



GoPals “National Cow’s Day – Nanna Hasuvina Dina” program on Sunday, 10th July 2022, at Sri Raghavendra Gou Ashrama, Malur Taluk, Bangalore-Malur Road, Karnataka - 563130

Event Report

Below are the event details:

1. Nature of Activity:

Team GoPals National coordinators got together in June 2022 to float the idea of National Cow’s Day on July 10th 2022 for the first time ever. As a part of this, “National Cow’s Day - Nanna Hasuvina Dina” event was planned and conducted as a grand event at Sri Raghavendra Gou Ashrama, near Hoskote, Bangalore.



Time Duration and Event Details:

Event Date: 10th July 2022

Event Timing: 7:30 am to 3:00 pm

Event Location: Sri Raghavendra Gou Ashrama, Bangalore - Malur Rd, Gangapura Village, Yashavantapura post, Malur, Karnataka 563130.

Venue: https://g.page/malur_goushala?share

Below is the Event’s schedule:

07:30 AM - 08:45 AM	Goshala Cleaning
08:45 AM - 09:30 AM	Breakfast
09:45 AM - 10:30 AM	Cow Cuddling; Selfie with Calf – Introduction to Indigenous cattle breeds
11:00 AM - 11:30 AM	Gou Pooja
11:45 AM - 12:30 PM	Quiz Competition for Adults
11:45 AM - 01:30 PM	Drawing Competition for Kids
12:45 AM - 02:30 PM	Interactive session for adults
01:30 PM - 03:00 PM	Lunch

2. People participation

The Start:



The day started with welcoming the participants at the registration desk, leading them to get actively involved in Swatch Goushala activity - clean the cow sheds within the Gou Ashrama.



Breakfast:

After the Goushala cleaning activity participants were served with satvik breakfast of Uppittu (Rava Kichadi) and pickle along with Kashaaya (Hot A2 milk spiced with medicinal Herbs).



Introduction to Desi Cow breeds:

After breakfast an elaborate session on various of desi cow breeds available in the goushala was held.



Selfie with Calf:

Participants enjoyed playing with calves and taking selfies with them - kids and elders alike



Talk by Shri. Sandeep and Shri. Mallinath on “Weeds Around Us – For Medicine and For Daily Nutrition”:

Participants enjoyed listening to them both about many herbs which we consider as weeds but which could be utilised as food and medicine for humans and for cattle.



3. Gou Pooja

Pooja was facilitated by Shri. Sudhakaran, of GoPals – 2 couples from GoPals volunteers took the lead on behalf of all the participants



4. Quiz Competition for Adults

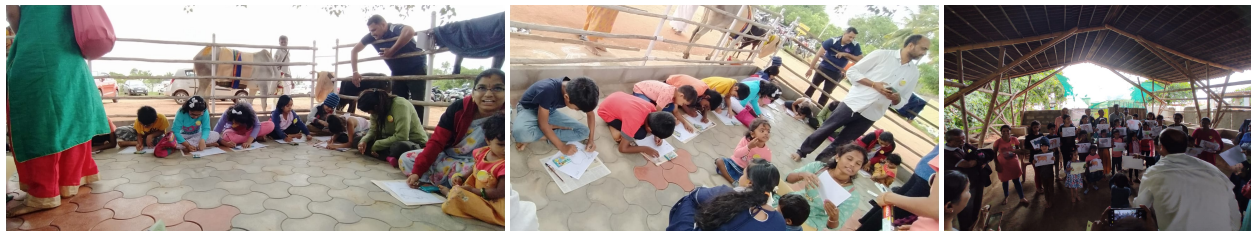
This was a major attraction for the participants. The questions enthused the participants to get



involved and also get engrossed with new learning

5. Drawing Competition for Kids

Young participants between the age group of 3 and 15 years got involved in the drawing and painting competition. Their work was adjudged by eminent panel in 3 age categories and were provided with gift hampers (cow dung-based Ganesha and decorative products). All participants were provided certificates



6. Lunch:

After the activities participants are served lunch with a simple menu white rice, sambar, palya (sabzi), pickle, curd and sweet (kheer). All through the event since 10:30 AM, spiced butter milk (A2) was made available for all participants and the volunteers.

7. Outcome:

It was a major event (150+ participants) in a while post pandemic. Many participants visited our event for the first time – were enthusiastic to be part of future events and are interested to get connected

with native cow and nature. Most importantly, the message has been passed on to kids and the younger generation to take this mission forward, for the benefit of our nation and humanity.



8. 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/eHK5ShrmcJ8xs2zG6>