

CONTENT

- 01 Monthly Round Up
- 02 Project Updates
- 03 Project Updates
- 04 Event Updates
- 05 Highlights Of The Month
- 06 Tips for Healthy Lifestyle
- 07 Testimonials
- 08 Transformations
- 09 Upcoming Projects
- 10 Membership Features
- 11 Campaign Promotions

BHAVYATA FOUNDATION

AUG 2021



PARIVARTAN

DEVELOPMENT DISPATCH



MONTHLY ROUND UP

Greetings from Bhavyata Foundation.

In the following pages, we present the Monthly Dispatch of August 2021. In a collaboration with GCCI Youth Wing, Ahemdabad, Bhavyata Foundation conducted an Indian Board Games session. Throughout the month of August, we also distributed nutritional food packets. In addition, we promoted the Bamboo Rakhis as a way of sustainable celebrations. Our team visited Igatpuri in Nasik, to survey the condition of local farmers and the cause of their distress for future intervention. Besides, we also conducted a Teacher's Training Program and distributed the Life Skill Curriculum book in Palghar.



May We Think Of Freedom, Not As The Right To Do As We Please, But As The Opportunity To Do What Is Right.



HIGHLIGHTS

- ✓ Indian Board Games Session
- ✓ Samadhan- Mitigating Hunger
- ✓ Life Skills Books Distribution
- ✓ Promoting Bamboo Rakhi
- ✓ Samvardhan - Visit to Nasik

Under our initiative 'Hunger- Free Nation', we took up the opportunity to serve the needy on the occasion of 75th Independence Day. Throughout the month of August, we distributed RUSF or Read to use supplementary food packets to a total of **7400** children across **30+** rural and urban locations of Maharashtra. These food packets are packed with 500kcal+ various dietary fibers. In addition, on 15th August we also conducted a Teacher's Training Program in Surya Valley School, Palghar district. During this, we distributed RUSF and Life Skill Curriculum Book (My Everyday Happy Book).

Besides, Bhavyata Foundation also promoted Bamboo Rakhis as a way of promoting sustainable celebration and providing a livelihood for the women artisans. These Rakhis were wholly handmade with finesse and didn't involve any sort of plastic or environmentally harmful substance or material. In collaboration with the GCCI youth Wing, Bhavyata Foundation organized an Indian Board Game session to promote the lost board games of our culture. Plus, Bhavyata and its team visited Igatpuri taluka in Nasik to survey and know about the conditions of the local farmers. This was done for the planned intervention of their present condition, for a better tomorrow.

PROJECT UPDATES

Samadhan Distribution of 22800 Nutritional Food Packets



Bhavyata Foundation, under its initiative 'Hunger-Free Nation' took up the opportunity to serve on the occasion of the 75th Independence Day.



The team distributed over **22800** RUSF or Ready to use supplementary food packets to less privileged children.



We reached out to a whopping **7400** children, and we impacted **30+** urban and rural locations all over Maharashtra.



RUSF is rich with **500kcal** + various types of dietary fibers. This supplies a child's body with all the vital nutrients that help towards holistic growth and development.



Only a nation with a healthy youth can think to strive towards greatness. India is home to over **130** cr or **17.7%** global population lives in India. Out of this, nearly **14%** of this population is undernourished.



Our aim is to ensure the restoration of malnourished children to a healthy state with nutritional supplements and disseminating nutritive education.

PROJECT UPDATES

Samvardhan Visit To Nasik District in Maharashtra



On 27th August, Bhavyata Foundation and its team, in light of our project SAMVARDHAN, visited the Igatpuri taluka in Nasik district, Maharashtra.



We learned that the farmers don't have a sustainable source of income. The land of grazing for cows is not enough, and the grass is not healthy or nutritious.



We look forward to intervening in the current situation to improve the lives of the locals with a sustainable income.

Education Distribution of Books on Life Skill.



On 15th August, Bhavyata Foundation and its team distributed a Life Skill Curriculum book – 'My Everyday Happy Book' in Palghar and Thane district of Maharashtra.



The global education system now conducts 'Life Skill Curriculum', to impart the knowledge of better and optimum living.



We also conducted a Teacher's Training Program or TTP in the Surya Valley School, Palghar District of Maharashtra

EVENT UPDATES

Indian Board Games Session Organised By GCCI Youth Wing.



India is an abode to a rich culture of board games which has been an integral part of the traditional culture.



On 14th August, The Gujarat Chamber Of Commerce And Industry (GCCCI), Youth Wing, in collaboration with the Bhavyata Foundation, organized an event on the Indian board games in Ahmedabad.



The session was hosted by Dr. Prachi Desai and Parth Desai. Not only the participants had a great time diving into the richness of Indian board games but were also eager for a new session with more insights.

Venu Supporting Bamboo Rakhi Artisans.



India is a home of festivals and every season of the festival means more and more plastic waste and pollution. Thus we need to look for a more sustainable and eco-friendly celebration.



Bhavyata Foundation picked up the opportunity to support the tribal women rakhi makers of Palghar District. The bamboo rakhis made by them are eco-friendly. The sale of these Rakhis also generates a source of livelihood for these struggling artisans.



Along with this **90** DIY bamboo rakhi kits were donated to ashram girls in Matunga, to make their festival more memorable. Children decorated their rakhi's in beautiful way.

HIGHLIGHT OF THE MONTH

Let The Tricolor Immerse You Into
Strength Peace Growth.

DID YOU KNOW?

- Not Red Fort, Tiranga was first unfurled on August 7, 1906, at the Parsee Bagan Square in Calcutta. Plus, initially, the national flag had horizontal strips of red, yellow, and green.

-Only Karnataka's Khadi Gramodyog Samyukta Sangh is licensed for making National Flag using cotton.

- Even after Independence Goa was a Portuguese state. It was only in 1961 when it officially became an Indian city.

- Meanwhile the on 15th August the country was celebrating its liberation, Mahatma Gandhi was fasting for the entire day in Calcutta witnessing the flames of communal violence in Bengal.

75th INDEPENDENCE DAY



India gained independence from British rule on August 15, 1947. As India freed herself from the clutches of the British Empire, the whole country roared in happiness, marking the reign of an independent and free land, away from the terror rule of the 200-year British rule.

Jawaharlal Nehru declared India's Independence on August 15, 1947, and swore in as the 1st Indian Prime Minister. The British House of Commons passed the Indian Independence Bill on July 4, 1947, and it was given within a fortnight.

This day is a remembrance and dedication to all those who gave their lives, minds, bodies, and souls to free India. On this day, India's tricolor flag was hoisted above the Lahori Gate of Red Fort in Delhi on August 15, 1947. Every year, the Prime Minister hoists the flag and commemorates the occasion by a traditional ceremony in Delhi.

Usually, after the Prime Minister addresses the nation, a military parade is held, broadcasted all over the country. But due to an ongoing pandemic, these celebrations were not organized. The theme of this year's Independence Day was 'Nation First, Always First.' This aimed towards a nationwide inculcation of the feeling of Nationalism and also putting the nation first beyond anything.



Ayurvedic Tips For Balancing Doshas

THE DIET AND BALANCING OF DOSHAS



Vata
Ether + Air



Pitta
Fire + Water



Kapha
Earth + Water



The human body constitutes energies, which Ayurveda defines as Doshas. These energies determine different facets of our body, and the working of these Doshas is determined by how we lead our lives, the kind of food we eat, the season, and many other minute factors we overlook. Here are a few tips for balancing your Doshas this season.

The Dosha of Fire

Pitta dosha is concerned with endocrine glands, digestive system, and an imbalance can lead to acne and digestive problems. To balance it, for a start, make sure you exercise or workout or practice yoga on a routine basis. This must be followed by consuming pacifying foods, and beverages include sweet fruits, coconut water, and plenty of grains.

The Dosha of Movement

Vata dosha is directly linked with flexibility, creativity, and free-flowing spirit, and an imbalance in this dosha can result in anxiety, fear, and digestive issues like constipation. Make sure you are rigid with your morning and nighttime routine, and you inculcate the habit of practicing ground meditation. It is also advised to consume more protein-packed food.

The Dosha of Fire and Water

Kapha dosha is directly linked to our immune system, and an imbalance of this dosha can lead to sluggishness, excessive weight gain, and generate emotions like jealousy and hatred. For keeping it in check, make sure you practice breathing exercises on a routine basis, along with consuming bitter, astringent ingredients and plenty of fresh fruits and veggies.

Key To Balance Vata, Kapha and Pitta

An imbalance of Doshas in the body can lead to various kinds of physical issues and generate bad emotions. One of the keys to balancing all the three doshas is by practicing yoga or exercising on a routine basis, this must be followed by consuming only those food and vegetable that are present in the season i.e. avoiding packed vegetables and fruits.

BENEFICIARIES AND TESTIMONIALS



Really it was a memorable event, kids as well as elders enjoyed playing the traditional board games. Looking forward for more such sessions.

Purvi Maniar

The training session sponsored by Bhavyata Foundation for eco training was very helpful. This will help us generate livelihood with minimal investment

Santosh Sable

TRANSFORMATIONS

**1**

Distribution of
Life
Skill Curriculum
Book

Distribution of
Nutritional Pack
To Children

22800
nutritional packets

2

Visit To Adsare

3

Invites all Teachers, Parents
& School Administrators for

SWASTHYA SAMVAD

Ayurvedic Diet Daily Routine
Herbs and Remedies...
and much more



Saturday,
September 4th, 2021
From 9:00 - 10:30 am IST

Vaidya Suvinay Damle

UPCOMING PROJECTS & EVENTS

Swasthya Samvad

Child Wellness

MAA Project

Awareness program on MAA Project

Aarambh

Personality Development for Toddlers

Akriti

Indian Board Games Session

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 Initiatives3.
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

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)



GROUP MEMBERSHIPS (Annual)



CAMPAIGN PROMOTIONS

MAA- MATA AROGYA ABHIYAN

The widespread malnutrition must come as a shock in the decade when the production of food products is more than ever. But this is the bitter truth. Bhavyata Foundation aims to take active steps to break the link of escalating malnutrition and mitigate the severe effects on the overall being. Through its initiative, 'MAA-Mata Arogya Abhiyan,' we plan to boost the nutrition of levels of pregnant mothers, especially those living in backward and disadvantage communities. The MAA program is designed to positively affect the complete, mental, and physical health of mothers. It includes through guidance on healthy eating habits and practices, yoga and meditation, and healthy eating habits and practices, yoga and meditation, and healthy communication. Additionally, we will provide these mothers with monthly diet charts, nutrition supplements, and training support. We believe that a healthy mother is a path for a healthy support. We believe that a healthy mother is a path for a healthy progeny and a malnutrition-free tomorrow.

[DONATE NOW](#)

THANK
YOU



Bhavyata Foundation, D-5/35,
Chittaranjan nagar CHS, Rajawadi,
Vidyavihar (E), Mumbai-77



+91 75-06882281



info@bhavyata.com

For more details please check this video

<https://www.youtube.com/watch?v=EtS9aEO8hx4>

NEXT ISSUE

- 01 Swasthya Samvad – Child Wellness
- 02 MAA Project - Awareness program on MAA Project
- 03 Aarambh- Personality Development for Toddlers
- 04 Akriti- Indian Board Games Session