



Social Capital

By
Green Rameswaram Trust



Teertha Pooja

As usual on 9th March 2020 Teertha pooja was organised at Agni Teertham and Kapi Teertham. 120 people participated at Agni Teertham and Kapi Teertham Pooja witnessed 20 members of the local community.

COVID 2019

Green Rameswaram team is doing their best to create awareness among the general public about COVID 2019. On 22 March 2020 nation-wide self-social distancing was called by our Honourable Prime Minister Shri. Narendra Modi and by 5 PM he has advised all Indians to clap for the efforts taken by Doctors, Nurses, Green Friends of this nation to counter attack COVID. We organized a clapping session at 5 PM in Sannathi Street and Ramakrishnapuram with the sky punching slogans of Bharat mata ki jai.



Gathering with clapping sounds and drums

COVID 19

- 140 Green Friends of our partner - Hand in Hand Inclusive Development and Services, Chennai are working along with Rameswaram Municipal Administration round the clock in collecting the waste from house to house as well as helping the administration in other Corona related works.
- Karuna Trust under the National Stock Exchange Foundation project is keeping track of 1500 elderly people of Rameswaram Island through the network of Social animators.
- Gandhigram Trust, Dindigul under the National Stock Exchange Foundation project continues to bring the awareness about WASH (Water, Sanitation and Hygiene) to the public of Rameswaram Island
- Green Rameswaram Trust circulated the following leaflet through Whatsapp.

Tips for improving the Immune system

1. Consume small quantity of onion in the morning and evening, preferably as a part of meal
2. Eat one tender betel leaf in the morning and in the night
3. Drink hot milk with turmeric powder, pepper and palm jaggery in the night.
4. Consume ginger juice with honey 15 - 20 ml on alternate days in the morning before food
5. Make Sundai vatthal (*Solanum torvum*), and lemon pickle as a part of your daily diet
6. Eat Amla (Indian gooseberry) with honey or without honey before food once or twice a day.
7. Drink lemon juice with honey or without honey or palm jaggery
8. Take an oil bath once in 4 days, with Fenugreek, Shikakai powder
9. Drink Tulsi water with honey (empty stomach)
10. Drink Jeera (Cumin seeds) water
11. Take the Triphala churnam in the night before sleep
12. If possible prepare a Decoction of (i) Arugampul (Doorva grass), (ii) Betel leaf (2 or 3), (iii) small quantity of pepper (convert 2 glasses into 1 by heating). Drink this with honey or without honey before food.
13. Have a Rasam (traditional preparation) at night for dinner
14. Alum can be used for hand and leg wash
15. Drink water which is kept in copper vessels
16. Fumigate your home with Sambrani (Benzoin)

Note: Most of the above items have anti-viral properties and also used for Rejuvenation therapy (Kayakalpam)

Vivekananda Kendra - ~~nardep~~
Kanyakumari

