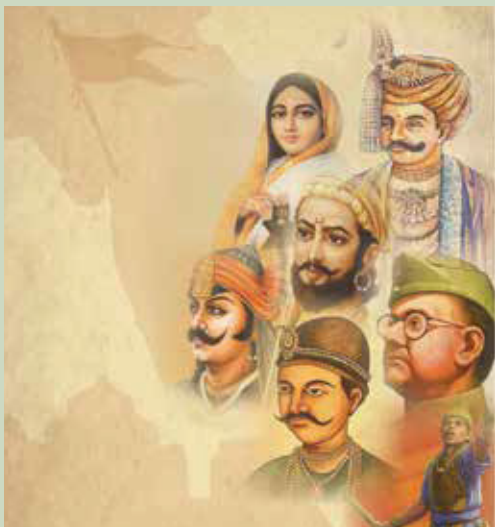
PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

Greetings From Bhavyata Foundation
In the following pages, we present the Monthly Dispatch of August 2020. The pandemic of the COVID-19 coronavirus is the largest global health crisis of our time. To make this period more informative and productive, Bhavyata Foundation took some initiatives. The Bharat Gatha series was organised to discover untold stories from the pages of history. The light was shed on the happenings of the Mutiny of 1857 during the Operation Red Lotus webinar. We also conducted a Handloom session to spread awareness about our rich handloom culture and age-old tradition.



Darkest Night Is Only Followed By The Brightest Dawn

If you don't share stories of the ones bygone, they will get lost somewhere in the pages of history. When one dwells through India's rich, vast, and diverse history somewhere in some corner of a page, you will find an untold story lingering. The Bhavyata Foundation launched the initiative 'The Bharat Gaatha Series' to discover and share such stories.

During the sessions, we told stories that were never told before. Our webinar 'Operation Red Lotus' talked about the great Mutiny of 1857, and our speaker shared insights into Operations Red Lotus. National handloom Day webinar was all about the rich and centuries-old handloom culture of India. How this tradition modified over time and how it impacted the dynamic culture of many regions of India.

HIGHLIGHTS

- ✓ Bharat Gaatha Series
- ✓ Operation Red Lotus
- ✓ National Handloom Day

PROJECT UPDATES

Bhavyata Foundation has initiated a rural project for creating a sustainable environment for preserving the Dangi breeds in the neighbouring villages of Murbad Taluka of Thane district and the rural architecture of water, fodder availability and storage facilities for a perishable commodity like milk and ghee. Fodder being highly palatable and digestive, is an economical source of nutrients for dairy animals. This will increase the milk yield and help for maintaining the health of the cattle. The green fodder gets dried up after the monsoon season. As a result, there is no fodder arrangement. The farmers are forced to buy from the market at high prices. So we arranged for fodder management training for the farmers. As a result, the farmers commenced green fodder cultivation to grow their fodder for bovines.



AN INVITATION FIGHT THE HUNGER PANDEMIC ATMA NIRBHAR BHARAT BASED ON ANNA NIRBHAR SHISHU JAN

*About 15 percent of India
is undernourished.*

**MILLET BASED 600 KCAL WORTH
DAILY NUTRITION**
millet based finger food recipes
90 day course to rid children from undernutrition

**200
children**

Rs. 9000 per child

**LOCATION
PALGHAR,
MAHARASHTRA**



For donations, please visit www.bhavyata.com,
or mail us: info@bhavyata.com



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

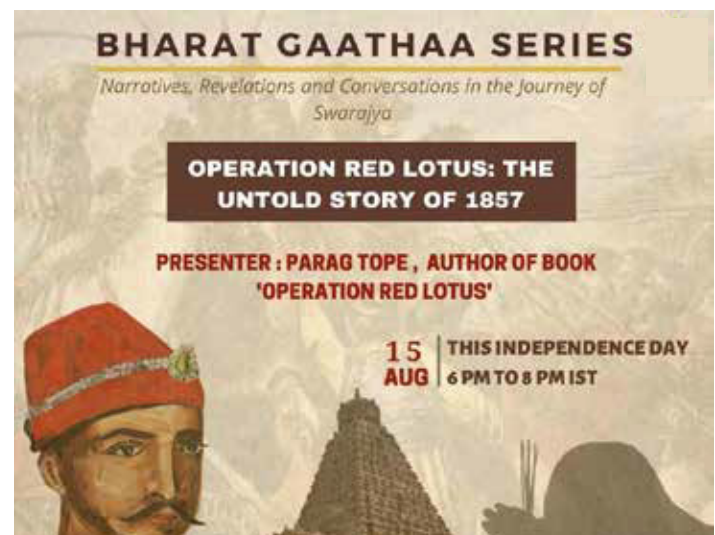
EVENT UPDATES

The Bhavyata Foundation started the 'Bharat Gaatha Series' under its initiative India First. The underlying aim of this is to tell the stories of our Indian heroes that got lost in the pages of history. Session III of Bharat Gaatha remembered the great heroes of the Kargil War, and the theme was 'Remembering our real-life heroes'. While the fourth session was themed 'Maratha: The Great Avengers and Their Winning Strategies'.



India has a very rich history of Handloom based products and art. To preserve, celebrate, and promote this rich art form, the Bhavyata foundation organized an online webinar. This webinar included sessions on Khadi Embellishments by Dr Vibha Gupta, Design Intervention and Conscious Consumerism by Gaurang Sing and Fiber To Fabric by Khamir Team. The session was organized under our initiative 'Bridge For Artisans'.

Under our initiative India, the Bhavyata Foundation started the 'Bharat Gaatha Series' to remember and pay gratitude to those heroes that we left unsung. Session fourth was about the Mutiny of 1857 and an insight into 'Operation Red Lotus'. The speaker of the session was Mr. Parag, who also shared some untold stories of 1946 and during the time of the great mutiny.



MISSION COMPASSION

The coronavirus pandemic has left the nation in a desperate situation, and one can witness the kind of havoc it has wreaked. There have been scenarios of extreme suffering and helplessness from all over the nation. The spread has been rampant this year. But despite this, our medical professionals and frontline workers have shown firm determination and the will to take the country out of this state of despair. The world has witnessed their resilience, patience and constant efforts. This must be a lesson and source of motivation for each one of us. And we must learn that the brightest dawn only follows the darkest night. So keep hope, hold on to faith, and believe that nothing ever really stays the same and time is ever fluid.

"You do what you can for as long as you can, and when you finally can't, you do the next best thing"
-Chuck Yeager

Erasing 'Give Up' from Your Dictionary: Celebrating Never Give Up Day



Dark clouds gather over one without warning, and it doesn't take much for one to feel lost, despair and hopeless. There are moments when getting yourself out of bed feels like a burden, and all you want is to give up. But there is always a way, and one must hold on to the hope. 'Keep faith in yourself must be the mantra on this is an unpredictable journey of life. Though when life gives us lemons, it is practically very hard to make lemonade out of it. So what should one do when he or she feels numb? When there is a certain sense of being lost, and nothing seems as happening? Well, the first step and probably the hardest is to move out of your room. Go out, pause, look around and take few deep breaths in and out. Then believe that universe has better things for you, and just like good times didn't last, so won't the bad.

HIGHLIGHT OF THE MONTH

Did You Know?

- On 8th August 1942, seven young students hoisted the Tiranga were shot dead at the Patna Collectorate building.
- When British Governor-General of India, Lord Linlithgow, dragged India in WWII in 1939, it set the spark for Quit India Movement.
- The underground news radio station 42.34 meters was used to circulate information and news.
- Quit India Movement gained global support during WW2 as US President Franklin D. Roosevelt pressurised Prime Minister Winston Churchill to agree to India's Demand.
- During Quit India Movement, Gandhi made his historical 'Do or Die' (Karo Ya Maro) speech.

The Days of Tempest Vanish, The Freedom of Love Reigns



Quit India Movement: Do or Die

When the world was going through the dreadful days of World War I, Mahatma Gandhi started the 'Quit India Movement, putting forth demand to end the long and gruesome rule of Britishers. The movement was launched at the All India Congress (AIC) Committee's Bombay session on 9th August 1942. This movement spread across the regions of India as 'Bharat Choro Andolan'. In Mumbai's Gowalia Tank Maidan, Mahatma Gandhi delivered his historical speech igniting the Andolan. But within a few hours, all the major leaders of INC were prisoned. Till the release of Mahatma Gandhi, the movement was non-violent and quiet. But right after, it turned violent with people attacking government grounds, vandalizing buildings and setting fires to vehicles. This was not left unaddressed; police forces were given the freedom to attack unarmed protestors leading to many deaths. The final phase of the movement was marked with mobs getting together and attacking government building in Mumbai and Madhya Pradesh. At last, after several round table conferences, India was granted Independence from the East India Company in 1947.



Tips for Healthy & Glowing Skin



Here are some brilliant beautytips for face to get that glow you've always wanted.

Sun and Skin

Sunscreen with SPF of at least 15 that blocks both UVA and UVB rays. Since a lifetime of sun exposure can cause wrinkles, age spots and other skin problems, you have to protect your skin from the sun. Ensure the label reads 'noncomedogenic' or 'non-acnegenic' so that the product does not tend to block pores.

Sweat It Out!

Exercise regularly. Running, jogging and yoga will give your body the necessary blood circulation, and also accelerate the cleansing process of your entire body. You will notice a glow on your face after working out. Apply a toner to help minimize oil production before heading out. Exfoliate after, and then apply shea butter or olive oil to moisturize the skin.

You are What You Eat

A diet rich in vitamin C and low in fats and sugar promotes radiant skin. Don't: Eat spicy and fermented foods, salt, citrus fruits, fried food. Instead, favour blander foods such as rice, oatmeal and applesauce.

Go Back to Your Roots

Luckily for you, everything you need is already in your kitchen. 2 tbsp chickpea flour, ½ tsp turmeric powder, a pinch of camphor and sandalwood with some rose water/milk/water is your perfect skincare pack. Yes, the secrets of beauty lies in ancient Ayurveda. Don't: Neglect the basics.

BENEFICIARIES AND TESTIMONIALS



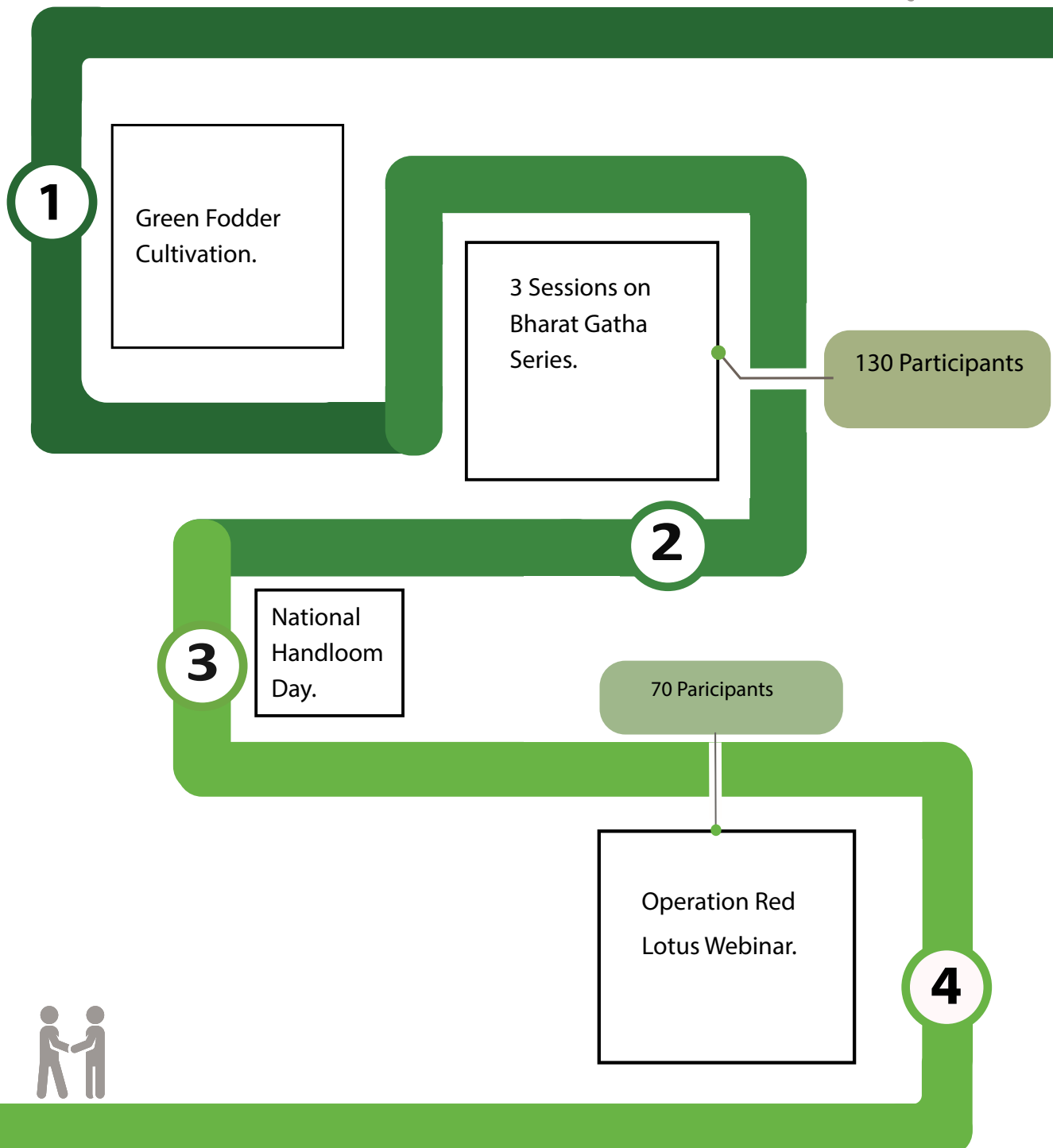
We are thankful to Bhavyata Foundation who donated Kesar Mango Saplings to our village. We will nurture it and this will help us generate livelihood once it starts bearing fruits.

Mahesh Chile

The activity training for farmers on nutritional fodder management by Bhavyata Foundation was very helpful for us to grow our own green fodder.

Kantaram Pokhla

TRANSFORMATIONS





UPCOMING PROJECTS AND EVENTS

Samadhan

The project to fight malnutrition in the predominantly tribal belt of the affected district of Palghar

Losing My Mother Tongue

A vision to make other people aware of how people are losing their mother tongue and drifting away from their culture.

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

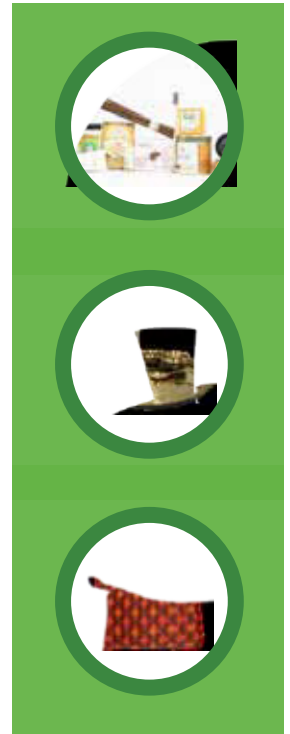
Affiliate Member

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

