



GoPals “Gou Vanam” program on July 30, 2023, at Sri Vrindavana Goshala, Gopalanagara, Near Kumbalgudu State Forest, Near Ramohalli, Kengeri, Bangalore.

Event Report

Below are the event details

1. Nature of Activity

The event was conducted at Sri Vrindavana Goshala at Kengeri, on outskirts of Bangalore. The main purpose is to connect the urban crowd and school children to the Native Cow, invoke their active participation through events like calf cuddling, Gomaya Ganesha idol preparation etc.

Time Duration and Event Details

Gau Vanam

GoPals
Awareness & Application of Devi Gau

Activities

- Cleaning the Goshala
- Demo of Cow products
- Cow Cuddling
- Cow Dung Cakes Making
- Nurturing Saplings with Jeevamrutha

Simple vegetarian breakfast and lunch will be provided

Date & Venue

30 July, 2023 (Sunday) | 8:00 AM onwards
Sri Vrindavana Goshala
Gopalanagara Near Kumbalgudu State Forest
Near Ramohalli, Kengeri, Bengaluru

Registration Mandatory : 250/- Per person
(for Breakfast & Lunch)

<https://tinyurl.com/GauVanamBLR>
9900897956 / 9036187992 / 9632561110

Scan To Register

wegopals | mygoshala@wegopals.com | www.wegopals.com

Event Schedule:

SNO	Description	Time
1	Goshala Cleaning	
2	Breakfast	7.30 AM – 8.15 AM
3	Goshala Cleaning and Calf Cuddling	8.15 AM – 9.30 AM
4	Native Cows introduction	10.00 AM – 10.30 AM
5	Native Saplings and plantation, Gou Pooja	10.45 AM – 12.15 PM
6	GoPals introduction, Cow products demo – Make Goumaya Ganesha	12.30 PM – 1.00 PM
7	Speech by Goshala person	1.00 PM – 1.30 PM
8	Lunch	1.45 PM – 2.30 PM
9	Feedback – Q&A	2.30 PM – 2.45 PM

2. People Participation

The Start & Breakfast

The registered participants to the event were given a Traditional welcome at the Vrindavan Goshala with a Rangoli with GoPals written on it.



On entry, they were treated to sumptuous Breakfast which was Uppittu with pickle. Given that people came from different parts of Bangalore and some core volunteers came from other neighbouring states like Telangana and Tamil Nadu, it was a welcome treat to the participants and volunteers alike.



Goshala Cleaning and Calf Cuddling

While the participants were coming and having breakfast, the Goshala cleaning activity started. People were encouraged to participate in Goshala cleaning and people from all age groups actively participated in it, making the shed more conducive for cows. Some participants engaged themselves in softly cuddling the calves which gave them immense satisfaction.



Native Cows introduction

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.



Native Saplings and plantation, Gou Pooja

The next activity was Native Sapling plantation. An introduction on the Saplings was provided to the participants post which they were handed over the saplings to be planted in the open area near the Goshala. It drew enthusiastic response from the participants, some of them engaging in planting for the first time. This was in tune with aim of the Gou Vanam event – to connect people to the nature. After the participants returned from plantation, Gou Pooja was performed.



GoPals introduction, Cow products demo – Make Goumaya Ganesha

The next activity was Goumaya Ganesha preparation, conducted by Sponsor A Calf (SAC) adopted farmer – Periaswamy. He patiently engaged the crowd while explaining how to mix the Goumaya, and prepare the Ganesha. With Ganesha festival due in couple of months, this activity inspired the participants to perform puja with Ganesha made from Goumaya for the festival.



Speech

The participants were educated about the HEAL (Health, Environment, Agriculture, Lifestyle) by prominent speaker and event organizer, Abhishek Aiyappan. Further, Goshala head, Kiran spoke about how the Cows are take care of and the Pancha Gavya products prepared at the Goshala. The participants were further inspired to connect to the native cow.



Lunch

After a hectic day under the hot Sun, it was time to break out and have lunch. The participants had a fulfilling lunch amidst mother nature.



3. **Outcome**

Around 200 participants took part in the event. NSS volunteers actively participated in event activities. Another interesting aspect was that children from Government School, KR Puram attended the event and were seeds of mother nature were planted in their young minds.



4. **A glimpse of the event**

Many more photos and memories of the event can be seen in the below urls:

<https://www.instagram.com/p/CvWW36OJJ04/?igshid=MzRIODBiNWFIZA==>

https://m.facebook.com/story.php?story_fbid=pfbid0345rsrdsHARs354AyGrQShzydozVUYcMti4moTBqRLjysPs7NGpWLev9fMDthBpMI&id=100077547850295&mibextid=CDWPTG