

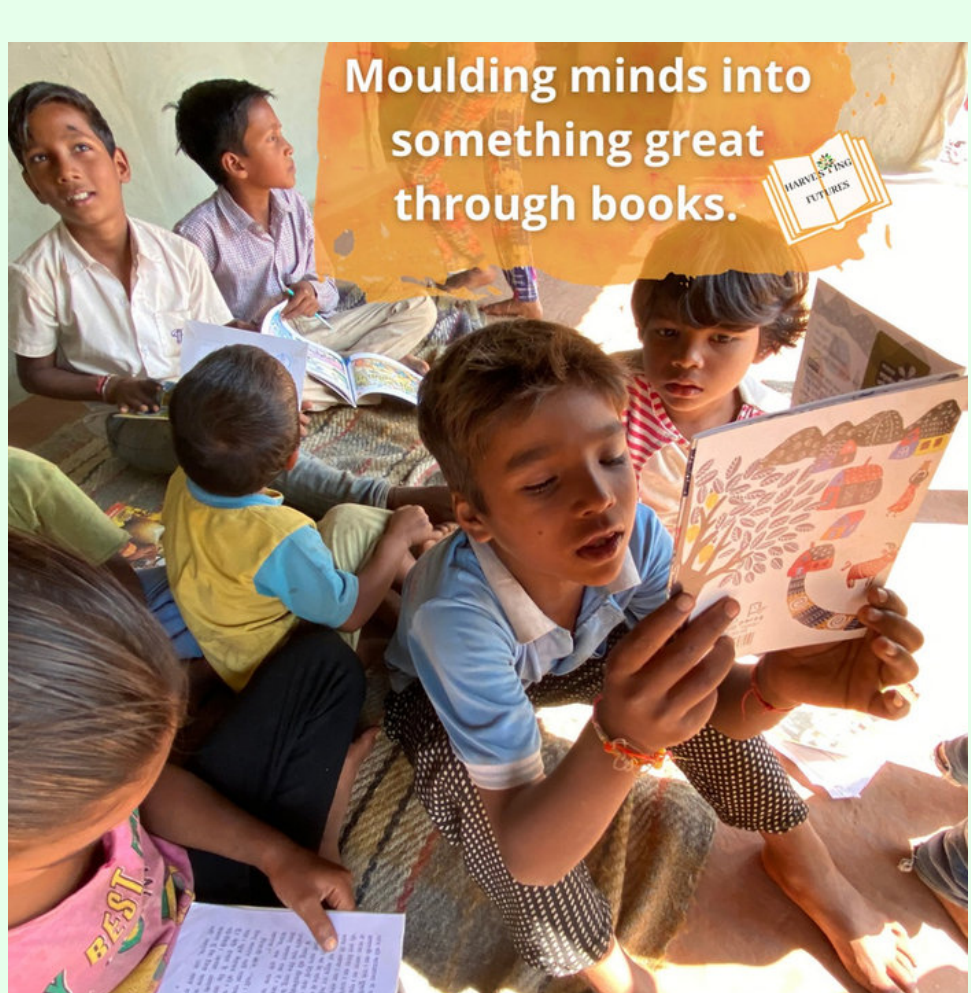


THE FOREST POST

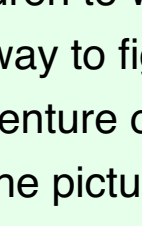
Edition XII - July 2021

Women Education Groups and Food Resilience - First Step

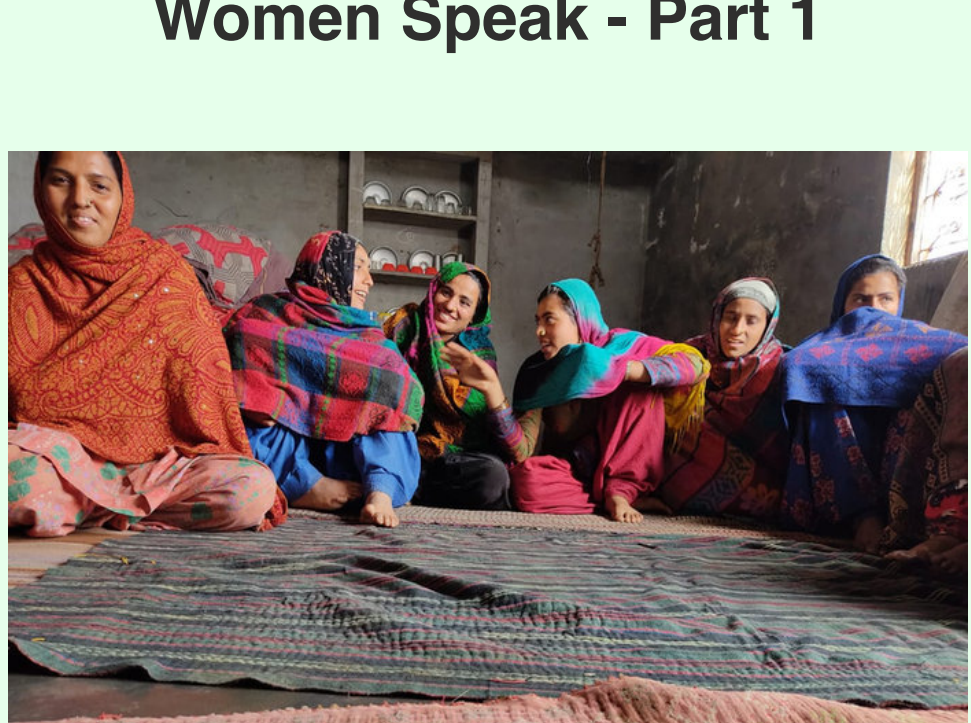
In the past few months there have been conversations around availability of vegetables, fruits and food grains etc. The issue of access, availability and affordability have been highlighted by the women in the regular meetings. These triggered the issues of health, nutrition influenced by the eating habits. This has been one of our focus points over the last couple of years.



[Read More](#)

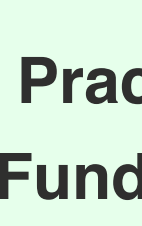


Libraries & COVID-19

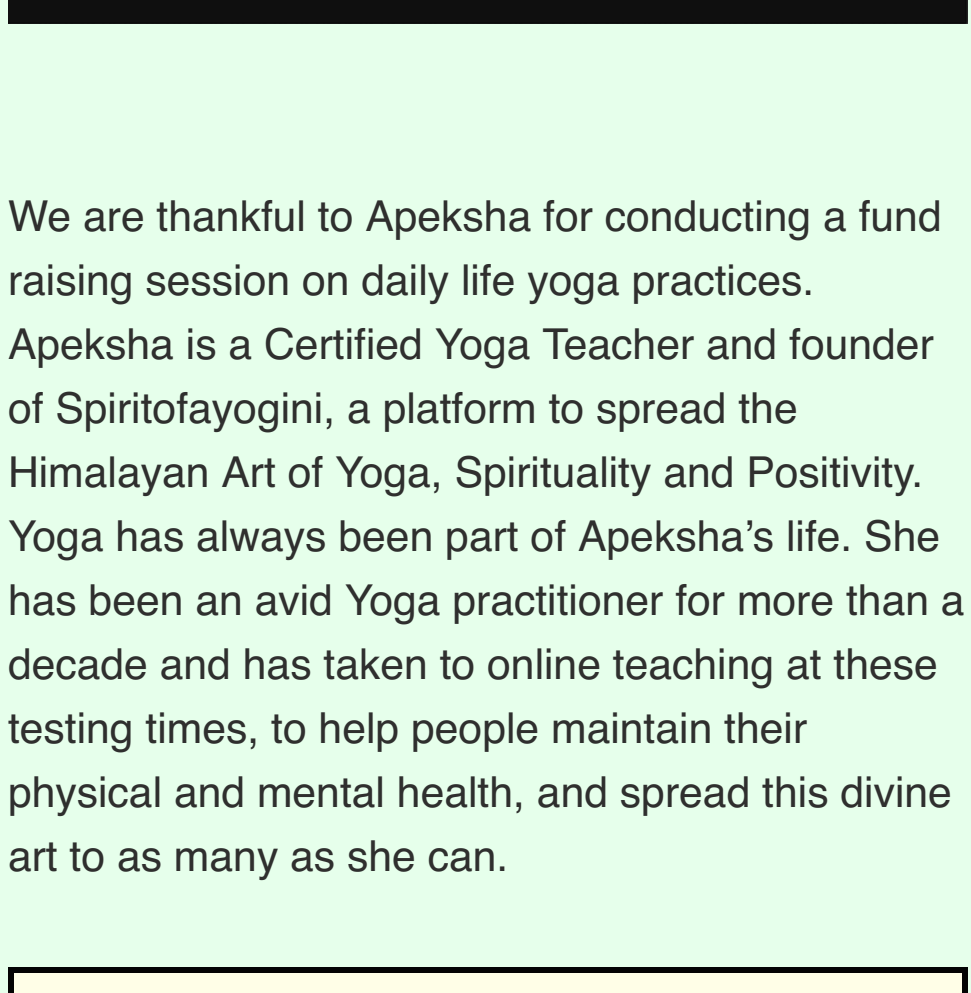


For a child, books are a medium to unfold an untold reality. It is a medium of exploring and imagining a new world. The forest libraries are one such medium for children to witness the world outside the forest. A way to figure what is all the noise about as they venture out as a community outside the forests. The picture books trigger curiosity and engage children in a conversation where a dialogue acts as a tool of educating them.

[Read More](#)



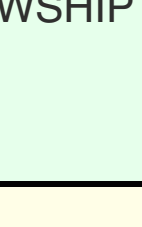
Women Speak - Part 1



Women are the last ones to open up when it comes to speaking in public gatherings. They have a lot to say but the years of socialization under the umbrella of patriarchy don't let them speak. Enabling the women to speak on topics like menstruation, women health and well-being is a tough nut to crack.

Samanta is aiming to "engage" women in such conversations to impart health literacy and learn about their experiences. The women have been sharing about the challenges of keeping a healthy life by living in the forests

[Read More](#)

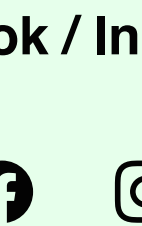


Simple Yogic Practices in Daily Life - Fundraiser



We are thankful to Apeksha for conducting a fund raising session on daily life yoga practices. Apeksha is a Certified Yoga Teacher and founder of Spiritofayogini, a platform to spread the Himalayan Art of Yoga, Spirituality and Positivity. Yoga has always been part of Apeksha's life. She has been an avid Yoga practitioner for more than a decade and has taken to online teaching at these testing times, to help people maintain their physical and mental health, and spread this divine art to as many as she can.

[Read More](#)



In Other News - July 2021



Our Co Founder Prashant got the "REX KARMAVEER GLOBAL STORIES OF RESILIENCE FELLOWSHIP AND CHAKRA AWARDS"

[Read More](#)

Know more about Samanta Foundation on Social Media

[Youtube](#)

[Facebook / Instagram](#)

Vatika Hills Enclave, Kidduvala,
Raipur, DehraDun, Uttarakhand
- 248008
+91-9910654474

www.samanta.org.in

Our team member Guneet has been selected as a "CONNECTING DREAMS FOUNDATION FELLOW 2021"

[Read More](#)

