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BHAVYATA FOUNDATION

PARIVARTAN

DEVELOPMENT DISPATCH

Monthly Round Up

Greetings from
Bhavyata Foundation

In the following pages, we present the Monthly Dispatchr of October 2021. On 8th October, we paid a visit to Igatpuri to inspect the area and know the cause of distress to support them accordingly. We also organised a Kali To Kusum seminar for teenage girls and discussed puberty and other vital facets. On the 13th, we visited GPO on the occasion of the National Philately Day and spread awareness about philatelic collectables.

Acquiring The Knowledge Is The Most Fruitful Effort

As a part of the Bhavyata Foundation's project SAM-VARDHAN, our team visited Igatpuri village for inspecting the area. We plan to provide farmers with land to cultivate green fodder for bovines and train farmers. This would help them to generate a livelihood by selling the milk and other milk-based they obtain from bovines. On 12th October, we organised Kali to Kusum seminar, which aimed to impart puberty-related education to young girls.

We also discussed menstrual health and hygiene and, in the end, distributed sanitation kits. In addition, on the occasion of Nation Philately Day, Bhavyata Foundation and its team visit General Post Office (GPO) Mumbai to raise awareness about the fading culture of stamps and letters due to rampant modernisation. We also spoke about philatelic collectables and the importance they hold in the present day. 20 Grocery kits distributed to expectant mothers in Mumbai under initiative MAA

HIGHLIGHTS

- MAA- Mata Arogya Abhiyan
- Breed Preservation
- Kali to Kusum Session
- GPO Mumbai Visit

PROJECT UPDATES

MAA – Mata Arogya Abhiyan

Through its initiative MAA - Mata Arogya Abhiyan, Bhavyata Foundation aims at breaking the chain of malnutrition amongst pregnant Women.

The project also aims at the complete mental and physical wellbeing of mothers and their unborn child.

In association with Annamrita Foundation, we distributed 20 grocery kits to Expectant mothers in the Ramabai colony, Ghatkopar East, Mumbai

Kali To Kusum – Puberty Education to Girls

On 12th October, Bhavyata Foundation organised Kali to Kusum interactive session

It was attended by ten underprivileged girls aged between 11-15 years. We distributed sanitation kits to them

The session aimed to make them aware of various aspects of menstrual health and hygiene.

PROJECT & EVENT UPDATES

Breed Preservation – Visit To Igatpuri

Under Bhavyata Foundation's project SAMVARDHAN, our team visited Igatpuri, in Nasik Maharashtra

This visit aimed to inspect the area and listen to the people's distress to figure a possible solution

We aim to train the farmers to cultivate the land, and to grow nutritious green fodder for the bovines.

National Philately Day

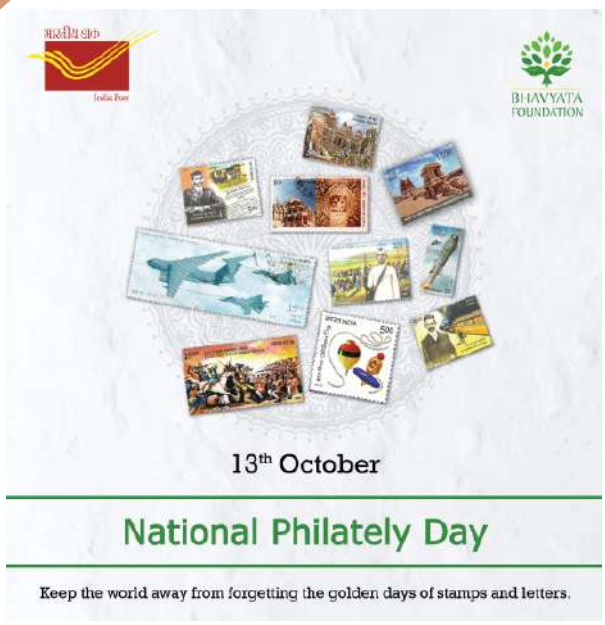
On 13th October, we visited General Post Office (GPO) in Mumbai as part of National Philately Day.

Postal collectables like stamps and letters were once wildly popular, but it is now diminishing and getting lost

This day aims to spread awareness about the dying culture of stamps, letters, and other related items.

HIGHLIGHT OF THE MONTH

Dedicate Your Time To Honor The Service That Links Friends & Family With Each Other From Across Border



DID YOU KNOW?

-The first post office in India was established by the East India Company in 1774 in Kolkata.
- The government recently decided to digitize 1.5 lakh post offices, spread countrywide.
- India has the largest postal network in the world, with 1,54,939 post offices.
- According to the Mirror, the most expensive stamp sold so far is a British Penny Red for £550,000.
- The highest post office in the world is located in Hikkim, Himachal Pradesh, India.

Every year on 13th October, we celebrate National Philately Day as a part of the National Postal Week (9th-15th October). Philately is the study of postage stamps and postal history. On this day, we mark the celebration, appreciation, and research on various philatelic products like postage stamps, revenue stamps, stamped envelopes, postmarks, and postal cards. This day also focuses on the impact of philatelic products on our society and how it connects mass across borders.

As a part of this day and its celebrations, Indian Post launched a 'Stamped Mask', which consists of images of various postages imprinted on it. Every year National Philately day is also celebrated with the hope of reviving the country's culture of posts and different related materials and its collection. The National Philatelic Museum, which is situated in Delhi, celebrated the day by organizing various events. In this time of rapid modernization, let us not forget what kept us connected when nothing could.

Ayurvedic Tips For Healthy Lifestyle

As the leaves fall, how does your body change, what things do you need to keep in check, and how can you adapt to prevent disease according to Ayurveda? Let's take a look at what Ayurveda recommends as a daily routine for this fall season.

To Be Eaten

During the month of Autumn, Vata dosha gets upset, resulting in various health issues. To keep it aligned, we need to keep a check on what we eat. Ayurveda recommends mushy and soft food with much oil or ghee, oatmeal, tapioca, cream of rice and wheat, steamed vegetables, hearty grain soups, stew, all kinds of dairy products, and nuts.

Gentle Massage Goes A Long Way

A gentle massage during the Vata or autumn season is highly beneficial for you. It helps you in calming nerves, awaken your tissues, and ground/align your energy. Ayurveda suggests that one should make use of either Herbal or Sesame oil to massage. After massaging, take a warm and gentle shower and leave a coat of oil for the skin to observe all day.

Exercises to be Done for Vata

During the autumn, Vata dosha gets easily aggravated because of any fast pace exercise. Therefore, slow pace exercises are highly recommended. One can indulge in walking, hiking, swimming, biking, jogging. The best time to work during this season is either early morning hours or in the evenings and exercise only for 30 mins

What To Wear During Autumn?

Most of us are unaware of how our clothes can affect our internal energy and the importance of clothing as per the season. For the autumn season, Ayurveda recommends cloth of red, yellow, orange, and white. Additionally, wear clothes that can keep you warm throughout the day. You can also wear caps and scarves in case the wind is biting

BENEFICIARIES AND TESTIMONIALS

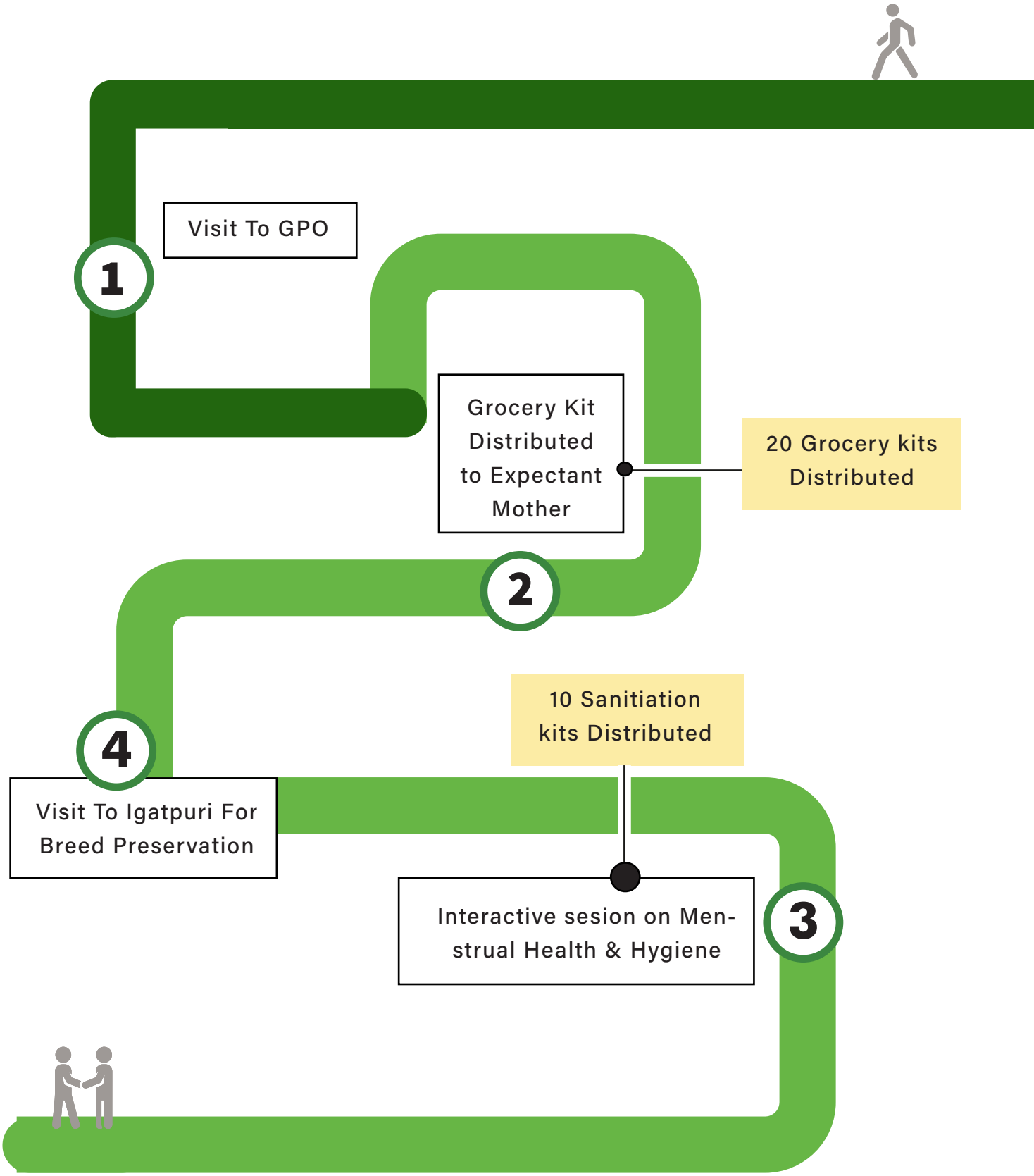
The session on Aarambh was really very knowledgeable. We got to learn innovative ideas to teach kids in easy and sustainable way.

Sunita Jadhav

Life skills curriculum is the need of the hour. We are glad Bhavyata Foundation came up with this and chose us to implement it at our school

Santosh Sable

TRANSFORMATIONS



UPCOMING PROJECTS & EVENTS

SAMVARDHAN

Breed Preservation

MAA

Mata Arogya Abhiyan

EDUCATION

Life Skills

LESSON FOR LIFE

Balvatika

A SMALL ACT OF KINDNESS

MEMBERSHIPS

A GREAT GIFT TO SOCIETY

MEMBERSHIP FEATURES

1.
BENEFITS BY
Reciprocal Giftings

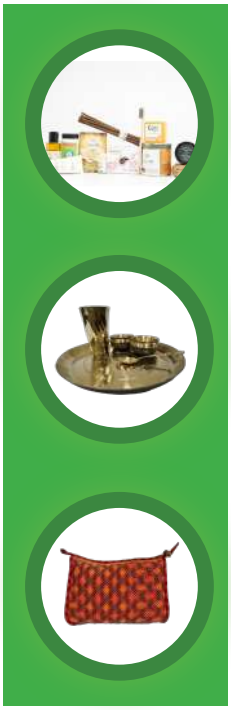
Creative Handcrafted goodies include Embroidered Lifestyle Product's.Festival Accessories include Natural Herbal Holi Colors & Bamboo Rakhis. Household Utilities like Kansa Dinnerware, Copperware Utilities and other are eco-friendly products of daily use.

2.
CONTRIBUTES BY
Supporting Our 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.

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

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 turth. Bhavyata Foundation aims to take active steps to break the link of escalating malnutrition and mitigate the severe eects on the overall being. Throught 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 aect the complete, mental, and physical health of mothers. It includes through guidance on healthy eating habits and practices, yoga and meditation, and healhty 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

THANK YOU

To know more about MAA

WATCH NOW

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

+91 75-06882281

info@bhavyata.com

To know about our initiatives, check this video

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

NEXT ISSUE

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02	MAA – Mata Arogya Abhiyan
03	Life Skills Curriculum
04	Pre School Education-Balvatika