



GoPals "Walk2Heal" program on January 1, 2023, at Cubbon Park, Bangalore

Event Report

Below are the event details

1. Nature of Activity

"HEAL" stands for Health - Environment - Agriculture - Lifestyle. The aim of the Walkathon was to spread the message to the public and to work towards the betterment of **Health** (Chemical free consumer goods), **Environment** (Zero-carbon emission), **Agriculture** (Poison free agriculture) and **Lifestyle** (Sustainable livelihood)

Time Duration and Event Details

4K WALKATHON

Walk 2 HEAL

Health
Environment
Agriculture
Lifestyle

Aims to Foster and Harness Sustainable Lifestyle amongst Individuals

01 2023
January
Sunday

Cubbon Park 6:30 AM
In front of Band Stand
Sampangi Rama Nagara, Bengaluru 560001

Registration Fee : 200 /-
Registration Mandatory for kids above 5 Yrs
T-Shirt & Exciting Goodies for 1st 1000 Registration

Scan QR or Follow the link to Register
<https://tinyurl.com/walk2heal2023>

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Our Partners

GRAMARAJYA
Probiotics
thenneera
PASUTHAL

Event Schedule:

SNO	Description	Time
1	Assembly and Registration	7.00AM - 7.30AM
2	Chief Guests arrival and Event Flag-off	7.40AM
3	Walm up Exercises	7.45AM – 8.00AM
3	Walk Duration	8.40AM - 9.00AM
4	Breakfast	9.00AM - 9.40AM
5	Event Closure	10AM

2. People Participation

The Start

Given the scale of the event, with 300+ registrations prior to the event kick-off and more walk-ins expected, the Registration desk was set up. Participants started flocking in as early as 7AM. Registered participants were given Goodies including T-Shirt sponsored by event partner AISIRI and a bib. The welcome drink, sponsored by event partner, Thenneera was the icing on the cake.



The Master of Ceremonies for the event was Abhishek Iyappan, who actively coordinated the event proceedings, right from the start, including flag-off, warmup exercises, walk, and event conclusion.

Event Flag-off

Several eminent dignitaries agreed to come as Chief Guests to the event, to boost the morale of team GoPals and inspire event participants. The event was flagged off jointly by eminent dignitaries including:

- Dr. Shalini Rajneesh. I.A.S - Additional Chief Secretary, Department of Youth Empowerment and Sports, Govt. of Karnataka
- MN Nataraj – Regional Director, Nehru Yuva Kendra Sanghatan
- KY Venkatesh – Para Athlete, Padma Shree Awardee for sports – 2021
- Dr. GG Gangadharan – Director, MS Ramaiah Indic Centre for Ayurveda and Integrative Medicine
- Dr. Giridhar Kaje - Principal Investigator, Prashanthi Ayurvedic Centre
- Shri Dwarakanath A.R - Vice President of Rashtrotthana Parishat
- Acharya Arun Prakash ji
- Mrs. Swetha Maurya - Fit India Ambassador
- Dr. B.M. Nagabhushana - Professor & HoD Dept. of Chemistry & Vice president of LSIKC, MS Ramaiah Institute of Technology (MSRIT)



3. Warmup Exercises

Given that people from all walks of life and diverse age groups were participating in the event, it was essential to bring them on the same boat and prepare them for the walk. Physios from event partners SPAARC conducted warm up exercise and the crowd enthusiastically participated in it.



4. The Walkathon

After the warmup, the actual walk commenced. The 4-kilometre walk progressed from Band Stand within Cubbon Park to Vidhana Soudha, and back to Band Stand. As the enthusiastic crowd broke its early morning laziness on New Year's day, the smiles on their faces was indicative of the fact that they thoroughly enjoyed the session.



5. The Mid-Way Halt: Vidhana Soudha

Mid-way through the walk, the participants briefly stopped by at the famous Vidhana Soudha building, clicked photographs with the monumental building in the backdrop, and then, continued with the walk.



6. Breakfast

As the participants completed the walk and returned to Cubbon park, they were treated for a sumptuous breakfast, prepared by Halli Mane, one of Bangalore's famous eateries and co-sponsored by event partner Maa Gou Products Limited (MGPL).



7. The basket of Goodies

The participants received a number of Goodies from the sponsors, which included T-Shirts by Event Sponsors AISIRI (Probiotics), Thenneera, coconut-based drink in tetra packs, the calendars provided by Pasuthai, India's first ISO Certified Native Cow (Naati Hasu) Goshala, participation certificates, Medals by SPAARC, the fitness clinic, and a sumptuous breakfast by Halli Mane, sponsored by Maa Gou Products Limited (MGPL) and a goodie from the Decathlon Brigade Road store.

8. Event Closure

At the culmination of the event all the participants took a pledge to Serve, Sustain and Survive based on the principles of HEAL.

9. Outcome

500+ participants participated in the Walk2Heal Walkathon. The crowd comprised of children, college students, elderly people and coming from diverse backgrounds. The response the event received was overwhelming for Team GoPals and other event partners. This event broke the conventional norm that people wont venture out for a Walk in the Park on New Years Day. The event reminded the Team GoPals of its responsibility to garner more support for its cause of spreading awareness and application of Native Indian Cow Breads, and served as a perfect morale booster.

10. 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/jjsy8sxdVMVek3rc6>