

# CONTENT

- 01 Monthly Round Up
- 02 Project Updates
- 03 Event Updates
- 04 Highlights Of The Month
- 05 Tips for Healthy Lifestyle
- 06 Testimonials
- 07 Transformations
- 08 Upcoming Projects
- 09 Membership Features
- 10 Campaign Promotions

BHAVYATA FOUNDATION | SEPTEMBER 2021



## PARIVARTAN

DEVELOPMENT DISPATCH





## MONTHLY ROUND UP

Greetings from  
Bhavyata Foundation.

In the following pages, we present the Monthly Dispatch of September 2021. On 4th September, Bhavyata Foundation conducted an online session titled Swasthya Samvad. The session talked about the preventive approaches against various diseases and viruses and methods to improve children's immunity. We also organized a Teacher Training Program (TTP) for Anganwadi Teachers of Ad-sare and the other in Sarv Tirth Madhyamik School, Taked, Igat-puri, Nasik district in Maharashtra.



### HIGHLIGHTS

- ✓ Swasthya Samvad
- ✓ Teacher Training Program



**“Our Progress As A Nation  
Can Be No Swifter  
Than Our Progress In Education.”**

Under the initiative ‘Lessons For Life’, Bhavyata Foundation organized a webinar Swasthya Savad. The session was organized on 4th September, and the speaker was Vaidya Shri Suvinay Damle. He shed light on various topics concerning children's health and different preventive approaches against viruses and diseases caused by seasonal changes. He also talked about the importance of daily routines, meditation and, healthy sleeping habits, and more.

On 17th September, Bhavyata Foundation conducted Teacher Training Programs (TTP) for Anganwadi teachers of Igat puri and in Sarv Tirth Madhyamik School in Igatpuri. The TTP for Aaganwadi was taken by Sai Ambukar in which she spoke about the importance of personality development for children and NEP (National Education Policy) . The session in school was taken by Mr. Rajesh Kadam, who spoke about Panchkosh teaching and the importance of life skills.

## PROJECT UPDATES

### Aarambh Teachers Training For Anganwadi



Under our initiative 'Lesson for Life', on 17th September, Bhavyata Foundation conducted two teacher training session in Taked, Nasik.



This session was taken by our trainer Sai Ambukar and a total of 28 teachers attended it.



In the session for Anganwadi Teachers, we spoke about the development of a child's physical capabilities.

### Life Skills Through Panchkosh



In this session, he shed light on the Ayurvedic way of teaching, i.e., Panchkosha.



We also discussed various life skills that are needed by students in various stages of life.

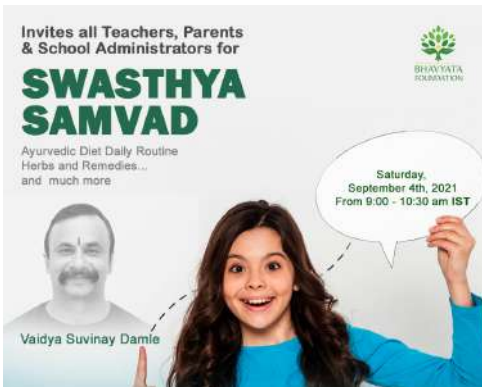


The session was deeply insightful and it touched various areas of education coupled with personal development.



## EVENT UPDATES

### SWASTHYA SAMVAD Child Wellness



Under our initiative 'Lesson for Life', on 4th September Bhavyata Foundation, a webinar titled Swasthya Samvad.



The speaker of this session was Vaidya Shri Suvinay Damle who shared deep insights on how to maintain holistic well-being.



The session was an orientation program for schools and parents on preventative approaches to fighting viruses, seasonal changes, and other diseases.



He spoke about the Ayurvedic diet for children to build passive resistance and resilience and also about various herbs.



We also discussed the importance of following a routine and the importance of keeping with sleep cycles.



In addition, we focused our discussion on healthy eating routines, lifestyle habits, and practising mindfulness and meditation.

# HIGHLIGHT OF THE MONTH

## DID YOU KNOW?

Savitribai Phule was India's first female teacher ever. This social reformer was also a notable educationalist and a poet from Maharashtra.

Teachers' Day in India is celebrated to commemorate the birth anniversary of Dr Sarvepalli Radhakrishnan - First Vice President of India and the Second President of India.

There are close to 85 million teachers worldwide.

There are nearly 9.68 million teachers in India.

The number of women teachers is more than the number of male teachers in India.

## Every Child Is Shaped By The Mind Of A Teacher



"Befikar hoke rahiye, hum hai Idhar" is what Kuldeep Singh told us at the end of our conversation, filling us with pride and gratitude. Bhavyata Foundation had an opportunity to invite & interview a real-life hero from the Indian army. Mr Kuldeep Singh shared his story, experiences, and inspiration to become a soldier on the occasion of Teachers day. He was on a 15 day leave after 16 months of relentless duty when Kuldeep Singh narrated his journey of turning a dream of serving his county into an undeniable reality. He was in 4th grade when his teacher, Miss Mehra, randomly asked what he wanted to become. Soldier! is what young Kuldeep cried. Looking at his good academic numbers and sheer determination, Miss Mehra said, "You'll make an excellent soldier Kuldeep!" that was it. Over the years, his teacher's words and her constant belief in his potential became the driving force that made Kuldeep keep away all the mocking friends, doubting family & judgments on his capabilities! Nothing could shake his persistence. Today when he looks back, he realises if it weren't for Miss Mehra, he wouldn't be where he is. P.S. The names have been changed to maintain discretion



## Ayurvedic Tips For Healthy Lifestyle



Ayurveda holds some of the most acceptable ways of keeping oneself fit and healthy throughout the seasons. Out of many ways, in one, Ayurveda asks you to stand and go to your kitchen, pick up the spices you use on a routine basis and learn their benefits.

### The Goodness Of Yellow – Turmeric

Not only turmeric has been an essential part of almost all Indian dishes, but it is also widely used in a plethora of medicines. For a start, turmeric purifies the blood and channels of the body, strengthens the skin's complexion, boosts blood circulation, circulating blood, and helps protect brain function.

### The Chai-Friendly Spice – Elaichi

What's better than the good of cardamom tea on September evening? There is. Knowing the Ayurvedic benefits of cardamom. It works as a natural tranquilizer, contains a Cancer-Fighting compound, can be used to treat indigestion and asthma, has antioxidant and diuretic properties, and assists in lowering BP.

### The Subtleness Of Jeera/Cumin

Cumin is widely used daily but in a small quantity in most of the preparations and the little of it is quite beneficial. Cumin or Jeera is mostly used in Ayurveda for promoting digestive health. It is also a rich source of iron, has antimicrobial properties, and helps in diabetes management.

### The Wonders Of Clove

Clove is not merely a spice used for tempering (tadka) a preparation, it has various health benefits, and most of them are not so well known. For a start, putting 2-3 cloves inside the mouth kills bacteria and removes bad breath; it helps fight cough and cold, controls cholesterol, is an excellent antistress, and promotes healthy skin.



# BENEFICIARIES AND TESTIMONIALS



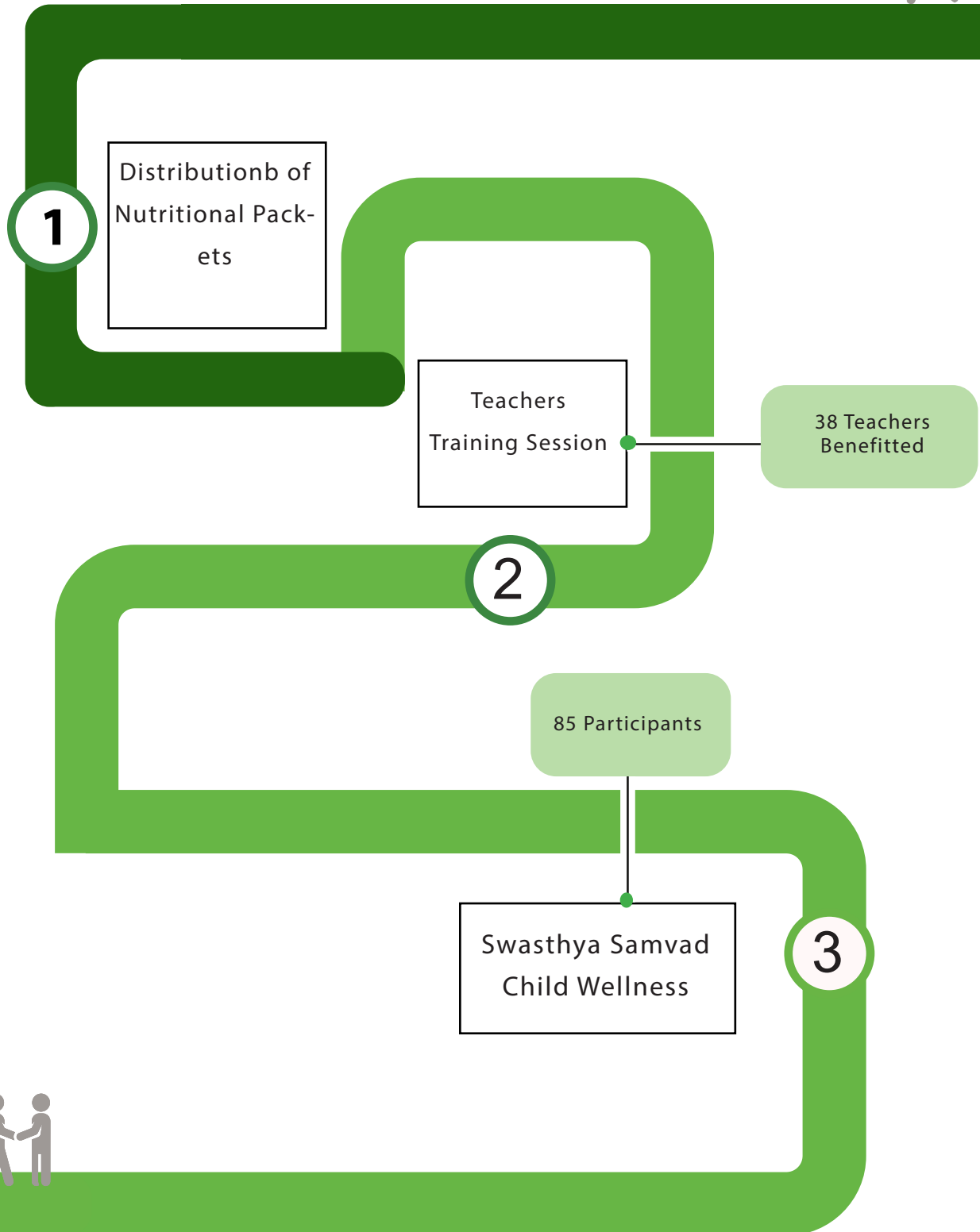
I thank Bhvayata Foundation for giving us the packets of nutritional supplements for children. We distributed more than 900 packets to tribal and rural areas of Palghar.

Tukaram Mahale

We are thankful to Bhavyata Foundation that they provided our students from Surya Valley school with nutritional supplements and introduced life skills curriculum and distributed the books for same.

Pallavi Patil

# TRANSFORMATIONS







# UPCOMING PROJECTS & EVENTS

## SAMVARDHAN

Breed Preservation

## MAA

Mata Arogya Abhiyan

## India First

Heritage Visit

## 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.

# 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

## 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 thorough 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

THANK  
YOU



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



+91 75-06882281



info@bhavyata.com

For more details please check this video  
<https://www.youtube.com/watch?v=EtS9aEO8hx4>

NEXT ISSUE

- 01 SAMVARDHAN – Breed Preservation
- 02 MAA – Mata Arogya Abhiyan
- 03 India First – Heritage Visit