



## Social Capital

By Vivekananda Kendra - Nardep



### Yoga in Daily life:

YogasanaClasses starts around 5.30 AM in the morning at Green Rameswaram office. 8 Children, 3 Youths and 2 adults attended the classes. Yoga solutions to the everyday problems were taught to the participants like managing stress, concentration etc.



*Yoga Students Performing in-front of the teacher Shri.Hegdeji*

### Yogasana has been taught to the Coast Guards on a weekly basis.

150 Navy cadets attend Yogasana classes every Saturday at Coastal Guards Camp, Rameswaram. Shri.Hegeji is the resource person.

### Spoken Hindi and English Classes

12 students attend Spoken Hindi classes every day in the evening while 5 students attend Spoken English class at Green Rameswaram building.

### Meditation Therapy

Sandhya Meditation Session conducted every day in the evening. On an average 15 people attend the session.

VeetukkuOru Library programme was inaugurated by the Commissioner on 15<sup>th</sup> October in Rameswaram Panchayat. Sis.V.Saraswathi also participated in the inauguration function on behalf of 'Green Resilient Rameswaram' project.



**Visitors to Green Rameswaram**



Shri. Agarwal, and Shri.Goutam Roy from Clover Organics Pvt. Ltd.,Dehradun visited Green Rameswaramoffice on 23 October 2017 to learn our efforts in 'Green Resilient Rameswaram' project.

**Interns Stay**

Shri.Siddharth, Civil Engineer from Chennai stayed at Green Rameswaramoffice during this month. He worked on the preparation of drawings for Water bodies.

**Gender Training Programme conducted at Green Rameswaramoffice**

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 from October 28, 2017 to November 1, 2017.

