

# CONTENT

- 01 Monthly Round Up
- 02 Project Updates
- 03 Project Updates
- 04 Highlights Of The Month
- 05 Testimonials
- 06 Tranformations
- 07 Upcoming Projects
- 08 Membership Features
- 09 Campaign Promotions

BHAVYATA FOUNDATION

March 2022



## PARIVARTAN

DEVELOPMENT DISPATCH



## Monthly Round Up

Greetings from Bhavyata Foundation  
We present you the monthly dispatch  
for March 2022.

Celebrating Festivals is always our part of culture. This year we celebrated our Holi with our little preschoolers with all love and affection. Distribution of snacks and stationary was held at the schools. Exhibitions were held at corporates to display our ecofriendly, sustainable and handmade products.



**There are Two Types of Educations.  
One Teaches Us How To Make  
A Living & Other How To Live!**



### HIGHLIGHTS

- ✓ Balvatika – Preschool Education
- ✓ Celebrating Culture – Exhibitions in Corporates

After almost two years, we all can celebrate our festival open heartedly. Welcoming Holi festival this year had its own charm. As the schools and office have started offline, we are looking forward to celebrate the Holi festivals with our loved ones. We held exhibitions at 3 corporate partners' premises, to exhibit our handmade and eco-friendly products. We help artisans to generate livelihood by helping them sell their products.

This year our pre-schoolers could celebrate holi festival in school with their teachers and friends. On occasion of World story Telling Day, our teachers narrated the story of Holi festival to our children. Children played holi with eco-friendly colours. Snacks and sweets were distributed on festive season.



## PROJECT UPDATES

### BALVATIKA- PRE SCHOOL EDUCATION



A story Telling session was conducted in our BMC preschool on account of World Story Telling Day.



Celebrating Holi festival with our little champions after 2 years.



Teachers narrated a story on how and why Holi is celebrated in our country.



Mr Harinder Singh Kailley distributed Drawing books and crayons set to our Pre-schoolers at Ramabai BMC School.



Distribution of snacks and sweets to our 200 Children was done at all 5 BMC Preschool centres.



Children enjoyed the festival with their friends and teachers.

# EVENT UPDATES

## CELEBRATING CULTURE



As the corporates have started their offline operations, the exhibition of natural colors for the holi festival was organised.



Holi exhibition was held at premises of 3 Corporate Houses.



15 women from SHG(Self Help Group) were directly supported for their produce of eco-friendly holi colours.



We would like to thank our corporates partners, JM Baxi & co, All Cargo Logistics Ltd, Edelweiss group for enthusiastic participation.



## HIGHLIGHT OF THE MONTH

## A Good Teacher Can Inspire Hope, Ignite the Imagination and Instill The Love Of Learning

- Bhavyata Foundation has organised very creative activities and festival celebrations every time.
- When our nation went into lockdown, Bhavyata Foundation distributed grocery kits to our students.
- Whenever we visited the office, we always get a warm welcome from our trainers.
- Bhavyata Foundation has always been actively supporting social causes.
- I wish success to the Bhavyata Foundation for all future endeavours.



### FAREWELL TO OUR BALWADI TEACHER – SULBHA MAHADESWAR

I am Mrs Sulbha Mahadeshwar, 58 years old .I lost my daughter to typhoid. I slipped into depression after that. At that time, a Samaj Vikas Adhikari met me and suggested that I work as a preschool teacher. That's when my journey as a teacher started in 1995. I worked as a teacher at Dombivali School for 2 yrs. Later I joined MCGM Balwadi School with a mere salary of Rs 150 monthly. The lower wage never mattered as I made new friends, surrounded myself with small children and came out of my depression.

I worked with a few NGOs. In the last seven years, I got connected with Bhavayata Foundation. I have lived in the moment with these small children. I am now retiring after 27 years of service with a heavy heart and a lot of memories with the Bhavyata Foundation.



## Ayurvedic Tips For Healthy Lifestyle



The scorching summer heat is hard on our bodies, moods, and electric bills. Don't let the temperature get you down, though. These tips will help you keep cool even if it feels like the sun is harsh.

### Drink More Water

You know how important it is to stay hydrated all year round. When you're sweating a lot, either because of exercise or the summer heat, drinking enough water becomes even more critical.

### Exercise Comfortably, Even in the Heat

Just because it's hot out doesn't mean you have to stop exercising. You can get used to exercising in the heat and use strategies such as switching to water sports, avoiding the sun when it's strongest, and exercising in short breaks.

### Optimize Your Windows

You might not need to run your air conditioner if you pay a little more attention to your windows in the summer. Close the windows and use insulated drapes to keep the sun out during the day and open them at night when the sun is down. You can also hang a damp towel in front of the window to cool the air flowing into your home.

### Know Your Body's Best Cooling Points

Finally, if you're stuck in the heat and can't find a cooler place, know your body's best cooling points, e.g., your wrist and neck. You'll cool down more quickly and effectively by applying ice cubes wrapped in a towel (or any other cold object) to these pulse points.

# BENEFICIARIES AND TESTIMONIALS



Bhavyata Foundation is doing wonderful job in education field. I am glad I was a part of this foundation.

Sulbha Mahadeswar

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

Aishwarya More

# TRANSFORMATIONS



**1**

Holi Celebration  
in BMC  
preschools.

200 Students

Snacks And  
Sweets  
Distribution.

200 Students

**2**

3 corporates

Holi Exhibition  
Held At Our  
Partner Corporates  
Premises.

**3**







## UPCOMING PROJECTS & EVENTS

**MAA**

Mata Arogya Abhiyan

**BALVATIKA**

Preschool Education

**INDIA FIRST**

Earth Day

## 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  
Rs 5,000

Associate Member  
Rs 10,000

Affiliate Member  
Rs 25,000

Family Member  
Rs 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



**DONATE NOW**

Preschoolers want to learn how things work, and they learn best through play and creative activity. Children learn with hands-on experimentation develop solving problem capacities, creativity, thinking and learning abilities. There is an average of 30 Preschool Children in 1 Balwadi. We have a total of 5 Balwadis(Preschools) within Mumbai jurisdiction. Activity sheets, Flash Cards, Games, Nature activity, Craft and Crayons, etc. per preschool (Annual).



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**T H A N K  
Y O U**

Women who are malnourished at conception are unlikely to improve their nutritional status during pregnancy when their needs increase. They may not gain enough weight and die younger than healthy women. It all comes down to the expecting mother's mental health and physical, emotional, and spiritual wellbeing. MAA Program suggests some guidelines for pregnant women to follow in Effective and Healthy Diet, Exercise, Meditation, and Positive Communication



**DONATE NOW**

NEXT ISSUE

- |    |                                  |
|----|----------------------------------|
| 01 | Donation Drive                   |
| 02 | MAA – Mata Arogya Abhiyan        |
| 03 | Balvatika – Pre School Education |
| 04 | India First – Earth Day          |