

## LEARNING IS FUN!

We visited children at an orphanage on Sunday to interact and spend time with them.



Activities to enhance their language & speaking skills were conducted. They enthusiastically participated in sack race, word building games and listened to a few moral stories narrated by us with rapt attention.

## Our ancestors' valour inspires and emboldens children!

At the Satya Sai Trust Orphanage, we shared stories of our Nation's women warriors to the children. They listened to the stories keenly and later narrated them in front of everybody. We also played fun games along with them.



# SALUTING DOCTORS FOR THEIR SERVICE!

When divinity awakens in man, he serves others!

On the occasion of Doctors' Day, we visited and thanked Dr Venkatesh, Dr Savitri and Dr Narasimha for their service towards the society.

It was really inspiring to listen to how they work selflessly in the medical field in spite of various hardships.



## MAKING PAPER BAGS

Even though plastic has become a necessary evil, it is for our own good that we have to reduce the usage of plastic in our day-to-day activities.

As a step towards it, we decided to make paper covers and give it to shopkeepers. These paper covers can be used instead of plastic covers to carry items.



## SERVING FOOD WITH LOVE!

“We make a living by what we get; We make a life by what we give.” We served lunch to residents of a slum. We cooked food and supplied to doll sellers, watchmen, etc. Needy people were identified by going to random roads and approaching them whether they would accept our food offering.



We celebrated the birthdays of volunteers by supplying food packets to about needy people.

We follow eco-friendly way of food distribution by packing food in banana leaf.

## Our Website launch!

Our website [www.parahitam.org](http://www.parahitam.org) was launched on 19th September 2022 by Jagadguru Shankaracharya SriSri Raghaveshwara Bharati Mahaswamiji.

The website contains information about our activities, newsletters and much more.



## "Heal the Earth to seal our future!"

Our tree de-nailing event took off near Vijaynagar and many trees which had been nailed, stapled and wound with wires, were freed. All these nails were removed in the presence of citizens from the neighbourhood. The event was done on 5 Sunday's with about 6 volunteers working on an average 3-4 hours including on World Environment Day. Our event saw the participation of little kids and many senior citizens who enthusiastically took part and supported this social cause. The volunteer with the highest number of nails removed from the trees, and all the participants from the general public took home a special gift arranged by our NGO. After making trees nail free, we have put up messages written on an eco-friendly cloth banner on the tree trunk, stating that the tree is now completely nail free and urging people not to re-nail it.



It takes less than a minute to hammer a single nail into a tree for purposes like advertisement, hanging electric cables, etc. However, at least 10 minutes are required for its removal!

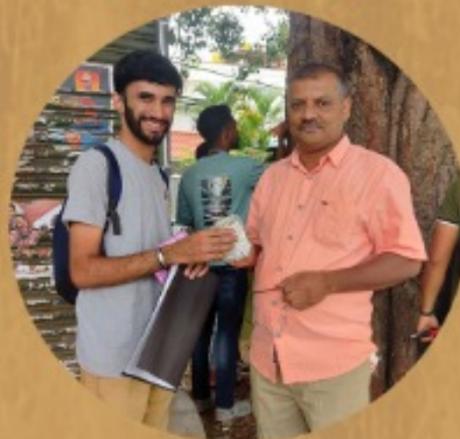


We must realise how easy it is to cause harm to the environment but difficult to undo the damage.



# Token of Gratitude

The general public took home a special gift arranged by our NGO



# VIDYAHITAM

## OXYGEN IS TO LIVE, EDUCATION IS TO SURVIVE

“The great aim of education is not knowledge but action”- says Herbert Spencer. Education is the most powerful weapon to change the world. It provides stability in life, and this is also something that no one can ever take away from you. It shows us the importance of hard work and at the same time, helps us grow and develop. Thus, we can shape a better modern society to live in by knowing good and bad and respecting each other and their rights.

Parahitam Foundation is playing a significant role in ensuring that every student receive the opportunity to build a better future through education. To assure this, Parahitam is get going with VidyaHitam.

VidyaHitam is empowered to help students who are in need towards their education until they complete their degree. On Vijaya Dashami, VidyaHitam was set in motion. We identified two needful students, and provided financial support for their studies.

When we work together, we can benefit the lives of even more students and empower them with a quality education. You can be a part of this change. Contributions from you can make their dream of receiving a quality education a reality. A monthly contribution can help the individuals build a better future. VidyaHitam works through contributions, and anybody can support by donating any amount, anytime.

To donate, reach us through 8088064074

While supporting a cause, your donation is eligible for tax benefit under Section 80G of the Income Tax Act.

## Volunteers' Voice

### Mental Health Matters

Since school days we all are taught, "Health is Wealth". Without good health, one can't imagine a good life whether he is rich or poor. Be it mental health or physical health, both matter equally. We all talk about achieving big goals, scoring higher grades and winning a sport. For every activity and action in life, you need a healthy mind, body & soul. All three are interconnected and essential to live a good life.

Here's a story of a girl who was happy, jovial and full of energy all the time. She was called a positive atom- wherever she went, she would spread positivity and find positivity in every person she met. She would cheer others up when they felt sad, show them a different angle to life. They felt happy and light after listening to her words.

Suddenly after few years, she had break downs. She would start crying for no reason, had sleepless nights and thoughts troubling her at night, not able to focus. Feeling drained off energy, she felt it hard to do even simple activities like brushing her teeth. This went on for 3 months. She called her parents and shared that she was not feeling okay since few months. They took her to a priest thinking she had stepped on a lemon on the road which might have caused some bad vibes, without realising she was depressed or needed some help in dealing with her fears. They didn't try to figure out what troubled her mind. They did not realise the cause until they came across a video about mental health awareness.

Mental health is related to brain health. If any pain is felt in the leg, the brain is the one which signals about the pain and to go to a doctor. Similarly, if the mind is in pain and for it to heal and recover, one needs to talk to a therapist to be guided about fears, sadness or any pain which is troubling the mind. Sometimes it could be a stressful environment which has caused pain, narcissistic people or a toxic partner and work culture. By talking to a therapist, the reason for what is actually troubling the mind can be found and the pain can be cured.

One has to understand the difference between a psychologist and psychiatrist. Also, there might be fears of being made fun of that a mental hospital admission is required if mental health related problems are shared, etc. One need not be scared or ashamed to visit a therapist. A therapist guides you about what is good and bad for you after listening to your concerns and helps you understand how to take care of your mind and mental health.



- Nivedita M

## Volunteers' Voice

### Nail-Free trees

There's a saying "Dog's tail can never be straightened". Isn't man's case similar to it? Humans never learn lessons even though nature teaches many - earthquakes, tsunami, acid rains and many more. Aren't these all answers to the atrocities being done by humans?

Humans can rightly be called as hypocrites. Did any plant/tree say that it has life? It's humans who found out that trees have life; and it's humans who are hurting and killing trees for their selfishness.

Our Bengaluru is renowned as 'Garden City' due to diversity of trees here. But today we see advertisement papers being pinned to trees using nails and stapler pins. However, trees have not stopped giving us oxygen.

We have stuck so many advertisements on trees. Advertisements of tuitions, astrology centres, puncture shops, PGs - what not? A question always pops up - "Where did humanity in humans go, when they nailed the trees with these advertisements?"

Fortunately, there are many teams who are conducting "Nail-free trees" campaign. They are taking part in removing the nails from the trees and freeing them from the pain.

From judicial point of view, there are 'Karnataka Open Places Disfigurement Act' and 'Tree Protection Act' which declare that nailing trees and pinning advertisements on them is illegal.

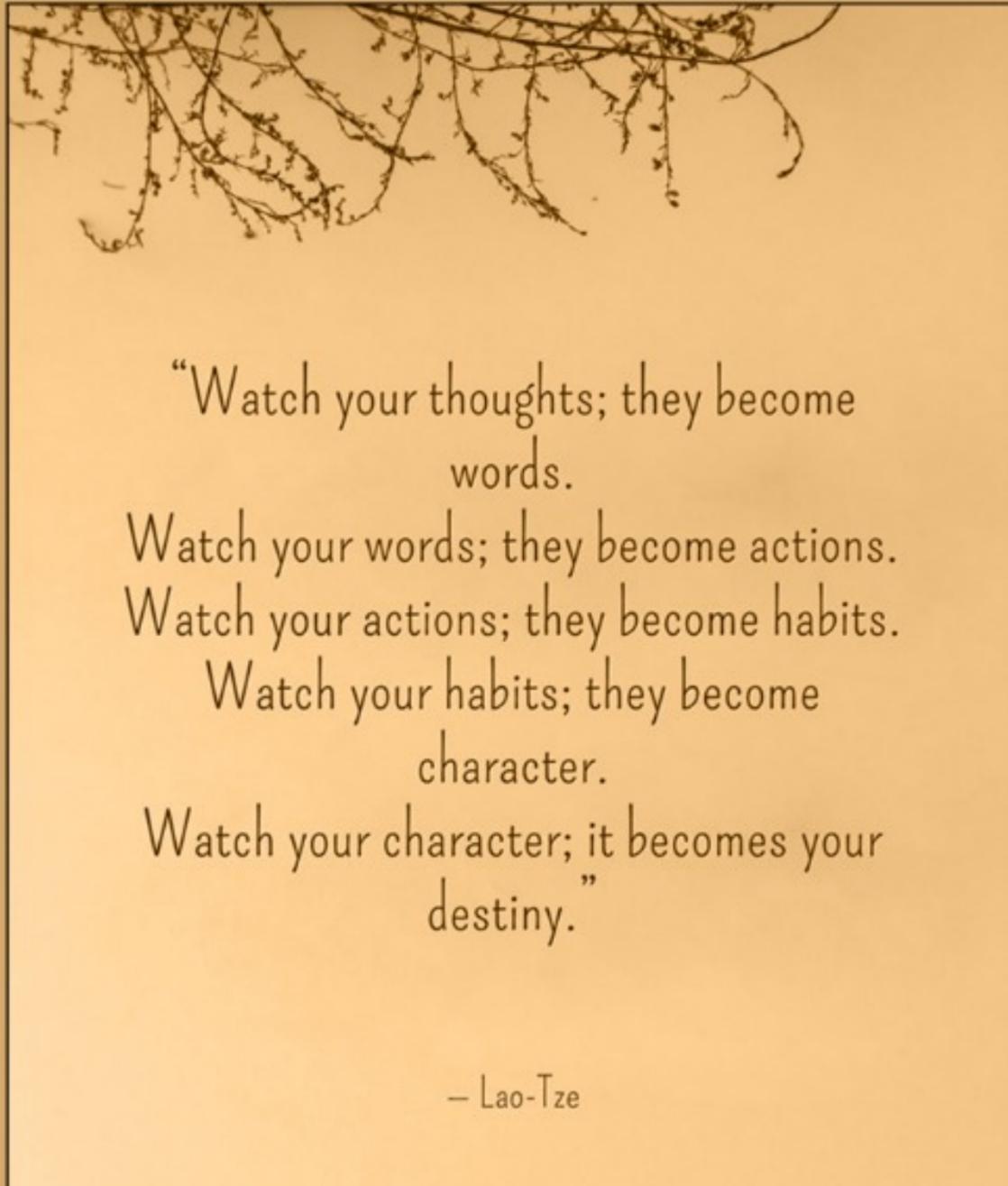
What can the public do?

Wherever you find posters pinned to trees, please remove them.  
Thus, let us atleast offer a small service towards nature.



- Vinod Kartavya  
Bengaluru Huduga

## Quote Box



## Contact Us



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