



PARAHITAM  
FOUNDATION®

Newsletter From Parahitam Foundation

# VIHITAM

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# SPREADING POSITIVE VIBES



Keeping this in mind, we welcomed the new calendar year 2023 by giving away handmade greeting cards by volunteers and wishing public good at the Vijaynagar food street. Icing on the cake was to meet the very famous and magical Veena player Mahesh Prasad Sir at the event.

**P**People coping up with mental health concerns usually undergo anxiety, stress and complex feelings. They might find comfort in simple words of love, assurance or motivation.



Mental well-being is an aspect that most do not consider as an actual health parameter. However, we hope such events spread awareness about it and positive vibes.



# TREE DE-NAILING

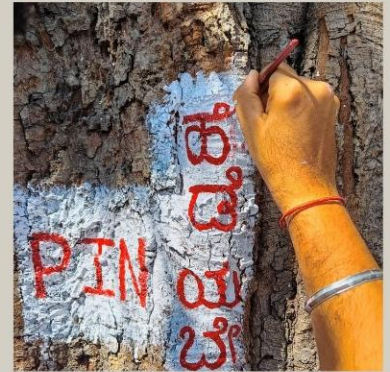
**T**rees have always been considered sacred and worshipped in India since ancient times. However, it is sad to see trees being hammered with nails and sharp objects for advertisement and other purposes.



We organised tree denailing events in Vijayanagar. It was great to see the general public join and support our cause.



More than 120 years ago, the great scientist Jagadish Chandra Bose proved that plants are like any other life form. So we have science and our tradition that acknowledge that trees have life, can feel and can be hurt too.



# DISTRIBUTION OF SCHOOL BAGS

**S**chool bags were distributed to 18 kids of a shelter home. Each of them received the bag with great joy. We hope that this adds enthusiasm in their journey of learning. We are thankful for the donations which supported this cause.



## CLASSES AT SATHYA SAI ORPHANAGE

**C**lasses were conducted at Sathya Sai Orphanage. We taught English to kids through fun activities.



We conducted an English vocabulary class in Satya Sai Ashram to help children's understanding of word building in the English language by using toys shaped like the alphabet.

# VIDYAHITAM SCHOLARSHIP PROVIDED

**V**idyaHitam aims at supporting students who need financial support to pursue their education. In January, we supported a student in Mysore by donating an amount of ten thousand rupees through VidyaHitam.

**What is VidyaHitam?**

**VidyaHitam is empowered to help students who are in need towards their education until they complete their degree.**

**Many students need financial help to pursue education. When we work together, we can benefit the lives of 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 any- body can support by donating any amount, anytime.**

**To donate, reach us through 8088064074**

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

**We look forward to generous contributions from all towards VidyaHitam.**

# FOOD SEVA

It is said that to feed the hungry is one of the greatest forms of Seva (service).

This year, we are celebrating all volunteer birthdays on last Sunday of every month through food donation.

We served food to 50 visually challenged kids in the month of January.



# DANTA MANTHANA



The speaker of the day was Dr. Ashwin P S, BDS, MDS, education consultant at Curaden India Pvt. Ltd. The event started off with a general introduction followed by a question-answer session relating to teeth and oral health. Further on, the importance of regular brushing twice a day, tongue cleaning, facts and awareness about oral hygiene was given to the kids by our doctor.

In order to teach children about oral care and hygiene in an interactive way, we conducted an Oral health Awareness event, “Danta Manthana”, in Balya Charitable trust on 29th January.



The method of brushing, flossing, interdental care, etc was presented and demonstrated clearly. The event came to an end with a doubt clearance session by our volunteers and feedback from the kids was taken.





# HELP THE HELPLESS

## ANIMAL FEED DONATION EVENT

**T**here are numerous animals and birds around us which are either stray, without a place to stay, which end up starving to death or run over by vehicles. With animal shelter houses, we have a better chance to keep such animals in a safer place. Shelter homes are expensive, both to build and run.



We visited such a shelter home near Challeghatta, which is a home to several cows, sheeps, goats, cats, dogs, ducks, eagles, buffaloes and various other animals that are either stray or are rescued from being illegally killed in slaughterhouses.

The shelter home we visited too was facing financial difficulties with respect to feeds, healthcare and amenities. Hence we had an opportunity to help them with animal feeds. We donated a 15kg rice sack, 60 jaggery balls, 2kg of dog food and biscuits which would be sufficient for about 3-4 weeks.



All in all, it was a very wholesome volunteering event where we had a lot of fun with the animals and mainly a sense of satisfaction as a reward.



# E-WASTE COLLECTION AND RECYCLING DRIVE

In a metropolitan city like Bengaluru, there is a lot of E-waste being generated in the household and the software industries. Unfortunately, only 17.4% is being recycled appropriately. Improper methodology of disposal of such waste is creating a new setback in the development of the city, and hence, the nation.

Therefore, we aim to do our part in collecting and safely recycling this waste, through SPCB authorised recyclers to build a new eco-friendly society.



With similar lines of interest, we executed, the event of E-waste collection and recycling on the 26th of February in 3 apartment locations of Yeshwanthpur.

With due permission, we were provided with an appropriate space for setting up a banner and a drop box in the apartment building, so that the residents were aware of our 'E-waste collection drive'.

We have been receiving very good response from the residents.

# SUPPORTED IN COORDINATION OF A SDP DONOR

**P**latelets are an important part of our blood clotting mechanism to prevent bleeding. Platelet components are thus transfused to treat or prevent haemorrhage, treat patients with haematological conditions like thalassemia, malignancies like leukaemia etc.

Recently there was an urgent requirement of SDP ( single donor platelets) for a patient in Shri Shankara Cancer Foundation and our NGO supported in coordination for a healthy donor for donation on 25th February.



"Not in doing what you like, but in liking what you do is the secret of happiness."

- J. M. Barrie

## **VOLUNTEERS' VOICE**

### **Count your blessings, not your problems!**

**H**ow does one find peace and happiness in life?

**When we are content with what we have in life, this comes easily.**

**"One day a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor walked around the class and handed the question papers with the text facing downwards.**

**Once he handed them all out, he asked his students to turn the page and begin. To everyone's surprise, there were no questions, but just a black dot in the centre of the page. The professor thoroughly read through everyone's bewildered expressions and said- "I want you to write what you see there."**

**The perplexed students began to do what they had been asked to do. At the end of the class, the professor took all the answer papers and started reading each one of them aloud. All of them described the black dot, trying to explain its position in the middle of the sheet, its shape, colour, etc.,**

**The professor began to explain and told the students that "None of you wrote about the white part of the paper, however all of you focused on the black dot – and the same thing happens in our lives. We all have a white paper to hold onto and enjoy, but we are so busy contemplating the dark spots that's in there. Life is a special gift, and we will always have reasons to celebrate."**

**When we focus on our problems, we tend to feel stressed and anxious. We may start feeling that nothing is going right in our lives and eventually become blind to see the good things that are happening around us.**

**On the other hand, when we focus on our blessings, we are reminded of all the fortunes that we have. This can help us feel more positive, grateful and happy which may lead us to a fresh perspective on problems and approach them with a more optimistic frame of mind.**

**If we are happy with what we have, our sufferings recede into the background. Be grateful for the good things you have in your life rather than dwelling about the things that you don't have. Life may give us a lot of uncertainties, but in any given situation if we analyse what we possess instead of what we lost, we will realise that God loves us and despite such hard days HIS blessings are with us. Having faith in these blessings of God is what attracts more blessings into our lives.**

**Take your eyes away from the black spots in your life. Enjoy each of your blessings, each moment that life gives you. "Count your blessings, not your problems"!**

**Remember all of us are showered with abundant blessings and peace of mind even when things seem biased. To be alive, healthy and to be surrounded by loved ones are the greatest blessings of Life.**

**Focus on your happiness, not your misfortunes.**

**Focus on your strengths, not your weaknesses.**

**Have a positive and humble mindset no matter whatever situation you are in.**

**Count your blessings, not your problems and you will realise how beautiful your life is!**



**- Aishwarya B. S**

## VOLUNTEERS' VOICE



### Dr. Ramaswami Balasubrahmanyam

**A pioneer in the field of development, Dr. Ramaswami Balasubrahmanyam is the founder of Swami Vivekananda Youth Movement (SVYM) and Grassroots Research And Advocacy Movement (GRAAM). He is a scholar, writer, public policy advocate, leadership trainer and a volunteer who has offered himself to society. He is an MBBS graduate from Mysore Medical College, an MPhil postgraduate in Hospital Administration & Health Systems Management from BITS, Pilani. He has a Master's in Public Administration from the Harvard Kennedy School. He was the Frank T Rhodes professor at Cornell University between 2012 and 2014, and continues to hold academic positions in Cornell and other universities. He is well-known as Dr. Balu.**

**Dr. Balu, along with his like-minded friends, established SVYM in Saraguru - Kenchanahalli of H.D. Kote Taluk, Mysore district. The organisation strives to serve the rural and tribal people by providing them health, education and protecting their societal status. The organisation was inspired by the works of Swami Vivekananda and the values of Ahimsa (non-violence), Satya (Truth), Seva (service) and Tyaga (sacrifice).**

**SVYM in coordination with GRAAM is working towards empowerment of tribal women through social entrepreneurship. This venture has focused in training 11 tribal women in creating employment, food technology, Ragi based food production and entrepreneurship. By involving deprived tribal and rural women with no formal education/degrees with low economic status, more of such units are being established in marginalised area of Orohalli, Bengaluru and another one for the tribal community at Hunasekuppe haddi in HD Kote region.**

**Development expert Dr. Balu's 'Voice from the grassroots' and 'I, The Citizen' books are collections of his narrations and reflections. They have gained global appreciation. It is his vision to awaken leadership in youth and thus build a resurgent India. This is the same ideal of Swami Vivekananda which inspired Dr. Balu too.**

**Currently, Dr. Balu is a member of Government of India's Capacity Building Commission.**

**A life of sacrifices and service, Dr. Ramaswami Balasubrahmanyam's life is a guidebook to youth to unleash true potential and offer it at the Nation's service.**



**- Akshata Hebbar**



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