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BHAVYATA FOUNDATION

November 2021



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

Greetings from
Bhavyata Foundation

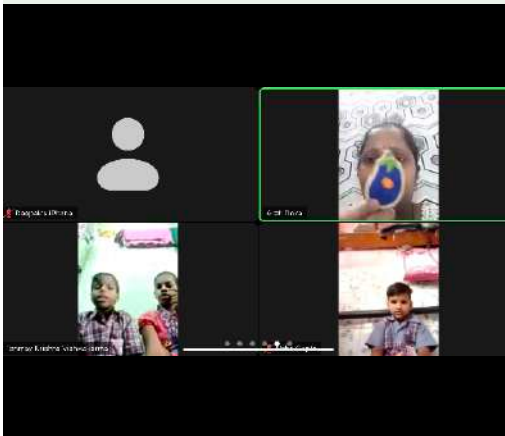
In the following pages, we present the Monthly Dispatch of November 2021. In the first week, we conducted a Diwali meet-up with teachers to learn about different kinds of methods to teach online and lesson plan ideas. We also conducted online schooling for kids for their overall growth and development. We also received positive results from our nutritional supplements distribution. In addition to this, our team surveyed the Igatpuri block of Nasik district in Maharashtra to assess the present situation.



A Good Education Is A Foundation For A Better Future

On 1st November, we organized a Diwali meet-up for teachers where we discussed about the online schooling and lesson plans. Under our initiative, 'Lessons for Life,' our teachers held online schooling sessions for children's cognitive and intellectual development.

We also found the positive results of our project Samadhan, indicated positive growth in the health of malnourished children. This pumped us to work even more for their betterment. Our team visited the Igatpuri district to assess the present situation, which will help us structure a plan to help the Gopalaks and their bovines.



HIGHLIGHTS

- ✓ BALVATIKA- Preschooling Education
- ✓ SAMADHAN -Tackling Malnourishment
- ✓ SAMVARDHAN- Breed

PROJECT UPDATES

BALVATIKA: PRE SCHOOL EDUCATION



On 1st November, we conducted a Diwali meet-up with teachers at our office with BMC Balwadi teachers.

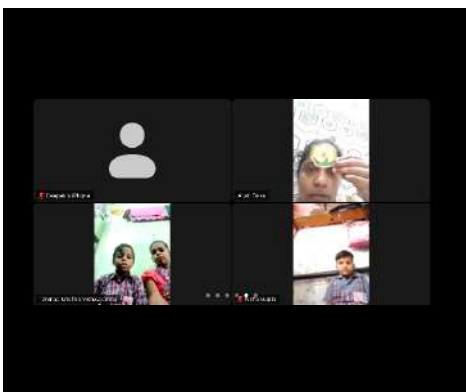


We discussed the online schooling methods and lesson plan designing.

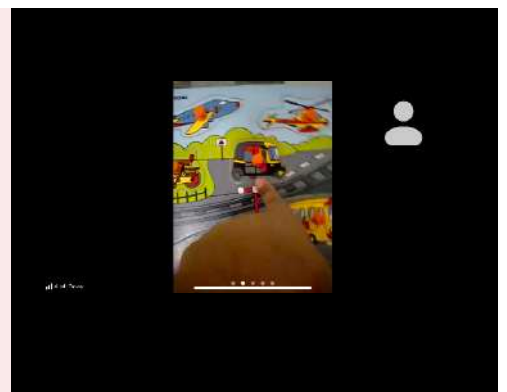


We learned about the celebration of Diwali in different communities and also distributed sweets to everyone.

ONLINE SCHOOLING



On 6th, 13th, 14th, & 17th October, our teachers conducted online classes of children aged 3 to 5 years.



This would help them in cognitive and intellectual development and build their vocabulary.



A

The teachers taught children about vegetables, fruits, and other things.

PROJECT UPDATES

SAMADHAN-TACKLING MALNOURISHMENT



In August, the Bhavyata Foundation distributed nutritional supplements to Nimai Hospital in Aurangabad, district of Maharashtra.



In November, the reports showed a positive 7% growth in the health of malnourished children.



The children were given with nutritional supplements and proper guidance, which helped reduce malnourishment.

SAMVRADHAN- BREED PRESERVATION



Under our initiative 'Sowing the seeds,' SAMVARDHAN aims at preserving our indigenous breeds.

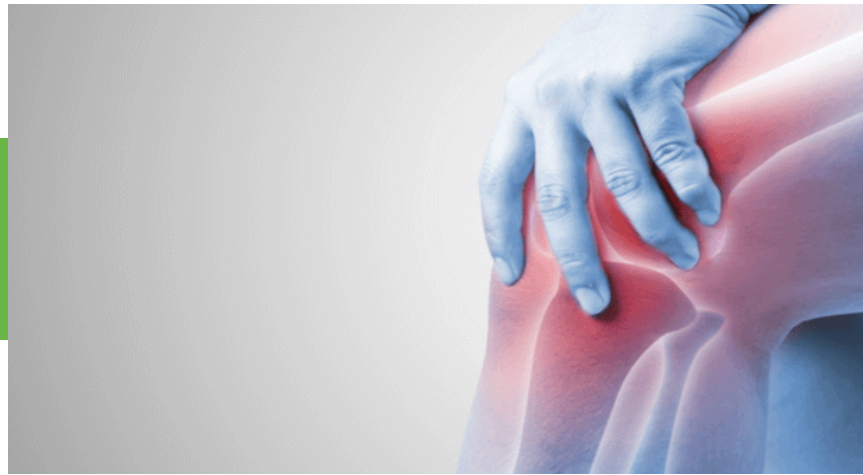


Our team surveyed the Igatpuri district to understand the present condition and the gopalak's' problems.



This will help us in structuring a plan to assist the villagers and the bovines of the area.

Ayurvedic Tips For Healthy Lifestyle



The season of quilts, being lazy, and a hot cup of Haldi milk is on edge, and we can feel it in the sky. But it is also vital to stay active and keep your immune high to avoid getting sick on cold nights. For this, Ayurveda has some age-old tips easy to follow for you.

Stay active and Warm

Winter is generally when you become lazy & want to stay in bed all day. But including light and warmth inducing yoga can be beneficial. Practice it for short durations at least twice a day (morning & evening), and make sure you wear darkclothes to observe more heat. You practice yoga like - Supta Baddha Konasana, Balasana, & Sucirandhrasana.

Gentle Joint Care

For grown-ups, one of the major issues in winter is pain in joints because of low or no exposure to sunlight. For this, you can practice Ayurvedic treatments like, Lepa (application of external herbal paste), Abhyanga (massaging the joints with medicinal oil), Upanaha (heating moist herbal mass on the affected area).

Vata Balanced Diet

A Vata balancing diet is the key to maintaining good immunity in winter. The two critical elements of a Vata pacifying diet are warm and cooked food. Make sure to include Beetroot, sprouts, carrots, corn, eggplant (cooked), ginger and garlic, onions, pumpkins, tomatoes etc. Do not forget to add aniseed, asafetida, turmeric, bay leaf, and basil.

Hair Care in Winter

Dry and frizzy hair is a common issue during the winter season. The cold wind takes away all the moisture from your hair. Use coconut oil to nourish and strengthen your hair during this season. Massaging with coconut oil will make your hair strong and shiny. It will also help lock health in your scalp and keep your cerebral warmth.

BENEFICIARIES

AND

TESTIMONIALS



I am thankful to the Bhavyata Foundation for giving us these deep insights about garbhsanskar and its effects. I feel more informed.

Aishwarya More

We thank Bhavyata Foundation for providing us with nutritional support, counselling and making us more aware.

Sunita Jadhav

TRANSFORMATIONS

**1**

Structuring
A Plan To Help
Farmers In
Igatpuri.

Diwali Meet
Up With BMC
Balwadi
Teachers.

10 Teachers
& Helpers

2

450
CHILDREN

Positive Results of
Distributing Nutritional
Supplements In Nimai
Hospital, Aurangabad.

3



UPCOMING PROJECTS & EVENTS

SAMVARDHAN

Breed Preservation

MAA

Mata Arogya Abhiyan

LESSON FOR LIFE

Balvatika

A SMALL ACT OF KINDNESS

MEMBERSHIPS

A GREAT GIFT TO SOCIETY

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 Initiatives3.
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.

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)

INDIVIDUAL MEMBERSHIPS (Annual)



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

CAMPAIGN PROMOTION

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**



To know more about MAA

WATCH NOW



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To know about our initiatives, check this video

<https://www.youtube.com/watch?v=EtS9aEO8hx4>

NEXT ISSUE

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