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OCTOBER 2020



# PARIVARTAN

## DEVELOPMENT DISPATCH



## Monthly Round Up

Greetings From Bhavyata.

In the following pages, we present the Monthly Dispatch of October 2020. As the country is battling the outbreak, the Bhavyata foundation took the initiative to tackle other major problems. During this period, we came up with a protocol design for the Samadhan project. This project aims at tackling malnutrition. We also conducted a webinar, 'Let's defeat breast cancer', to spread awareness about breast cancer and its various aspects.



Helping People By Charity Is The Most Human Thing We Can Do.



### HIGHLIGHTS

- ✓ Samadhan Protocol design
- ✓ Let's Defeat Breast Cancer

We designed a protocol for the SAMADHAN project. This project aims at tackling malnutrition. Through our interventional Nutritional food scheme, we planned to provide children with a three time meal. And the meals provided are to be packed with all the necessary nutrients. We also came up with a daily diet chart and later, taught locals the low cost recipe for making nutritious food from local sources.

Cancer is the second most widely spread ailment in India. A survey conducted states that breast cancer claims 87,000 lives every year in India. With the aim of spread awareness regarding the early diagnosis, warning and manifestations of breast cancer, Bhavyata Foundation conducted a webinar themed 'Let's defeat breast cancer'. The session was divided into three parts through which we look at different aspects of breast cancer.



## PROJECT UPDATES

To tackle malnutrition under our project SAMDHAN, we came up with a protocol design. The underlying aim of this design was to evaluate the effect of supplementary Nutrition and nutritional education on the growth of malnourished children. We planned to provide the interventional meals for 12 weeks. Our team also came with various evaluation parameters for the screening and after the administration of nutritional supplement to track the changes occurring.



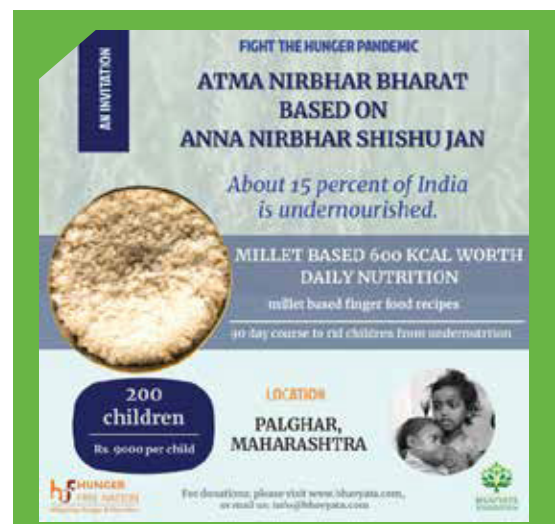
The pink month or October is the month of breast cancer awareness where we woke people to cancer, its early diagnosis, manifestations and to fight against the disease. Under the 'Lessons for Life' Initiative, the Bhavyata foundation organized multiple online sessions themed 'Let's defeat breast cancer'. The first session was in collaboration with Shakhivrund Mandal, the second session with Gurukul Mahila Arts and Commerce College. The final session was in collaboration with The Green Acres Academy and the Green Acres Gujarati Mandal. The Speaker of each session shed light on various aspects of breast cancer.



### ATMA NIRBHAR BHARAT

Projects reflected 5 main aspects of the Indian Culture, and 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



# MISSION COMPASSION

Kansa artisans, or Kansaris, are struggling in the face of government apathy and decreasing demand. With the disappearance of guilds and children moving away for better livelihoods, they are at the risk of losing their community heritage altogether. So, when you buy Kansa, you not only buy a product but rather, you support a community that is striving to keep a tradition alive. You are making a community self-reliant, being a catalyst towards an Aatmanirbhar Bharat. Bhavyata Foundations is providing support and financial stability for local artisans by selling their goods and promoting their craftsmanship.

**When You Support Handmade, You Are Not Only Supporting Small Business, You Are Purchasing The Heart Of An Artisans.**



Kansa is a name of Indian bell-metal or bronze. It is a metal we probably don't know as a generation. Our parents spoke about it in a sentimental way and it was seen on a daily basis in the age of our grandparents. When our parents grew up, plastic appeared in the market and became a state of past history, powering ceramic, glass, steel and, obviously, Kansa. Kansa is an alloy of copper and tin. The copper present in Kansa consists of brain stimulants and have anti convulsive brain properties. This helps in stimulating our brain functions by increasing the supply of blood and whetting the intellect. Along with this, it also has various therapeutic properties. Ayurveda states that eating food in Kansa comes with several healing properties. It helps improve skin and eye-sight conditions, reducing obesity, boosting the immune system, enhance the body's haemoglobin level, and sharpen the intellect. Thus food and water stored in Kansa are beneficial.



# HIGHLIGHT OF THE MONTH

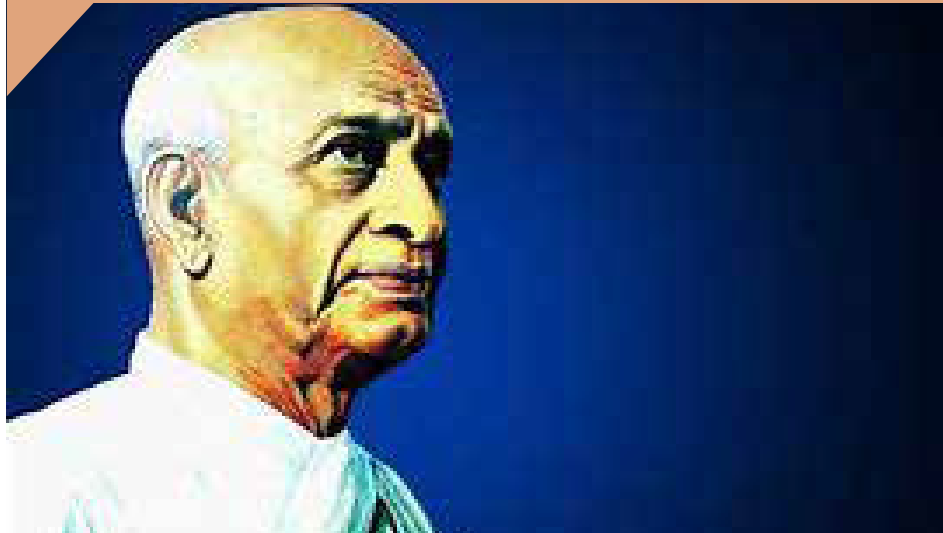
Rashtriya Ekta Diwas

## Did You Know?

- The Government of India introduced 'National Unity Day' in 2014.
- The Statue of Unity is the tallest in the world.
- This year marks the 144th birth anniversary of Sardar Patel, a freedom fighter and later a politician who played a major role in the integration of India.
- Sardar Vallabh Bhai Patel played a major role in persuading over 500 princely states to accede to the independent Indian Union.



"There is something unique in this soil, which despite many obstacles has always remained the abode of great souls." -Sardar Vallabhbhai Patel.



India is a land of diverse cultures, people from various backgrounds, festivals, cuisines, attires, and tongues. Thus it is of vital importance to maintain unity. To promote and sustain unity as the only way of national growth, the Government of India proposes 31st October as the Rashtriya Ekta Diwas or National Unity Day. The day is celebrated as a tribute of the Iron man of India, Sardar VallabhBhai Patel, as he is the reason behind the integration of India. In memory of Sardar VallabhBhai Patel, the Government of India also gave to building the Statue of Unity in Ahemdabad. Saradar VallabhBhai Patel played a major role in the integration of India across 560 provinces. The day's goal is to harmonise various cultures, traditions, and backgrounds, thus leading to national peace. As per a statement by the Home Ministry, the day provides "an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity, and security of our country". Along with this, GOI garners those who contributed significantly to promoting national unity with Sardar VallabhBhai Patel National Unity Award.

## Tips For Healthy Hair



Not only does hair protects your head from different weathers, but they also add a certain beauty to your look. Hence, no astonishment as to why every other person is so concerned about their hair. With the bad lifestyle, poor eating habits and pollution, hair are bound to have issues. But not all is lost; below are a few tips you can follow for thick, strong and glossy hair.

### Scalp Is The Key

One of the most pocket-friendly and convenient tips is to oil your hair regularly. While doing so, use warm hair and massage your scalp gently for at least 15 minutes. Make sure that you do so at night and the following day wash your hair.

### The Wonder Of Sleep

Sleep is a phase when our body repairs tissues and reorganises the system. Sleep is a vital part of life. Good sleep is directly linked with hair fall and other hair issues. Therefore, before any remedy, make sure that you take a sound sleep.

### Mask Up Your Hair

Make use of a suitable hair mask every week or a fortnight. This will keep your hair and scalp healthy and prevent hair loss due to internal issues such as anxiety and stress. Make sure that you apply the hair mask for 30mins.

### Colourful Diet

Diet is one of the main factors to be considered. Your daily diet should be packed with all the kind of nutrients especially protein and zinc. As our hair is primarily made of protein and zinc deficiency leads to excessive hair fall and damage.



## BENEFICIARIES AND TESTIMONIALS



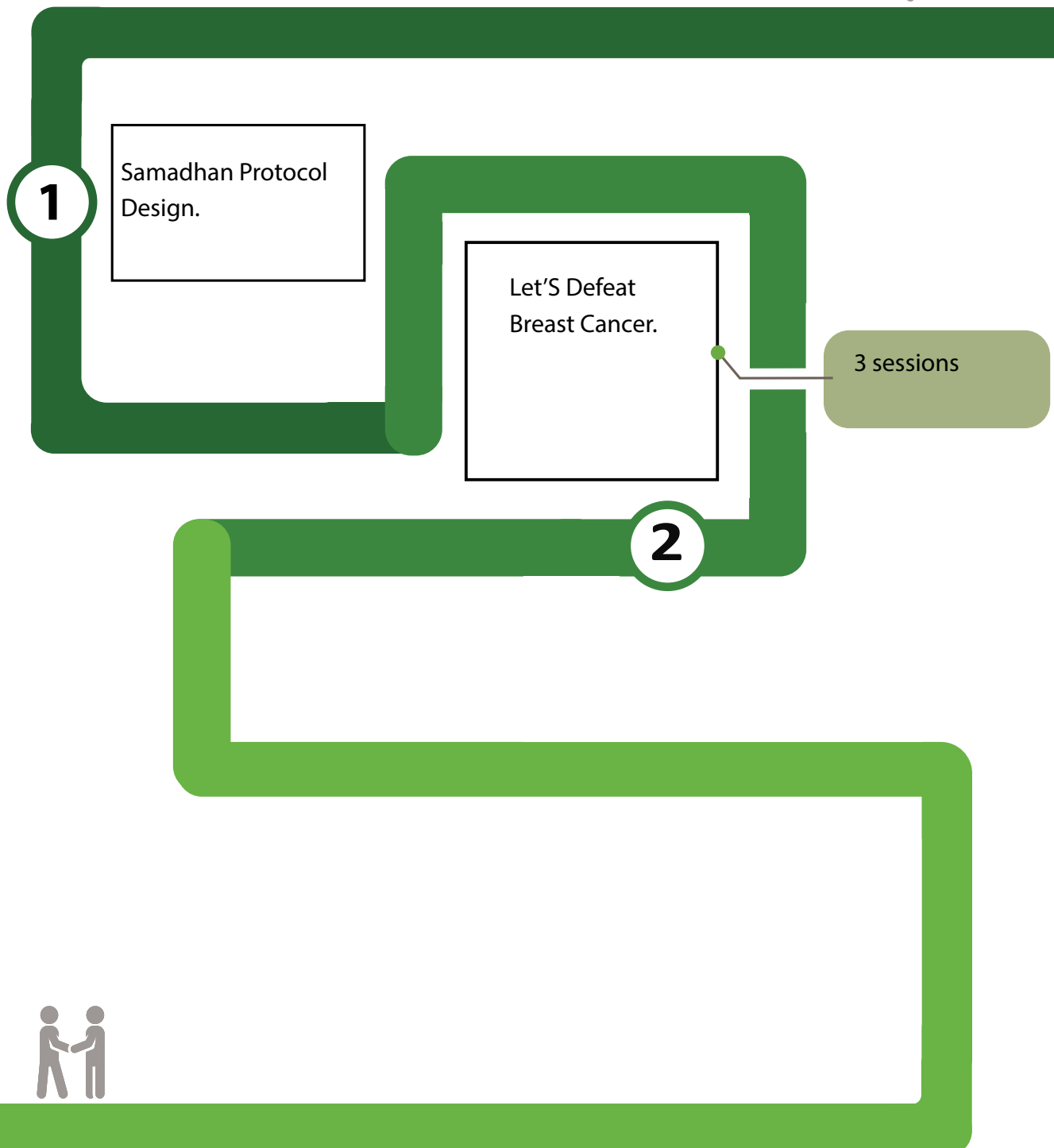
Bhavyata Foundation has taken the initiative to tackle malnutrition in our tribal areas of Palghar. We are thankful to them that they will not only tackle malnutrition but also will educate our children.

Ashwini More

Thank you Bhavyata Foundation for organizing the session on Losing My Mother Tongue. It was an eye opener for us as we our self are adapting foreign language and forgetting ours.

Chandan Kumar

# TRANSFORMATIONS







## UPCOMING PROJECTS AND EVENTS

### Lessons For Life

Diwali Celebration with Balwadi Teachers.

### Samvardhan

Distribution of Cow Feed & Water.

### Hunger Free Nation

Food Kit Distribution to Needy Families.

### Samadhan

Protocol Design For Tackling Malnutrition.

## 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 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

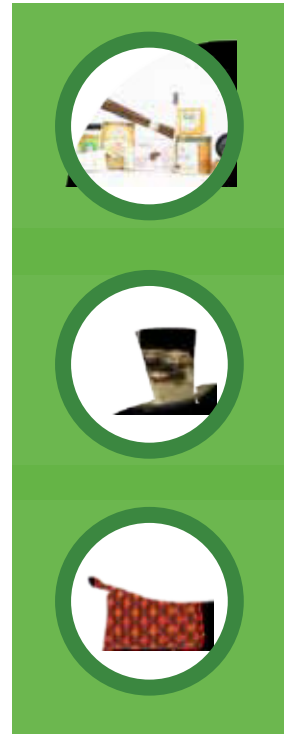
Affiliate Member

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

## Samadhan

The program Samadhan, under Hunger Free Nation initiative in partnership with Bhaktivedanta Hospital, aims to conduct a three month program to impart nutritional diet three times a day and medical supervision and nutrition education to sustain the impact in the villages of Vada and Vikramgad in Palgarh district. The intervention will be conducted for 1000 children between 3-5 years old in Palghar through 30 Anganwadis.

## Samvardhan

Under the initiative 'Sowing the Seeds', through the project Samvardhan, we recognized the scarcity of resources like irrigation, fodder and shelter for bovines and sustain the occupational livelihoods in the neighbouring villages of Adsare, Taked, Indore, Ambewadi, Igatpuri in Nasik district of Maharashtra, India.

**DONATE NOW**

**THANK YOU**



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



+91 75-06882281



info@bhavyata.com

For more details please check this video  
<https://youtu.be/EtS9aEO8hx4>

NEXT ISSUE

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Samadhan - Tackling  
Malnutrition

02

Let's Defeat Breast Cancer