



Walk2HEAL 2026 – 4K Walkathon

Executive Summary:

Walk2HEAL 2026, organized by **GoPals**, was held on **4 January 2026** at **KSGEA Grounds, Cubbon Park, Bengaluru**. The 4K walkathon drew **2,500+ participants** from diverse sections of society, promoting awareness of **Anti-Microbial Resistance (AMR), One Health, and sustainable living**. The event reinforced the four pillars of **Health, Environment, Agriculture, and Lifestyle**, with native breed cows highlighted as central to these aspects of life. The event was Organized in alignment with the **UN International Year of Rangelands and Pastoralists (IYRP 2026)**.



Key Objectives:

- Raise awareness of an **AMR-Free Bharat** and responsible medicine use.
- Promote the **One Health framework** by integrating soil, livestock, and human health.
- Encourage sustainable lifestyle choices aligned with **Atmanirbhar Bharat**.
- Recognize contributions of farmers, herders, and sustainability advocates.

Dignitaries & Guests:

The event featured a distinguished panel of guests who bridged the gap between traditional wisdom and modern science.

- **Chief Guest:** Hon'ble Justice Sri B.M. Shyam Prasad (High Court of Karnataka)
- **Guest of Honor:** Padma Shri Sridhar Vembu (Founder & CEO, Zoho)
- **Special Guests:**
 - Sri Jaggesh (MP, Rajya Sabha & Actor)
 - Dr Aarthi V.B. (Chairperson, Vibhu Academy)
 - Sri C.S. Shadakshari (State President, KSGEA)
 - Sri Omkar S.N. (Chief Research Scientist, IISc)
 - Sri Rajesh Padmar (Social Activist)
 - Prof Punniyamurthy N (Expert in One Health & AMR)
 - Sri. Arun Gopinath (Head, Mobile Networks Technology Centre, Nokia)
 - Dr. Harsha Bhargavi Pandiri (Asst. Director, TSIC)



Event Logistics & Warm-Up:

Registrations & Goodies: As the rose-gold light filtered through Cubbon Park's rain trees, the Registration desk briskly welcomed participants, guided spot registrations, and distributed **eco-friendly** goodies – such as **T-shirts** and Sustainable **Go Maya-based**

(cow dung) keychains before directing walkers to the warm-up zone.



Yoga & Warm-Up: Participants were thoroughly energized by a specialized warm-up session led by **Shri Omkar**, a renowned IISc scientist and yoga trainer, alongside **Shri A. Subramanian**, Secretary of the Indian Yoga Association (IYA), Karnataka. The session expertly merged intentional breathwork with mindful stretching, serving as a practical introduction to the **“Health”** component of the H.E.A.L. initiative. This scientific approach to wellness ensured that walkers of all ages were physically and mentally prepared for the 4K route.



Voices of Vision and Wisdom:

Honourable Justice Sri B.M. Shyam Prasad inaugurated the event with a touching personal narrative. He spoke of the cows in his village not as property, but as "clever friends" who interact and communicate with humans. His message was clear: sustainable living begins with recognizing our deep connection to the animals that sustain us.



Padma Shri Sridhar Vembu (Founder, Zoho Corp) tied the survival of modern knowledge economies to the ecological foundations of **native cows and bulls**—a forceful reminder, delivered with village-to-valley credibility, from a technologist long celebrated for taking world-class software development to India’s rural heartlands.

Sridhar Vembu spoke of a mission to make technology *less* relevant, allowing the essentials—our soil, our water, and our livestock—to move back to the center of our lives.

Dr. V.B. Aarthi (Scholar): Spoke on *The Bovine Economy: Reclaiming the Legacy of Native Breeds*

In the tapestry of Bharatiya history, the indigenous cow was never merely livestock; it was a civilizational pillar. Our ancestors pioneered a unique socio-economic model where true richness was mapped through the lens of Go-Dhan (cattle wealth). The strength of a community was directly proportional to the health and numbers of its native breeds.

This legacy finds its most poignant expression in our scriptures. During the Pandavas’ exile, Sahadeva’s role as a caretaker of cattle was not a period of idle waiting, but one of profound scientific observation. By focusing on bovine wellness and the systematic mobilization of herds toward Dwaraka, he demonstrated that cattle conservation was a strategic priority even for the warrior-kings of old. Today, rediscovering this bond is essential to preserving our cultural and ecological identity



Sri Jaggesh (MP & Actor): In a moving tribute to India’s heritage, prominent actor and Member of Parliament Sri Jaggesh called for a fundamental shift in how modern society perceives livestock. Addressing the gathering **during Walk2HEAL 2026**, he highlighted the vital significance of native **cattle**, describing the Desi cow as a 'Mother to Humanity' and a 'universal maternal figure'."


Sri Jaggesh emphasized the sacred role these cattle play in human sustenance and cultural heritage. Furthermore, he advocated for the urban adoption of miniature breeds, specifically highlighting the Punganur, Vechur, and Malanad Gidda. He suggested that integrating these smaller, indigenous breeds into modern living spaces is a meaningful way

for urban populations to reconnect with India's agricultural roots and support the conservation of native biodiversity.

Innovation in Action: Go Chetana App & Go Katha Amrutham Book Launch

A key milestone was the launch of the **Go Chetana App** by **Padma Shri Sridhar Vembu** - to enable volunteering for HEAL initiatives, access to eco-friendly Swadeshi products, and coordinates for "Go Sunday" activities.



 **"Go Katha Amrutham" Book Release: "Go Katha Amrutham" Book** in Kannada & Tamil was released by **Navarasa Nayaka Sri Jaggesh**. This series of 30 stories weaves together civilizational wisdom from our epics with practical health science.



A Cultural Soul - Go Geetham & Bharatanatyam:

The morning was elevated by a stunning **Bharatanatyam** as GoPals Mahila volunteers and children sang “**Go Geetham,**” the dais turned intimate - The performance brought to life the sacred role of the cow in village sustainability, proving that art is a powerful medium for ecological awareness.



Empowering the Guardians of the Soil:

The true impact of Walk2HEAL was felt even before the walk began. On January 3rd, a specialized **HEAL Training Session** empowered over **200 farmers** with techniques in eco-friendly livestock care and focused on sustainability practices spanning "farm, soil, and plate".

These farmers were gifted "**Go Seva Kits**" - indigenous first-aid kits designed to manage livestock health without the overuse of antibiotics, a direct strike against the threat of AMR.



Honoring Excellence: The Go Ratna Awards & Go Chetana Awards:

The highlight of the ceremony was the presentation of the **Go Ratna Awards**.

Padma Shri Dr. Professor Punniyamurthy N was honored for 25 years of groundbreaking research into AMR.

Shri Kumar Jagirdar was recognized for a lifetime of selfless service to native cow conservation.



Go Ratna awardees receiving their trophies from the dignitaries

Go Chetana Awardees Smt. Vijayalakshmi & Kum. Jahnavi shree receiving their trophies from the dignitaries



Taking the Pledge Home:

As the 4-km walk concluded, the energy didn't dissipate. A collective commitment by 2,500+ participants for **AMR-Free Bharat Pledge** to reduce chemical and antibiotic misuse across soil, animals, and humans.



Catering & Sustainability:

Walk2HEAL 2026 became a living example of **Atmanirbhar Bharat**, showing how local agriculture, sustainable materials, and community-led innovation can reshape public health events.

Guests were welcomed with a steaming bowl of **Navane Bisi Bele Bath**, a traditional dish reimaged for modern wellness. Made with nutrient-rich Navane (foxtail millet) and seasonal green vegetables, the meal embodied the H.E.A.L. platform's four pillars:

Resilient agriculture through millet-based nutrition, **Pollution-free environment** by reducing carbon-intensive food choices, **Sustainable lifestyle** rooted in traditional grains, **Public health** supported by high-fiber, mineral-rich foods.

Sustainability extended far beyond the menu. By partnering with the **Adamyia Chetana Steel Plate Bank**, the organizers, GoPals, eliminated single-use plastics entirely. Reusable steel plates and cutlery ensured the event achieved **zero waste**, demonstrating how community resources can replace disposable culture.

A New Benchmark for Community Health Events

The combination of **sustainable agriculture (millets)** and **circular economy practices (steel plate banks)** created a powerful model for future events. Walk2HEAL 2026 showed that health-focused gatherings can be nutritious, culturally rooted, and environmentally responsible — all while strengthening local ecosystems and community participation.



Stalls & Swadeshi: After the circuit, guests toured stalls of farmer-made sustainable products - Go maya (cow-dung) crafts and Plastic free home goods - while volunteers demonstrated Eth-Veterinary Practice concepts using the Go Seva Kits.



The Vote of Thanks:

Emcees Kum. Harika and Smt. Sreelatha closed with a renewed call for '**Ek Bharat, Shreshtha Bharat, Gou Bharat**', a high-spirited, inclusive sign-off that blended national integration, public health, and **agroecological** stewardship.

We thank our **Valued Partners & Ambassadors** for their Trust, Collaboration and Unwavering commitment

Testimonials & Media Highlights:

- “Walk2HEAL is our commitment to addressing the root causes of declining health by promoting responsible medicine use, natural farming, and community participation.” — Sudhakaran, Spokesperson, GoPals

- Where the rupee goes. Organizers reiterated that proceeds fund Go Seva Kits (EVM-based livestock first-aid) and fodder banks for drought and lean months, under the Support A Cowherd program - an approach to stabilize rural incomes and reduce antimicrobials at source. thehansindia.com

<https://www.thehansindia.com/karnataka/4k-walk2heal-2026-to-attract-over-2500-participants-1029224>

- **App-to-action.** The new Go Chetana app and microsite turn event momentum into weekly, local actions—volunteering, product adoption, and training sign-ups—mirroring contemporary civic tech that translates values into habits.

wegopals.com <https://www.wegopals.com/go-chetana>

- "Go Matha Ki Jai" Echoes in the Headlines! 📰 - Dinamalar

We are delighted to see the **Walk2Heal** event featured prominently in the Tamil daily, Dinamalar - The article beautifully captures the spirit of the event held in Bengaluru, where hundreds walked 4km to support Cow Protection, Health, and the Environment.



For a more immersive look at the event's activities, check out the [GoPals Walk2HEAL 2026 Highlights](#), which beautifully captures the tradition and community energy of the day.

- W2H 2026 Gallery album 1: <https://photos.app.goo.gl/9GJSm6yZ4XJMynvz8>
- W2H 2026 Gallery album 2: <https://photos.app.goo.gl/B7AS6raEGQntwfdJ9>

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