



# Social Capital

By  
Green Rameswaram Trust



## Yoga classes

Yoga Classes starts around 5.30 AM in the morning. On an average 5 Children, 10 Youths and 5 adults attend the classes. Yoga solutions to the everyday problems were taught to the participants like managing stress, improving the concentration etc. Diabetic Patients also attend along with other students although they perform specific Asanas.

Due to Covid-19 situation, yoga classes are conducted in our building with proper social distancing. Same way our students who are trained for more than a year are practicing along with their local friends in their respective places with proper social distancing.

## Yoga for Women

Yoga helps every woman to maintain the spiritual consciousness and supports in managing her fitness as well. Everyday around 6 PM about 10 Women along with their children attend the class which is conducted by Shri.Hegdeji.

## Cleaning and Planting of Trees near Ujjaini Makali Temple

Cleaning work was done by Shri.Muthuramalingam on June 12, 2020 and the planting work was done by our Green Rameswaram Volunteers along with Sister Saraswathi around 14 saplings were planted.



## Webinars by Green Rameswaram

Date	Topic	No. Participants	YouTube link	Resource persons
2 <sup>nd</sup> June	Bhagavad Gita in Daily life	42	<a href="https://youtu.be/7mWnKHHKDTY">https://youtu.be/7mWnKHHKDTY</a>	Shri.Krishnamurthi
4 <sup>th</sup> June	Self-Dependent Economy and Rameswaram Livelihoods	22	<a href="https://youtu.be/CET-MXDAWjE">https://youtu.be/CET-MXDAWjE</a>	Shri.Pakshi Sivarajan
16 <sup>th</sup> June	Rameswaram and Swami Vivekananda - Part 1	41	<a href="https://youtu.be/307bnM_Q1Xk">https://youtu.be/307bnM_Q1Xk</a>	Shri.Krishnamurthi
18 <sup>th</sup> June	Dhanushkodi - Footprints of 15000 years of History - Part 1	28	<a href="https://youtu.be/eNXOdh2Inwo">https://youtu.be/eNXOdh2Inwo</a>	Shri.Pakshi Sivarajan
20 <sup>th</sup> June	Gulf of Mannar – Biological Environment	76	<a href="https://youtu.be/5-DrhVAGWm0">https://youtu.be/5-DrhVAGWm0</a>	Dr.Raju Saravanan Scientist of Central Marine Fisheries Research Institute
23 <sup>rd</sup> June	Rameswaram and Swami Vivekananda - Part 2	43	<a href="https://youtu.be/ghaC0e4FtsQ">https://youtu.be/ghaC0e4FtsQ</a>	Shri.Krishnamurthi
25 <sup>th</sup> June	Dhanushkodi Footprints of 15000 years of history - Part 2	24	<a href="https://youtu.be/wgpzYrglRWw">https://youtu.be/wgpzYrglRWw</a>	Shri.Pakshi Sivarajan
30 <sup>th</sup> June	Kasi Rameswaram yatra	44	<a href="https://youtu.be/THLJApIWhb4">https://youtu.be/THLJApIWhb4</a>	Shri.Krishnamurthi

