

*A Monthly Newsletter from Parahitam Foundation*

# VIHITAM

*Volume 1*

*August & September Issue*

## **The birth of PARAHITAM FOUNDATION**

The idea of starting an NGO came to our mind 2 years ago. Actually it was our beloved friend, Santosh Hegde who came up with the idea. He is like our gang leader. He gets these crazy ideas and thoughts. The name “Parahitam” was also decided then. But due to some circumstances we couldn't take it forward. It took 2 years for this idea to come into action.

During the lockdown in 2021, I cooked and served food to some of the Covid warriors. That was the first step for doing something more, something to help and contribute to the society. This led to the thought of supplying home cooked food to needy people. So I chose the day -August 15th which seemed to be the best day to start something like this. I had planned to cook for 5 people to begin with. I discussed the same plan with my cousin Rachana. She told me, “I can't cook, but I'll surely accompany you” and I was okay with that. Later another friend Sunitha joined. Then two more people Darshan and Ganesh who were also interested in this, joined us. Harshitha who was interested in cooking, started giving ideas and supported the plan. So we both planned to cook for 10 people.

On the 75th Independence day of India, we 6 people served the home made food to 14 needy people near Vijayanagar. That day we had become a team- “Team Maitri”. Now the same 6 of us have formed the core committee of Parahitam Foundation.

Thus, the idea of “Parahitam” was reignited. With the divine blessings of Srimajjagadguru Shankaracharya SriSri Raghaveshwara Bharati Mahaswamiji, we formed a Registered Trust on September 14th, 2021. So Team Maitri is now officially, “Parahitam Foundation”.



- Pramod Mohan Hegde  
Founder, Parahitam Foundation



# PARAHITAM FOUNDATION' s Debut

15th August 2021 marked the very first event of Parahitam Foundation (then called Team Maitri). With a purpose of feeding the hungry, our members cooked food at home with love and care. The plan was to distribute food to the needy, in and around Vijayanagar

Armed with packets of piping hot Pulao, Raita and Bananas on our two-wheelers, we were all set to serve. We went to random roads, approaching strangers and asking if they would partake our food. We mainly looked for street side vendors who sold flowers, balloons, dolls, etc, watchmen and hawkers. Some people refused politely by saying that they had already had their lunch. However, some people readily accepted it and thanked us from the bottom of their hearts. Thus, 14 lunch packets were handed out that day.



## Setting foot at BALYA





BALYA - Children Home, is a home for orphans run by Annapoorna Charitable Trust. It currently houses about 24 kids of age-groups varying from 6 to 14 years.

We have been visiting the place on a weekly basis with prior permission to be there for 2-3 hours. Initially, we had been really unsure of the response we would be getting from the kids since we did not know their mind-sets and interests. But all doubts simply vanished into thin air when we began interacting with them.

The kids at BALYA are being taught verses from the Guru Ashtakam written by Shri Adi Shankaracharya, along with its significance- the necessity of the Guru and attaching our mind to the Lotus Feet of the Guru.

To break the ice during our first meeting, the children were asked to showcase their talents by performing whatever they liked. Some spoke on various topics, a few cracked jokes and some of them sang their favourite songs. They were captivated when we narrated stories of unsung heroes during the Freedom movement in India. Then the children were made to play the lemon and spoon race. They had great fun cheering for each other during the game.

During our subsequent visits, we had the intention of improving Communication skills especially English among the children. They were usually divided into small groups. Each group was made to enact small, daily situations in English. Through this they were able to understand how to interact with new people. Another activity was taken up where they had to introduce themselves to each other.

Paragraph/story reading was conducted to improve reading and speaking skills. They were also given information about various future career options through an engaging game of passing the ball.

Fun activities like Spill Art, drawing Doodles for Teachers' day, art work in collaboration with Rotaract team, earthen pot painting, newspaper bag making, etc brought out their creativity and hidden talents.

Every week, rare and inspiring stories were narrated on people such as the first woman doctor in India - Anandi Joshi, Batukeshwar Dutt, Bhaji Prabhu Deshpande, moral story about the great Ashoka and so on.

Events usually ended on a sweet note with the distribution of homemade sweets and cake by Volunteers.





# A Visit to VARA FOUNDATION

It is said and known that the gift of sight is one of the greatest gifts of God.

However, some are gifted with inner vision rather than the vision to the outer world.

VARA Foundations shelters a group of visually challenged people. We visited the place and spent time with about 8 students of different ages (PUC, degree, job aspirants). We first interacted with them to understand their lifestyle, daily activities, interests, goals in life, their memorable stories of childhood.

Their faces lit up when we mentioned we could play Antyakshari. The game started with Lord Ganesha's bhajan. While most of us were struggling to think of songs from the ending letters, the students were so quick and wasted no time in belting out songs one after the other. In fact, we had to pass on many of our chances to them!

Next, an inspiring story about Subhashini Mistry was narrated to them. This was followed by Naamavadhana(word building) game and rounds of tongue twisters, Quiz and riddles. We were in awe of the wonderful memory and sharpness they displayed during this.

The last activity was passing the ball game, where all of us sat along with them in a circle and passed the ball while the music played. The one who had the ball while the music stopped was encouraged to perform something of their liking. The event concluded with food distribution.





## Food supply to Vara Foundation

Mrs. Anuradha Parvati, who came to know about our organization, contacted us and told that she wished to donate a few food packets from a function which was being held at her home. Sri Ramachandrapura Matha also supported us, so we were able to supply 12 food packets to people at VARA Foundation for dinner.



## Book donation drive for MIND & MATTER

In the beginning of the first week of September, we joined hands with Mind & Matter, an organization based out of Kodagu for one of their projects.

Their organization is currently working on building a reading space for children. In this regard, the organization urges people to donate their old books (children's fiction, novels and non-fiction) so they can together build a library for children's home. The donated books above the reading level of 18-year olds will go to Mind and Matter's circulating library. These books will be circulated to people who hold an interest in reading. This is to encourage more people to discover themselves through the art of reading.

We spread the word over social media calling for donating books. We collected over 110 books from people who responded to our request. They were dropped off at the designated drop point- the popular zero waste juice bar "Eat Raja" in Malleshwaram.





# PLOGGATHON @ VV Puram Food Street

“Plogging” is an eco-friendly exercise through which people pick up trash while jogging or brisk walking as a way to clean up litter and also take care of their health.

A Ploggathon was organised by the Indian Ploggers Army at VV Puram Food Street on the third Sunday of September. We were briefed about the event by Plog Raj. We collected single use plastics from the trash thrown in front of food stalls. Wooden sticks and other items were segregated into degradable and non-degradable waste from the heaps.

**We collectively took a pledge to follow the 8 R's:**

From today, my waste is my responsibility.

I will rethink about my lifestyle.

I will refuse all single use disposables.

I will think before I trash.

I will segregate the waste at its source.

I will remove plastic from my lifestyle and neighbourhood as well.

I will respect Mother Nature.

With this, it is a rejoice.

I am doing this not just for today, but from today.

Rethink. Refuse. Reduce. Reuse. Recycle.

Remove. Respect. Rejoice



## Quote Box

“Train your mind to see good in everything!”





# Volunteers' Voice

## PUT THE GLASS DOWN!

“A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the “half empty or half full” question. Instead, with a smile on her face, she inquired, “How heavy is this glass of water?” Answers called out ranged from 8 gm to 20 gm.

She replied, “The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes.”

She continued, “The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything.”

It's important to remember to let go of your stresses and anything that bothers you as early as you can. Put all your burdens down. Don't carry them throughout your day or even more than few moments where it makes you feel in a way you don't want.

“Remember to put the glass down!”

Easier said than done, right ?

It is so easy to just say something motivational, but it takes a toll on your mind and body to truly make it happen.

The human body is designed to experience and react to stress. But it becomes a problem when continued without relief. Everyday, we are faced with challenges and barriers which could help us grow and define ourselves. Now when stress creeps in, it could make things seem impossible, even prevent us from doing things that need to be done.

The longer you hold onto the stress, the more it will bother you. Stressing will cause a domino effect.

The easiest way to manage stress is to talk it out. Learn how to manage stress and boost mood with relaxing techniques like yoga, meditation and mindfulness, manage time efficiently, declutter and become organised, have a good support system.

Avoidance of stress is the best strategy to tackle it and when it is not possible, adequate rest, change in diet, regular exercise can increase the coping capacity of the mind and body.



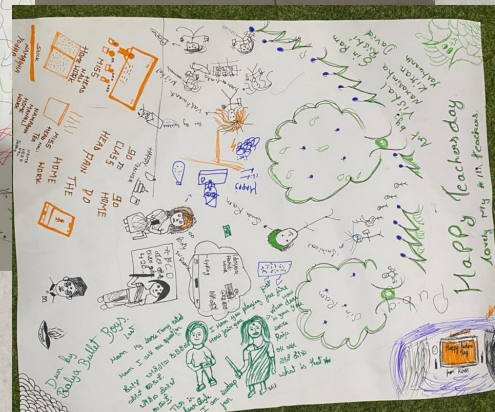
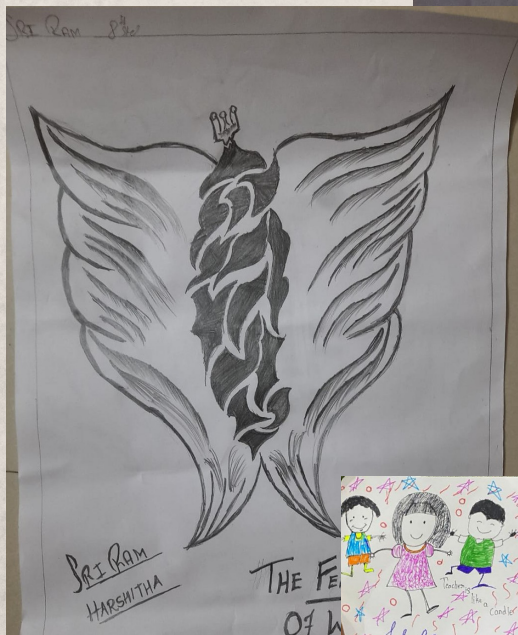
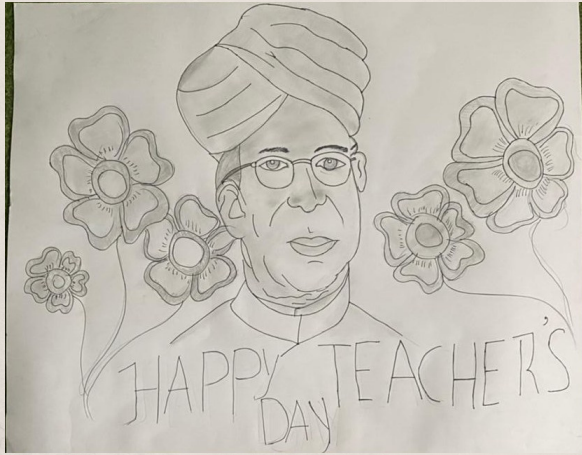
**-Soubhagya Prabhu**  
**Volunteer, Parahitam Foundation**







# Art Gallery


Here is some Artwork done by the kids at Balya



To Volunteer with us:

 8088064074

 parahitam\_foundation

 parahitam.foundation@gmail.com

