



Social Capital

By
Vivekananda Kendra - Nardep



- Regular yogasana classes in the morning for 32 persons including children, youths and adults. A few diabetic patients also attend the morning class and they undergo specific Asanas as a treatment. As usual Turmeric and Neem leaf balls are given along with hot water to the diabetic participants.
- Hindi and English classes for 12 and 4 students respectively in the evening.
- Weekly yoga session for Coast guards every week – attendance 150.
- In addition, evening yoga class exclusively for 25 women along with their children.
- As a part of Green Health activities, offering sprouted grains and pulses to the yoga students.
- RO Water Plant working on solar power offered water to the pilgrims.



Award to our Partner Gandhigram Trust for their work in the field of Swachh Bharat

Ms.S.Rajalakshmi , was elected Panchayat President in Alamaruthupatti which is our service area of Swachh Bharat Mission. The total population is 5411 and during 2014-15 23% were without toilet facility. We started working in the area from April 2014 and as president, she



felt the need to change the traditional behavior and attitude of the people. We have conducted many motivational programmes, but she has motivated the community individually and explained the importance of toilet facility. We have accepted her request and financially supported her by appointing monitors for motivating people to use the toilets which yielded the desired results.

The Panchayat has been declared as 100 % toilet coverage. She was awarded the “Best woman emerging leader” by our Hon’ble Prime Minister Shri Narendra Modi on 10th April’2018 at Bihar.

