

# CONTENTS

- 01 Monthly Round Up
- 02 Project Updates
- 03 Mission Compassion
- 04 Highlight Of The Month
- 05 Tips for Celebration
- 06 Testimonial
- 07 Tranformations
- 08 Upcoming Projects
- 09 Membership Features
- 10 Campaign Pomotions

FEBRUARY 2021



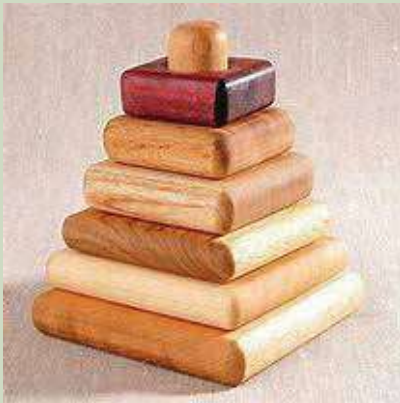
# PARIVARTAN

## DEVELOPMENT DISPATCH



## Monthly Round Up

In the following pages we present you the monthly dispatch of February 2021. Bhavyata Foundation is in the constant process to educate teachers to implement new ideas through education aids. Bhavyata Foundation recognised the importance of assisting these farmers and locals by improving rural infrastructure and conserving natural resources to generate sustainable livelihoods through agriculture and dairy farming. At the Bhavyata Foundation, we help local craftsmen and advocate plastic-free conditions. Making wooden toys for preschoolers offers a means of revenue for many.



- ✓ Teachers Training Session.
- ✓ Visit to Adsare, taked, Igatpuri.
- ✓ Educational toys Designing.
- ✓ Webinar on Cancer Day.



## We Don't Know Them All But We Owe Them All.

Education is the process by which new skills, ideas, innovations and knowledge are acquired. It is also the engine of development and weapon of empowerment for people in a given society. These, education gives insight into ethics and values, and by so doing, it teaches morals, i.e. what you ought to do and not what you think you should do.

The Dangi breed is an indigenous cattle breed of India that originated in the hilly tracts of Nasik districts in Maharashtra. We at Bhavyata Foundation recognised the importance of assisting these farmers and locals by improving rural infrastructure and conserving natural resources to generate sustainable livelihoods through agriculture and dairy farming.



## PROJECT UPDATES

The Dangi breed is an indigenous cattle breed of India that originated in the hilly tracts of Nasik in Maharashtra. We at Bhavyata Foundation recognized the importance of assisting these farmers and locals by improving rural infrastructure and conserving natural resources to generate sustainable livelihoods through agriculture and dairy farming. We visited Igatpuri, Ambewadi, Adsare and Taked in Nasik district to recognize the scarcity of resources like irrigation, fodder and shelter for Bovines and sustain the occupational livelihoods.



Education is the process by which new skills, ideas, innovations and knowledge are acquired. It is also the engine of development and weapon of empowerment for people in a given society. Bhavyata Foundation is constantly working to educate teachers and improve their ability to implement new teachers training session at our office to teach them different teaching aid.

## Webinar On Cancer Day

World Cancer Day is celebrated every year on February 4. It is a global uniting initiative led by the Union for International Cancer Control (UICC). Cancer is the second leading cause of death globally.

We at Bhavyata Foundation in association with All Cargo Logistic Coorganised a webinar on Cancer Day. The host for this webinar was Dr Sonali Maniar. She shared the knowledge on importance to stay positive and get the proper treatment on time.



# MISSION COMPASSION

Prime Minister Narendra Modi called for bringing out the toy industry's hidden potential in India and creating an identity for it as a big part of the campaign for Aatma Nibhar Bharat. We at Bhavyata Foundation are supporting Bamboo Artisan from Melghat, Maharashtra, India, to make wooden toys for our Preschoolers. Our main motto is not only a plastic-free world but also generate livelihoods for the artisans.



Prime Minister Narendra Modi inaugurated the 'India Toy Fair 2021' and said it is a major step towards building an Aatmanirbhar Bharat.



If there is a demand for Made in India today, the demand for Handmade in India is also increasing today.

We all know how important play is for the development of our children. Wooden toys are non-toxic and biodegradable. Toys made of wood are more eco-friendly. Often, wood toys are crafted with nontoxic paint but sometimes do not require any painting. Thus, toys made of wood are better for the environment than those made of plastic. Many kids who play with wooden toys have stronger hand muscles and can better handle heavy toys because of it. Classification of games made of wooden beads also improves hand to eye coordination and improves reasoning skills. Also, they are practical, easy to clean, no chemicals made to make them and will last a lot longer than their plastic counterparts.

# HIGHLIGHT OF THE MONTH

## Why is World Cancer Day Observed?

World Cancer Day is observed to reduce deaths due to cancer-causing infections. Its primary motive is to raise awareness and promote prevention, early detection, and treatment of cancer. With a lack of cancer and access to useful knowledge sources, people often fall prey to misinformation, creating negative perceptions and social stigma. These, in turn, affect the prevention and treatment of cancer to a great extent. World Cancer Day is a reminder to open up about these issues and encourage prevention and early diagnosis.

Supporting the fighters, Admiring the survivors,  
Honoring the taken, and never ever giving up hope!



World Cancer Day originated in 2000 at the first World Summit against Cancer, which was held in Paris.

World Cancer Day is celebrated every year on February 4. It is a global uniting initiative led by the Union for International Cancer Control (UICC). Cancer is the second leading cause of death globally.

The Day was founded by the Union for International Cancer Control (UICC) to support the World Cancer Declaration's goals, written in 2008. The primary goal of World Cancer Day is to reduce illness and death caused by cancer significantly. While some forms of cancer do not have sure-shot treatment, many deaths can be prevented by taking timely measures, such as vaccinating against cancer-causing infections and adopting a healthy lifestyle.



# Tips for Healthy Lifestyle



## TIPS TO AVOID SLEEP DEPRIVATION

Sleep deprivation, also known as sleep insufficiency or sleeplessness, is not having adequate duration and quality of sleep to support decent alertness, performance, and health. It can be either chronic or acute and may vary widely in severity. We can avoid this by following simple tips.

### Nap Responsibly

If you're feeling tired or you didn't get enough sleep during the night, a quick nap might be what you need. A quick power nap can provide you with a stronger boost than a cup of caffeine. However, longer rest during the day can interfere with your nighttime sleep. This means you might not feel sleepy during the night.

### Invest in a Right Mattress

A bed mattress can lead to sleep deprivation as you will suffer from a fragmented and restless sleep. Any medium-firm mattress should support your body perfectly. A right mattress will not allow pressure points to get created when you are asleep, and you should wake up fully rested and refreshed.

### Turn off Electronic Devices

Do you turn to your phone to help you wind down in bed? Well, this might be doing more harm to you than good. Electronic devices, such as computers, tablets, phones, and television, emit short-waves blue light that inhibits melatonin release.

### Meditate and Exercise Regularly

Mindfulness meditation and exercising regularly, relaxed our hyperactive mind and aids in sleeping faster and getting good quality sleep through the night. Meditation or mindfulness exercises can be done at any time of the day.

## BENEFICIARIES

## AND

## TESTIMONIALS



...

We thank Bhavyta Foundation from bottom of our heart for helping us with the fodder management, building of cowshed for our bovines and installing submersible pump for water supply.

Kantaram Pokhla

Bhavyata Foundation has helped us, by promoting our Kansa products and generating livelihoods for us. Thank you once again for your support.

Vikram Maharana

# TRANSFORMATIONS

**1**

Visit to Nasik  
Adsare, Taked,  
Ambewadi,  
Igatpuri.

Teacher's  
Training  
Session

**2**

Webinar on  
Cancer Day

**3**





## UPCOMING PROJECTS

### Samadhan

Tackling Malnutrition under the initiative Hunger Free Nation. Initial survey of nutritive behavior for the local's to be conducted.

### Balvatika

Conducting Teacher Training session to educate teachers about the importance of sensory development through various teaching aid.

### Bridge For Artisans

Intervention for Design of Eco Friendly Educational Aids Under the initiative of Bridge for Artisans. Design intervention with local artisans for the production of wooden toys.

### Samvardhan

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

## 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

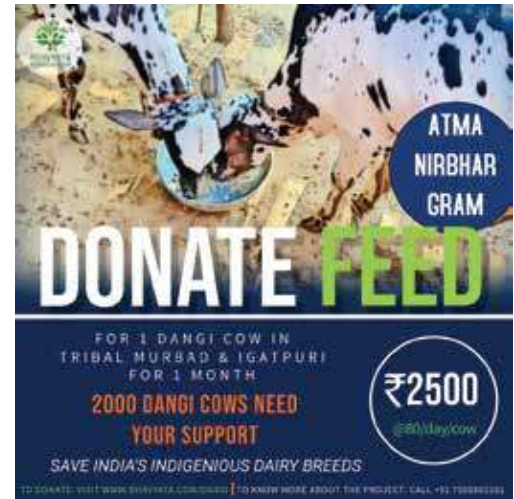
The program Samadhan, under Hunger Free Nation initiative in partnership with Bhaktivedanta Hospital, aims to conduct a three-month program to impart nutritional diet three times a day and medical supervision and nutrition education to sustain the impact in the villages of Wada and Vikramgad in Palghar 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, Ambewadi, Igatpuri in Nasik district of Maharashtra, India.

**DONATE NOW**

**THANK  
YOU**



Bhavyata Foundation, D-5/35,  
Chittaranjan nagar CHS, Raja-  
wadi, 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

Samadhan- Tackling  
malnutrition in Palghar

02

Samvardhan- Restoration  
of natural resources for Dangi  
Breed at Ambewadi, Adsara  
and Taked village, Igatpuri,  
Nasik.

03

Bridge For Artisans-  
Providing livelihoods  
by making wooden toys  
for preschoolers.