



**Social Capital**  
**By**  
**Green Rameswaram Trust**



**Regular Yoga Classes**

Regular Yoga classes are conducted in the morning for gents and evening for the ladies. On an average 30 participants in the morning and 45 in the evening attended the session. In addition, every Sunday Shri.Hegdeji conducts mediation class in the evening for about 30 participants.

**Special Yoga class for Police Department**

On the request of Police department Shri.Hegdeji, Yoga teacher, Green Rameswaram conducted a training programme for the police department on November 21, 2020 in Ganapathy Mahal, Rameswaram. Yogasana and Pranayama along with Meditation techniques were taught to them. It was attended by all Inspectors, Sub Inspectors and other police officials numbering 78. Shri.Hegdeji was assisted by four of his students to conduct the class.



*Yoga training for the officials of Police department*



### **Hanuman Kundam cleaning**

On November 3, 2020 with the collaboration of Maruthuvar Sangam, Rameswaram (Barbar Shop Association) we have carried out the cleaning of Hanuman Kundam.

### **Teertha Pooja**

On 29 November 2020 regular Deepa Pooja was conducted at Agni Teertham and on 28<sup>th</sup> November 12<sup>th</sup> November 2020 Teertha Pooja was conducted at Jata Teertham.



*Agni Teertham Deepa Pooja*





### **Mask Distribution to Rameswaram Municipality**

200 numbers of Masks donated by Comofi Medtech Pvt Ltd, Bangalore to Vivekananda Kendra – Nardep handed over to Rameswaram Municipality for the use of sanitary workers on 12<sup>th</sup> November 2020.



*Masks Distributions – Given by Sister Saraswathi received by Shri.Muthukumar, Sanitary Inspector, Rameswaram Municipality*

### **Blood Donation Camp by Red Cross Society**

Red Cross Society every year organises a Blood Donation Camp. This year it was held on November 9, 2020. Green Rameswaram also participated by donating blood by 23 volunteers.



*Blood donation camp in Rameswaram*

### Prize distribution of Environment Drawing Competition by NSEF

Hand in Hand India is running a Project on Water Security funded by National Stock Exchange Foundation, Mumbai. They have conducted a Drawing Competition in their functional area. 156 students have participated from different parts of Rameswaram on 21, November 2020. The panel of Judges namely Smt.Ramuthai, Gandhigram Trust, Smt.Thangameenal, Teacher, SPA and Shri.Sridhar, Green Rameswaram Trust announced the prizes and the same were distributed by Sister Saraswathi, Green Rameswaram Trust.



*Sister Saraswathi Giving the prizes to the winning children along with a plant sapling*

