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"It is under  
the greatest  
adversity that  
there exists  
the greatest  
potential for  
doing good,  
both for  
oneself and  
others"  
-Dalai Lama

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OFFICIAL NEWSLETTER OF VIDYARANYA



#doyouliveabit  
**Do you live a bit?!**



## Sustainable awareness

Sustainability is the only way forward. Initiatives like these spread awareness among the underprivileged who don't always have opportunities that cater to sustainability due to their poor style of living. We at Vidyaranya make sure impactful programs like these are conducted regularly.

## What was the event about?

@doyouliveabit has taken a pledge towards responsible oral care by using products that are non-plastic and toxic free. This simple yet impactful toothpaste has been a favourite amongst our little ones. Not only do they smell good but they taste amazing too! Do your bit to save the environment and promote practices that heal the earth.





## Cognitive Behavioral Therapy

### ART AND MUSIC

A research-based practice that helps people observe and recognize their negative thought process and replace it with more positive thoughts.

- Highly effective on kids with special needs, along with other people.
- Changes the thinking process, resulting in a change in the mood and behavior too.
- With kids, working with proper tools, CBT can actually make a difference in both their mood and behavior as well.

Components of Cognitive Behavioral Therapy: Basically there are two main components of CBT. First is, bringing change in behavior and second is bringing change in the thinking process.



Helps people understand themselves better, improves their personal relationships, by replacing negative thought process with a positive one and lifting their mood overall, thus changing their behavior too.

CBT has a very good prognosis that it does help people, even in the most resistant or hopeless cases.

Treat everyone with politeness and kindness, not because they are nice, but because you are.

ROY T BENNETT



Good food is all the sweeter when shared with good company

## Stall setup at corporates

BY FICO

As part of our skill development facility, our rescued traffic victims make handmade products such as artificial jewellery, paper bags, diyas, candles, etc. These items are up for sale at flea markets, social media and at different corporate events. FICO had a match program where for every rupee you donate FICO doubled the benefit.



**CHEF  
APPRECIATION  
POST!**



Our chef Ms. Geeta, with the help of 2 other people manages to cook for 400 people on a daily. Feeding people is the most beautiful thing you can do and Geeta does that without any hurdles. There's a variety in the food served. We make sure the menu changes everyday. A nutrition program is followed where we make sure that all necessary vitamins and nutrients are provided to our beneficiaries.

# Believe In Yourself & Anything Is Possible



## Success Story

Miss Kavita Ambali is a resident of Mysore who was eventually admitted to the Spandana project at Vidyaranya. Although she bore the burden of being handicapped, she took it upon herself to provide for her family hence breaking all stereotypes. She works at Ananda Industry and sends money to her family on a regular basis. Vidyaranya has given her a second chance at life. She lives a content life with us now and is an inspiration to all handicapped women.

## Photo Gallery

WOMEN, CHILDREN & SENIOR CITIZENS AT VIDYARANYA



Namma mane new premises inauguration by FICO & MLA Raghu



Kitchen garden activity at Mandur



Special needs kids playing