Angaja **Foundation**





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VISION

To work with the socio-economically weaker sections of society with special emphasis on women and children and to act as catalysts of change in the lives of economically underprivileged men, women and children to improve the quality of their lives and make it much more meaningful. Our slogan is "An organization with tribal, rural and urban initiative".

Animals are voiceless creatures. They cannot express their suffering and therefore we have to reach out to them with compassion. Our animal welfare project tries to do just that.

MISSION

The establishment of Angaja Foundation dates back to 2000. It is registered as a trust. Through its formation, the founders aimed at improving the lives of underprivileged men, women and children. The organization believes in helping people to help themselves. Where ever we work, whether in slums or in rural areas the 'poorest of the poor' is our target group.

The organization believes in acting as a flash point in solving critical problems like impoverishment in rural areas, environmental degradation and water pollution. It works under a proactive board but the daily activities are supervised by the General Secretary, Raka Sinha Bal.





Dear Friends

Another year has passed, and now, we present you with a result of the annual work of Angaja Foundation. This year, when the Covid-19 epidemic began to take over the world, we continued our projects to work with children from the slums and with animals

The foundation focuses on the basics such as education, health, and child protection. While we march ahead on the path of development, it is the responsibility of all of us to ensure that slum children are not left behind in the process. They must be provided with opportunities to grow in a stimulating environment.

The Foundation runs its core activities through its three Centers located in Kalyanpuri in East Delhi, Mansarovar Park in North-East Delhi and Sewa Nagar in South Delhi. Our Slum Development Project involves reaching out to families, men, women, youth, children and discussing their problems, and coming out with solutions.

Our team is confident that quality education not only builds knowledge, capabilities, life skills, and values among children but also develops their creative, social, and emotional abilities. It is crucial for their cognitive and personal development, including critical thinking and problem-solving. Our activities focus on the youth group to motivate them to become responsible members of society for the present and for the future through Life Skill education and engaging their energy in productive activities and joboriented training.

Designing and incorporating creative activities which include tuition, creative games, and sports, job opportunities and training, value education, family planning, awareness on the ills of drug abuse and alcoholism, child sexual abuse, care for the family, love for animals, the importance of the girl child, respect for women are all integral to the project

Through the education centers we conduct creative and sports activities to refresh their mind and daily update on general knowledge and current news for their growth and development. Young men and women are helped with their homework, and general knowledge on environment, air, water, pollution, health education, and value education is taught. Employment opportunities and career counseling are also discussed with the youth and the way forward is decided.

The organization also focuses on and sex education to the health adolescent group and the adult There is widespread population. ignorance associated with unprotected sex and contraceptives among young people. We are providing sex education to boys and girls adolescent the community parents are often as reluctant to give accurate and relevant information about sex to adolescents because of the stigma associated with the topic. According to the project coordinator working in the slums, the youth group faces many challenges to cope with sexuality and sexual behavior. A well conducted sex education session helps in creating a positive impact on their minds. The decisions they make can affect their health and well-being. We talk to them about reproduction, puberty, friendships, romantic relationships and dating, sexually transmitted diseases, contraception, functions of reproductive parts, and family planning.

Discussions on drug abuse, STDs, and AIDS are also held with the youth group. Conversations are being held about the need to comply with hygiene and sanitation standards.

Our slum project aims to improve the quality of the lives of the residents. These slums are characterized by inadequate provision of public services necessary to sustain life, such as water, sanitation, and drainage. Due to our initiative, we have seen tremendous improvement in the slum dweller's health status. The locals are now accessing the public health care facilities and not visiting the local quack as they used to. A majority of children are immunized.



HOLISTIC DEVELOPMENT OF YOUTH AND CHILDREN

Group	Age	Activities	Schedule
Young group	8-13 years	Tuition for the children going to school Art and craft,/career counseling/general knowledge/indoor-outdoor games/story telling	10:00 to 11:30 am 11:30 to 12:30 pm
Adolescent group	14 years- above	Health Education to the community Lunch Girls tuition General knowledge/ Art and Craft/ News/ Indoor/ Outdoor games/ Career Counseling/ Sex Education and Health Education to youth and adolescents Health Education to the Community	12:30 to 01:30 pm 01:30 to 02:00 pm 02:00 to 03:00 pm 03:00 to 04:00 pm 04:00 to 06:00 pm





SEWA NAGAR SCHOOL VISIT

Education plays a vital role in the growth of the children which helps in improving the socioeconomic conditions of these children. At Angaja Foundation, we started a non-formal education centre underneath the Sewa Nagar Flyover, Near **Dhobi Ghat in August 2018. The** main focus is educating the underprivileged children living there under difficult circumstances. There is a total of 39 children out of which only some of them go to the school. At the centre, we teach basic English, Hindi and Math to the children and also help the school going children with their homework. Apart from imparting education, care is taken to involve the children in prayer, national anthem, stories. games and other activities.

Despite much effort by our coordinators, we did not see much improvement in the level of learning by the children of Sewa Nagar. Due to this, our coordinator decided to visit the schools of these children to find out the reason as to why the children are not growing in their education. The schools visited were – NDMC School, Sewa Nagar, Govt. Sarvodaya Vidyalaya, INA and Govt. Boys Senior Secondary School, Karbala, Lodhi Colony. According to the school teachers, the children are not attending the school regularly. They do not do the homework given to them. They are restless and do not pay much attention to what is being taught in the classrooms. In most slums where we worked, the parents are sending their children to the school regularly. They even want their children to study in private schools. But here in Sewa Nagar, the ignorance of parents is causing a resistance towards getting the children educated. People do not understand the importance of literacy and that without education; their children are vulnerable and unlikely to ever rise above. We are trying to motivate and encourage the parents to send their children to school and make them aware of the value of education.

Empowering women is essential to the health and social development of families. and communities. When women are living safe, fulfilled and productive lives, they can reach their full potential. ... Empowering women and girls is the key to economic growth, political stability and social transformation. This is particularly true for women from marginalized communities who bear the triple burden of poverty, gender, caste and class based discrimination. Recognizing this, we have begun a Mahila Panchayat Programme which focuses on improving the knowledge, skills, self-esteem and leadership of women from marginalized communities. This project is aimed at improving the livelihoods of many more women in urban slums by increasing





INTERNATIONAL WOMEN'S DAY 2019

their home communities.

access to employment opportunities in

International Women's Day is a world renowned event which celebrates respect towards women, promotes women's rights and shows appreciation for their economic, political, and social achievements. It is celebrated on March 8 every year. To mark this important day, we celebrated it at Mansarovar Park and Kalyanpuri Slum Areas with much joy and enthusiasm. The programme began with a short speech by Ms. Surbhi marking the importance of the day. The speech began with a belief that even in today's time; the quality of life of women is more or less the same as it used to be.

As a part of her everyday routine, she does the household chores, prepares food for her husband and children. sends them to work and school and then leaves for her own work. We focused on the hardship faced by women and how they overcame day to day challenges and moved ahead. Despite so many hardships, she still does not get the status she deserves. They are also victims of eve-teasing, harassment, acid attacks, rape and often face domestic violence at home. The speech was concluded by asking the audience. especially the men, if our attitude towards the women will ever change.



CRICKET MATCH

A friendly cricket match was organized between our office staff and the youth group at the Kalyanpuri center. We played cricket match between 20 players, 10 players from the staff side and 10 players from our children group side. The staff team won the toss and chose to bat first. It was a ten over game. They scored 65 runs and got all out. After a break of ten minutes, the children group's team came to the field. For batting, scoring 66 runs in the nine over. The youth group won the match by three wickets. The viewers cheered loudly for both the teams which motivated them to play well.

Season 3 of Angaja Foundation Sports Club

Sports are a crucial part of a student's growth and development. They help in the development of mental health and physical fitness of the body .Through participation in sports and games, a Students gain various skills, experience and build the confidence that are helpful for developing their personality Denying access to sports and physical activity to a majority of the population means not only denying them the right to play but also forgoing a chance to enhance their life skills. We believe that sports play a vital role in shaping the mind, body and soul. With this in mind, we have formed a sports club at our centers. Children, youth and men are a part of this sports club and we make sure to organize several games with them every month. We organize several sports events to create a friendly and interactive environment between the youth and the men and also to tell the men that instead of playing cards during their free time, they can indulge their time in sports activities which is good for their mental and physical health. Sports teaches discipline, confidence, team-work, patience, tolerance, etc. which are essential components of life skills. Sports also prevent children from engaging in anti-social behavior by navigating their energy into activities which are fun and productive. At Angaja Foundation, we plan to have the whole slum become members of the sports club by involving them in various sports activities that we would organize in the future.



TUG OF WAR AND FOOTBALL BEING PLAYED IN SLUMS





The organization organizes several sports events over the year between the youth and men. A sports club in both the centers has been formed in which children, youth and men are a part and we make sure to organize several games with them on a regular basis. By involving men in the games, we gave a message to them that instead of playing cards during their free time, they can also indulge their time in sports activities which is good for their mental and physical health. And, involving the youth in sports prevents them from engaging in anti-social behavior by focusing their energy into activities which are fun and productive. We have appointed a captain and vice-captain of both the clubs who also help us in organizing these games like bringing together the teams, arranging for the equipments and also collecting the audience. Several games like Cricket, Football, Tug of War, Kabaddi, Kho Kho have been played.

Once again, we organized a competition between the men and youth group at both our centers in Kalyanpuri and Mansarovar Park on 12th and 15th January 2019 respectively. This time, Tug of War and Football was played. Football and Tug of War are the games widely played in the slum communities among the children. The games began with the national anthem followed by a toss. The players from both the teams performed extraordinarily. From Kalyanpuri, men's team won Tug of War and the youth team won the Football Match. In Mansarovar Park, the youth team won the game of Tug of War and there was a tie between both the teams in the Football Match. The most important thing is that all the participants should enjoy themselves no matter which team wins.

SPORT IS LIFE



With the weather becoming pleasant outside, we started with the first game of this season at Angaja Foundation's centres in Kalyanpuri and Mansarovar Park. We organize sports events to create a friendly and interactive environment between the youth and adult men to tell them that they can also indulge their free time in sports activities which is good for their mental and physical health.



This time, a cricket and kho kho match was organized between the adult men and youth group. They were divided in two groups consisting of two teams each. The cricket match started with the national anthem being sung, followed by a toss. The youth team won the toss and chose to bat first. It was a five overs game. The game was won by the youth team. After a break of fifteen minutes, we started with kho kho which was won by the men's team. The viewers cheered loudly for both the teams which motivated them to play well. Both these games are team sports and every player must develop a team spirit to working in harmony with each other to win the match.

WORLD ENVIRONMENT DAY

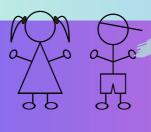
The Purpose of World **Environment Day is to spread** awareness about the threat to the environment due to rising pollution levels and climate change. The first **World Environment Day was** observed in 1974, giving a global platform for inspiring positive change in the environment. World **Environment Day is celebrated** annually on 5th June. Angaja Foundation coordinator went to both centers (Kalyanpuri and M.S.Park) and we celebrated world **Environment Day with the children** of our Communities.





Then coordinator told the children about our environment and gave knowledge of different plants and flowers. The educator told them which flowers are growing in the garden like bougainvillea and roses. They were told about how plants are our friends and gives us oxygen which is required for everyone's life. A few flower plants were distributed to the children.

YOGA DAY 7



Angaja Foundation's coordinator and educator went to both centers (Kalyanpuri and Mansarovar Park) and celebrated yoga international day on 21 June 2019. The children were collected and they were briefed about the benefits of Yoga. They did some yoga postures and asanas. All the children were very happy and in a good mood.







All these activities involved children of different ages (from 6 to 18), boys and girls.

New events were introduced this year:

1.Pot painting- two participants from each NGO were allowed.
Children decorated their pots by different materials: mirrors glitter and colors. 2.Quiz Competition- took part in three teams. The age of participants was 15-18 years, the questions based on the theme "Empowering youth".

Children from Angaja foundation took part in the all performances. The group of girls from the organization appeared in the folk dance performance. Their dancing was very good and they received well-deserved applause from the audience

YUVA UTSAV AND NGO MELA 2019

On 30th of November 2019 the New Delhi YMCA organized Annual "XVI Yuva Utsav and NGO Mela". The theme of the Mela was 'Empowering Youth'.

Children and youth from Angaja
Foundation took part in this festival.
There were various performances in
which children were involved, such
as: Folk dance; Poster making;
Rangoli making, Nukkad Natak, Free
style/Bollywood dance, Fancy Drees,
Mehandi, Debate competition and
Human Canvas.







DCRC - "HAPPINESS DAY WITH SPORTS AND PLAY

The International Day of Happiness is celebrated worldwide on March 20, and was conceptualized by philanthropist, activist, statesman, and prominent United Nations special advisor Jayme Illien to inspire, mobilize, and advance the global happiness movement.

In 2011, Illien brought the idea and concept of creating a new global day of awareness, the International Day of Happiness. Every March 20 since 2013, the International Day of Happiness is celebrated in 193 UN Member states, 2 observer states, and 11 territories. The philosophy behind the day is that the "pursuit of happiness" is a basic human right and goal. All of us agree that for children, playing sports is one of the best contributors to experiencing 'happiness'. It has great potential for improving mental health and emotional wellbeing. In order to mark Happiness Day, Delhi Child Rights Club organized a full day sports event 'Happiness Day - Children's Right to Play' on 25th March. The event was held at Thyagraj Stadium, New Delhi.



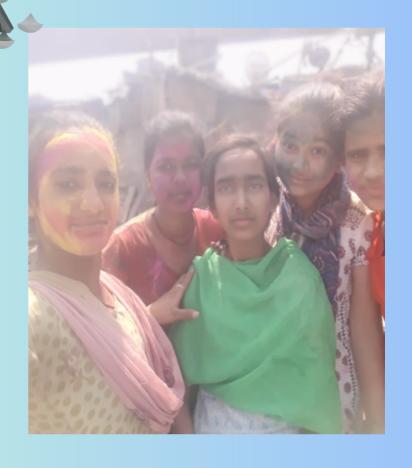




The stadium is adjacent to Kotla Mubarakpur. It is a huge stadium, constructed over an area of 16.5 acres with a seating capacity of almost 6,000 people. It was built as a venue for the 2010 Commonwealth Games. Around 650 children from several organizations took part in the event. Thirty children from Angaja Foundation took part in the several games that were organized. The age group was between 10 to 18 years. The games were Kabaddi, 100 mts race, Dragon and Tail, Fish and Fisherman, Passing the Ring and Relay Race. The children also enjoyed playing Dog and the Bone. Our children played together and interacted with children from other organizations. Sports teaches discipline, confidence, team-work and cooperation adds to their mental and which social development. It also prevents children from engaging in anti-social behavior by navigating their energy into activities which are fun and productive. Many of our children secured positions in various games. The children and the coordinators were thankful to DCRC for a joyous day.

'HOLIKHELO'

The children and coordinators of Angaja Foundation celebrated Holi using natural colours at their centres in Kalyanpuri, Mansarovar Park and Sewa Nagar as a means to spread love and affection and also to make the children learn the importance of celebration festivals. We started the celebration with a small speech educating the children about the importance of this day. Holi is a festival of joy and the children were explained that this is the day to turn your enemies into friends and to forget any grudges you may have in your heart.





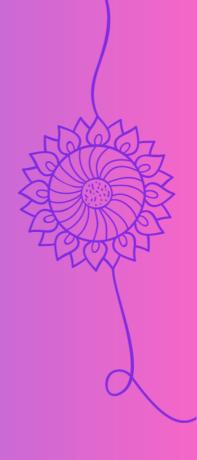
They were taught to strengthen their relationships with people, using colours. Holi celebration is a means to spread joy and colour in the lives of these kids, and also create awareness among them about India's rich cultural heritage. The children enjoyed while playing with colours and dancing to 'Holi' music. We told them about the benefits of organic colours and spread awareness about the harmful effects of chemical colors.

RAKSHA BANDHAN



Festivals are the celebration of togetherness in India. They bring happiness and joy in everyone's life. One such festival is "Raksha Bandhan". It is a festival dedicated to the bond between brothers and sisters, representing a sister's love for her brother, prayers for his long life and the brother's promise to protect her.

. Angaja Foundation celebrated the Festival at Mansarover Park, Kalyanpuri and Sewa Nagar where about 130 boys and girls participated in the activity. The children were told the story behind the significance of this festival. Rani Karnavati, a widow queen of the king of Chittor, Rajasthan sent a rakhi to Emperor Humayun with a request to save her dignity. Emperor Humayun was touched by the gesture and began marching with his troops without wasting any time to save her honour and it was then he started calling her sister. Since then the festival of Rakhi has been celebrated in the whole country. The girls tied Rakhi to all the boys at the centre after applying Tilak on their forehead and in return the boys offered sweets to the girls.



NINE NIGHTS OF THE GODDESS

Navratri (Nine Nights), culminating with Dussehra, is a festival of great significance in India. According to the great Hindu epic Ramayana, Lord Ram fought Ravana in an epic battle that lasted nine days and on the tenth day Rama killed Rayana and that day is celebrated as Dussehra. Dussehra is also called Viiauadashami. Navratri celebrated all over India to celebrate the victory of good over the evil and success of truth over lies. Nava' means 'nine' and 'ratri' mean 'night' and 10th day is commonly referred to as Dussehra . Navratri and Dussehra were celebrated at Angaja Foundation's three centers i.e. Kalyanpuri, Mansarovar Park and Sewa Nagar with a lot of joy to bring that same feeling of festivity in the lives of the underprivileged, who do not have the same opportunities to celebrate like most of us. During Navratri, at Angaja Foundation's Kalyanpuri and Mansarovar Park centers children visited the temple. They performed puja rituals with the help of the coordinator and asked for the blessings of the Devi. They offered flowers and sweets to the idol of Maa Durga and in return they got prashad from the pandit. The children were explained the idea behind celebrating Navratri - that is the time for cleansing negative qualities in human beings. The nine nights are dedicated to three aspects of the Goddess-The first three days of Navratri are dedicated to Goddess Durga (Warrior Goddess), next three days are dedicated to Goddess Lakshmi (Goddess of Wealth and Prosperity) and last three are dedicated to Goddess Saraswati (Goddess of Knowledge).



The true essence of the festival of
Dussehra lies in positive attitude and
courage to tackle all the obstacles life
throws at us. The children and youth of
Angaja Foundation celebrated
Dussehra with great ardour and
enthusiasm. We had organized a
drawing and coloring activity for the
children. The children drew lovely
drawings of Ravan and Durga Mata and
colored them. In the end, the children
were wished lots of happiness.

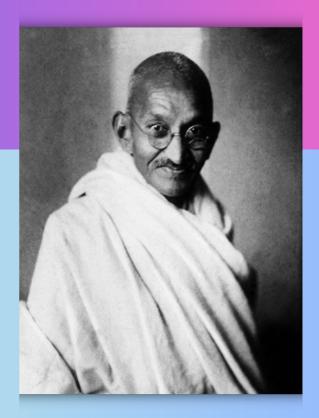


"MOHATMA GANDHI" -THE TRIUMPH OF THE STRUGGLE.

On the 14th of September 2019 a movie program was organized for the children of the Angaja foundation by the Delhi Child Rights Club. Previously, children expressed interest in the personality of Gandhi and would like to watch a movie about him to know more about his life and his contribution to India's freedom struggle.

Ten children accompanied the foundation's coordinator arrived to DCRC office. After the end of the movie, was a break for lunch and a post-lunch discussion with the children on the above topic with a prominent Gandhian. A copy of the book "Main Bharat hu" also was distributed to each child; it helped them to know more about the constitution.









ANIMAL WELFARE

Angaja Foundation helps distressed animals and prevention of cruelty to animals. We have set up an animal shelter which is located in Jaunapur Village ahead of Mehrauli. We pick up stray dogs from the streets and also dogs which are abandoned or facing cruelty and they are taken to our shelter, an area of 2.5 acres. There are 40 dogs at the shelter who are taken care of in a good environment and proper food, water and medical care is provided to them.

We feed another 50 dogs in the same area who are located from Andheria Mode to Mandi Village. We are also feeding about 100 cows in Jaunapur, Vasant Kunj, Kotla Mubarakpur and Gwal Pahari on the Delhi-Haryana Border near Gurgaon. We have a van which distributes the food first to the dogs and later it feeds the grass to the cattle. We have set up water troughs for cows and other animals in Kalyanpuri - Block 18 in East Delhi, Gwal Pahari located at the Delhi-Gurgaon border and the industrial area, Udyog Vihar Phase in Gurgaon District of Haryana.

Horses used for weddings, cows and bulls on the streets eating polythene and dairies- on a daily basis Gaushalas, stables and dairies in the NCR region are visited by the project coordinator to check whether the animals are faring well. Angaja Foundation is also visiting resident welfare associations to motivate them to put water for dogs and cattle and also feed the stray dogs. Many kind souls in different areas are doing the good work and may God bless them always for their kindness and generosity.

RESCUED A BABY MYNAH

Angaja Foundation's General
Secretary Ms. Raka Sinha Bal came
across a baby mynah in Defence
Colony which got separated from its
mother and could not fly back to its
nest. The mother looked worried
being separated from her baby. Our
coordinator took it to Frendicoes
Seca where they kept the bird and
took care of it. On 19th August,
when we called up the shelter home
to find out about the baby myna, we
were informed that on 17th August,
the bird had flown away happily.



TIGER - A BEAUTIFUL ABANDONED GERMAN SHEPHERD RESCUED IN GURGAON



In January 2019, Our General Secretary Ms. Raka Sinha Bal along with her driver. Sundar came across a dog on the Gurgaon - Faridabad Road. He was a beautiful German Shepherd and he was running after any car that was passing by. When we stopped the van, he came towards us. On opening the door, he entered inside the van. We immediately rescued him and brought him to our shelter in village Jaunapur. We are taking care of him in a good environment with food and water. Without being rescued, the dog would have died since it is a busy road and he might have come under some vehicle.



FEEDING THE BULLS

Angaja Foundation focuses on animal welfare by helping animals in distress. Apart from feeding cows, we are also feeding bulls near our animal shelter in Jaunapur. We have also set up water troughs for cows and other animals in Kotla Mubarakpur, Kalyanpuri, Block 18 and the industrial area, Udyog Vihar in Gurgaon. We ensure that our coordinators and the community people change the water daily.

We have seen the cattle foraging from the open garbage bins and looking for anything edible to survive. They cannot differentiate between plastic and food and they swallow both. They are in a bad condition – eating polybags and waste which has poisonous content.

Although the gujjars are the residents of Jaunapur Village, who were the traditional milkmen in Delhi, they are not interested in feeding these bulls.

According to Indian tradition, most people believe in feeding cows, which is a good thing. But nobody is sympathetic towards the bulls.

Bulls are used for agricultural purposes in rural areas. But since Delhi is an urban area, nobody can use bulls for agriculture, so they are getting redundant. It is a real challenge for us to feed the bulls - sometimes we have to feed them late at night. We feel that all the cattle on roads should be in Goushalas and it should be everyone's moral duty to feed and look after them.





Angaja Foundation's coordinator visited 24 Gaushalas in Delhi /NCR from January 2019 to November 2019. The Observation of the Coordinator is that the Gaushala were clean, Meals are given to cattle on time and proper diet is given to them. Drinking water is available and medical treatment is provided to cows. There is special arrangement for disabled cows, bulls and calves.



VISITHORSE STABLE IN DELHI/NCR

Angaja Foundation's coordinator visited 13 horse stable in Delhi /NCR from April 2019 to December 2019. The coordinator observed that they are given proper food and drinking water.

Whenever they fall ill, they are taken to the nearest government veterinary hospital. The mares were in good condition and the place where the mares tied was clean. The stable owners earn enough during the wedding season to survive for the whole year.







VISITDAIRY IN DELHI/NCR

Angaja Foundation's coordinator visited 11 Dairy farms in Delhi /NCR from May 2019 to December 2019. Coordinator talked with the Care taker of the Dairy. The place where cattle were tied was neat and clean, they are given proper food on time and drinking water.





Coordinator also asked about the Oxytocin injection. The dairy owners said that they did not use it because it is illegal and harmful for cattle.



VISIT TO STABLES, DAIRY FARMS, GAUSHALA

During period January 2019 –December 2019 staff of the foundation visited many bands, stables, dairy farms, gaushalas in Delhi /NCR.

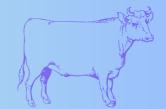
	Place name	Date of visit
	Chiranji lal Prajarat-Band and Ghodi wala and Shahibabad stable	9 th April 2019
	Sajan Band and Stable	17 th April 2019
	Vansh Band and Pammiji Ghori Baggi Wale	30 th April 2019
	Mishal Gahrhi	3 th May 2019
	Sahab Band	30 th of May 2019
	Khajoori khas and Soniya Vihaaar	26 th June 2019
	Rani Bagh and Sakurpur Basti	05 th July 2019
	Hariom Band	13 th July 2019
	Kaeawal Nagar and Loni Border	06 th December 2019





Place name	Date of visit
Hari om Gaushala and Chikitsalaya	12 th January 2019
Shri Shani Dham Mandir and Gaushala	16 th January 2019
Govind Gaudham Gaushala	24 th January 2019
Gopal Gausadan	28 th January 2019
Sri Krishna Gaushala	Olth February 2019
Dabar Hare Krishna Gaushala	06 th February 2019
Gau Dham Gaushala	08 th February 2019
Shri shayam Baba Gaushala	09 th May 2019
Shri Raghuram Gaushala	27 th May 2019
Gopal Gaushala	<i>Il th June 2019</i>
Baba Surdaas Gaushala	21 st June 2019
Swami Amadrev Gaushala	21 st October 2019

Hath Yogi Gaushala	29 th June 2019
Karuna Dham Gaushala	17 th August 2019
Shree Jee Gausadan	27 th August 2019
Shri Krishna Sudama Gaushala	31 th August 2019
Shri Govind Gaushala	07 th September 2019
Nandni Gaushala	16 th September 2019
Shri Krishna Gaushala	30 th September 2019
Shiv Vihar Gaushala	09 th October 2019
Gaytri Devi Gaushala	14 th October 2019
Dharam Sangh Gau Sewa Sadan	Dharam Sangh Gau Sewa Sadan



धन्यवाद