

# KARMA YOGA

## LEADERSHIP EXPERIENTIAL ACTION PROGRAM

NEWSLETTER - JULY 2025 TO DECEMBER 2025



The project-based approach has provided greater clarity in integrating the Sustainable Development (SD) Goals with action-based fieldwork for our students. It has also created a sustained impact within communities, transforming them into active partners in project delivery rather than mere bystanders. Learning at the grassroots level was assessed by student teams through various self-evaluation methods. Some projects that required special attention and strong coordination skills were executed successfully by the students. In particular, the animal health veterinary camps were well organized through effective identification of target groups and collaboration with veterinarians to ensure maximum benefits from the initiative.

Going forward, we aim to create business opportunities within each project, as suggested by our COO and Admission Director, **Shri. Gautam Lakhamraju**. The recent mandate requiring waste segregation even in rural panchayats provides an opportunity to launch awareness campaigns in collaboration with municipal authorities. At the same time, we will identify individuals or women groups who can develop enterprises from waste, thereby generating sustainable income.

This is also a proud moment to acknowledge the Karma yoga student volunteers who have demonstrated a strong commitment by contributing to various projects beyond the mandatory requirements.

We express our sincere gratitude to our Director, **Dr. Sanyal**, for his continuous support and encouragement, and to the entire GL family for their patronage and unwavering support in all our endeavors. Special thanks go to our student, Mohan Sri Rameswar (DM272053) and Dominica Maria Pachala (DM272059), for assisting in editing this newsletter.

Dr. Arulsamy  
Team Karmayoga



## Working Towards the Sustainable Development Goals

PROJECT NAME	SDG NUMBER
1. ENVIRONMENTAL AWARENESS AND GREEN INITIATIVES	7, 12, 13, 15
2. ANTI-DRUG ADDICTION AWARENESS PROGRAM	3
3. COASTAL AWARENESS AND EDUCATION FOR FISHERMEN COMMUNITIES	13, 14
4. ANIMAL HEALTH: MOBILE VETERINARY CAMP	1, 2, 8, 15
5. HUMAN HEALTH: COMMUNITY HEALTH CAMPS	2, 3
6. THE STUDY OF MIGRATORY WORKERS: SOCIAL PROTECTION AND WELFARE PROGRAMS	8, 10
7. AGRICULTURAL BUSINESS ENTERPRISES: KEERAI (SPINACH) CULTIVATION	1, 3, 8, 12
8. WASTE MANAGEMENT IN RURAL VILLAGES	6, 11, 12, 13, 15
9. FINANCIAL LITERACY AND PROMOTION OF WOMEN ENTERPRISES – SUPPORT FOR ADOPTED SHGS	1, 5, 8, 10
10. EDUCATIONAL SUPPORT FOR IRULA TRIBAL CHILDREN	1, 2, 4, 5

# FROM CLASSROOMS TO COMMUNITIES

# PGDM 2025-27

# RAYAS

## KARMA YOGA INAUGURATION & ORIENTATION FOR PGDM 2025-27



@ GL Campus

The Karma Yoga Orientation Session on 06/07/2025 introduced the LEAP initiative to the PGDM 2025–27 batch at Great Lakes, Chennai, with 369 students participating. The event began with an invocation and lamp lighting, symbolizing the start of a reflective and purposeful journey. Leaders including Dr. Debashis Sanyal, Dr. Bala Balachandran (via video), and Dr. Arul Samy highlighted the program's vision of socially responsible leadership. Faculty insights and student testimonials showcased the transformative impact of village immersion experiences. The session concluded with gratitude and set the tone for a year rooted in empathy, service, and community engagement.

## SEED BALL PLANTATION DRIVE



@ Ammanambakkam

The Karma Yoga Committee organized a Seed Ball Plantation Drive on 11/08/2025 during the Aadi season to promote afforestation and environmental sustainability. Students prepared and dispersed seed balls in nearby wild areas, allowing nature to nurture them into new plants. The activity provided a meaningful hands-on learning experience while reinforcing our commitment to ecological responsibility. We hope this initiative inspires more students to join future eco-conscious efforts.

## KARMA YOGA VILLAGE STUDENT REPRESENTATIVES (VSR) MEETING



@ GL Campus

The Fourth Karma Yoga Village Student Representatives (VSR) Meeting was held on Friday, 29th August 2025 at 6:00 PM at Lake Kankaria. During the session, Dr. Arulsamy, Head of Karma Yoga, facilitated a productive discussion on the VSRs' project visit experiences. Representatives shared their reflections, and all doubts and clarifications related to the field visits were addressed constructively. A special invitee, Roger Merin, a former Karma Yoga student, also shared his insights and encouraged the leaders.

## TUITION FOR IRULA TRIBAL CHILDREN



@ GL Campus

Under Project 10 – Education Support for Irula Tribal Children, two full-time teachers were appointed, and classes officially began on 14th September 2025. The teachers, along with Karma Yoga volunteers, have built rapport with the children and carried out initial learning assessments to track the children's progress. This initiative has created a structured and supportive learning environment, boosting the children's confidence and interest in education. It ensures continuity of learning and strengthens long-term educational development in the Irula community.

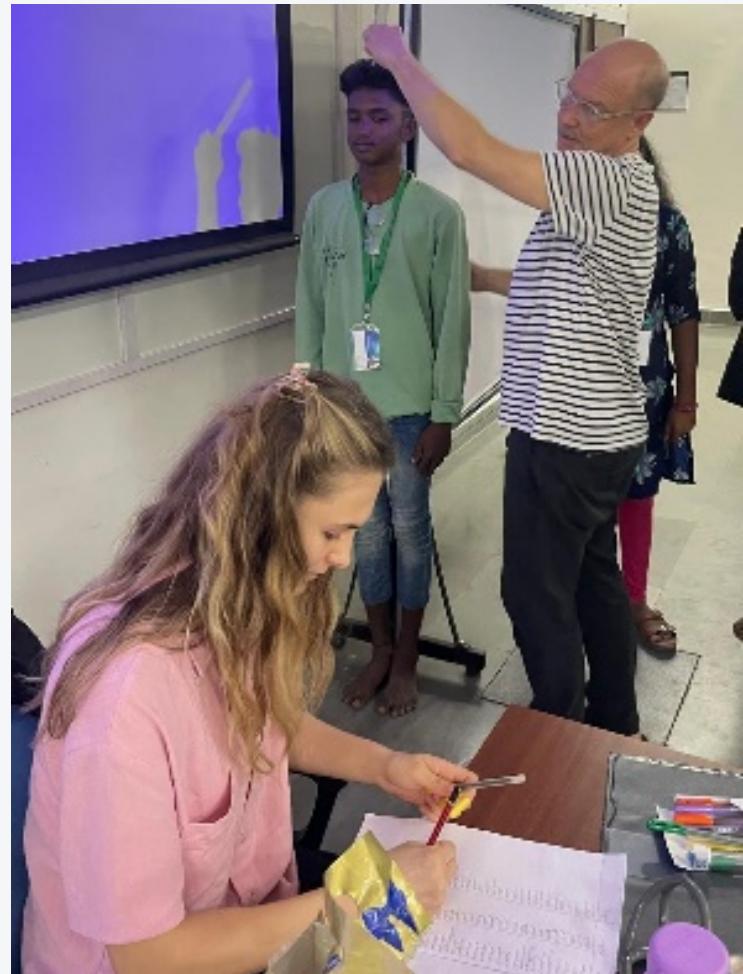
## DIWALI CELEBRATION



@ GL Campus

The Karma Yoga team joyfully celebrated Diwali with Irula tribal children under Project 10, run in partnership with EduBridge and PGPM students. New clothes and sweets were distributed, thanks to the generous contribution of Mrs. V. Vijayalakshmi. We express our heartfelt gratitude to the Charu Charan Sarangi Charitable Trust, led by Professor Dr. Subrat Sarangi, for enabling this meaningful celebration. The event brought smiles, warmth, and festive cheer to the children.

## HEALTH & NUTRITION CAMP FOR IRULA CHILDREN



**@ GL Campus**

On 2nd November, the Karma Yoga Team organized a health camp for Irula tribal children to promote awareness of health and nutrition. Dr. Rito, along with an assistant, conducted comprehensive health check-ups, including height, weight, and BMI assessments, which helped identify cases of malnutrition and stunted growth. The doctors also evaluated the children's general health and shared valuable guidance on nutrition and hygiene. A blood group screening is planned for the next camp. The session concluded on a cheerful note with a joyful dance by the children, and the doctors were honored in appreciation of their dedicated service.

## PROMOTING SUSTAINABILITY THROUGH ORGANIC & DIRECT SELLING



**@ GL Campus**

On 05-11-2025, Karma Yoga students organized an Organic Vegetable Stall , promoting sustainability through fresh, organic produce sourced directly from local farmers. The initiative, supported by our Director and college colleagues, highlighted student engagement, community empowerment, and affordable organic living with prices starting at ₹5.

## PROMOTING SUSTAINABILITY THROUGH ORGANIC & DIRECT SELLING



@ GL Campus

As part of the Christmas celebrations on 20 December, Karma Yoga organized community product stalls at Great Lakes showcasing items made by beneficiaries from Karma Yoga villages. The stalls featured a variety of handmade and community-produced goods, along with engaging activities for visitors. The initiative received an enthusiastic response and strong sales, supporting rural livelihoods while providing students with exposure to sustainable and socially responsible products. The team thanks the Great Lakes management and student community for their support.

## 1. ENVIRONMENTAL AWARENESS AND GREEN INITIATIVES



@ Neikuppi, Mullikolathur, Veerapuram, Naduvakkai

This project focused on promoting environmental awareness through engaging, hands-on activities for children and the wider community. Interactive waste-segregation games, drawing competitions, rallies, and creative reuse activities encouraged responsible waste management and eco-conscious behaviour. Plantation drives and sapling distribution fostered long-term environmental stewardship among children, women, and villagers. Film screenings and shared cultural interactions strengthened community bonding, bringing the initiative to a meaningful and participatory close.



## 2. ANTI-DRUG ADDICTION AWARENESS PROGRAM



**@ Vasuvasamuthiram, Ammanampakkam, Neikuppi, Mullikolathur**

This project focused on raising awareness about substance abuse through creative and community-driven approaches. Documentary screenings, door-to-door outreach, and interactive discussions engaged children, youth, and adults, encouraging open conversations on the dangers of drug use. Students also documented community experiences through photographs and films, strengthening trust and capturing meaningful reflections. The initiative concluded with strong community appreciation, lasting connections, and reinforced commitment to substance abuse prevention.



### 3. COASTAL AWARENESS AND EDUCATION FOR FISHERMEN COMMUNITIES



@ Pudupattinam Bazar, Pudupattinam Ambedkar Nagar, Sadras Fishermen Area, Sadras Main Residential

This project promoted education, marine conservation, and coastal safety through a series of engaging and creative activities for children and students. Drawing, speech, and essay competitions, interactive games, and awareness sessions encouraged learning on healthy oceans, cyclone preparedness, and plastic pollution. Career guidance, motivational talks, and cultural performances further inspired students and strengthened community connections. The initiative concluded with widespread participation, reinforced environmental responsibility, and a positive, lasting impact on coastal awareness.



## 4. ANIMAL HEALTH: MOBILE VETERINARY CAMP



**@ Kottaimedu, Sooradimangalam, Natham Kariachery, Ammanampakkam**

This project strengthened livestock health and farmer awareness through mobile veterinary services and expert-led engagement. Farmers participated in health camps, awareness sessions, and discussions on nutrition, disease prevention, vaccination, and dairy management. Veterinary treatments, artificial insemination, vaccinations, and the distribution of mineral and feed supplements supported immediate animal health needs. The initiative was warmly appreciated by the community and fostered trust, improved livestock care practices, and sustained collaboration.



## 5. HUMAN HEALTH: COMMUNITY HEALTH CAMPS



**@ Echur, Kuzhipanthalam, Lattur, Sooradimangalam**

This project focused on promoting nutrition and preventive health awareness through door-to-door outreach, interactive sessions, and child-centric activities. Communities were engaged using nutrition charts, bilingual pamphlets, creative competitions, and recreational games to encourage healthy eating and hygiene practices. Children and households actively participated, building trust and enthusiasm for learning. The initiative strengthened community awareness, fostered healthier lifestyle choices, and concluded with meaningful engagement across villages.



## 6. THE STUDY OF MIGRATORY WORKERS: SOCIAL PROTECTION AND WELFARE PROGRAMS



@ Near L&T Roundana, Near Bhavani HCC

This project focused on engaging migrant workers through inclusive, trust-building activities and reflective documentation. Sports-based interactions fostered community bonding, while informal discussions created awareness around financial literacy and access to educational resources. Students also documented testimonials capturing migrant workers' perspectives and their own learning journeys, highlighting mutual respect and social impact. The initiative concluded as a thoughtful and dignified engagement, strengthening connections and reinforcing the value of sustained involvement.



## 7. AGRICULTURAL BUSINESS ENTERPRISES: KEERAI (SPINACH) CULTIVATION



**@ Veerapuram, Naduvakkrai, Nallur North Area, Kollamedu**

This project strengthened agricultural livelihoods by working closely with farmers and homemakers through sustained community engagement and direct procurement practices. Students built trust through household interactions, sourcing seasonal produce at fair prices and exploring value-added income opportunities such as pickles and papads. The distribution of fruit saplings and spinach seeds encouraged kitchen gardening, nutrition, and environmental sustainability. Overall, the initiative improved market linkages, fostered collaboration, and deepened community relationships.



## 8. WASTE MANAGEMENT IN RURAL VILLAGES



**@ Nallur North Area, Kollamedu, Thirukazhukundram, Kothimangalam**

This project promoted waste management awareness by blending creativity, culture, and community participation. Activities such as rangoli competitions, “Best Out of Waste” initiatives, plastic collection drives, street plays, and traditional Theru Koothu performances engaged children, families, and the wider public. The initiatives led to visible improvements in cleanliness, strong community ownership, and appreciation for sanitation workers. The project concluded with meaningful public engagement, reinforcing responsible environmental practices and collective action.



## 9. FINANCIAL LITERACY AND PROMOTION OF WOMEN ENTERPRISES - SUPPORT FOR ADOPTED SHGS



**@ Kunnavakkam, Lingapuram, Pudupattinam Ambedkar Nagar, Sooradimangalam**

This project focused on strengthening financial literacy and economic resilience across communities, with special emphasis on women and children. Through door-to-door engagement, workshops, and interactive activities, participants gained practical knowledge on banking, savings, budgeting, fraud prevention, and small business opportunities. Personalized guidance helped resolve real financial challenges and build confidence among households and Self-Help Groups. The initiative concluded with strong community appreciation and a renewed motivation toward financial independence and informed decision-making.



## 10. EDUCATIONAL SUPPORT FOR IRULA TRIBAL CHILDREN



### @ GL Campus

This project supported tribal children through structured learning, mentorship, and personality development across multiple villages. Interactive activities, foundational English and Math sessions, and motivational engagements helped assess learning gaps, rebuild confidence, and encourage school re-engagement. Exposure to digital skills and inspiring talks broadened aspirations, while strong bonds were built with children and parents. The initiative concluded with a vibrant cultural programme celebrating creativity, confidence, and community connection.



## KARMA YOGA VILLAGE STUDENT COORDINATORS & COMMITTEE MEMBERS - PGDM 2025-27



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DM274030



MITHELESH  
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KUSHAGRA  
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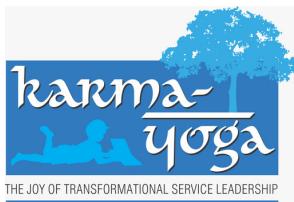
SHUBHAM  
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MERRY CHRISTMAS  
&  
HAPPY NEW YEAR  
2026

WISHING YOU JOY, PEACE, AND A YEAR FULL OF NEW BEGINNINGS