

DANGORIA CHARITABLE TRUST  
HYDERABAD, INDIA  
ANNUAL REPORT  
2016-2017



**Participation of Dr. Dangoria and Dr Bamji in Haritha haram at DCT campus**

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- 5) Dr. Janardhan Rao,.(radiologist) and Dr. Neelam Reddy (anaesthetist) for professional help during clinic days at Narsapur.
- 6) Hon. Consultants mentioned on page 4 for technical advise
- 7) Dangoria Hospital, Hyderabad for medical and material support. Geet Medical shop for facilitating supply of drugs.
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- 13) Sri Rajgopal Tapadia for annual ice cream party for members of the Home for the aged, and staff

14) Residents of Home for the Aged- for helping with kitchen supervision and kitchen work.

15) R.S.N.Sastry for maintaining Trust accounts.

## STAFF

### Physicians, Scientist

Devyani Dangoria, MBBS, DGO, DRCOG (Lond.) (Hon)

Managing Trustee and  
Physician in Charge  
INSA Emeritus Scientist,  
and Trustee (former  
Director grade Scientist,  
NIN, Hyderabad  
Paediatric consultant.

Mahtab S. Bamji, MSc, Ph.D, FNA, FNAAS, FAMS

Hon. Physician  
Hon. Physician  
Resident Medical Officer  
Hon. Physician  
Senior Investigator

B. Yashoda MBBS, D.Ch

K. Harini MBBS, MD

R. Shanti MBBS, DGO

N Swarna Lata, MBS (Homeo)

K. Lakshmi, BAMS

P.V.V.S.Murthy, M.A (Sociology) M.A (Social work)

### TECHNICAL AND NURSING STAFF

B. Nagamani, B.Com., MSW., DMLT.,

G. Neeraja, N. Swapna B.Anitha

B. Bhashamma, A. Yasoda

E.Vijayalaxmi

Najma Begum

B .Nagalaxmi, B Com,B Ed

Lab Technician  
ANM  
Nursing assistants,  
Hospital assistant  
Tailoring and embroidery  
Supervisor

### PROJECT TECHNICAL STAFF

N. Venkatesh Vocational diploma in Agric

K.V.Lakshmi ,MA.,B.Ed.,CCFN

D.V.Ramana, Dip.in Computer Applications

Gayakwad. Ghanshyam B.sc., (Agrl)

C. Panduranga Rao, B.Sc.,

N. Radha (Till Sept 2016)

Tech assist - Horti  
Project assistant  
Project assistant  
Agriculture Scientist  
Project Assistant- A/cs  
Assistant-food processing

## **SUPPORTING STAFF**

B.Nagesh, , Ramu	Drivers
Y.Kalavathi, Y.Swarupa, N.Buchhamma,	Hospital ayahs
B..Chandrakala,, B.Vijayalaxmi	Cooks-Home for the aged
K.Rani, A.Yadamma, B.Narsamma, P.Sujata , K.Susheela ,	Helpers, Home for aged
Surekha ,B. Narsimlu	
K. Balamma , R.Gangamma	Gardeners
P.Lata .P. Raju,, P.Anjaneyulu P. Shobha	Dhobhi
J. Jyothi, J. Anasuya, K. Maroni	Sweepers

## **HONORARY CONSULTANTS**

### **Agriculture and Horticulture**

Late Prof. G. Satyanarayana, Professor (Retd.) APAU, Hyderabad, Sri Aurobindo Institute of Rural Development, Gaddepalli, Nalgonda, AP.

Dr. S. Narsimha Reddy, Programme Coordinator, Krishi Vignan Kendra, Sri Aurobindo Institute, Gaddepalli, Nalgonda, A.P.

Dr. (Mrs) Archana Mukherjee, Principal Scientist, Regional centre of Central Tuber Crops Research Institute, Indian Council of Agricultural Research, Bhubaneswar, Odisha

### **Food Processing**

Dr. P. Vijayanand, Fruits and vegetables division CFTRI, Mysore.

Sri Surendra Sood, Consultant, Food technologist, Hyderabad

Dr. Murali Krishna, Consultant, Food Technologist, Hyderabad.

### **Statistics**

Dr. M Vishnuvardhan Rao, Division of statistics, NIN , Hyderabad.

## **INTRODUCTION**

Dangoria Charitable Trust (DCT)'s rural centre is located in the village Narsapur, in Medak district, of the South Indian state of Telangana (formerly Andhra Pradesh). Since its inception in the year 1981, DCT has tried to serve the poor and the needy and empower rural community particularly women and children through science and technology and social engineering. A 20 bed hospital for women and children started in 1979 (prior to the formation of the Trust), provides quality obstetrics, gynaecology and paediatric health care at subsidised cost. Almost 40 resource poor elderly are given home away from home in the Taralakshmi Home for the aged. Skill development for women is attempted through tailoring and embroidery classes and a food processing cum training centre run by Mahila Udyog, women's development society. Attempt is made to develop models for improving health, nutrition, environment and water conservation, through outreach programmes in the villages.

## **HOSPITAL BASED ACTIVITIES**

On every Tuesday and Friday a medical team consisting of doctors, from the Dangoria Hospital for women, Hyderabad, some other physicians, and a technician visit the Narsapur hospital to conduct the out- patient antenatal clinic and obstetric/gynaec surgeries. On Tuesdays, a paediatrician also accompanies the medical team. From April 2016, to March 2017, 905 deliveries, (including 235 caesarean sections), 60 tubectomies, 14 PNS, 1 abdominal hysterectomy, 1 Vaginal hysterectomy, 3 MTP, 2 Perinioraphy were done. Total of 2172 new cases were recorded. Immunisations are done on every first Tuesday of the month during the paediatric clinic.

The incidence of Low birth weight (< 2.5 Kg) was 28%

## **HIV SCREENING OF PREGNANT WOMEN**

All antenatal cases are screened for HIV/AIDS infection. The infected women are treated free of cost to prevent mother to child transmission of infections. During the reporting period April 2016 to March 2017, out of total 1838 antenatal cases registered 1007 cases were tested for HIV infection at DCT and 2 cases found to be HIV positive( 0.19 %).. This figure is comparable to last year's 0.17%..

## **Ambulance Service**

DCT runs an ambulance service to take patients to the city hospital(s).

## **TARALAKSHMI HOME FOR THE AGED**

This home was started in 1994, to cater to the needs of elderly women and men. About 40 resource- poor elderly including couples reside in the home. During the year 7 members all old and ailing passed away. New members have taken their place.

## **MAHILA UDYOG, FOOD PROCESSING CUM TRAINING CENTRE**

Mahila Udyog continues to run food processing cum training centre. Table 1 gives the list of products being prepared in the centre.

**Table 1 List of food products:**

Poshana,- a cereal pulse complementary food	Chutney powders from solar- dried curry leaves, mint leaves, gongura (Hibiscus) leaves
Nutri Mix- A multigrain complementary food	Lime pickle, mango pickle, solar dried Tomato pickle
Ragi(finger millet) malt (Sprouted, roasted ragi –finger millet)	<i>Sambhar</i> powder
<i>Ragi papad</i>	<i>Putnalpu pudi</i> (Roasted Bengal gram dal with spices)
Instant multigrain dosa mix	Lime squash
<i>Ragi laddu</i>	Orange squash
Millet biscuits fortified with iron and zinc- Ragi ,,Jowar ,, maize, ,,multigrain	Pineapple squash
Tomato pickle (Solar dried)	Mango squash
Tomato sauce	RTS( Ready To Serve) Mango drink
Tomato puree	Jowar (sorghum) flakes,
Popcorn	<i>Maize chudva</i> ( a savoury snack)

While government institutions like the Centre for Cellular and Molecular Biology (CCMB) buy `sambhar' powder for their canteens; NGOs like LV Prasad Eye institute, Institute of Rural Health Studies, Ramakrishna Mission's health centre and Fernandez hospital ( an Obstetric gynaec and paediatric hospital) purchase nutritious foods like the cereal –pulse mix, Poshana and ragi malt for feeding poor children. One female entrepreneur from a women's group Hyderabad buys our nutrimix, multi grain dosa mix and ragi /jowar biscuits for marketing.

### **ENVIRONMENTALLY SUSTAINABLE FARM AND FOOD- BASED APPROACH TO ENHANCE HOUSEHOLD MICRONUTRIENT SECURITY**

Traditional Indian diets are qualitatively deficient in vitamins and minerals due to inadequate intake of micronutrient rich foods like vegetables, fruits, pulses and foods of animal origin. To address this issue, homestead gardens (near the house or in the family farm) are being promoted. Emphasis is on micronutrient (MN) -rich vegetables such as green leafy vegetables, beans, tomatoes, okra, drum stick etc and fruits like mangoes, papaya, guava, sapota and lime. These crops apart from being rich in micronutrients are also less water demanding and hence conserve ground water, used for irrigation. .

### **Homestead gardens and organic methods of farming**

In a DST -supported project, 10 villages from 3 mandals including 17 anganwadis ( ICDS centres) from Medak district of TS, were selected. Pregnant women and mothers with 6-24 months old children were targeted since the first 1000 days after conception is the most vulnerable period in a child's life. Seeds and saplings of MN dense vegetables and fruits were given to the families of pregnant women and mothers with 6-24 months old children. Fifteen women raised saplings of drumstick, curry leaves, creeper spinach (*Basilla alba*) and papaya (total 462) and these were used as planting material. The women were paid Rs 5/- per sapling, thus making it a small income generation activity.

Millets like ragi (finger millet) and iron-fortified bajra (pearl –millet) were raised as demonstration crops for home consumption. by some farmers ( 19 bajra and 18 ragi ).

In a few demonstration farms, orange-flesh sweet potato rich in provitamin A, (beta carotene) has been planted.

Organic methods of farming such as preparation and use of vermi compost and botanical pesticides (neem seed and chilli garlic decoction) were introduced. 20 Vermicompost beds have been set up. Sweet Sudan fodder grass seeds were distributed to 48 families who have cattle.

A total of 113 homestead gardens covering about 18 acres have been raised and vegetables worth about Rs 90,000 produced. Of this about 75% were consumed at home. The rest were sold.

### **Production and sale of neem seed powder:**

One neem seed pulverizer has been installed in a village Chippalthurty of Narsapur mandal. Three women from one self help group are involved in this activity. Women have to collect the seeds during May-June, dry them, pulverise them and pack the powder with proper labelling about its use as pesticide and fertiliser. Seven quintals of seed were collected during 2016 for processing and selling. The powder was sold at Rs 18/- Kg. After deducting the cost of seeds (Rs.6/Kg), and Rs 100 electricity, the women earned Rs 8300/- . This activity is being continued.

**Education for behavioural change:** Educational interventions are being done through focus group discussions with mothers and pregnant women in ICDS centres. and centralised and de-centralised, hands-on training programmes and School education. In the training programmes on infant and child nutrition, mothers come with their preschool children; assist

in preparing nutritious foods like vegetable *khichdi*, GLV- fortified *roti*, porridge from millets etc and do spot feeding.

### **Collaboration with ATMA (Agricultural, technology, management agency)**

DCT is collaborating with the district –level ATMA programme of the government of India and states to disseminate agriculture allied activities such as organic fertilisers, botanical pesticides and food processing. During the year 6 programmes were conducted- 4 decentralised in agriculture technologies were held in the villages, and one centralised in food processing for women candidates was held at the DCT centre in Narsapur. \

### **WATER HEALTH AND SANITATION**

#### **Augmenting water supply in water- stressed settlements through technological interventions to prevent wastage of bore well water, and information education and communication (iec) on link between water, health and sanitation**

As mentioned in the earlier report, there used to be enormous wastage of electric pump - operated bore well water due to uninterrupted running of pump when there was power. Besides wastage of water, this resulted in water stagnation and mosquito breeding. It also dried- up the bore wells due to indiscriminate use and wastage of water. To address this problem; a project under DST's Water Technology Initiative (WTI), was initiated in 4 tribal settlements attached to villages of Kowdipalli mandal, of Medak district (TS). The technological intervention involved reviving defunct bore wells through installation of submersible pumps and diverting the water to cisterns with taps. A demo of using solar energy to pump bore well water was given in one village. This resulted in saving of approx. Rs 2500/- per month as electricity bill. Alternative use of electricity during cloudy and rainy days is also possible. Kitchen gardens to use waste water are being set up.. IEC is an important component of the project. The system is working well.

Initial analysis of water for bacterial contamination and chemicals showed presence of coli-form bacteria, (90-150 mpm/100ml) and fluoride, 1.5mg /L. Repeat analysis at the end of 2 years showed marked reduction in coli form bacteria in two locations where there was uninterrupted supply of water from the bore well even in summer. In two other locations, where the bore well dried up during the summer, water had to be brought from another farm bore well in tankers. In these two locations, coli form bacterial contamination showed increase, perhaps due to contaminated water from the farm bore well or the tankers.

In two locations demos of raising vegetable gardens with spilled water from the bore well cistern was set up.

In 40 households seeds and saplings for raising household nutrition gardens were distributed and gardens raised. Waste water from the households was also used for the purpose.

Awareness generation in community and school children on issues of water, health, nutrition and sanitation was important part of the project

Impact was assessed through people's satisfaction with the system, ability to maintain it through trained villagers (2-3 per village) and through knowledge, attitude and practice surveys done on mothers with preschool children. Household diet surveys were also done. There was remarkable improvement in mothers' understanding and practices related to issues of water, health, nutrition and sanitation. Household diet surveys showed improvement in the consumption of green leafy vegetables, wheat and millets.

Surveys of common communicable diseases like diarrhoea, respiratory, and skin infections in preschool children were done during three monsoon months ( July, August and September) initially (2014) and at the end (2016). Clear impact on morbidities due to above - cited diseases was not seen, perhaps due to very dry monsoon during the initial season and very heavy rains during the final season.

Government programme of latrine construction was promoted, to improve sanitation. The percentage of households with latrines increased from 21% to 39%. Delays in government reimbursement of grant affected the acceptance of this programme

In response to demand for water management technological intervention from other tribal settlements, (tandas), similar units have been set up in 4 more tribal settlements in villages Thimmapur, Allipur and Chhipal Truti., with financial support from a private company, Biochemicals and Synthetic Products Ltd under corporate social responsibility..

#### **PILUTLA STREE MANDAL- Wicks making**

This is an ongoing activity. Women of village Pillutla continue to make and market wicks under Pilutla Sthree Mandal. The wicks are being sold in Hyderabad. Monthly sale is Rs.5000 -6000.

#### **SUPPLY OF SNACKS TO THE UNICEF SUMMER SCHOOL CHILDREN:**

A programme to supply snacks (Maize chuduwa) to the summer school children in Medak District was carried out by Mahila Udyog, food processing and training centre, Dangoria Charitable Trust for three and half months from April, 2016 to July, 2016 with the support of the department of TSSA(Telangana Sarva Siksha Abiyan ), Medak at Sangreddy. Two hundred and fifty Kg of chuduwa were supplied per week . Employment to 5 women could be generated per day. District Authorities have appreciated the quality of the product supplied.

## **COLLABORATIVE PROJECT WITH DR.REDDY FOUNDATION,(DRF) HYDERABAD.**

### **Development Of Nutritious Snacks and Transfer Of Technology To Facilitate**

#### **Employment Generation of Rural Women.:**

Dangoria Charitable Trust has been given a small project by Dr. Reddy's Foundation, Hyderabad to develop nutritious products like millet biscuits fortified with iron and zinc (ragi bajra, maize, jowar, multigrain), Poshana, and maize chudwa (unfortified) ., Mahila Udyog has successfully completed the task and supplied the samples to Dr. Reddy's Foundation.. The Foundation has expressed satisfaction on the quality of the products and given order to make biscuits of different varieties for their staff.. Training of women trainers from select villages will follow.

#### **TAILORING AND EMBROIDERY CLASSES**

This is a continuing activity in which batches of 20-25 girls are taught tailoring and embroidery to promote livelihood.

## **PARTICIPATION IN MEETINGS, CONFERENCES AND TRAINING PROGRAMMES**

### **Mahtab S. Bamji**

Date	Meeting
April 19, 2016	NIN, Syllabus committee meeting, Hyderabad
April 28, 2016	NIN , RDA, food fortification, Safe upper limit meeting
May 4, 2016	NIN Ethics committee meeting
June 4,5, 2016	NAAS, AGM meeting, New Delhi
June 9-11, 2016	ICAR, QRT meeting, Bhubaneswar
June 18, 2016	Narsee Monjee, Institute of Management studies, talk on Gender issues, Hyderabad
June 30, 2016	NIN Syllabus committee meeting, Hyderabad
July 30, 2016	INSA-ICSU, National Organizing Committee(NOC) for IUFoST 2018
September 2,2016	Meeting for Product Improvement held at Dr. Reddy's Foundation Office, Hyderabad
September 7, 2016	NSI, Nutrition week lecture, Madina college. Current issues in Nutrition, Hyderabad
September 15, 16	NAAS, Sectional committee meeting, New Delhi
September 22. 2016	SNDDT University, Mumbai, Talk on Current issues in Nutrition
September 30	CDFD Ethics committee meeting, Hyderabad
September 15	IRHS, meeting and dinner, Hyderabad
October 17,	AFST, OTI, NIN, - World food day celebrations. Spoke on: Achieving Food and Nutrition Security: India's dilemma

November 5, 2016	Aurora college, GB meeting, Hyderabad
November 16	NIN, Ethics committee meeting, Hyderabad
November 23, 2016	ICAR-CRIDA Short course on Reshaping agriculture and food linkages for nutrition security. Talk on Food based approaches to nutrition security, Hyderabad
December, 2, 3, 2016	IWSA Bi-annual meeting, Mumbai
January 13, 2017	NAAS-CRIDA meeting Hyderabad, Dr. Katyal's lecture
February 13, 2017	NIN lecture to participants, Combating malnutrition with community participation
February 28, 2017	LV Prasad, ICSCRT Meeting , Hyderabad
March 1, 2017	Anna University, Conference. Talk on Current issues in nutrition, Chennai
March 2, 2017	Visit to MSSRF and talk, Chennai
March 6, 2017	Nilgiri planters association Polytechnic, College, Talk to final year students on Current issues in nutrition, Coonoor
March, 8, 2017	International women's day. Coonoor , Women in Science
March 18, 2017	Vasvi College, Ahuja group. Talk on Challenges and opportunities in nutrition, Hyderabad
March 25-26, 2017	ICAR, QRT, at CIVA, Bhubaneshwar

### PVVS Murty

02/9/2016	Meeting for Product Improvement held at Dr. Reddy's Foundation Office, Hyderabad
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### VISITORS

During the year, following visitors came to DCT Centre in Narsapur, Medak District.

1. April 22, 2016: M. Hansotia,
2. April 22, 2016 Dr. V.P. Dhara, M.D, & M. Srinivas
3. May 2 2016 : Smt. Usha Rani, Chief Manager, State Bank of Hyderabad, (Now State Bank of India)Narsapur.
4. May 8 2016: Sri. Upendra Joshi & Sri. Manoj Joshi
5. May 19 2016: Teachers from Sri Krishaveni Talent School, Narsapur
6. June 12 2016: A team of Gujaratis , Hyderabad
7. June 30 2016: School children visit

8. August 30 2016: Sri. I. Narsimha Reddy, Sri.N. Ashok Kumar, Sri. M. Sudhakar Reddy, Hyderabad
9. Sept 9 2016: Sri. Satish Bhargava, Smt. Purnima Bhargava and Sri, Arjun Rajan, Hyderabad.
10. October 14, 2016: Dr. Rajeswari .S.Raina, JNU, New Delhi as expert to review the DST –SEED supported Project .
11. November 2, 2016 Dr. Srinivas.S. West Maredpally, Hyderabad.
12. November 23, 2016: Mr. Sailendra
13. December 13, 2016: Dr. Valli Manickam, Chairperson, Environment Area, Administrative Staff college of India (ASCI), Hyderabad along with a group of 20 senior Management students from University of Virgin Islands, USA to study and understand the efforts made by DCT for rural development particularly skill development for livelihood for women.
14. December 18, 2016: Rotarians from Hyderabad came and offered lunch to the residents of the Home for the Aged.
15. December 20, 2016: P. Sunitha, Asst. Professor, Dept. of English, Dr. B.V.Raju Institute of Technology, Narsapur
16. January 11, 2017: Sri. Babu Rao & Sri Raghavender, Sri. Sai Raghavender Charitable Trust, Medk Dist.
17. January 20, 2017: Ms. Nawaz Marh
18. January 20, 2017: Ms. Aparna & Mr. Sireesh from Dr. Reddy's Foundation, Hyderabad
19. January 24, 2017: Ms. Pallavi , Hyderabad
20. January 28, 2017. Ms. E. Kiranmai, SRF, and Mr. Naveen Kumar, Tech Asst, Indian Institute of Millet Research (IIMR), Hyderabad
21. February 19, 2017: Mr. Hrushikesh Panda, ET Div, and M.Sc PG Course Participants , National Institute of Nutrition, ICMR, Hyderabad.
22. March 3, 2017: Mr. Praneeth, Mr. Vineeth, Ms. Fatima, Ms. Prasuna , members of Hyderabad Youth Assembly, Hyderabad.
23. March 4, 2017: Sri. A. Chandraiah & V. Narsi Reddy, Hyderabad
24. March 13, 2017: Sri. N. Karunakaran, Director- KK Event Management Services, Kisan Ka Dukan , Ms. Sravani & Mr. Madhav,
25. March 19, 2017: T.Jaya ,Swetha, Four Way Foundation, Hyderabad
26. March 19, 2017: Dr. G. Janaki, Dentist & Dr. Narsimha Reddy Homoeo Physician, Hyderabad.

ACTIVITIES – 2016-17



Out patients registration



Out patients waiting room



In patient ward in DCT hospital



Old age home



Tailoring and embroidery class



M.sc Course participants from NIN Hyderabad



Dr. Devyani with the participants from ASCI, Hyderabad



Visit of participants from ASCI,Hyd



Training in Organic farming-Dr. Narsimhareddy from KVK Gaddepally as resource person



Nutrition and health education to motahers and Activists in Mangalparthy



Vermi compost bed with polythene bed method



Vermi compost bed with slab method



Training mothers in Food processing at VenkataraoPET



DCT-ATMA training in organic farming



Fodder grass



Mixed garden of vegetables, ragi and maize



Mixed farm with Red gram, Vegetables and paddy



School Education in Mangalparthy