

CONTENT

- 01 Monthly Round Up
- 02 Project Updates
- 03 Mission Compassion
- 04 Tips for Healthy Lifestyle
- 05 Testimonial
- 06 Tranformations
- 07 Upcoming Projects
- 08 Membership Features
- 09 Campaign Pomotions

BHAVYATA FOUNDATION

JUNE 2021



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

In the following pages we present you the Monthly Dispatch of June 2021. Bhavyata Foundation provided the people of Vakalwadi with a freezer and a sealing machine to assist them in storing and selling the milk. We also conducted an 11 days teachers' training program for Brihan Mumbai Municipal Corporation (BMC) Balwadi teachers. In addition, we also launched a new upgraded and more user-friendly website with various options and access to many exciting things.



HIGHLIGHTS

- ✓ New Website Design
- ✓ Teacher Training Program
- ✓ Samvardhan- Breed Preservation
- ✓ Krida Yog- International Yoga Day



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

Under its initiative SAMVARDHAN, Bhavyata Foundation took the initiative to revamp the condition of bovines in the Vakalwadi village. In June, we provided the village with 500 kg of nutritional dry fodder, a sealing machine, and a freezer to sell the milk in urban markets. Our team also launched a new website design. We conducted an online yoga session for children on the occasion of International Yoga Day.

With an improved interactive experience and many new exciting options, users can also easily access our shop to buy various indigenously crafted products. In addition, we also conducted an 11 days teacher training program for BMC teachers. This time we imparted the knowledge of the Panchkoshha system, an education system based on Taittiriya Upanishad.

PROJECT UPDATES

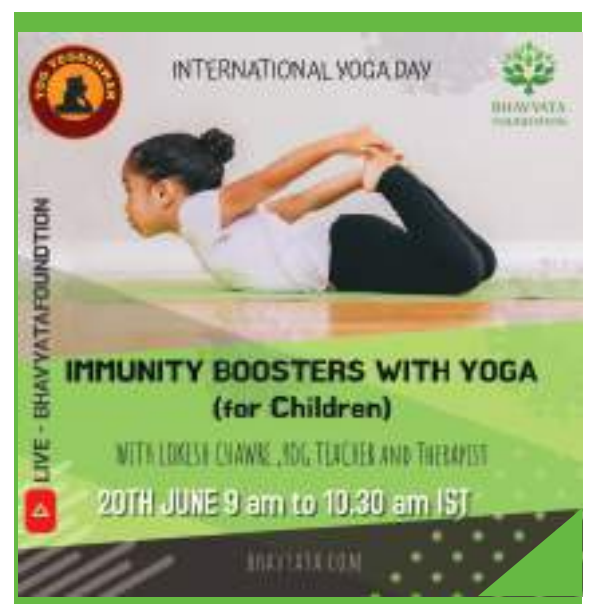
In June, the Bhavyata foundation took new steps for the betterment of the people of Vakalwadi. On 4th June, we provided them with 500kg of Nutritional fodder for cows to help them revamp the bovines' situation. As a result of this and other interventions, the health condition of cows improved remarkably, and they produce more milk. This milk can now be sold in the urban market for generating a livelihood. For this purpose, on 23rd June, we provided the villagers with a sealing machine and a freezer. The former can pack the milk and send it to urban markets, while the latter is used to store evening milk which will be further processed into hand-churned clarified butter.



Bhavyata foundation has launched its upgraded and enhanced website design with new access to more exciting and enlightening things. The website is user-friendly and easier to navigate, even for a novice. Using it, you can access our shop, where you can buy all the handcrafted, eco-friendly, and vibrant products, all of which are indigenously designed. In addition, you get quick access to different informative and knowledgeable blogs and audios. You can also donate to our various initiative to take your first step towards making this world a better place.



COVID-19 pandemic took a toll on the physical and mental health of every age group. But probably the most affected were children, who were forced to stay inside and participate in the bare minimum of fun activities in their age of bustling and sneaking around for fun. Considering this and the need to improve the overall health aspects, Bhavyata Foundation conducted an online yoga session for children on the occasion of International yoga. Lokesh Chawre, our yoga expert, hosted the session. He imparted knowledge about various yoga-related fun activities and how to practice them daily. He also practiced Surya Namaskar (Sun Salutation) and a plethora of health benefits linked with it.



MISSION COMPASSION

Annamaykosha focuses on various physical activities that lead to physical nourishment. Pranamaykosha talks about the importance of recreational activities and personality development through yoga. Manomaykoaha sheds light on the importance of nourishing mind power and developing a sense of appreciation for art. In the Vignanamaykosha session, we talked about the importance of practical and experiential knowledge for enhanced understanding. And Anandamaykosha's session gave insights into the need for extramural activities and how these can help in self-discovery. Apart from this, we also taught the new teaching methods of maths, making it more interactive and fun. Amongst this, we shed light on the importance of children being educated up to five years old in their mother tongue.



An Investment In Knowledge Always Pays The Best Interest

For a strong, creative, and ever-growing nation, we need a better youth, and for that, we need better-trained educators. In June, Bhavyata Foundation organized 11 day teacher training programs for the BMC Balwadi teachers. The first session was conducted on 2nd June, and the remaining sessions were centered on guiding the teachers about the Panckosha Education, an education system based on the Taittiriya Upanishad. The sessions were divided into five major categories. Annamaykosha, Pranamaykosha, Mamaykosha, Vignanamaykosha, and Anandhamaykosha. Each of these methods centers on various cognitive and emotional development when imparted appropriately. Annamaykosha focuses on various physical activities that lead to physical nourishment.



Ayurvedic Tips for Healthy Lifestyle



The Chai-pakoda season is the time of heavenly earthly smell (petrichor), gossip over elaichi chai and making paper boats, and when various skin issues resurface. But the brimming pockets of Ayurveda have some quick tips to make your skin glow and shine even in the pitter-patter of monsoon.

The Unhappy Doshas

Monsoon is the prime time when all the three energies or the doshas of your body are imbalanced. As a first step towards healthy skin, Ayurveda suggests consuming more and more water throughout a given day. On average, one must drink 8-9 glasses of water. You can also add lime juice and mint for detoxification.

The Cooling Pastes

Because of humidity in the monsoon season, continuous sweating leads to excessive skin heating and acnes. For this purpose, it is suggested to use a suitable kind of paste made out of cooling herbs such as fennel, coriander, and Indian gooseberry or amla. All these have pitta pacifying effects and helps in natural skin generation.

All- Rounder Aloe Vera

Aloe vera, both in the liquid and in the gel form, has a myriad of benefits for many physical issues. In the context of skin, Aloe vera works in two ways. Firstly intake of aloe vera gel purifies the blood, and applying it on the skin deeply cleanses all the dirt.

Don't Forget The Massage

Ayurvedic massages are quite easy and a promising step for good skin. For this purpose, add different sort of herbs and essential oils to your massage oil. These can help in the rejuvenation of your skin. It is suggested that one must do these massages at least twice a week to increase blood flow.

BENEFICIARIES AND TESTIMONIALS



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We are very happy with the teachers training session organised for us by Bhavyata Foundation. The training was centered on guiding the teachers about the Panckosha Education.

Sulbha Mahdeswar

Bhavyata Foundation has always helped us in many ways. We are grateful, they donated us Freezer and Sealing machine. This will help us sell the dairy products in urban markets.

Madhu Pokhla

TRANSFORMATIONS

**1**

New Website
Design Launched.

Freezer and Sealing
Machine Donated.

2**3**

Yoga Day Session.

4

Teacher's Training
Session.





UPCOMING PROJECTS & EVENTS

Akriti-Indian Board Games

Traditional Board Games were not just games, they were designed in such a way that one can develop of skills like logical thinking, building strategy, concentration, basic mathematics, aiming, and lot more.

Plant a caretaker - Partnering Communities with Ecology

Tree plantation at Wada Block in Plaghar

Samvardhan- Training to Go-palaks for monetising by-products of dairy produce.

To make organic paint, compost, manure etc
from the cow dung and cow urine.

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

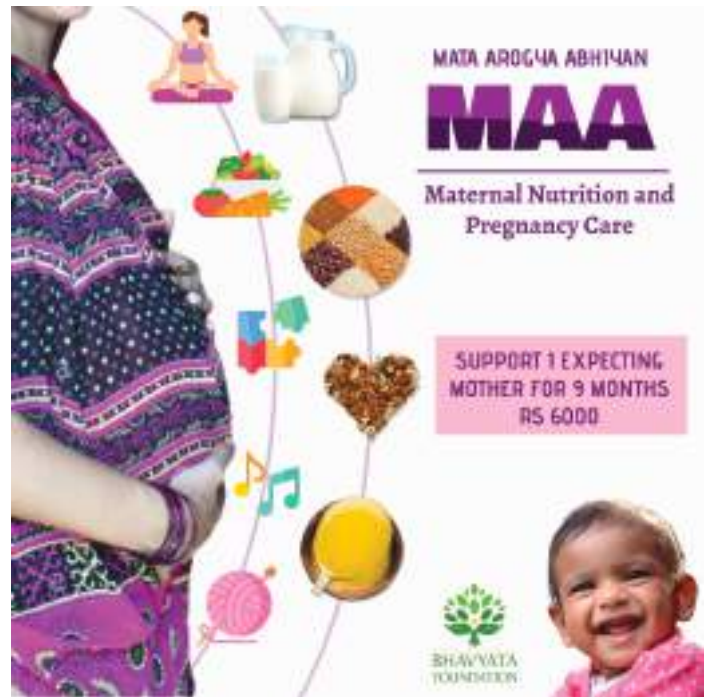
CAMPAIGN PROMOTIONS

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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wadi, Vidyavihar (E), Mumbai-77



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

NEXT ISSUE

01

Plant A Care Taker-
Tree Plantation

02

Akriti- Indian Board
Games

03

Samvardhan- Monetisation
Based on Derivatives From
Cow Dung and Cow Urine