

Kara Seva

A Student Organisation
(Mangaluru, Dakshina Kannada)



REPORT
2016-2019

ATTESTED

ls

Dr. Gangadhara Somayaji K S
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What is Kara Seva:-

Medical students run organization focusing on

- Health promotional activities
- School
- Community development



How did it begin?

It all began in 2016 few interested students approached the Head Monk of Ramakrishna Mission, Mangaluru with an aim of serving the society in any possible way. The way was shown and an organisation was born.

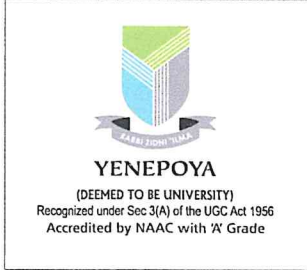


(Our first activity in Bolmar, Salethoor, Bantwal, D.K, July 2016)

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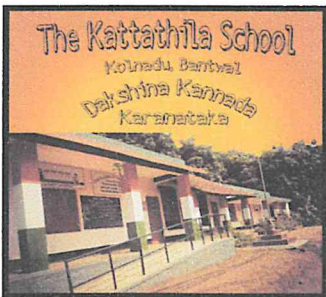
Our Programmes



Yenepoya Chapter



Kattathila Village development Programme.



Kattathila School development Programme

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Yenepoya Chapter



(On 17-10-2018, Kara Seva Signed an MOU, with Yenepoya Deemed to be University to conduct Health-Related and Social activities.)

Health Activities:

- **Screening Programme:** From the year 2016-18, we carried out screening in government schools in remote rural areas in Dakshina Kannada, under this Programme we covered
 - 23 schools
 - Screened >3500 students
 - Treated >500 students in Yenepoya Charitable Hospital & K.S Hegde Hospital. The expense of which was completely borne by the Organisation.

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- **Health Promoting Activity:**

- Good touch and bad touch
- Personal hygiene
- Menstrual hygiene
- Emergency first aid measures
- Handwashing techniques
- Malaria & Dengue Awareness Programme



- **Recreational Activity:**

- **Ullaasa:** Under this Programme, we conduct Recreational activities for kids & Elderly people in Orphanages, Old age homes and Destitute Centres

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- **Dhrti:** Under this Programme, we conduct Outing for Children from Orphanages



- **Fundraiser:**

- **Epiphany:** an event, with a purpose of drawing the attention of the Students towards Reducing, recycling and Reusing the various wastes and to develop a sense of Social responsibility among the Students and Staffs towards the management of waste. Under this Programme Recyclable waste is collected by our Volunteers from Various Departments, and the Department with the highest collection is rewarded, the waste is then sold and the money generated is used for Kara Seva Activities.

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- **Motivation Programme:**

- **MERAKI:-**



2017



2018



2019

- **Other Programmes:**

- **Swachh Bharat Project:**

- Kotekar Dump Yard was beautified
- Our volunteers participated in Swachh Mangaluru programme of Ramakrishna Mission
- Our volunteers actively participated in the conference organised for Youths Of mangalore on Clean India initiative by ONGC & Ramakrishna Mission, Mangaluru..



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- **Flood Relief Project:**

Relief materials and Donations were collected by our Volunteers and given to the respective District authorities.

- *Kerala & Kodagu Flood Relief 2018*



- *North Karnataka Flood Relief Programme 2019*



ATTESTED

[Signature]
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Kattathila Village Development

- **Agricultural Development:** we in collaboration with KRISHI VIGYAN KENDRA,D.K we are Promoting Scientific approaches in improving Agriculture in the Village.



- **Health Awareness Programmes:** Our Volunteers go Door to Door to Each house in the village to spread awareness regarding trending Diseases and Health issues



- **Kattathila Rice Field:** We have borrowed a piece of land from the farmers and have cultivated the Paddy on it, the Harvest will be sold and the income that is generated will be used for Development of Our School.



Join us by
Registering Your
name at

<https://karaseva.org/website.com/website>
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Kattathila School development Programme

Kattathila Matta School, Our Dream School



About the School:

A Govt lower primary school in a remote village of Kattathila Matta, Kolnadu Gram Panchayat, Bantwal Taluk, Dakshina Kannada District. Due to its remote location and lack of proper Infrastructure and negligence the school went into a very bad condition and the enrolment dwindled to 16 in the year 2016, it is that year we were at the School for a health Screening activity, and on special request from the School Teachers and Villagers, Kara Seva took up the initiative of developing the School.

In the Year 2019, our Organisation adopted the School officially and is committed to making it a successful school providing an excellent education to the children of the village.

Mission:

1. To Build strong pillars for a stronger and brighter India by providing the best Available Education to the people in its right form.

Goals:

- To start Primary, Secondary education in our School
- To provide education to at least 3000 Children through our school in the next 10 years.
- To make the School a Model Govt School in the Country.

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what we did so far?

1. Painting and Leakage Repair



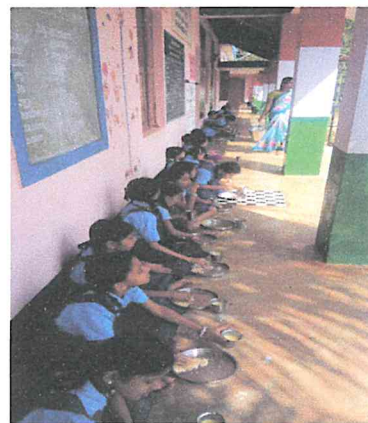
2. Well Repair and Reconstruction



3. Benches for Kids



4. Introduction Of Breakfast



5. Introduction of Online English Learning Classes.



6. Restarted school picnic.



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7. Celebrations on special days.



8. Introducing farming activity for kids



9. Uniform, Bags and workbook Distribution



10. Creation of a Playground.



11. Providing school van



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Future Plans

- A. Creating Corpus Fund for the School.
- B. Reconstruction of Washrooms
- C. Construction of the Bridge
- D. Conducting Sports and Annual Day
- E. Construction of School auditorium
- F. Construction of Classrooms
- G. To start with 6th standard.
- H. Increasing the strength of teaching faculty.
- I. Establishing solar drinking water.

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Advisory Board Members:

- Dr. Cynthia Arunachalam, Professor and HOD, Dept of Ophthalmology, YMC
- Dr. Vikram Shetty, Dept of Orthopaedics, KSHEMA
- Dr. Uma Kulkarni, Dept of Ophthalmology, YMC
- Dr. Malcolm Pinto, Dept of Dermatology, YMC
- Dr. Ravichandra Karkal, Dept of Psychiatry, YMC
- Mrs. Obeida Shoukath, Student Welfare Officer, YMC

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OUR ADVISORY BOARD

DR. SUNITA MATHURAM
(DIRECTOR, UNIVERSITY)

DR. USHA KOLHARI
(PROFESSOR, UNIVERSITY)

DR. MOHAMMAD IQBAL
(PROFESSOR, UNIVERSITY)

DR. BALASUBH SINGH
(PROFESSOR, UNIVERSITY)

DR. LAKSHMAN SURESH
(PROFESSOR, UNIVERSITY)

DR. SUDHA SUDHAKAR
(PROFESSOR, UNIVERSITY)

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Financial Details:**1. Yenepoya Chapter**

- The Volunteers Contribute ₹20/Month, with the collected amount Various Programmes within the College Campus.

2. Kattathila Village Development Programme

- The amount that is collected through Fundraisers is used for this Project.

3. Kattathila School Development Programme

- School Van: ₹240000
- E-Vidya Loka: ₹7200
- Breakfast: ₹9600
- internet: ₹1600
- Teacher: ₹72000
- Cultural and Other Programmes: ₹69600.

Total: ₹400000/Year

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Media Coverage:

Udayavani Front Page Coverage

ಮಾದರಿ ಕಾರ್ಯ

ಡಾಕ್ಟರ್ ಆಗಲು ಬಂದು ಶಾಲೆ ದತ್ತು ಪಡೆದ ವಿದ್ಯಾರ್ಥಿಗಳು!

ಇದು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯ ನೈಜ ಕಥೆ

■ ಸೇವೆ ಸಲ್ಲಿಸುತ್ತಿದ್ದು

ಮಾಧವೇಶ್ವರ, ಅ. 19: ಎರಡನೇ ಹಂತದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮತ್ತು ಪ್ರತಿಭಾನ್ವಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇರಿಸುವ ಕಾರ್ಯವನ್ನು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯು ನಡೆಸುತ್ತಿದೆ. ಇದರ ಫಲವಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗೆ ಸೇರಿಕೊಂಡು ವಿದ್ಯಾಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ. ಇದು ಸರ್ಕಾರಿ ಶಾಲೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇರಿಸುವ ಕಾರ್ಯವನ್ನು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯು ನಡೆಸುತ್ತಿದೆ. ಇದರ ಫಲವಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗೆ ಸೇರಿಕೊಂಡು ವಿದ್ಯಾಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ.

ಶಾಲೆಗೆ ಭಕ್ತರ ಬೆಲೆ!
ಕಟ್ಟಿಲ ಮಠ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮತ್ತು ಪ್ರತಿಭಾನ್ವಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇರಿಸುವ ಕಾರ್ಯವನ್ನು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯು ನಡೆಸುತ್ತಿದೆ. ಇದರ ಫಲವಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗೆ ಸೇರಿಕೊಂಡು ವಿದ್ಯಾಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ.

ಸೂಲೆ ಬಾಣಾಗಿ ಚಿಕ್ಕ ಮಾವಾ!
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8 UDAYAVANI – MANIPAL

ಡಾಕ್ಟರ್ ಆಗಲು ಬಂದು ಶಾಲೆ ದತ್ತು ಪಡೆದ ವಿದ್ಯಾರ್ಥಿಗಳು!

(ಬಂದೋ ಪ್ರಾಚೀನ)

ಕಟ್ಟಿಲ ಮಠ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮತ್ತು ಪ್ರತಿಭಾನ್ವಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇರಿಸುವ ಕಾರ್ಯವನ್ನು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯು ನಡೆಸುತ್ತಿದೆ. ಇದರ ಫಲವಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗೆ ಸೇರಿಕೊಂಡು ವಿದ್ಯಾಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ.

ಮಾದರಿ ಕಾಲೇಜು ಕೆಲಸ

ಕಟ್ಟಿಲ ಮಠ ಕಾಲೇಜು ಮರುಜೀವ ಲಭಿಸಿರುವುದು ಮುಖ್ಯವಾಗಿರುತ್ತದೆ. ಕಾಲೇಜಿನಲ್ಲಿ 38 ಮಕ್ಕಳಿದ್ದಾರೆ. ಮಕ್ಕಳು ಉಳಿಸುವುದು, ನಮ್ಮ ಸ್ವಲ್ಪ ಪ್ರಯತ್ನ ದಾನಿಗಳು, ಕಾಲೇಜಿನ ಅಧ್ಯಾಪಕರು ಮತ್ತು ಅಡಳಿತ ಮಂಡಳಿಯ ಪ್ರೋತ್ಸಾಹ, ಹೆತ್ತವರ ಬೆಂಬಲ ಇದೆ. ಈ ಕಾಲೇಜನ್ನು ಮಾದರಿ ಶಾಲೆಯನ್ನಾಗಿ ಮಾಡುವುದೇ ನಮ್ಮ ತಂಜಿನಿ ಕನಸು.

ಕಾಲೇಜು ಪಡೆದ ಎಂಬಿಬಿಎಸ್ ವಿದ್ಯಾರ್ಥಿ

ಸಣ್ಣ ಸೆವೆಗೆ ದೊಡ್ಡ ಪ್ರತಿಭೆ

ಈ ಕಾಲೇಜು ದೇಶದ ಎಲ್ಲೆಡೆಗೆ ವರ್ಗಗಳನ್ನು ಸೇರಿಸುವ ಮುಖ್ಯ ಅಂಶವೆಂದರೆ ಬಡಲಾವಣೆ ಮಾಡಿದಾಗ ಹೆಚ್ಚಿನವರು ಸೇರಿಕೊಳ್ಳುತ್ತಾರೆ. ಸಮಯವಿದ್ದಾಗಲೂ ಕಾಲೇಜಿನ ಮಕ್ಕಳು ಮತ್ತು ಉದಿಪನದೊಂದಿಗೆ ಚಿಕ್ಕದೇವತೆ ಸೇರಿಕೊಳ್ಳುವುದು ನಮ್ಮ ಸ್ವಲ್ಪ ಸೇವೆಗೆ ಸಿಗುವ ಬಹು ದೊಡ್ಡ ಪ್ರತಿಭೆ.

Vijay Vaani

Your Story Website

ಶಾಲೆ ಉಳಿಸಲು ಚಿಕ್ಕಿ ಫಂಡ್

ಕಟ್ಟಿಲ ಮಠ ವಿದ್ಯಾಕೇಂದ್ರದಲ್ಲಿ ವೈದ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳ ಯೋಜನೆ | ಮಕ್ಕಳ ಸಂಖ್ಯೆ ಏರಿಕೆ

■ ಸೇವೆ ಸಲ್ಲಿಸುತ್ತಿದ್ದು

ಕಟ್ಟಿಲ ಮಠ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮತ್ತು ಪ್ರತಿಭಾನ್ವಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇರಿಸುವ ಕಾರ್ಯವನ್ನು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯು ನಡೆಸುತ್ತಿದೆ. ಇದರ ಫಲವಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗೆ ಸೇರಿಕೊಂಡು ವಿದ್ಯಾಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ.

ಜಿಜಯವಾಣಿ ವಿಶೇಷ

ಕಟ್ಟಿಲ ಮಠ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮತ್ತು ಪ್ರತಿಭಾನ್ವಿತ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಿರಿ ಮಾಡುವ ಉದ್ದೇಶದಿಂದ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇರಿಸುವ ಕಾರ್ಯವನ್ನು ಕಟ್ಟಿಲ ಮಠ ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯು ನಡೆಸುತ್ತಿದೆ. ಇದರ ಫಲವಾಗಿ ಈ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗೆ ಸೇರಿಕೊಂಡು ವಿದ್ಯಾಭ್ಯಾಸ ಮಾಡುತ್ತಿದ್ದಾರೆ.

SOCIALSTORY

With Kara Seva, 8 medics take timely treatment to schools in rural Karnataka

By Deepika Rao

Jun 30, 2018

ATTESTED

Students of Yenepoya Medical College, Mangaluru, are helping detect diseases among young children through Kara Seva, an initiative that organises screening camps.

Early detection of diseases, whether benign or malignant, can prevent a lifetime of unnecessary discomfort. While certain conditions can be neglected, children in rural Karnataka are in need of quality medical attention. Certain common conditions are easily neglected in rural areas and lead to students not performing well at school. Screening in such places is imperative.

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“They Alone live who live for others, the rest are more dead than alive”

- Swami Vivekananda

ATTESTED

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Kara Seva

Karaseva is an organization for the early detection of common diseases in school children by the medical undergraduates of Yenepoya university. We aim to screen the students of government schools who don't have access to quality health care and the children who are found to have conditions are treated in Yenepoya Hospital.

We are a group of dedicated and diligent medical students eager to serve the society we live in. During our study course we came across young children with conditions which could easily have been prevented if they had had access to the right kind of medical attention. The conditions they suffered from was reflected on their attendance in school and hence their education. This thought reinforced Karaseva the importance of screening and prevention

We believe that the biggest change can be brought only if small steps are taken. This lead to the birth of Karaseva. We started out as a small group of eight students out to make a difference. Now its expanded to well over eighty members.

| Sr.No | Year | Name of the School | Activities Held | Total Students | Total Students Treated |
|-------|------|-----------------------------------|---|----------------|------------------------|
| 1 | 2016 | Bolmar, Govt Primary | Screening | 108 | 55 |
| 2 | " | Salethur , Govt Primary | Screening & Talk on Good Touch, Bad Touch | 200 | 35 |
| 3 | " | Kattathila, Govt Lower Primary | Screening | 17 | 2 |
| 4 | " | Salethur, Govt High | Screening | 250 | 20 |
| 5 | " | Kadumata, Govt Primary | Screening | 200 | 30 |
| 6 | 2017 | Balepuni, Govt Primary | Screening | 155 | - |
| 7 | " | Kattipalya, Govt Primary | Screening | 110 | 30 |
| 8 | " | Surathkal, Govt primary | Screening | 160 | 32 |
| 9 | " | Chitrapura, Govt Primary | Screening | 110 | 20 |
| 10 | " | Chitrapura, Govt High | Screening | 118 | 15 |
| 11 | " | pejwar, Aided School | Screening | 60 | - |
| 12 | " | Baikampady, High | Screening | 200 | - |
| 13 | " | Tribal Residential School, Chelar | Screening + Talk on Hygiene | 350 | 250 |
| 14 | " | Madya Chelar, Govt Primary | Screening | 150 | - |
| 15 | " | ShriRamasharama, Aided | Screening | 200 | - |
| 16 | 2018 | Kotekar, Govt Primary | Screening | 60 | - |
| 17 | " | Kullara, Govt Primary | Screening | 140 | - |
| 18 | " | Babukatte, Govt Primary | Screening | 92 | - |
| 19 | " | Babukatte, Govt High | Screening + Talk on Menstrual Hygiene | 114 | - |
| 20 | " | Kadumata, Govt Primary | Screening | 114 | - |
| 21 | " | Kadumata, Govt High | Screening + Talk on Menstrual Hygiene | 135 | - |
| 22 | " | Lakshmi Kodi, Govt Lower Primary | Screening + Hand washing Techniques | 27 | - |
| 23 | " | Kattathila, Lower Primary | Hand washing Techniques | 31 | - |

- Schools Covered - 20
- Students Covered - 2821
- Total Treated- 489

ATTESTED

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Registrar
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Mangalore 575 018, Karnataka.

We have also screened and conducted programmes for

- 1 female destitute centre
- 1 orphanage

Karaseva now stands here as a testimony to the fact that small steps lead to big changes. We welcome you to be a part of our little family and help us make the world a better place than we found it in.

Organisation Structure .

At Karaseva apart from screening school children we conduct many more activities throughout the year.

- **DHRITI** - where in we conduct recreational activities at orphanages and old age homes during the period of March to may during which screening of school kids is not possible owing to the summer vacation.

As a part of fundraising we conduct

- **EPIPHANY** - which is held in our university involving teaching, non teaching staffs and students of all colleges to collect waste papers and articles for recycling.

In order to encourage more students to join our fraternity there is

- **MERAKI** where in motivational inputs are given by renowned individuals who have served and excelled in the field of community and rural health.

In order to encourage good health practices amongst the students we have

- **School Health Programme**, under which we plan to develop 10 Health promoting schools in the district.

We also chose to provide financial assistance to

- **MSW department** of our hospital for patients who cannot afford their treatment.

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ANNUAL REPORT 2019-20

1) FARMING ACTIVITY - 04/08/2019

Kara seva along with nss and krishi vigyana kendra conducted farming activity in kattathila village.



2) INDEPENDENCE DAY CELEBRATION - 15-08-2019

We celebrated 73rd independence day at kattathila school. flag hoisting was done by our chief guest dr.shravan,MD pathology.



3) VAN INAUGURATION - 10-09-2020

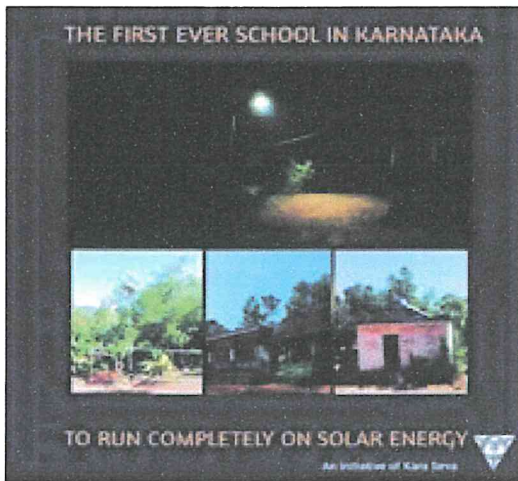
The inaugural ceremony of the very first school of kattathila matta.



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4) GANDHI/SHASHTRI CELEBRATION- 02-10-2019



We celebrated gandhi/shashtri jayanti in our school and bags, uniforms, work books were distributed.

5) KATTATHILA UTSAVA- 24-11-2019

First ever annaul day celebrations of kattathila matta school(in last 25 years).



6) SELCO SOLAR PROJECT- 10-12-2019

Under this project we have installed solar electric and water system,worth 1 lakh in our kattathila school.

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7) JOLADA ROTTI UNIT INSTALLATION - 15-01-2020

To establish Sustainable income source we installed jowar rotti unit at our school.rottis which are made are marketed in ymch.



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Member, Advisory Board.

ATTESTED

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