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SEED Newsletter

SEED Foundation Half Yearly Newsletter



VEDIC MATHS AND SKILL DEVELOPMENT WORKSHOP

By Sunil Sharma

Vedic Maths is an ancient science of problem solving that has proven to be one of the most effective in strengthening the understanding of Mathematics. Today this concept has been recognised globally yet many are unaware of this rich jewel that was passed on to us by our vedic scholars.

Vedic mathematics is described using sutras, a small collection of aphorisms. Also sutras are naturally occurring mental processes that can be used to solve mathematical problems in the simplest way possible. The sutras describe such principles and practices.

Understanding this need a residential camp on Vedic Mathematics was organized at Bharat Uday Gurukul Campus between 26th February and 4th March 2023. A team experienced mathematics teachers led by Dr Anuradha Gupta and Dr Komal Asrani taught the various sutras of Vedic Mathematics to the participants which they enjoyed and applied them in solving their Mathematics questions.

Around the same period a Pottery Skill Development workshop was organized at the same campus so that the participants could get a hands on experience about this traditional form of livelihood. Use of earthen ware pottery for the purpose of cooking and storage is yet another step on our journey towards sustainable development.

Pottery is one of the most durable forms of art, with many fragments found from almost all time periods and civilizations throughout the world.

Newsletter Highlights

A Message of Hope from the Executive Director

Vedic Maths & Skill Development Workshop

Bee Farming & Training Workshop

Food Distribution Program

Vangraam Food Forest

Women Health & Wellness Program

A Year in Review: Our Wins and Milestones



SEED FOUNDATION



BEE FARMING & TRAINING WORKSHOP

Bee farming, also known as apiculture, is the practice of raising and managing honeybees to produce honey, beeswax, and other bee-related products. Beekeeping can be a lucrative and rewarding venture, as well as an important part of sustainable agriculture.

On 5th February 2022, a workshop on Bee Farming was organized at Bharat Uday Ruripara Campus for students and organic farmers so that they can consider apiculture as an alternate mode of income.

FOOD DISTRIBUTION PROGRAM

The 17 Sustainable Development Goals (SDGs) adopted at the United Nations Summit in 2015 are the world's best plan to build a better world for people and our planet by 2030. Goal 2 of SDG aims to end hunger, achieve food security and improved nutrition and promote sustainable agriculture. Inspired by this goal Atmavaani Welfare Society organized a Free Food Distribution Camp at the District Hospital at Mahoba (UP). This location was chosen considering that the attendants of poor patients who come from faraway villages have a difficult time arranging for food for themselves and often skip meals.

Our volunteers have been serving meals to the needy since 2022. They prepare the food and serve the meals through the hospitals, community centres and in front of temples. One elderly man movingly reflected that the spirit of hospitality he felt was for him an expression of real worship. Manish, a volunteer reflected, "Actually, we're not just feeding them food, we're feeding them love and kindness."



A Message from the Executive Director



As we move forward in our organization's mission to deliver excellence in our work, it is imperative that we continue to focus on the development of our skills. The world is constantly changing, and in order to stay ahead of the curve, we must remain committed to honing our abilities and staying current with the latest advancements in our field.

I encourage each of you to take advantage of the various skill development opportunities that are available to you. The more we invest in ourselves, the more valuable we become to the society and the more effective we are in fulfilling our roles and responsibilities. So let us make an honest effort to prioritize skill development and make it a priority in our daily work.

VANGRAAM FOOD FOREST TOWARDS A GREENER FUTURE



Transforming barren land into a food forest is an innovative way to address food insecurity and promote sustainable agriculture. A food forest is a multi-layered agroforestry system that mimics the structure and function of a natural forest, with different layers of vegetation, from tall trees to ground cover plants, all grown together in a self-sustaining ecosystem.

With the efforts of our volunteers we have managed to reclaim more than 75 acres of farming area and have converted them to *Vangraam - Food Forest*

WOMEN HEALTH AND WELLNESS CAMP

Women's health in rural India faces unique challenges and disparities compared to more developed regions. It is important to prioritize and address women's unique health needs to ensure their overall well-being so that they can in turn take care of their family and children. Realising the importance of woman health two separate health camps Women's Health Camp (13 Dec 21) and Eye Checkup Camp (11 Dec 21) were organized by Atmavaani Welfare Society at the Bharat Uday Karmayogi Ashram, Ruripara, Uttar Pradesh.

Volunteers ensured that the camp was functional from 8 am in the morning and all the logistical arrangements were done timely. The attendees were explained about the different aspects of women health and also on the importance of healthy nutrition. Both the camps saw an attendance of more than 75 participants who were very happy and satisfied after the event.



A Request for Supporting our Endeavour



At SEED Foundation we strive to protect the world we live in by addressing the consequences of climate change and promote sustainable life practices. We believe that as people, we share the world we live in with nature and should do our part to conserve our environment. This requires a collective effort from individuals, businesses, governments, and international organizations.

While we have made great strides in our efforts to make a social and environmental impact, we still have a lot to accomplish. We rely on the support of individuals like you to continue our mission of sustainable development and social transformation. We are reaching out today to request your continued support through a donation which you can do from our website foundationseed.org.



A YEAR IN REVIEW : OUR WINS AND MILESTONES

SEED Foundation effectively implements its programs and initiatives. Clear program goals and objectives are established, and program activities are well-planned and executed. The foundation demonstrates a strong understanding of the target population and tailors its programs to meet their specific needs in the areas of Social Transformation and Sustainable Development. Our milestones :

- *Girls trained - 120*
- *Plantation done - 750 trees*
- *Food distributed - 25000 meals*
- *Number of farmers supported- 60*
- *Medical assistance provided - 700+*
- *Organic Manure distributed- 18 tons*
- *Organic Farming Area reclaimed -75 acres*

LADIES SKILL CENTER

Promoting skill development among young girls is crucial for their empowerment and overall development. This is particularly important for rural communities as the employment opportunities for a young girl is limited and seasonal.

Atmavaani Welfare Society has organized free sewing and stitching workshops for dropout and college going students during the month of October and November 22. The response was very encouraging with 30 girls enrolling and benefiting from the workshop. We have ambitious plans to donate sewing machines to the needy families.



SEED Foundation

Sustainability Education Entrepreneurship and Development (SEED) Foundation is a 501(c)(3) IRS tax exempt non-profit corporation organized and operated exclusively for charitable purposes, specifically to provide Sustainability Education, Entrepreneurship, Life-quality enhancing and economic development opportunities to underprivileged communities in the world. The mission of the foundation is to create a movement towards sustainable and self-sufficient rural development.



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