



Social Capital

By Vivekananda Kendra - Nardep



1. Yoga

Yoga Classes starts around 5.30 AM in the morning around 30 participants including Children attend the classes. Yoga is not physical exercise but is a way of life and so useful in solving everyday's problems in life is also taught.

2 Yoga class for Coast Guards on a weekly basis

After participating in Yoga International Day Celebration at Mandapam, we have been requested to take regular weekly classes for Coastal Guards at Rameswaram camp. Every Saturday, around 150 Cadets participate in the Class.

3. Spoken Hindi and English Classes

12 students of various age groups attend daily spoken Hindi class and 5 attend English class.

4. Evening prarthana

Every day evening about 15 people including ladies attend evening prayer followed by meditation and Kendra prayer.

5. Support during PMs Book Launch Function

35 sanitary workers from different districts of Tamilnadu were lodged in our Green Rameswaram building for a week before the inauguration of the Dr.A.P.J.Abdul Kalm memorial on 27th July. These members came to Rameswaram to clean the different areas before the visit of the VIPs.

