



Social Capital

By Vivekananda Kendra - Nardep



Yoga:

Yoga Classes starts around 5.30 AM in the morning around 8 Children's, 3 Youths and 2 adults attend the classes. Yoga as a therapy has been taught. Yoga solutions to the everyday problems were taught to the participants like managing stress, concentration etc



Shankh Blowing Yoga technique adopted by the yoga students

Shankh Blowing Yoga – What?:

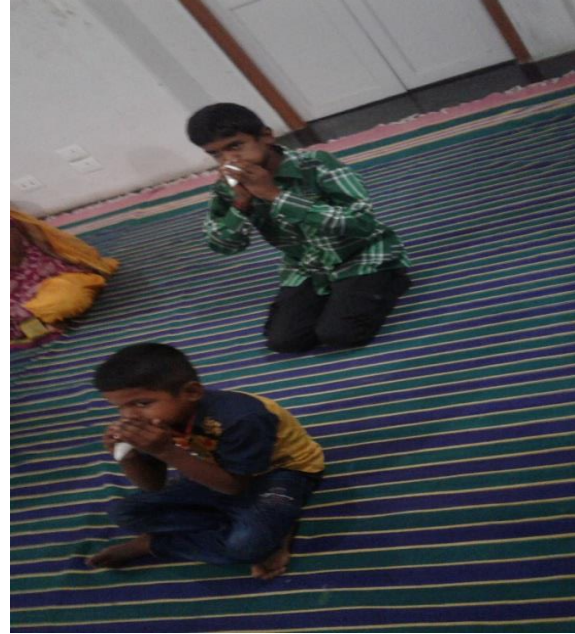
Shankh Blowing Yoga is newly introduced at Green Rameswaram Yoga Classes. Shankh or Conch has a special relevance for many Indians. Most of them either keep it in their houses or use it during Pooja or Special Offerings. If it is blown correctly it has tremendous positive bearings on our physical and mental health.

Blowing of Shankh helps in the following ways:

- Toning up of Chest Muscles
- Lungs expansion
- Exercise to Neck Muscles
- Exercise for Vocal Cord and Thyroid
- It also helps in developing concentration



Old Lady Blowing Shankh



Children Blowing Shankh

Yoga has been taught to the Coast Guards on a weekly basis

Regular yoga classes on Saturday for Coastal Guards at Rameswaram. Around 150 Navy Cadets attend the Class.

Spoken Hindi and English Classes

Regular classes are conducted for different age groups. About 15 children participate.

Evening prayer and meditation

A few ladies and children attend this session every day in the evening from 6 to 7 p.m.

Gender Training Programme conducted in Green Rameswaram Building

A Gender Training Programme was organized by Tourism Department in collaboration with Entrepreneurship and Innovation Development Institute, Chennai and Green Rameswaram project. Around 25 Participants attended the programme which was held from October 28, 2017 to November 1, 2017.

Jnanaprabhodhini Team

Jnanaprabhodhini Team from Pune, Maharashtra visited the Green Rameswaram Building on November 1, 2017. The team was briefed about various activities of 'Green Rameswaram' project.



Jnanaprabhodini Team interacting at Green Rameswaram

DHAN Foundation Orientation programme for SHG Womens on Tourism

Half Day orientation programme for SHG Women on Tourism has been conducted by DHAN Foundation at Green Rameswaram Building on November 16, 2017. On this occasion, a dengue awareness programme was also organized by our partner Hand in Hand India.



Participants going round the panels exhibited at Green Rameswaram

National Library Week Programme

People of Rameswaram observed National Library Week Programme. Sis.Saraswathi attended the programme on November 15, 2017



Green Newsletter by Sri Parvathavarthini Amman Girls Higher Sec. School, Rameswaram

Shri.Sridhar, Representative of 'Green Rameswaram Project' is regularly interacting with the school and organises Eco-club for the school children. With his initiatives, school children brought out the first newsletter on Children's Day - November 14, 2017.



The entire newsletter in attached.

