



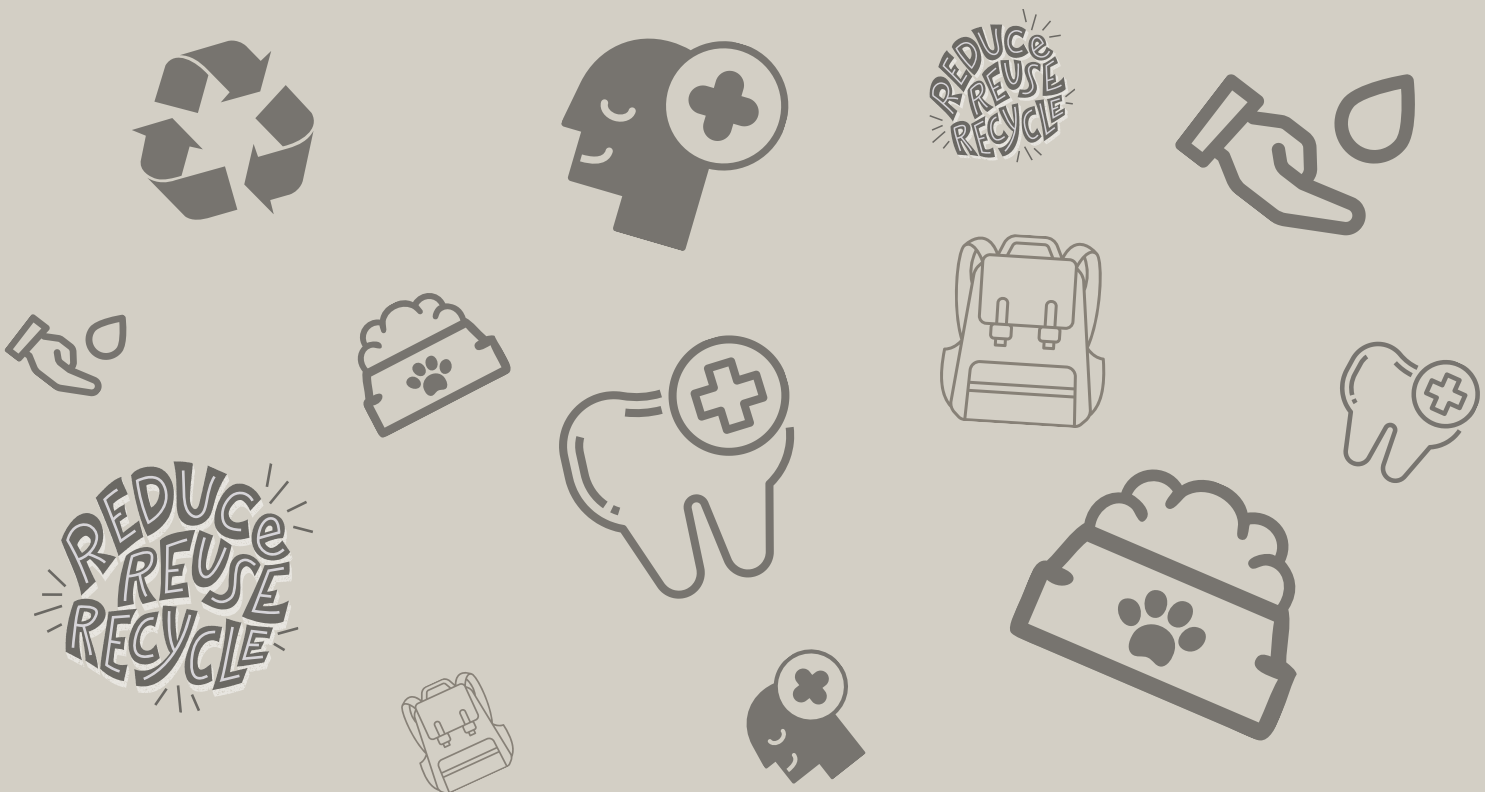
PARAHITAM  
FOUNDATION®

Newsletter From Parahitam Foundation

# VIHITAM

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# YUGADI WITH LITTLE ONES!

**C**elebrating festival with cause gives immense satisfaction. We celebrated this year's Yugadi with more than 20 children in Nele Foundation orphanage. They were gifted new clothes and books.



# SWARNAPRASHANA SAMSKARA

**S**warnaprashana is an Ayurvedic practice that builds immunity and improves intelligence in children. It is done on Pushya Nakshatra day of every month. We took up this initiative for the children at the Satya Sai Orphanage and have conducted it twice.



# CELEBRATING OUR VOLUNTEERS' BIRTHDAYS

**W** served food to residents of Ashraya oldage home at Rajajinagar, marking birthdays of 5 of our volunteers. Also, food packets were distributed to about 30 needy people on roadside.



# TREKKING WITH A PURPOSE

**W**hat could be better than going on a trek during the weekend?  
**Combining it with cleaning!**



**It has become common to spot garbage strewn all over in tourist places. There will be no fun in visiting such places if the garbage spoils the views. Man knows to enjoy nature's beauty, but is it not his duty to protect it?**

**We planned a trek to Nijagallu Siddara betta, located about 100 km from Bengaluru. We began the climb in the morning and picked up the waste thrown away by visitors along the way. Bottles, food wrappers, plastic covers and clothes filled up 15 trash bags as we descended the hill.**



# TREE DENAILING IN VIJAYANAGAR

**V**olunteers gathered on a bright Sunday morning to pluck out sharp nails from trees that line up the sidewalks of roads in Vijayanagar. We conveyed to curious passers-by about the hazards of driving sharp objects into trees.



# BLOOD ARRANGEMENTS AND FINANCIAL SUPPORT

**W**e supported Preksha, a 5 month-old baby suffering from jaundice, with timely coordination for blood arrangements and hospital expenses which her family could not afford. Rs. 32000 was raised in a span of 3 days and contributed for her treatment.

We were also able to support Mr. Ravi, a visually challenged patient suffering from brain stroke, for his neurosurgery and treatment by donating Rs. 7500.

We supported Mr. Srinath for his cardiac surgery expenses by spreading the word on social media.

Parahitam Foundation contributed Rs. 5000 for a 6-year old boy's urological surgery.





# SUMMER CAMP TIME

**W**e had an opportunity to conduct fun activities for kids in a summer camp held at Ramashrama, Girinagar. The summer camp aimed at imparting moral values to kids through various activities.

In 2 sessions for children from different age groups, we conducted Namavadhana (a memory game), frog race and passing-the-pillow activities. Kids actively involved and enjoyed the games thoroughly.



# PLAY WELL, STAY WELL!

**M**any students who are interested in sports cannot pursue the field due to various reasons. Lack of training and exposure are some of them. To identify interested students and help them perform well, we have started sports & fitness sessions in Balya orphanage.

**Mr. Apoorva Nagaraj, a sports trainer, has come forward to guide and train the students. Practical sessions have been conducted covering various topics like exercises, first-aid, team playing, leadership and many other trainings necessary for excelling in sports.**



# MUDDY HANDS, GREENER EARTH

**O**n the occasion of Environment Day, we planted saplings in the surroundings of an animal shelter. Jamun and Indian Beech saplings were planted by our volunteers.

**Growing trees is the necessity of the hour to fight climate change and save our planet.**



# SANITARY PADS AND BOOK DONATION

**B**io-degradable sanitary pads were distributed to girls in Vijayanagar to promote menstruation health and hygiene.

A set of 16 notebooks was donated to a needy student, which will help him study well.



# YOGA FOR THE BODY, MIND AND SOUL

International Yoga Day-2023 was celebrated through a Yoga session at Baalya Children's home. Importance of Yoga for physical, mental, emotional and spiritual balance was explained to them.



# THE 5 R'S

**We** conducted a session at Government Primary school, Attiguppe about climate change and the importance of 5 R's (Refuse, Reduce, Reuse, Repurpose and Recycle). Our interns from PES college engaged the school students in activities to bring about awareness on environment protection.



# GOOD NEWS!

**We are happy to announce that Parahitam Foundation is now registered under 80G section.**

**What does this mean?**

**Donors will get the benefit of 80G for their donations.**

**How can you contribute?**

**You can contact us on 8088064074, follow us at @parahitam\_foundation.**

**“The secret of getting ahead is getting started.”**

**– Mark Twain**

# VOLUNTEERS' VOICE

## Hazardous Chips covers

**U**sage of plastic is one of the main reasons for environmental degradation these days. Right from the toys that children play with to the airplanes that fly in the sky, it is all plastic.

Plastic has become an integral part of our life. We are all trapped in its grip and struggling to come out of it. We use plastic for many reasons like its low price, convenience and disposable nature. Without paying attention to its disadvantages, the overuse of plastic today is a big threat to the environment and for other living things.

When we overproduce plastic, we overuse and fail to recycle or dispose it off properly. Most plastics are non-biodegradable and cannot be broken down naturally by bacteria or other organisms, thus causing environmental damage.

We use several types of plastic materials, mainly chips covers. Who doesn't like chips? It is something that everyone likes to eat.

When we buy chips, we usually just focus on eating the chips.

What we enjoy about them is the taste that lies inside the packets. We don't need the packets, so we just throw them away after eating the chips.

But we never think about how much damage is caused to the environment by the covers we throw away. Do we ever wonder if we can reuse the chips covers or how to properly handle used empty packet covers? It is important to know about this for the environment.

Firstly, chips covers cannot be reused currently because of their material composition.



**Chips covers are usually made of aluminum or polyethylene materials, which are of low density. This makes it difficult to recycle. Apart from this, covers usually contain different types of plastic material. Separating them can be difficult for recycling companies.**

**This is really bad for the environment. Chips covers cannot be reused, but we put them in the wastebin. Even after they are properly disposed off, they still end up in landfills and remain there for a long time.**

**Therefore, since they cannot be reused, they are harmful to the environment. For example, when it rains, chips covers can mix with garbage and enter the sea, where fish and other marine animals could eat them, causing problems for them.**

**Again, if the plastic cover is left in the soil for too long, it can damage the soil. Thus, the environment is facing so many problems due to plastic.**

**As we hear, many companies are making efforts to produce chips in eco-friendly packaging to care for the environment.**

**Let us also use more eco-friendly and reusable materials wherever possible and reduce our waste to preserve our environment for ourselves and our future generations!**



**- Prarthana Bhat**

## VOLUNTEERS' VOICE

### Good Society and Good Student

**D**ear friends, I feel that as much as there is contribution of students in building a good society, so is the role of parents, teachers and society in building good students. What is a good society? What would it be like? If there is a clear idea, then most of the work is done. Each person has a different opinion about what a good society is. In the eyes of a farmer, it is where no one cheats and buys his crop at a good price and does not waste it. It maybe a society full of patriotism in the eyes of a soldier. A society having network of opportunities would be good for a student. In the eyes of a woman, a good society is one that gives her the right to move freely and safely.

A student becomes a good student when he engages himself in the society along with classroom education and devotes himself in every way. A person learns most of the lessons from Time, be it during student life or rest of his life. There is a Sanskrit subhashita:

आचार्यात् पादमादत्ते पादं शिष्यः स्वमेधया।  
पादं सब्रह्मचारिभ्यः पादं कालक्रमेण च॥

This means; If a disciple learns one-fourth from the Acharya(preceptor/teacher), he learns one-fourth on his own. Of the remaining half, a quarter is learned from one's companions, and time itself teaches the rest. To continue the already mentioned point, as much as the society is important for student life, responsibility of students is equally important for a good society. Tiny contributions for the betterment of the society can be done by helping the disabled, the elderly, or anyone who is helpless, who is trying to cross the road, by using eco-friendly products, by creating awareness and so on.

**Nowadays, in many households, the words of children hold more value than the words of elders. So students have the right opportunity to nudge their parents to do social service.**

**In today's world, the definition of patriotism seems to have changed. I am reminded of an elder's words that true patriotism means, realizing our responsibility in the society and handling it properly. If a teacher does his job properly, the number of bad students will decrease. If the children do their duty, the thought of old age home will not occur to anyone. Similarly, when a student expresses himself to this society, the problem will be put forth. When one feels that this society is his, then he will also feel that its problems are his own. Then it becomes easy to find solutions.**

**A student can become a valuable asset to the society if he is able to help others along with his studies. It is the primary duty of this society to form and encourage such students.**

**Students are like raindrops. They grow and shine according to their environment. Raindrops become dirty when they mix drain water. If they fall to the ground, they become groundwater. If they enter the shell, they form pearls. It is the duty of the society to nurture such students.**

**A plant lovingly provides nutrients to its leaves, even though it knows they will fall off. But it also knows that the fallen leaves become manure. In case they fly away, ultimately they mix with the soil to become a part of the soil, nourish the plant growing in it and return the essence back to the soil. Similarly, if the society succeeds by having good students, then it will be heavenly.**

**As the saying goes, "Today's children are tomorrow's citizens", if today's generation changes, future generations can live happily.**

**Ours is a country that preached "Vasudhaiva Kutumbakam" to the world. In this case, fighting amongst ourselves is not good. It is the responsibility of today's students or tomorrow's citizens to go beyond caste-religion, color and gender discrimination, correct the society, take the country to the top and fly the flag of glory.**

**If we all are one, if we are united, half of the problem will be over for India to become "Vishwa Guru".**

**If parents encourage their children to do social service, if they use that encouragement in a good way and do social service along with studies, if teachers work hard to make their students good citizens, if the elders and veterans guide and bless, then even a backward and bad society can be improved. Let's make the society better together. Before that, let us make this society our own.**



**- Teja Avadhani  
Student**

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