

CONTENTS

- 01 Monthly Round Up
- 02 Project Updates
- 03 Mission Compassion
- 04 Highlight Of The Month
- 05 Tips for Celebration
- 06 Testimonial
- 07 Transformations
- 09 Upcoming Projects
- 10 Membership Features
- 11 Campaign Promotions

SEPTEMBER 2020



PARIVARTAN

DEVELOPMENT DISPATCH



Monthly Round Up

Greeting From Bhavyata

In the following pages, we present the Monthly Dispatch of September 2021. The Bhavyata Foundation took the initiative to spread awareness and bring out positive changes via two programs. Losing our Mother Tongue, was a webinar to make others aware of how the wave of western culture is drowning our Mother Tongue and impacting various minute aspects of life. While SAMADHAN project was launched to tackle malnutrition among children and make the people of the Palghar district aware of the negative effects of consuming low nutrition diet.



Everything You Do Now Is For Your Future.



HIGHLIGHTS

- ✓ Losing Out Mother Tongue
- ✓ Samadhan Project

Bhavyata Foundation launched an initiative to spread awareness about the growing western and eurocentric culture and how it is affecting our mother tongue. 'Losing Our Mother Tongue' shed light on how the new education policy can be a new way of promoting and laying emphasis on regional languages and the mother tongue.

We also came together to tackle malnutrition in the Palghar District in Uttavali. SAMADHAN aimed at making parents of this village aware of malnutrition and its grave effects on the overall personality and growth of their children. We also prepared dietary charts for children and keep them under inspection during the project and make villagers conscious of the local high nutrient-rich food.

PROJECT UPDATES

A hungry stomach can never dream, and a dreamless mind can never be great. Under the initiative of 'Hunger-Free Nation', the Bhavyata Foundation Launched SAMADHAN Project on 5th September. 40 parents of malnourished children were invited. The goal was to make parents aware of the malnutrition among the children and how it could affect mental and physical aspects. We taught them about the importance of nutrition, made them aware of the high nutrient-packed local food such as Ragi and Jawar. Samples of nutritional supplement such as Moringa Nut bar, Sattu Powder, Varai Khakra, Millets Ladoo were distributed among children to know the acceptability of taste.



India is truly diverse in almost all aspects. There is no harm in letting others culture get mixed with ours, but if we start forgetting our roots, it's problematic. The Bhavyata Foundation conduct a webinar, 'Losing Our Mother Tongue'. The session aimed at making others aware of how we are eventually drifting towards Western and Eurocentric culture and forgetting our own. The speakers of the session were Mr. Dhananjay Joshi and Mrs. Meenu Gulati. We also discussed how the new education policy would promote and emphasise the mother and regional tongue.



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

NEP 2020 also stated -

- 1) Extension of Teacher Eligibility Test (TET) across all the new stages.
- 2) At the time of recruitment for subject teachers, both the TET and NTA tests will be considered.
- 3) NEP also promotes and encourages the hiring of local professionals or teachers as a master instructor for different subjects.

According to a survey conducted, about 85% of teachers failed the Central Teacher Eligibility Tests. This points out the poor condition of India's Education System. But it is hoped that NEP will strive towards bringing rampant positive changes and radical growth for a better tomorrow.

A Teacher Affects Eternity: He Can Never Tell Where His Influence Stops.



If one is to look into the present state of India's teacher, there will be many cases of sheer exploitation, feeble job profile and poor working conditions. To stagger such growth of teachers, the government created the National Education Policy. Teacher's Day is around the corner and so let's examine how NEP 2020 made a dynamic change for the dipping teaching profession. Firstly, NEP acknowledged that teachers play a major role in nations building as they teach how it affects the children. Instead of blaming teachers for bad outcomes, NEP holds the dismal condition of employment, teacher education and lack of teacher motivation



The tradition of celebrating Teachers' Day started in 1962 in honour Dr Sarvepalli Radhakrishnan and teachers across the country.

HIGHLIGHT OF THE MONTH

The Days of Tempest Vanish, The Freedom of Love Reigns

Did You Know?

- Unofficial National Song - 'Saare Jahaan Se Accha Hindustan Hamara' written by Sir Muhammad Iqbal.
- Amendment 42 of 1977 significantly changed the nature of the Indian Constitution. It changed over a dozen articles and added 'socialist, secular' words to the Indian preamble.
- Prem Behari Narain Raizada handwrote the original Constitution of India.
- Each page of the constitution is beautified and decorated by artists from Shanti Niketan.
- India's adoption of democracy in 1947 is by no means its first experiment with this system – the Chola Empire of South India had an electoral system in place 1,000 years ago.
- India has the longest constitution in the world. It has 448 articles, 12 schedules and 94 amendments.



Democracy holds a key position in the building of a nation and the optimum living of its citizen. It doesn't mean having the right to vote and elects our representatives, but it ensures full participation in all the spheres of one's life. In 2007, 15th September was recognised as International Democracy Day by the United Nations General Assembly. The underlying vision of this declaration was to promote and make others aware of the basic principles of democracy across the globe. The preamble affirms: '...there is no single model of Democracy, and it doesn't belong to any particular country or region...democracy is a global language based on the free will of people and the power to determine their own political, socio-economic and cultural system.' Democracy is the only way to sustainable development and making sure of the equal distribution of Human Rights. In 2020, the UN announced democracy to be more indispensable than ever. It urged nations to be more transparent regarding the status quo. Today, the will to be free in terms of self-expression is more necessary than ever.

Tips To Keep Your Heart Healthy



You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker going strong? We recommend four key things you need to do every day to help your heart work most efficiently.

Eat Healthy Fats, Not Trans Fat.

We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans-fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. Read the labels on all foods. Trans fat appears on the ingredients list as partially.

Don't sit for too long at one time

In recent years, research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. Experts say it's important to move throughout the day. Park fartheraway from the office, take a few shorter walks throughout the day and/or use a standing work station so you can move up and

Get Enough Sleep

Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. Make sleep a priority. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart.

Quit Smoking

Quitting smoking is tough. But you know that it's important to quit, and one of the biggest reasons is that it's linked to heart disease. Did you know that smoking increases your risk of developing heart disease by 2 to 4 times! Quit smoking today & enjoy an active and healthy life.

BENEFICIARIES

AND

TESTIMONIALS



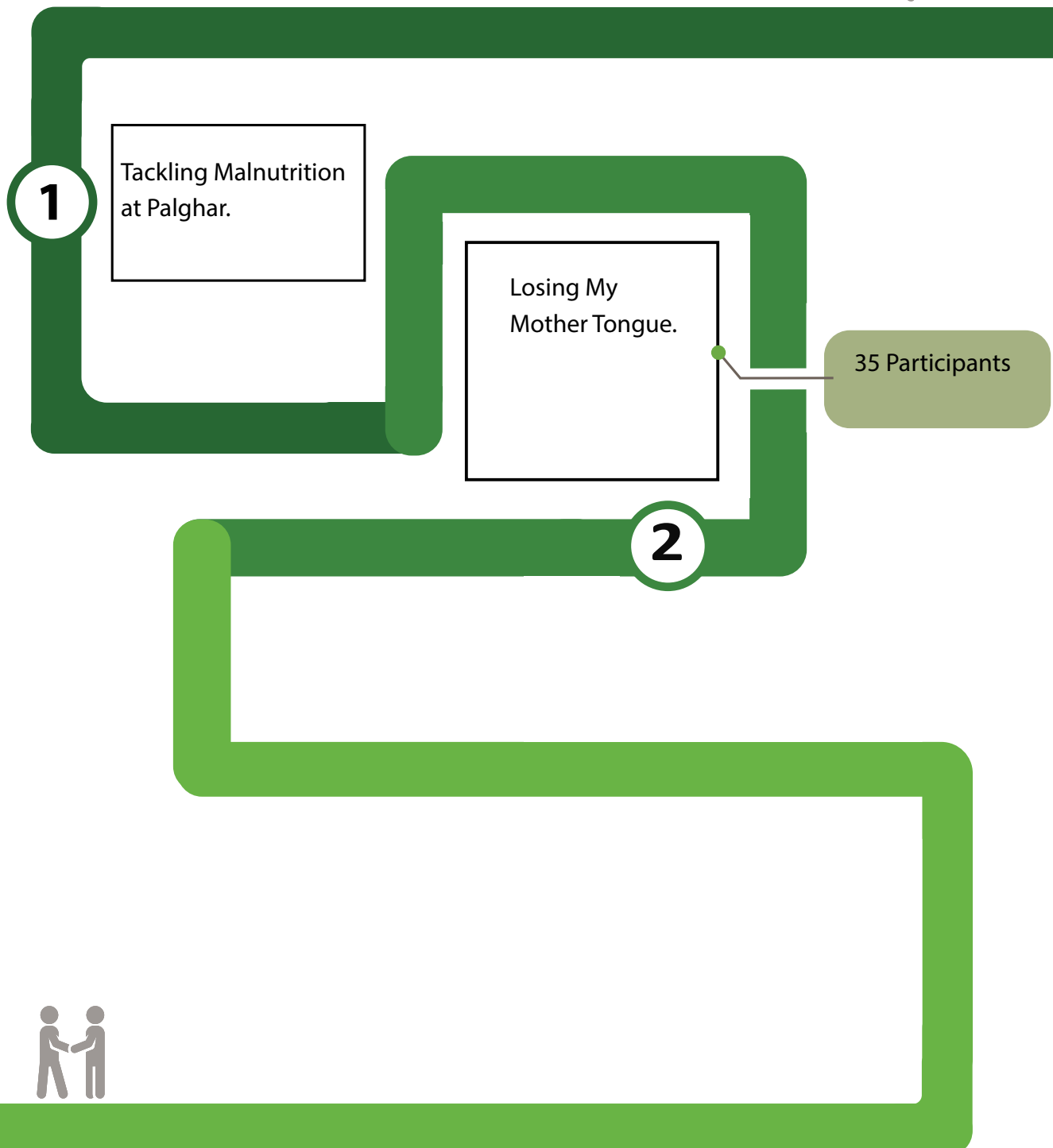
The Operation Red Lotus session was very detailed. We are grateful to Bhavyata Foundation for organising such events, which we would not have learned about otherwise.

Kripa Thayyil

We are glad Bhavyata Foundation is initiating the project on Malnutrition in tribal belts of Palghar which will help our children live a healthy life.

Vijay Patil

TRANSFORMATIONS





UPCOMING PROJECTS AND EVENTS

Samadhan

The project to fight malnutrition in the predominantly tribal belt of the affected district of Palghar

Let's Defeat Breast Cancer

Spreading awareness about breast cancer and its various aspects.

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

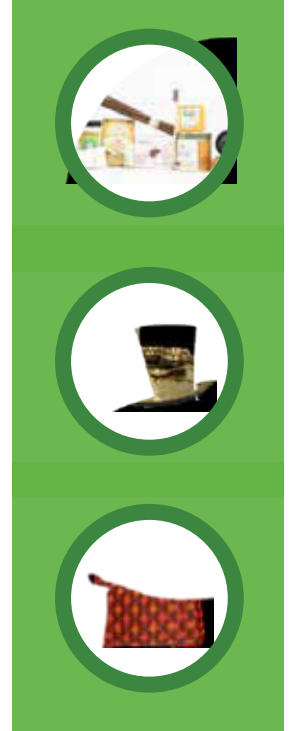
Affiliate Member

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

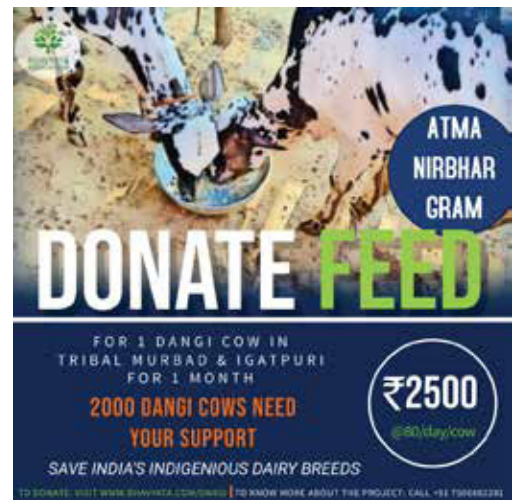
The program Samadhan, under Hunger Free Nation initiative in partnership with Bhaktivedanta Hospital, aims to conduct a three month program to impart nutritional diet three times a day and medical supervision and nutrition education to sustain the impact in the villages of Vada and Vikramgad in Palgarh 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

01

Samadhan - Tackling
Malnutrition

02

Let's Defeat Breast Cancer