



# **RASTRIYA MANAV ABHIVRUDHI FOUNDATION (RAMA FOUNDATION)**

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## **Annual Report -2019**

### **1. YOUTH DAY CELEBRATION:**

On 12<sup>th</sup> January 2019, we celebrated National Youth day and conducted seminars on Opportunities for Today's youth in India. We had invited Leading Business man, Social worker & Politician for the event. They spoke to all students for choosing their aspiring career and being a responsible citizen for the nation. The Event was conducted at seminar hall in Gulbarga.

### **2. REPUBLIC DAY CELEBRATION:**

The Republic day was celebrated Hoisting Flag on 26<sup>th</sup> January 2019 by inviting senior Social workers who sincerely served the society. They were honored with shawl and memento and their names were recommended through the foundation for the best social worker award given by the Karnataka State Government.

### **3. EYE CHECK UP CAMP:**

On February 12<sup>th</sup> 2019 we had conducted free Eye check up camp at Jewargi, Dist- Gulbarga, The Private hospital doctors of Gulbarga had helped us to conduct the camp successfully. About 250 aged villagers were benefited by the eye camp. The doctors and staff were honored by shawl & memento.

### **4. WOMENS DAY CELEBRATION:**

On 8<sup>th</sup> March 2019 we celebrated International Women's day at Sedam town by inviting 02 Female Gynecologist Doctors of Gulbarga. They were honored with shawl and memento. The doctors spoke to females & young girls about self hygiene and female health issues and gave tips for overcoming the health issues.

### **5. WORLD HEALTH DAY:**

On the eve of World Health day 7<sup>th</sup> April 2019 we had invited Physiocology Doctor to address the issue of DEPRESSION for working people & students in today's life. The

doctor encouraged to overcome self depression and helping friends/family do overcome depression. The interactions with college students and staff members was conducted in Gulbarga .

#### **6. INTERNATIONAL LABOUR DAY:**

On May 1<sup>st</sup> 2019 we celebrated International Labour day by inviting MLA Gulbarga to address the problems faced by local Labours.

#### **7. WORLD NO TOBACCO DAY:**

On May 31<sup>st</sup> 2019 , we created awareness of NO TOBACCO , by going to different colleges and encouraging students ,Employees of Private Offices & Govt offices to Quit Tobacco in Gulbarga & Jewargi.

#### **8. ENVIRONMENT DAY:**

On the eve of world environment day on 5<sup>th</sup> June 2019 we invited Our community leaders and planted trees oin different societies & Road sides with help of college volunteers.

#### **9. NATIONAL DOCTOR'S DAY:**

On eve of National Doctor's day 1<sup>st</sup> July 2019 we had invited 05 doctors of Gulbarga who were working in villages and honored them with Shawl & memento . They addressed crowd about self hygiene to villagers at Aland , Dist- Gulbarga.

#### **10.INDEPENDENCE DAY CELEBRATION:**

The Independence Day was celebrated y Hoisting Flag on 15<sup>th</sup> August 2019 by inviting 02 Retired Army Officers who served the nation. They were honored with shawl and memento and shared their experience for serving the nation.

#### **11.SPORTS DAY CELEBRATION:**

On the eve of Sports day which was organized on 29<sup>th</sup> August 2019 was organized in a school by having outdoor games competition like kho-kho, running race, relay race for boys & girls and awarded with trophies for the winners.

#### **12.TEACHERS DAY CELEBRATION:**

On the eve of Teachers Day celebration on 5<sup>th</sup> September 2019, we had invited 02 School teachers who made significant contribution in teaching field in presence of

school students. The Teachers were honored with shawl and memento. The school teachers had fun activity games which was organized and they also shared their experience with students.

### **13. BLOOD DONATION CAMP:**

On 20<sup>th</sup> September 2019 we organized BLOOD DONATION CAMP at Farhabad Village , Dist- Gulbarga. We had also invited MLA Jewargi to inaugurate the event and 86 youths had come forward for Blood donation.

### **14. GANDHIJAYANTHI DAY CELEBRATION:**

On the eve of Gandhi Jayanthi we hoisted flag in presence of all senior citizens on 2<sup>nd</sup> October 2019 and shared experiences on serving Humanity & Mankind.

### **15. JOURNAL PRINTING:**

The RAMA FOUNDATION published the bi-annual in the name of "RAMA JOURNAL OF PHYSICAL EDUCATION AND ALLIED SCIENCES " in the month March and September 2018. Total 1000 copies were published and distributed among the Research, students , Professionals and educational Institutes.

### **16. BRILLIANT ACHIEVERS ACADEMY:**

The Brilliant Achievers Academy was established for teaching and learning of English and Personality Development Skills . Till today the Academy has trained 80 students through the academy.

### **17. VAATSALYA DHAMA:**

Vaatsalya Dhama is established for the welfare of senior Citizens under RAMA FOUNDATION . It is a home for senior citizens with adequate facilities.

### **18. VOCATIONAL TRAINING SKILLS:**

RAMA FOUNDATION trained 10 girls in tailoring and made them employed / Self employed.

### **19. TEACHERS TRAINING PROGRAM:**

We conducted Teachers Training Program in a school or all the teachers, by training them in activity based classes for students and had interactions in difficulties facing in the academic studies.