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JANUARY 2021



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

In the following pages we present you the monthly dispatch of January 2021. As we are entering the New Year, Bhavyata Foundation is constantly working for the welfare of society. We at bhavyata foundation distributed kits and sanitisation packets to the Mumbai slums and also connected with women to raise awareness about their personal hygiene. Teachers are provided training sessions regularly to ensure that they always have access to up-to-date educational resources.



HIGHLIGHTS

- ✓ Teachers Training session
- ✓ Food kits distribution
- ✓ Sanitisation kits distribution
- ✓ Makar Sankrant celebration



Make this year, a year of finding, of fulfilment, of joy, peace and purpose.

Bhavyata Foundation in collaboration with Vidyabharti, organized the teacher's training session at Goregoan Balvadi. Mr Santosh Bhanage was invited to share the knowledge about NEP and also he explained the importance of development of sensory organ through teaching side. Training the teachers regularly not only teaches them new ideas but also polishes their skills and efficiency.

Bhavyata foundation is still helping vulnerable community by donating food kits to Mumbai slums and also spreading the awareness for women about the importance of personal hygiene by donating sanitisation kits. We celebrated Makar sankrant in traditional way with our partner Le Mark Institution of fashion designing.

PROJECT UPDATES

Bhavyata Foundation, In collaboration with Vidyabharti, arranged a teachers' training session at Goregoan balvadi. Mr. Santosh Bhanage was invited to introduce NE-P (New Education Policy) to the teachers. He explained the importance of the development of all sensory organs through the teaching aid. The session started with Sanskrit shloka, followed by few activities like storytelling, singing and craft. The day ended with shloka. Teachers were enlightened with the knowledge shared by Mr. Santosh.



Another such session was conducted at the Bhavyata Foundation office. All 5 balvadi teachers were invited to the office to brief them about the new activities to be conducted, which will not only help the child learn but also to develop his/her sensory organs. Activities like prayer, story were performed by teachers very enthusiastically.

ATMA NIRBHAR BHARAT

Our generation will be the significant players to achieve a self-Dependent Bharat dream, with a 5 trillion dollar economy. Anna Nirbhar Shishu Jan is the foundation for the Atma Nirbhar Bharat. This Festive season, Save 1 Child's life. Donate Rs 9,000 for a 90-day course of millet-based finger food recipe that will nourish the children out of the grim state of malnutrition.

FIGHT THE HUNGER PANDEMIC

**ATMA NIRBHAR BHARAT
BASED ON
ANNA NIRBHAR SHISHU JAN**

*About 15 percent of India
is undernourished.*

**MILLET BASED 600 KCAL WORTH
DAILY NUTRITION**
millet based finger food recipes
90 day course to rid children from undernutrition

**200
children**
Rs. 9000 per child

**LOCATION
PALGHAR,
MAHARASHTRA**

FOR DONATIONS: please visit www.bhavyata.com,
or mail us: info@bhavyata.com

**HUNGER
FREE NATION**

**SHISHU JAN
NOURISHING**

EVENT UPDATES

1. Distribution of kits to slums of mumbai

Bhavyata Foundation is constantly working towards the welfare of society by distributing essential kits to vulnerable community. We distributed 20 food kits to the slums of Dharavi and Sion.

Items included in kit box :

- 1 Kg Tur Dal
- 1 Kg Gur
- 1 Kg Sugar
- 1 Litre Oil
- 500 Gms Soya Chunks
- 500 Gms Sweet box

2. Sanitisation kit distribution

Women are least concerned about their hygiene especially during menstrual days. So Bhavyata Foundation started a drive to create awareness among the ladies for their personal care by distributing sanitisation kits and teaching them about taking care of oneself.

Sanitisation kit included

- Handwash
- Shampoo
- Sanitary pads
- Masks

3. Makar Sankrant celebration with Bhavyata Team

We at Bhavyata Foundation along with our partner Le Mark Institute of Fashion Designing celebrated Makar Sankranti in a traditional way by kite flying followed by treasure hunt, dance and snacks and til gud too.



MISSION COMPASSION

Millets To Fight Malnutrition



During the pre-Green Revolution era (1965-66), millets were cultivated in 36.90 million hectares (ha). However in stark contrast, the area under millet cultivation declined to 14.72 million has in 2016-17. "This has been largely due to policy impact, in addition to changes in consumption pattern, dietary habits, lesser yields, lesser demand and conversion of irrigated area for cultivation of rice and wheat,

India is the epicenter of a global stunting crisis. Atleast 39% of the country's children under five- about 47 million souls - suffer from stunting. One way to address the crisis is through nutritional schemes for pregnant women and children.

Millets are coarse grains and a repository of protein, fibre, vitamins and minerals. They include jowar (sorghum), ragi (finger millet), korra (foxtail millet), arke (kodo millet), sama (little millet), bajra (pearl millet), chena/barr (proso millet) and sanwa (barnyard millet). Millets had been the major staple food in central India, southern India and hilly regions of Uttarakhand for centuries till the time of the Green Revolution. The reason for this is lack of awareness about the nutritional benefits, the not-so-sumptuous taste and the tag of "a poor man's food".



HIGHLIGHT OF THE MONTH

The first republic day was celebrated on January 26, 1950, three years after we got independent.

The year 2021 will mark India's 72th Republic Day. It is a day that is imperative to each Indian citizen because it denotes the day when India became democratic and truly independent. The first meeting of the Indian Parliament was also held on this day. 26th January, additionally saw the swearing-in of India's first president, Dr. Rajendra Prasad.



Our constitution is a ray of hope:

H for Harmony,
O for Opportunity,
P for people's participation and
E for Equality.

Saluting India ! Where each bud blooms in its true colors, where each day is celebrated of unity, harmony and synthesis. Happy 72 Republic Day.



Republic Day is a 3 day affair which ends on 29th January with the Beating Retreat Ceremony

January 26, 1930 was earlier celebrated as India's Independence Day or Purna Swaraj Day. It's the day India decided to fight for complete freedom. The first R-Day parade at Rajpath was held in 1955. The Indian Constitution is the longest one to be written in the world. It has 444 articles divided into 22 parts and 12 schedules. Recently 118 amendments were added to the constitution. Awards such as Kirti Chakra, Padma Awards and Bharat Ratna are given out on Republic Days.

During Republic Day Parade, a Christian Hymn, 'Abide With Me' is played as the concluding piece of the Beating Retreat Ceremony on January 29 every year at Vijay Chowk, since 1950. The Hymn was favorite of Mahatma Gandhi.

NEW YEAR, NEW RESOLUTIONS



HEALTHIER EATING

Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a basic tips, you can slowly develop good amount of determination and some healthier eating habits.

IMPROVE YOUR CONCENTRATION

People have been trying to find ways to improve their focus and cognitive capacities for thousands of years and most ancient civilizations had some combination of mental exercise and herbal medicine to help them reach this goal. Today, we can use anything from apps to ancient meditation techniques to boost concentration and hone our mental skills.

STOP PROCRASTINATING

The biggest barrier that keeps most people from reaching their goals is the desire to relax and do something fun instead of working hard. The best advice is to make a to-do list each day so that you know exactly what you need to get done.

REDUCE STRESS

They say that stress is one of the biggest killers out there, and it can have a very destructive effect on your relationships, as well as your health it can be effectively managed with the help of useful and easy-to-practice tricks for stress management.

BENEFICIARIES AND TESTIMONIALS



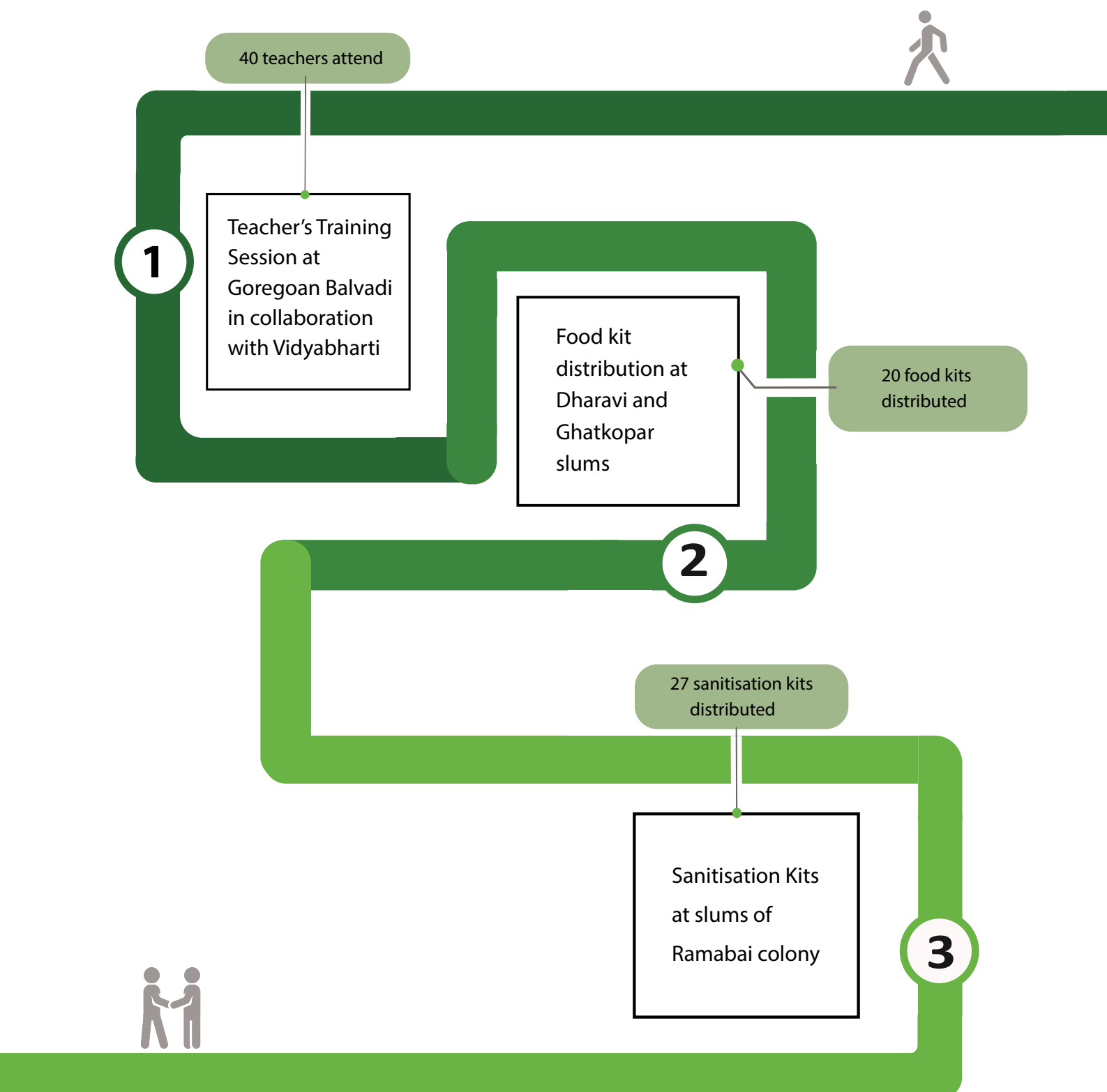
The Teacher Training session by Bhavyata Foundation in collaboration with Vidyabharti was very informative. It gave us brief idea about NEP and also importance of sensory development with the help of teaching aid.

Ashwini Kadam

I never knew we women always ignored our personal hygiene which can be so hazardous to our health. Thank your Bhavyata Foundation for giving us the knowledge of cleanliness and sanitisation kit too.

Poonam

TRANSFORMATIONS





UPCOMING PROJECTS

Samadhan

Tackling Malnutrition under the initiative Hunger Free Nation. Initial survey of nutritine behavior for the local's 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 nature resources, fodder support and irrigation for Dangi breed at Ambewadi, Adsara 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. 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

Children of Palghar need your URGENT help!

Do you know ?

3 out of 4 children die due to malnutrition. Palghare comprises majority of tribal communities. 90% of tribal communities are daily wage labourers or, they work as migrants in Thane or Bhiwandi areas. To find opportunities to earn and put food on the table during the lockdown is an impossible task for the population of children and even adults that are already starving.

'We stay hungry, so our kids can eat', says Ms Jai Taral, a grandmother of a girl from 7th grade. The girl used to get rice, dal and vegetables at her residential school. But now schools are closed, it is getting difficult for a family of eight members.

If we could afford three meals, let's help one child receive Daily 3 Course Nutrition Supplements to save his/her life from the grips of deadly undernutrition. Save our future! Donate Rs. 9,000 per child; we provide help to a group of 200 children who are struggling with malnourishment.

Please find the link in bio.

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://youtu.be/EtS9aEO8hx4>

NEXT ISSUE

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Samadhan- Tackling
malnutrition in palghar

02

Balvatika- Teachers
training session at
Bhavayata Foundation
Office.

03

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