

# INDEX

- 01 Monthly Round Up
- 02 Project Updates
- 03 Event Updates
- 04 Mission Compassion
- 05 Highlights Of The Month
- 06 Tips for Parents
- 07 Beneficiaries
- 09 Impact
- 10 Our Partners
- 11 Upcoming Projects
- 12 Membership Features
- 13 Campaign Promotions

BHAVYATA FOUNDATION

May 2020



## PARIVARTAN

DEVELOPMENT DISPATCH



## Monthly Round Up

### Greetings From Bhavyata Foundation!

*In the following pages, we present the Monthly Dispatch of May 2020. The pandemic of the COVID-19 coronavirus is the largest global health crisis of our time and the single greatest threat we have faced since the Second World War. Bhavyata Foundation took the initiative and attended to the first call of distress during the Covid-19 crisis. We provided essentials kits, monthly ration, awareness on Coronavirus infection and conducted weekly webinars on Ayurveda for immunity building, diet plan and much more. Vedic Maths session was held for learning and recreation during lockdown*



### HIGHLIGHTS

*The distributions of Grocery and essentials kits to the fleeing migrant workers, daily wage labourers, remote rural areas & the slum dweller. Donation Campaign to raise funds for landless laborers, who have lost means of livelihoods in Rural Pockets of India.*



***“Feeling Hopeless & Fearful that Starvation will kill us all before Coronavirus ”, said Indira from Dharavi***

Mumbai's Covid-19 epidemic could be the largest Covid-19 city epidemic in the world to date.

The distributions of Grocery and essentials kits to the fleeing migrant workers, daily wage labourers, remote rural areas & the slum dweller, who constitute more than 50% of this mega city of Mumbai, were poverty stricken and locked up in small shanties. Covid-19 pandemic and follow up of nationwide lockdown were not only shunning economy and basic supplies but isolation caused emotional,

mental and severe immunity challenges.

While necessary, global lockdown caused economic difficulties in the lives of poor and marginalised urban families. As in the towns, the villages of Jawahar & Mokhada in Maharashtra are severely affected in particular. These landless workers who have lost livelihoods do not have access to essential products and no money to buy food.

## PROJECT UPDATES



Hunger Free Nation initiative with your support provided 1,00,000 kg grains to Landless laborers of Villages, Slum-Dwellers and more as monthly ration to relieve them of Starvation, during the global crisis of Coronavirus

Do not touch, do not meet, what is this disease that is separating people from people?' says Radhabai Himmatlal Walke, 76. After the 1992 riots, this is the second time that she felt so scared living in a Mumbai slum. She asked, 'Somebody told me that if it comes to our basti then none of us would survive. Is it so?'

Our 'GOAL' became clear - help her, her Basti, and people like her.



Donation Campaign to raise funds for landless laborers, who have lost means of livelihoods in Rural Pockets of India. Adopt families and donate generously to support them in economic hardships in the lives of urban poor and marginalised families of villages



# EVENT UPDATES

## 1.COVID-19 PANDEMIC FOOD-RELIEF PROJECT

Bhavyata Foundation distributed 4682 kits making a total of 10,030 kits Through this Initiative, we reached out to needed families in Western Suburbs of Mumbai - Dahisar, Kandivali, Borivali and Mira Road and provided them Grocery Essentials & spread awareness of Covid-19 Infection.



## 2. Donation Campaign to raise funds for landless laborers, who have lost means of livelihoods in Rural Pockets of India

The nationwide lockdown, while necessary, has caused economic hardships in the lives of urban poor and marginalized families. Alike cities, villages are also severely affected, especially those in remote tribal belts of Jawahar & Mokhada in Maharashtra. These landless laborers, who have lost means of livelihoods have no access to essentials, nor enough money to buy food supplies.

Developing immunity in this population will build a healthy community with help of nutritional inputs in form of monthly essentials kits. Adopt families and donate generously to support them in midst of this crisis.

To donate: <https://bhavyata.com/covid19foodkit>



The initiative has received a tremendous response from the across sections of the society and in unique ways. A family of two children motivated by our Hunger-Free Nation initiative helped us in raising funds for monthly grocery supplies for affected populations. The charity Rock n Pop concert involving his two children, Mallika and Kanishk, played some cover versions of their favourite music through his YouTube channel received a lot of response.

Dharavi, Asia's biggest slum, is spread over 2.1 square km, housing 7 lakh people in small shanties stacked next to each other. Many distraught families were languishing in need of help due to the massive economic downturn.

## Mission Compassion: Covid-19 Food Relief in Challenging Times

Under its initiative Hunger Free Nation, Bhavyata Foundation rescued 50,150 Migrant workers, Slum Dwellers and Rural populace in its largest rescue mission with advent of Corona Pandemic

190.7 million people in India are undernourished, 25 per cent of the children experience hunger pangs. Covid-19 pandemic and lockdown has led to children being further deprived of nutrition support. 121 million more people could be "pushed to the brink of starvation this year" as a result of disruption to food production and supplies, diminishing aid as well as mass unemployment. Bhavyata Foundation's food security and nutritional support, along with awareness on hygiene and social distancing will help save lives from Covid-19 infection and Hunger as well. Bhavyata Foundation is committed

to supporting vulnerable population, the initiative significantly impacted the lives of daily wage workers, those with informal jobs, maids, street vendors and all rural & urban poor. It has till now created an everlasting impact in the mega city of Mumbai across six other zones (Thane, Palghar, Meerut, Delhi, Gadchiroli and Aurangabad) in the country. It impacted the lives of 10,030 families (around 50,150 needy people till date), in two months through the distribution of grocery kits, each containing the monthly essentials. Bhavyata Foundation remains thankful to all the supporters and well-wishers.

Described best by Founder of Bhavyata Foundation, Mr Kulin Maniar, the way to offset the crisis of hunger and poverty issue in any part of the world comes with community participation.

A couple with a blind husband, both above 60 years of age, was struggling to pay for rent and food. They used to segregate plastics in Kaabaadkhana. The wife, Indira Hari Rawat, hailed from Dharavi and to tighten the loose ends even on the brightest days of the Indian economy was tough. With a heavy heart, she said to one of our volunteers, Neelam: "I fear that hunger may kill many like us before coronavirus." It is the reality of now! We need help from all of you to save millions of them. Some may be in your locality, and you may not even know.

During the Covid-19 lockdown, the Hunger Free Nation initiative, till now created an everlasting impact in the mega city of Mumbai and across six other zones (Thane, Palghar, Meerut, Delhi, Gadchiroli and Aurangabad) in the country. It impacted the lives of 10,030 families (around 50,150 needy people till date), in two months through the distribution of grocery kits, each containing the monthly essentials.

## WHAT HAPPENED IN MAY?

*30th May, 1919 to protest against the Jallianwala Bagh massacre, Rabindranath Tagore renounced his knighthood through a repudiation letter addressed to Lord Chelmsford, the then viceroy of India to protest against the Jallianwala Bagh massacre of April 13th.*

*"It caused me insufferable pain. I felt I cannot go on living if I do not do anything," Tagore was quoted by the Sahitya Academy Award winning writer.*



1951 - President Rajendra Prasad inaugurated the newly constructed Somnath Temple.



1861- Rabindranath Tagore was born into a prosperous family in Calcutta. Tagore is the first person in Asia to receive the Nobel Prize.

PROTEST AGAINST THE JALLIANWALA BAGH  
MASSACRE, RABINDRANATH TAGORE JI  
RENOUNCED HIS BRITISH AWARDED KNIGHTHOOD



*3rd May 1939, Netaji Subhash Chandra Bose 560 children, women and unarmed men established the All India Forward Bloc*

The Forward Bloc of the Indian National Congress was formed on May 3, 1939 by Netaji Subhash Chandra Bose, who had resigned from the presidency of the Indian National Congress on 29 April after being outmanoeuvred by Mohandas Karamchand Gandhi. The formation of the Forward Bloc was announced to the public at a rally in Calcutta. Bose said that who all were joining, they had to never turn their back to the British and must fill the pledge form by cutting their finger and signing it with their blood. First of all, seventeen young girls came up and signed the pledge form. In August, the same year Bose began publishing a newspaper titled Forward Bloc. He travelled around the country, rallying support.

# 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. Alka Gharshi, belonging to Banganga in Walkeshwar, could not light up her stove till the day grocery kits were provided, at once started preparing food for her 3 children and critically ill husband starving from 2 days. Her husband had undergone cardiac surgery just before lockdown taking away their major savings and leaving him unable to start working again."

2. 60-year-old Kalurama Kare, an optional laborer in Karepada was so overwhelmed to see the grocery kits by Bhavyata Foundation that tears rolled down his eyes. His community had been starving for a week because of lack of supplies owing to connectivity issues. The whole community was undernourished, short of clean water and isolated from the village mainland.



# BENEFICIARIES

---

Peons

Slum  
Dwellers

Rural  
People

Barbers

Waiters

Hawkers

Tailors

Housemaids

Farmers

Cobblers

Low-Wage  
Earners

Construction  
Workers

Dabbawalas

Taxi/Rickshaw  
Drivers

Carpenters

Laundry  
Workers

Shoe Polishers

Sanitation  
Workers

Wage  
Labourers

Watchman

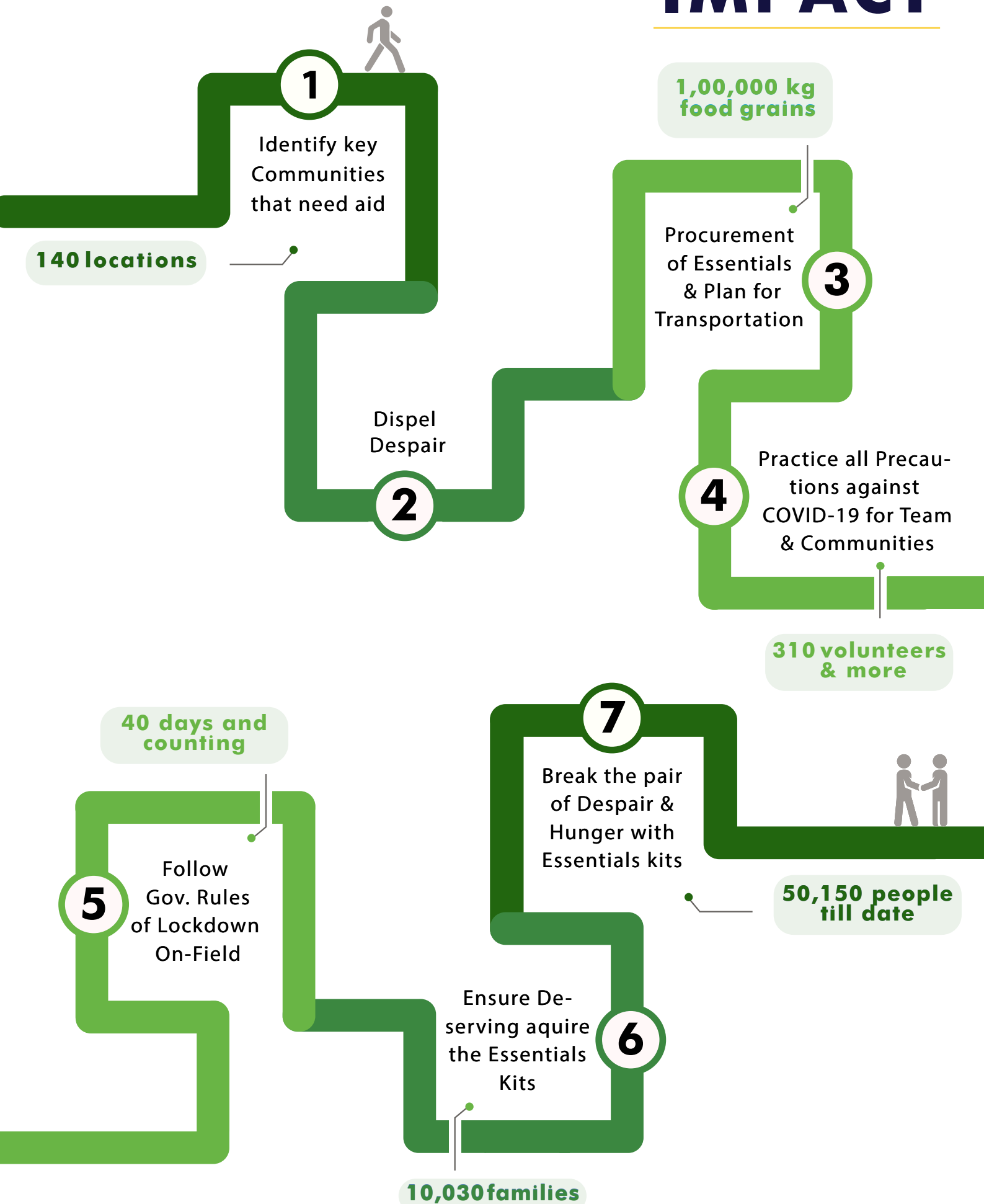
Garbage  
Pickers

Helpers

Carpenters

Landless  
Labourers

# IMPACT





## OUR PARTNERS

In collaboration with Annamrita Foundation, we provided Khichdi biweekly for three weeks in April at Thakurdwar, Tardeo for 300 people making the count to 1800 plates. While Thakurdwar residents were elated to receive them, we switched to necessities like Atta, sugar, dal, rice, soap, and sanitization kits so that no life was risked to this disease through contact.



**10, 030 KITS  
DISTRIBUTED  
TILL THE MONTH  
OF MAY**

Pranic Healing Foundation - 2760  
Ernst and Young Foundation - 2495  
Entrepreneurs Organization, Mumbai (EO) - 1300  
Bhavyata Foundation - 3475





- Yoga for Immunity
- Cowshed Inauguration
- Krida Yog
- Edu Ved
- Samriddhi



# UPCOMING PROJECTS

*Upcoming projects under the initiatives – Sowing the Seeds & Lessons for Life*

## Kridayog

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

## EduVed

This program was held we unveiled the secrets of Ayurved to keep the children motivated and help him reap harvests of excellence.

## Cowshed Inauguration

Under the initiative Sowing the Seeds, a cowshed was inaugurated at Murbad District on 19th June, 2020

## 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.

## Samriddhi

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

## 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

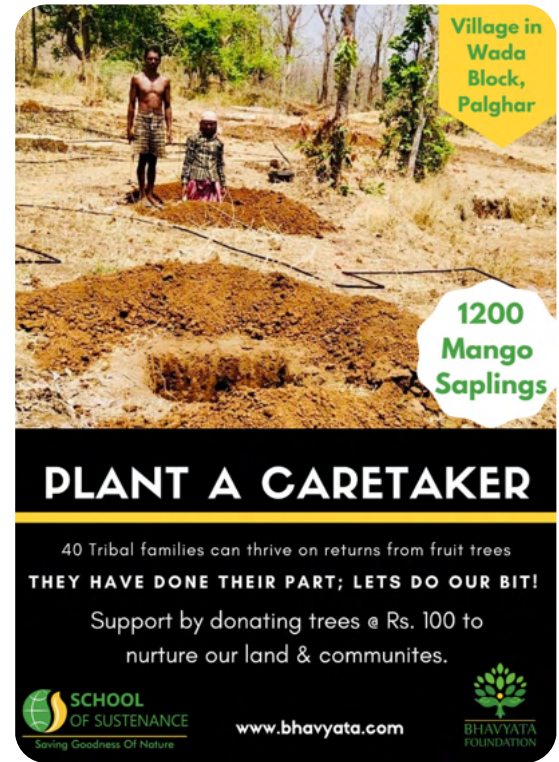
# CAMPAIGN PROMOTIONS

*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**

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




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**



Bhavyata Foundation, D-5/35,  
Chittaranjan nagar CHS, Rajawadi,  
Vidyavihar (E), Mumbai-77



+91 75-06882281



[info@bhavyata.com](mailto:info@bhavyata.com)

## NEXT ISSUE

01

Yog for Immunity -Heal Stress, Anxiety,  
Stay fit & boost Immnity.

02

Cowshed inauguration – a cowshed was  
inaugurated at Murbad District on 19th  
June, 2020

03

Eduved – Teaching kids yoga, Ayurveda,  
focus, eating habits, & more.