

CONTENT

- 01 Monthly Round Up
- 02 Project Updates
- 03 Event Update
- 04 Tips for Healthy Lifestyle
- 05 Testimonial
- 06 Transformations
- 07 Upcoming Projects
- 08 Membership Features
- 09 Campaign Promotions

BHAVYATA FOUNDATION

JULY 2021



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

Greetings from Bhavyata Foundation.

In the following pages, we present you the Monthly Dispatch of July 2021. We conducted an Indian board games session to spread awareness about the traditional games and their importance, for starters. We also led a tree plantation drive to revert the dire climate changes. In addition, we also organized a Panch Gavya Utpadan Shibir in association with Gau Gram Club. Bhavyata also took steps in promoting indigenous eco-Rakhi and took up the initiative to impart knowledge on Life Skill Curriculum.



All We Need Is To Build Human Relations With Our Deeds. That's Only Thing That Lasts Forever!



HIGHLIGHTS

- ✓ Lost and Found Session
- ✓ Tree Plantation Drive
- ✓ Panch Gavya Utpadan Shibir
- ✓ Life Skill Curriculum
- ✓ Supporting Bamboo Artisans

Board games have been an integral part of the India culture for as long as one can remember, until the arrival of Western board games. Bhavyata Foundation took the initiative to bring the rich culture and teach the present generation importance of games via the Lost and Found session. We also organized a tree plantation drive in the wake of deteriorating climatic situations. We planted 400 saplings of various plants.

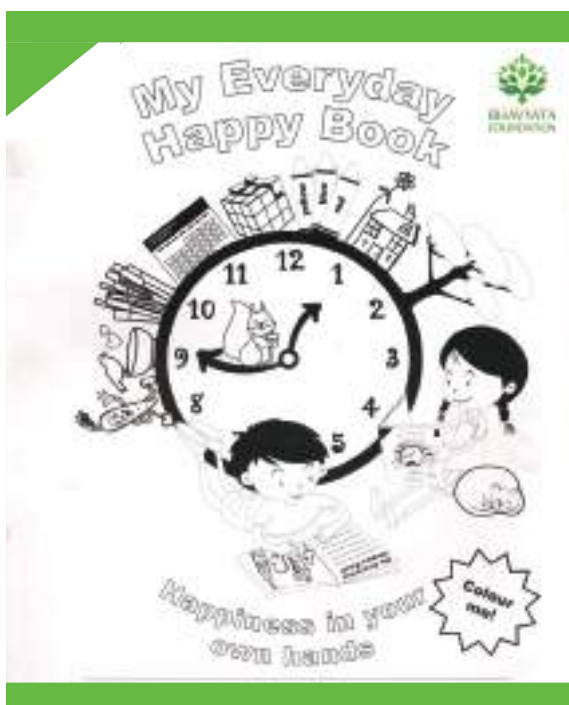
Bhavyata Foundation also promoted sustainable festivals celebration with its eco-friendly bamboo Rakhi. In association with Gau Gram Club, we also conducted 'Panch Gavya Utpadan Shibir,' where we sponsored 5 Gopalaks and taught them to make various products with the help of locally sourced raw materials. In addition to all this, Bhavyata Foundation took up the initiative to impart the knowledge of Life Skills by including under 'Life Skill Curriculum' for the students of Palghar and Thane district.

PROJECT UPDATES

One can certainly not overlook the dire and havoc-wrecking effects of splendid deforestation, augmenting greenhouse gas and continuous production of more and more pollution. The turn of this decade witnessed a rapid growth in industrialization which means more factories or industries and chopping down of more and more trees. As everyone is aware, trees are the only source at our disposal that can revert climate change. But alas! Not much is done. Intending to contribute towards the betterment of Mother Nature and society in general, Bhavyata Foundation on 4th July took up the initiative and organized a Tree Plantation Drive in the Wada region of Palghar District, Maharashtra. In this drive, with the help of volunteers, we planted 400 saplings of different plants. Not only will these plants, when once grown, will have a positive effect on the ambiance, but they will also be a source of livelihood for the locals.

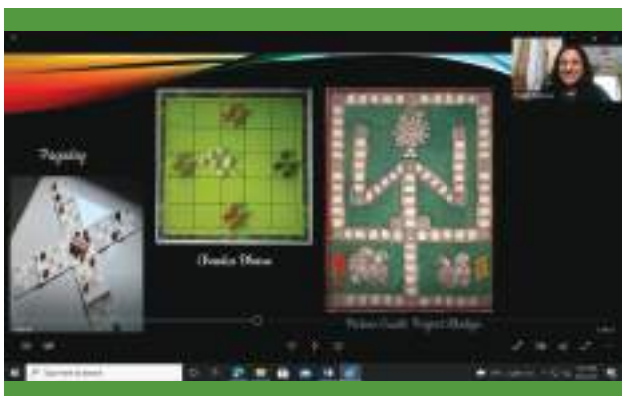
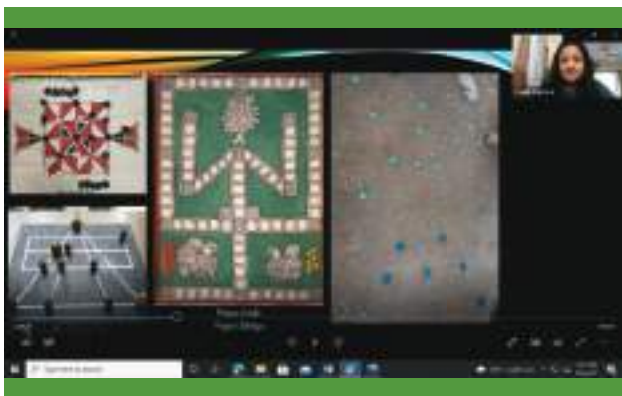


One of the most integral parts of education is to make students perform in all the spheres of life. And this is where life Skills a key role. Previously not considered a vital subject, Life Skills is being accepted as an important school and even college curriculum. It focuses on improving the rudimentary skills needed for a better living by helping students acquire psychological competency, finding solutions to routine problems, coping with stressful conditions, and much more. In addition to this, it also helps foster social and individual responsibility and emphasized physical and mental well-being. Considering these factors, Bhavyata Foundation is taking a step towards making the knowledge of Life Skills more accessible by distributing well-planned and expertly designed Life Skill book to a school in Palghar District and Thane. The goal is to make children independent in many spheres of life and assisting them with proper and healthy communication skills, as it can vitally affect their future.



EVENT UPDATE

For as long as one can trace back history, one can also trace back the myriad of board games linked with every page. India, in particular, has been an abode to many board games from time immemorial. A significant pastime and recreational activity of ancient India was board games. Move in any direction, and you will come across a range of intriguing and bounding board games, But with the coming of western culture and modern, appealing games, most traditional got sidelines, and many got lost. In a bid to revive these boaed games, their legend, and thus an entire Heritage, organized a session on 3rd July to bring back Indian board games as a source of wisdom and recreation. This session was titled 'Lost And Found,' and our expert Yogini Aatreya headed it. She shed light on many unknown board games and how to play them and share their effects on their cognitive and intellectual levels.



In overwhelming westernization and a populaion inclining towards unsustainable products to statiate their needs, working constantly is much needed. With this as the center notion, Bhavyata Foundation, on 11th July, organized a Gopalakas training session. The session 'Panch Gavya Utpadan Shibir, was organized in association with Gau Gram Club. In this session, Bhavyata sponsored 5 Gopalaks. Our experts taught them how to make routinely used products like dan-tmanjan, incense sticks, and so, with the help of cow dung, cow urine, and other sorts of material that is not only available locally and quickly but is super affordable. We also guided them in making an Anti-radiation chip that helps in reducing the radiation emitted by smartphones and other electronic devices. All these and other products were to be made from completely organic materials, and the final product was also cheap, affordable and of superior quality. This step will not only generate a livelihood for these Gopalaks, but even more importantly, it will help move towards sustainability.

HIGHLIGHT OF THE MONTH

Buying these rakhis will have multifold effects on nature and lives. Not only will this promote sustainable celebrations but generate a livelihood for all those connected with its making. In addition, because these rakhis are indigenously made, they are a way to be local for vocal and thus supporting India in becoming an Aatmanirbhar or self-reliant nation. These rakhis are available on the official website of the Bhavyata Foundation.



Every Item You Buy And Whom You Buy It From,
Can Make A Large Impact In The Lives Of Others!



Rakhi brings with it a spirit and charm of brother sister bond and a lifelong promise of protection. Rakhi symbolizes an unbreakable bond between siblings. With a range of gifts to choose from, what's better than an eco-friendly Rakhi? It creates a bond of togetherness between siblings and a bond of sustainability with our mother nature. With this as the essential notion, the Bhavyata foundation aims to make festive celebrations more sustainable and eco-friendly. In a market centrally dominated by Chinese Rakhis and other plastic-based non-sustainable materials, we are promoting indigenously handcrafted and designed Rakhis. Everything involved in this making Whether the thread or the dyes is made from organic goods, everything involved in making rakhi is made with absolute finesse by skilled artisans.

Ayurvedic Tips for Better Sleep



As important as it is for you to maintain your diet and keep yourself active for being fit and healthy, your sleep routine also plays a vital role. We all know the consequences of insufficient sleep but do not worry, Ayurveda has a remedy for all your issues. Here are 4 tips for an actual " Goodnight" sleep.

The Goodness Of Warm Water

As a first step towards better sleep, you can start with taking a warm shower. Warm water is known for rinsing off any stress from the body and also acts as a relaxing agent. For even a better experience, you can add few drops of essential oils like jasmine and lavender.

The Age- Old Calm Of Herbs

Consuming herbs like Brahmi, Ashwagandha, Shankpuhspi, Vacha, or Sarpgandha can stimulate your body. Ayurveda suggests intaking a small amount of any of these herbs before sleeping as these can ward away sleep disorders and induce a feeling of calm. Make sure the herbs are local.

Massaging Temples And Naval Region

In Ayurveda, ghee is used for a plethora of purposes other than as an edible. Ghee acts as a cooling agent for the body, and it also calms down the system. Therefore, it is recommended to massage your temples and the Vata dosha and alleviates Pitta dosha.

Unplug And Unwind

One of the major causes of poor sleep is long screen time. This ends up aggravating our Vata and leads to restlessness and insomnia. Therefore, Ayurveda recommends shutting down all your screens at least 2 hours before bedtime. Instead, engage in other soothing and grounding activities.

BENEFICIARIES AND TESTIMONIALS



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Bhavyata Foundation is doing great job by planting trees every year. This not only generates livelihood but also helps our environment.

Asha Sabkale

The training sponsored by Bhavyata Foundation for Panch Gavya Utpadan was very informative. This will help us move towards sustainability.

Santosh Sable

TRANSFORMATIONS

**1**

Balvatika- Life Skill Curriculum.

Tree Plantation.

2**3**

Training to GoPalaks for Panch Gavya Utpadan.

4

Lost and Found Indian Board Games.





UPCOMING PROJECTS & EVENTS

Balvatika

Introducing Life Skill Curriculum

Samadhan

Tackling Malnutrition

Bridge For Artisans

Supporting Bamboo artisans

MEMBERSHIP FEATURES

1.

BENEFITS BY
Reciprocal Giftings

Creative Handcrafted goodies include Embroidered Lifestyle Product's. Festival Accessories include Natural Herbal Holi Colors & Bamboo Rakhis. House hold 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

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

**T H A N K
Y O U**



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For more details please check this video
<https://www.youtube.com/watch?v=EtS9aEO8hx4>

NEXT ISSUE

01

Balvatika-
Life Skill Curriculum

02

Samadhan-
Tackling Malnutrition

03

Bridge For Artisans-
Supporting Bamboo
artisans