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BHAVYATA FOUNDATION

June 2020



## PARIVARTAN

### DEVELOPMENT DISPATCH



## Monthly Round Up

### Greetings From Bhavyata Foundation!

*In the following pages, we present the Monthly Dispatch of June 2020. The pandemic of the COVID-19 coronavirus is the largest global health crisis of our time, and Bhavyata Foundation took the initiative and attended to the first call of distress during the Covid-19 crisis. Ayurveda & Yoga experts conducted many sessions on Krida Yoga for kids, Eduved- Exam management & concentration for students, & Yoga for Immunity for corporate professionals, parents and all age group. Already distressed Rural populace shunned into void seek your helping hand; hence we team up to help, with Cowshed inauguration and GoAmrit Organic Farming session.*



## Fight Covid-19 with *Breath, Postures & Organic Farming* through Vedic ways

Yoga for self-love and Ayurveda for self-care giving immunity; providing mental and physical strength to fight Coronavirus pandemic.

### HIGHLIGHTS

- ✓ *Yoga for Immunity*
- ✓ *Reviving the Forgotten Metal*
  - *Series on Graceful Kansa Metal*
- ✓ *Krida Yoga*
- ✓ *Cowshed Inauguration*
- ✓ *GoAmrit Organic Farming Sessions*
  - *Samriddhi Programme*

As Vedic society of India knew, New research from the Journal of Behavioral Medicine suggests that yoga maybe a useful way to boost your immune system and reduce your body inflammation. Yoga practices are one of the most effective and time-tested natural immune boosters that can lead to a healthy, disease-free body. Under the initiative Sowing the Seeds, a cowshed was inaugurated at Murbad District on

Krida Yoga helped children to learn flexibility of body and mental peace as benefits of regular yoga. 'Yoga for immunity' helped people to deal with stress, anxiety, stay in good shape, promote self-healing, improve immunity, bring discipline and emotional balance. The programme Eduved unveiled the secrets of Ayurved to keep the children motivated and focused & help reap harvests of excellence with GoAmrit and Cowshed Inauguration.



## PROJECT UPDATES



Veda, Ayurveda & Yoga come to rescue for the world with, most efficient & scientifically proven, Breath Work, Exercises, Diet plan, Concentration practices, Mother Cow & Organic Farming (GoAmrit).

In June 2020, projects under these initiatives were undertaken :

1. Lessons For Life
2. Sowing the Seeds
3. Bridge For Artisans

‘Lessons for Life’, one taught by the Covid-19 pandemic will dare not be forgotten by our generation. Still, it is incumbent upon us to lead the coming generation by bringing into our habits, especially for immunity and wellness, the Yoga & Ayurveda.



**WEBINAR ON 26<sup>TH</sup> JUNE**  
**6 TO 7 PM (IST)**  
**Free inputs to farmers for natural farming**

FOR REGISTRATION  
 visit [www.bhavyata.com](http://www.bhavyata.com)  
 or message on 7506882281



Speaker- Shri Gopal Sutariya  
 Founder, Bansi Gir Gaushala  
 National Kamdhenu Award Winner

## ATMA NIRBHAR BHARAT

Projects reflected 5 main aspects of the Indian culture, and the 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

## 1. YOGA FOR IMMUNITY

This program helped people to deal with stress, anxiety, stay in good shape, promote self healing, improve immunity, bring discipline and emotional balance.

## 2. Cowshed Inauguration

Under the initiative Sowing the Seeds, a Cowshed was inaugurated at Murbad District for KantiRamji on 19th June, 2020.

## 3. Krida Yog

This program helped children to learn flexibility of body and mental peace as benefits of regular yoga.

## 4. Samriddhi

In this session, Shri Gopal Sutariya shared free inputs to farmers for organic farming. He also shared the method for making Go Amrit.

## 5. Reviving the Forgotten Metal- The Blessed Bell Metal(or, Kansa)

Blog on- Reviving A Forgotten Metal: A Series on the Traditional Kansa Metal – Serie 1 - 2- 3. Medium Blogs, Webiste, Facebook & Instagram.







## SWITCHING TO AN AYURVEDIC DIET: Rules for 3 meals of the day

Ayurveda's Holistic Lifestyle Approach for the Management of Coronavirus disease (COVID-19) & Building robust immunity.

According to Ayurveda, five elements make up the universe — Vayu (air), Jala (water), Akash (space), Teja (fire), and Prithvi (earth). They form three different doshas or constitutions, which are considered to be some types of energy in your body.

Practised for thousands of years, the Ayurvedic diet is an essential component of Ayurveda. It's based on determining what your dominant dosha is and according to that, deciding the food that keeps balancing them.

1. The first and most important thing that we should keep in mind is NOT TO SKIP BREAKFAST EVER! Fasting is not recommended in an Ayurvedic breakfast since it disturbs all of the three doshas.

2. During the time between 10 am to 2 pm, pitta dosha stays at its peak. Hence, it says that lunch should be one's most important meal of the day, & should be fresh. An ideal meal should contain six modes of taste, ranging from bitterness to sweetness.

When you are following a specific and healthy diet, your health will show the sparks of excellent physical and mental strength.

For example, the ayurvedic Sherbet called Sherkaro-dakam is prepared by simply dissolving sugar in cold water and adding pinches of cardamom, camphor and pepper and a few cloves. This is a simple, soothing ayurvedic beverage helps in semen production and digestion, is purgative and increases bodily strength.

### The Three Doshas

Vata - Air + Space

Pitta – Fire + Water

Kapha – Water + Earth

## WHAT HAPPENED IN JUNE?

The origin and the chief texts on the philosophy and techniques of Yog were revived in the 19th and 20th century when Patanjali Yog Sutra, Bhagavad Gita, Upanishads and Srimad Bhagavatam were brought forth. "Yog Sutra" of Patanjali, the foundational text on classical Yoga, state the purpose as  $\text{yoga}\text{Citta-vrtti-nirodhah}$ —1.2 - "Yoga is the calming down of the tendencies or, patterns (samskara/ samsara) in consciousness" and ultimate liberation (moksha) when samskara is removed & Samsara no longer exists for you. You are in this world, not of this world. Outside India, "Yog" has developed into a posture-based physical fitness, stress-relief and relaxation technique. Bhagavad Gita, The Song of God, is the flagship text on the philosophy of all Sciences of Yog. The Gita is spoken on the battlefield to Arjuna by Master of all Yoga, Lord Krishna himself; "And of all yogis, the one with great faith who always abides in Me, thinks of Me within himself, and renders transcendental loving service to Me — he is the most intimately united with Me in yoga and is the highest of all. That is My opinion." Bhagavad-Gita 6.47.

1964- Lal Bahadur Shastri became the second Prime Minister of India.

1858- Rani Lakshmibai of Jhansi received Veergati by taking iron from the British.

1908, 2nd June- Sri Aurobindo, a Yogi and great freedom fighter, arrested ManikTala Bomb explosion case.

1947, 15th June- The All India Congress accepted the British plan for the partition of India and broke Akhand Bharata in more parts

1893, 7th June- Mahatma Gandhi's first act of Civil Disobedience in South Africa.

## 21 JUNE, WORLD YOGA DAY / INTERNATIONAL YOGA DIWAS

The popularly used word Yoga derives its origin from the term 'Yog' of Ancient Indian Texts in Sanskrit. The root of the term 'Yog' is the Sanskrit word Yuj which means 'to join' or 'to unite'. Swami Vivekananda was mostly responsible for the spread of yoga for the first time, to western societies. Ramana Maharshi, Ramakrishna Paramahansa, BKS Iyengar, K Pattabhi Jois, Paramhansa Yogananda, Swami Vivekananda further developed Raja yoga & Bhakti Yoga was brought to the West by Bhaktivedanta Swami Srila Prabhupada. In this period, Bhakti Yog, Vedanta, AshYoga works on the level of one's

tanga Yog or Hatha Yog flourished. The holistic approach of Yog has given rise to four broad classifications of Yoga: karma yoga, where we employ the body; bhakti yoga, where we employ the emotions; gya-na yoga, where we employ the mind and intellect; and kriya yoga, where we employ the energy. Yoga is an ancient tradition that brings together physical and mental disciplines for a balanced body and mind. Yoga is an exercise achieved by diet, breathing, and physical posture. International Yoga Day is celebrated annually for five years. It is also recognized as the World Yoga Day.

### 1893, JUNE 07- MAHATMA GANDHI'S FIRST ACT OF CIVIL DISOBEDIENCE SOUTH AFRICA.

Despite over a century of study, we still don't know anything about Yoga's earliest origins. We know, though, that it originated in India 5,000 years ago. Until recently, many Western scholars thought Yog came into being much later, maybe around 500 B.C., the time of Gautama the Buddha. But then, in the early 1920s, archaeologists surprised the world by discovering the so-called Indus civilization — a culture that we now know stretched over an area of about 300,000 square miles (the size of Texas and Ohio combined). This was the largest civilization in early antiquity. In the ruins of Mohenjo Daro and Harappa's Harappa's big cities, excavators found depictions engraved on soapstone seals that resemble yogi-like figures. Many other findings show the incredible continuity between civilization and later Hindu society and culture.

# TIPS FOR PARENTS

## EDUVED: Unveiling the secrets of Ayurveda for Improved Focus

Parenting is a crucial responsibility that entails bringing up a child mentally, physically, and socially in the best possible way. Ayurveda can be incorporated into the task of parenting. Ayurveda can help parents identify the bodily constituency of their child and add herbal drugs that can pacify the aggravated doshas in their daily diet. With the help of Ayurveda and a healthy lifestyle, parents can provide holistic wellness to both their child and themselves.

1. Every kid is different and unique in its own way. Everyone talks, speaks, walks and thinks differently. Every child has its own 'Prakruti' or nature. There are several kinds of Prakruti which different kids possess.

2. Sleeping between 10am to 2am is crucial & waking up and studying in the early morning between 4am to 8am has great recall value. Successful people follow this biological clock. Timing greatly helps focus, being night owl is detrimental and weight gain happens.



**Know Uniqueness & Ability of your Children.**

Work according to the biological clock that calibrates with nature & Sun's movement.

# BENEFICIARIES

## AND

# TESTIMONIALS



...

1. "I breathe deeper, move easier, and experience more freedom from the tense, anxious mood. I am more grateful that my yoga practise and my life experience are different every day."

2. "I felt a decrease in sleep disturbances, improved sleep quality & duration."

3. "I'm so grateful. In these times of uncertainty, it was a much needed Zoom class. During Yoga I forgot that I'm at home alone and feel a personal connection that is hard to come by these days. Thanks to Bhavyata Foundation"





## UPCOMING PROJECTS in May 2020

Upcoming projects under the initiatives –

### Karuna Unstoppable

Felicitation and conversations with our Covid -19 Warriors

### Raksha

In July, Bhavyata Foundation conducted an event called Raksha, which helped promote and sell the handcrafted Bamboo rakhis of our Tribal Bamboo artisans. We became the bridge to connect the Tribal Artisans and the community on the festive occasion of Rakshabandhan.

### Thread & Needle Day: Embroidery(Webinar)

This program was exclusively on embroidery traditions of India. The discussion focused on the History and generational dedication of Indian Traditional & Tribal embroidery. The webinar aimed to salute the artisans.

### Bharat Gatha Series

On the eve of Independence Day Special, we conducted The Bharat Gatha series to portray a glimpse of India 's History, Heritage and Heros. Be wise with Chaturanga. This event took place on International Chess Day to bring out the basic rules and techniques about Chess. The purpose of the event was to bring about not only the basics of Chess but also how Chess helps in improving the focus and strength of our Brain.

### Plant a Caretaker

Through this initiative, we along with Keshav Shrishti Gram Vikar Yagna planted 1200 mango saplings and 2500 bamboo saplings in the Wada & Vikramgad block of Palghar district through community as stakeholders.

- ✓ Karuna Unstoppable- Covid -19 Warriors Felicitation
- ✓ Raksha- Bamboo Rakhis Exhibition
- ✓ Bharat Gaathaa Series - Heroic Resistance to Foreign Invaders / Rise & Fall of The Great Vijaya Nagar
  - ✓ Plant a Caretaker
  - ✓ Be wise with Chaturanga
- ✓ Thread & Needle Day: Embroidery- The Gateway To Colourful Indian 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 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

**FamilyMember  
(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)

**PATRON  
MEMBER**

₹5,000

**ASSOCIATE  
MEMBER**

₹10,000

**AFFILIATE  
MEMBER**

₹25,000

**FAMILY  
MEMBER  
(4 MEMBERS)**

₹35,000

## GROUP MEMBERSHIPS (Annual)

**PRIVILEGE  
MEMBER**

₹50,000

**CORPORATE  
SILVER  
(25 MEMBERS)**

₹6,00,000

**CORPORATE  
GOLD  
(50 MEMBERS)**

₹11,00,000

**CORPORATE  
PLATINUM  
(100 MEMBERS)**

₹21,00,000


# CAMPAIGN PROMOTIONS

*Donate to our Plant-a-Caretaker campaign  
to provide livelihood to 140 families.*

Contribute to India's ecological and economic advancement. 1200 mango and 2500 bamboo saplings are being planted in the Wada and Vikramgad blocks of Palghar district. These trees shall provide a livelihood to 140 families for the rest of their lives. To ensure income for a family, adopt 30 trees. 30 mango saplings = INR 3000 (INR 100 per tree) 30 bamboo saplings = INR 510 (INR 17 per sapling)

DONATE NOW

THANK  
YOU




Village in Wada Block, Palghar


1200 Mango Saplings

## PLANT A CARETAKER

40 Tribal families can thrive on returns from fruit trees  
**THEY HAVE DONE THEIR PART; LETS DO OUR BIT!**  
Support by donating trees @ Rs. 100 to nurture our land & communities.

 **SCHOOL OF SUSTENANCE**  
Saving Goodness Of Nature

[www.bhavyata.com](http://www.bhavyata.com)

 **BHAVYATA FOUNDATION**



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