



GoPals “Let’s Go Green” program on August 21, 2022, at Shri Venugopala Swamy Mandira Goshala, Gandipet, Hyderabad.

Event Report

Below are the event details

1. Nature of Activity

The event is the first event conducted in Hyderabad after two years of lockdown with the aim to encourage people to “Go Green” by including Native Cow based products in their daily lives, adopting healthy eating habits by including Millets in the daily diet routine, and with the Ganesha festival round the corner, make the Ganesha using cow dung from the Goshala.

Time Duration and Event Details

Let's Go Green Registration Rs. 250/-

Team GoPals invites all to **Let's Go Green** at Hyderabad where participants are provided an opportunity to celebrate the day with **Green activities** that includes,

- Cleaning the shala
- Cow Cuddling & Selfie with Calf
- Make your Ganesha - Take your Ganesha
- Drawing cum fun activities for kids.

A Special Session on
Importance of Millets in daily life
By **Millet Rambabu**

21 2022 **AUGUST** **7.30 AM - 2.30 PM**
Sunday Shri Venugopala Swamy Mandira Goshala,
Gandipet, Hyderabad

Contact:
9160936353, 9731542264, 9966738644
Follow Link/ Scan QR to Register
<https://tinyurl.com/letsogreen22>

Event Schedule:

SNO	Description	Time
1	Goshala Cleaning	7.30 AM – 8.30 AM
2	Breakfast	8.30 AM – 9.15 AM
3	Introduction to Native Cow Breeds	9.30 AM – 10.00 AM
4	Bathing the Cow	10.00 AM – 10.45 AM
5	Speech by Mathaji	11.00 AM – 11.45 AM
6	Speech by Millet Rambabu	11.45 AM – 12.30 PM
7	Lunch	12.30 PM – 1.30 PM
8	Session on making Native Cow-based products	1.30 PM – 2.15 PM
9	Cow-Ganesha preparation	2.15 PM – 3.00 PM

2. People Participation

The Start

The day started on a pleasantly surprising note with members of the Hyderabad Bikers Club (HBC) visiting the Goshala as part of their scheduled trip for the day. Team GoPals introduced to them about the mission and the activities undertaken the team and got the reassurance from HBC for partnering together in future.



As registered participants and casual onlookers started pouring in, the first activity of the day (i.e.) Goshala cleaning started picking momentum. Parents took around their curious children along the Go Shala and they enjoyed the presence of the cow. Small children who were initially hesitant to participate in the activity slowly got along and, in fact, enjoying themselves.





Breakfast

After Goshala cleaning, participants were served with hot breakfast of Millet Pongal prepared by Millet Rambabu, the honorary guest for the event.



Introduction to Cow Breeds

After breakfast, a session on the importance of native cows was conducted where topics like differences between native cows and non-native cows, different breeds of cows, etc. were explained. Participants enthusiastically engaged in the discussion and provided their point of view on the native cows. It was a mutual learning exercise.



3. Session by Nirmalananda Mataji – Relevance of native cow

Mataji conducted an informative session with the participants about the relevance of Native Cows in their daily lives, the references to the native cows in ancient scriptures, and the importance of serving the native cows, which is the current need of the hour. She also had a word of appreciation for efforts put in by Team GoPals in furthering the cause of spreading awareness and application of native cows.



4. **Session on Millets by Millet Rambabu**

One of the most eagerly awaited events of the day was the session on Millets by Millet Rambabu, who is one of the pioneers in India in advocating the cause of including millet-based diets as part of the daily diet routine. He explained his passion for cooking, the health benefits of various varieties of millet, etc. He also offered valuable tips on the cooking process of millet recipes, which are difficult to find in recipe books on the web. The participants were actively involved in this session, asking doubts and seeking clarifications.



5. Activities for Children

While the elderly participants were busy attending the sessions by Mataji and Millet Rambabu, the children were engaged in activities like games and coloring session.

Games



Colouring Session

A colouring session was conducted for children, followed by the children seeking blessings from Mataji along with their parents on the stage.



6. Lunch

After an action-packed morning session, the time was ripe for Lunch. Millet Rambabu, the honorary guest for the event prepared the lunch which was relished by the participants, both the elders and children alike.



7. **Session on Cow-based products preparation, Gomaya Ganesha preparation**

After the sumptuous lunch, a session was conducted on the preparation of cow-based products like a face pack and tooth powder. Also, with the Ganesha festival around the corner, participants prepared Ganesha with Gomaya. This was one of the most actively participated events of the day, as reflected by the smiles of the participants.



8. **Outcome**

Around 40 participants took part in the event. Coming from the post-lockdown period, where people have just begun exploring outdoors, this was a very fulfilling event by team GoPals. Another noticeable aspect was that apart from the participants who knew about the event, casual visitors to the Goshala who came with a mindset of just spending some time in the event actually went on to attend the entire event, and reinforced their commitment to the cause advocated by team GoPals.

9. **A glimpse of the event**

Many more photos and memories of the event can be seen in the below link:
<https://photos.app.goo.gl/yFiSVPf9Sci2Xog8>