

APRIL  
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# RF PULSE



## Monthly Newsletter by Ramky Foundation



# RURAL IMMERSION PROGRAMME FOR INTERNS FROM IIM BODH GAYA

As part of the Rural Immersion Programme, three IIM Bodh Gaya students, interning with Ramky Foundation, undertook a week-long field visit across Amrabad, Padara, and Lingala mandals in Nagarkurnool district. Immersing themselves in the tribal heartlands, the interns visited Chenchu habitations, government schools, Anganwadi centers, and the Maa Thota Project fields in Jangamreddipalli.



Their hands-on engagement included conducting baseline needs assessments at two tribal welfare schools (TWAHS Udimilla and TWAHS Jangamreddipalli), evaluating infrastructure and learning environments, and interacting with beneficiaries to better understand the region's educational, health, and livelihood challenges. The experience offered rich insights into rural development realities and deepened their understanding of grassroots interventions.



## ART, ACTION AND AWARENESS - EARTH DAY SPARKS ECO-SPIRIT

To commemorate World Earth Day 2025, HDFC Bank Parivartan and Ramky Foundation organized a series of engaging and educational activities at our Yadgir Skill Development Centre in Karnataka. It was centered around this year's global theme for World Earth Day 2025, "Our Power, Our Planet." The event aimed to raise awareness among trainees about environmental responsibility, individual actions, and collective commitment to protecting our planet.

### Activities Conducted :

➤ **Student Speeches on the Theme:** Students were encouraged to deliver short speeches reflecting their understanding of the Earth Day theme. Trainees from various courses spoke about:

- The importance of small actions in environmental protection.
- Sustainable lifestyles and reducing plastic use.
- How youth can drive change in their communities.

The speeches showcased their enthusiasm, creativity, and a deep sense of environmental responsibility.



➤ **Drawing and Poster-Making Activity:** Trainees were invited to express their thoughts through art by creating drawings and posters inspired by the theme "Our Power, Our Planet." The artworks depicted messages on saving nature, protecting wildlife, conserving water, and switching to renewable energy.

➤ **Pledge Taking Ceremony** As a concluding highlight, all trainees and staff came together for a collective pledge to protect the planet. The pledge emphasized commitments to reduce waste, conserve resources, and promote green practices. It was a unifying moment that reinforced the importance of everyday action.



# From Bricks to Business: Manata's Rise Beyond Hardship



In the quiet tribal village of Thumalabanda, 50-year-old Manata Nookamma was known for her resilience. With no land, no formal education, and declining health from years of grueling work under the scorching sun at construction sites, she relied heavily on MGNREGS for survival. Each day brought its own set of challenges: physical exhaustion, financial insecurity, and a looming uncertainty about tomorrow.

But Manata didn't give up. What she lacked in resources, she made up for with determination. Recognizing her dire need for a safer, sustainable livelihood, Ramky Foundation, with the support of NABARD under the Maa Thota TDF project, extended a helping hand. The intervention wasn't just about financial support—it was about restoring dignity and building self-reliance. With a modest grant of ₹10,000, Manata was able to set up a **mini departmental store**—a small yet powerful step toward transformation.

Today, the store stands as a symbol of change, not just in her life, but in her community. From within the comfort of her home, Manata now runs a growing retail business, offering everyday essentials at fair prices to her neighbors. No longer toiling under the sun, her health has significantly improved. But more than that, something else has taken root—her confidence and entrepreneurial spirit.

Now earning a monthly income of **₹18,000 to ₹20,000**, Manata has not only secured her livelihood but also become an inspiration for other tribal women in her village. Her journey from daily wage labor to a home-based entrepreneur exemplifies how thoughtful, community-driven interventions can unlock untapped potential and transform lives.

Manata's mini store may be small, but its impact is mighty proof that when support meets spirit, even the most challenging circumstances can be rewritten into a story of success.

“My health improved significantly since I started running the departmental store from my own home and I'm also simultaneously earning good & stable income.”



## STRENGTHENING ROOTS NABARD DDM REVIEWS WADI PROGRESS

As part of a routine monitoring visit, the District Development Manager (DDM) of NABARD, Paschim Medinipur, visited the TDF project sites in Rangtia and Dudhebudhe villages under Keshiary block. The DDM assessed the ongoing development and interacted with local farmers to review the status and maintenance of the wadis. The visit focused on understanding field-level progress, addressing farmer concerns, and reinforcing NABARD's continued support for sustainable tribal livelihoods through the wadi model.



## A HEALTHIER TOMORROW BEGINS TODAY RAMKY FOUNDATION REVAMPS BALOTRA DISTRICT HOSPITAL



With the generous support of Re Sustainability Limited, RF recently completed the renovation of the District Government Hospital in Balotra, Rajasthan. The inauguration of the newly constructed patient waiting room and upgraded hospital facilities took place on April 4, 2025, in the esteemed presence of Shri Arun Chaudhary, MLA Pachpadra, who lauded the impactful contributions made by both organizations. The new waiting area offers a cleaner, more comfortable environment for patients and their families, underscoring our dedication to improving public healthcare infrastructure and delivering dignified care to all.







## Rising with Her Herd -

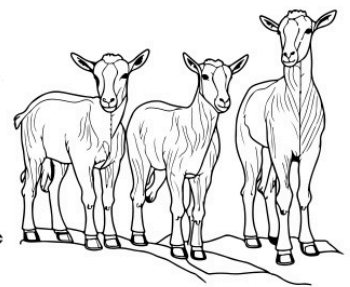
### *Rameswari's Path to Self-Reliance*

Nestled in the remote western region of **West Bengal, Manbazar block in Purulia district** is one of the state's most underdeveloped areas, with limited livelihood opportunities and a low Human Development Index. Home to a significant tribal population—around 40%—the block has long struggled with poverty and marginalization. In 2020, the Tribal Development Project of NABARD, implemented by Ramky Foundation, began its journey here with the goal of empowering tribal families through sustainable livelihood models.

Among the many lives transformed by this initiative is that of **Rameswari Sing Sardar**, a tribal woman with no agricultural land and limited means to support her family. In 2022, Ramky Foundation extended support to Rameswari through its goat development program, providing her with two female goats, training, vaccinations, and materials to construct a small shed.



Initially uncertain about managing livestock, Rameswari gradually gained confidence through regular training and handholding support from project facilitators and local veterinarians. She learned the nuances of scientific goat rearing, disease prevention, and sustainable fodder management. Despite lacking commercial feed or extensive resources, Rameswari made the most of vegetable scraps and locally available fodder to nurture her herd.



Today, just two years later, Rameswari proudly owns **14 healthy goats, valued at approximately ₹1.5 lakhs**. Her success has not only provided her with a reliable source of income at minimal input cost but has also instilled in her a renewed sense of purpose and pride. She now plans to scale up her goat rearing enterprise and is viewed as a role model in her village.

Her journey is a testament to how access to the right knowledge, resources, and consistent support can ignite change at the grassroots. Inspired by Rameswari's determination and results, many other women in the community are now exploring goat rearing as a viable livelihood option—spreading the ripple of transformation that began with just two goats.

# WHEELS OF WELLNESS

## RAMKY FOUNDATION CELEBRATES WORLD HEALTH DAY ACROSS ODISHA

SBI Sanjeevani - Clinic on Wheels project team celebrated World Health Day at Saheed Rando Majhi Medical College, Bhawanipatna. The event was inaugurated by Dr. Ranjan Mitra (ADMO-MED) along with other dignitaries. Awareness on maternal health, IMR & MMR was emphasized, and 110 postnatal mothers were screened and given nutritional kits.



Simultaneously, in Koraput (Kanjhariguda village), a rally and awareness session on newborn care was held with participation from Anganwadi, ASHA workers, and school staff. 30 newborn mothers received nutrition support.

In Malkangiri (Janbai) and Nabarangpur, sessions were conducted for ANC & PNC mothers at Maa Gruhas, and nutrition kits were distributed.



# ENHANCING COMMUNITY HEALTH AND WELL - BEING THROUGH SUMMER RELIEF AND PREVENTIVE CARE

Vizag Zonal Region undertook impactful initiatives aimed at improving community health and resilience. A Chalivendram (Water Stall) was set up and inaugurated by Sri P.P. Lalkrishna, MD of Visakha Pharmacy Ltd, to offer buttermilk and drinking water to commuters, workers, and villagers battling the intense summer heat. This initiative will benefit approximately 10,000 individuals in a single month.



## సాక్షి

### రాంకీ కూడలిలో చలివేంద్రం



#### చలివేంద్రాన్ని ప్రారంభిస్తున్న విశాఖ ఫార్మాసిటీ ఎండ్ డాక్టర్ లాల్ కృష్ణ

పరవాడ: జవహర్ లాల్ నెహ్రూ ఫార్మాసిటీ రాంకీ సౌజన్యంతో రాంకీ కూడలిలో ఏర్పాటు చేసిన చలివేంద్రాన్ని విశాఖ ఫార్మాసిటీ ఎండ్ డాక్టర్ లాల్ కృష్ణ గురువారం ప్రారంభించారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ ఏటా వేసవిని దృష్టిలో పెట్టుకుని ఏర్పాటు చేస్తున్న చలివేంద్రం పాడచారులు, ఉద్యోగులు, కార్మిక వర్గాలకు ఉపయోగకరంగా ఉంటోందన్నారు. చలివేంద్రం ద్వారా చల్లని మజ్జిగ, స్వచ్ఛమైన తాగునీటిని ఉదయం 10 నుంచి సాయంత్రం 4 వరకు అందుబాటులో ఉంచుతున్నట్లు పేర్కొన్నారు. కార్యక్రమంలో ఫార్మాసిటీ డీజీఎం గిరిధర్ రావు బక్షి, లైజనింగ్ ఏజిఎం రాఘవరెడ్డి, రాంకీ ఫౌండేషన్ డిప్యూటీ హెడ్ డాక్టర్ శ్రీకాంత్, సిబ్బంది పాల్గొన్నారు.

In parallel, a Mosquito Net Distribution Drive was carried out, providing 200 mosquito nets to construction labour, helping prevent mosquito-borne illnesses such as malaria and dengue. These combined efforts reflect the Foundation's holistic approach to promoting well-being through both immediate relief and long-term preventive care.



[www.ramkyfoundation.org](http://www.ramkyfoundation.org)

