



Green Health
By
Green Rameswaram Trust



Vivekananda Kendra along with 'Green Rameswaram' project celebrated International Yoga day in a big way on 21st June, 2022.

Following events took place:



<i>Institution</i>	<i>Place</i>	<i>Time</i>	<i>No of Partici pants</i>	<i>Remarks</i>
Indian Coastal Guard	Mandapam	5.30 A.M	110	Shri.Hegdeji and his team
Indian Navy	Rameswaram	8.00 A.M	80	Shri.Hegdeji and his team
Police Force	Ganesh Mahal, Rameswaram	7.00 A.M	120	Sister Varsha and Sister Selvi guided the programme
Kendriya Vidyalaya	Mandapam	10.00 A.M	300	Shri.Hegdeji and his team
Raja Matriculation School and Raja Arts and Science College	Kunjar Valasai	10.30 A.M	150	Tmt.Varsha, Yoga teacher guided the event
Pamban, Chinnapalem	Chinnapalem	7.00 A.M	70	SHG Members and RDP team organised the programme
Green Rameswaram	Krishna Garden Mahal, Rameswaram	5.30 P.M	250	Team of Shri.Hegdeji, Sister Varsha, Shri.Kalanjiam, Shri.Thillai Packiam guided the proceedings
	Total		1080	



Shri.Hegdeji was honoured by Indian coastal guards official



Cadets of Indian Navy, Rameswaram performing Asanas



Shri.Hegdeji guding the yogasana session at Kendriya Vidyalaya, Rameswaram



Yogasana session is on - Raja Matriculation School, Arts and Science College



Children too joined the international yoga day at Chinnapalem, Pamban



Yoga session for Police department at Ganesh Mahal, Rameswaram

Highlights:

Evening function organised by Green Rameswaram project was held at Krishna Garden Mahal, Rameswaram with 250 participants. It was attended by

1. Shri.Nazar Khan, Chairman, Rameswaram Municipality
2. Shri. Martin Raja, Tahsildar, Rameswaram Taluk

Yoga students Smt.Mallika, Smt. Janaki and Shri.Kanagaraj shared their experiences by narrating 'How the practising of yoga has changed their life. Master Madhavan performed yogasanas in the stage. Sister Varsha and Shri.Hegdeji guided all of us by doing pranayama exercises.

