



Social Capital



By
Green Rameswaram Trust

1. Teertha Pooja

Local stakeholders have started taking interest in maintenance of Traditional Water bodies – Teerthas as well as doing monthly pooja at site. Our Teertha Mitras, E-Rickshaw drivers, Yoga participants, SHG members and general public is getting involved and the effect is seen by having Teertha pooja at 31 places with 314 attendance. Thus on an average 10 people are involved in this pooja. Hope, more and more local people will be involved and ultimately will take ownership of the Traditional Water bodies.



Details of Teertha Pooja

<i>Sl.No</i>	<i>Name of the Teertha</i>	<i>Date June 2023</i>	<i>Participants</i>	<i>Remarks</i>
1.	Agni	3 rd	72	Regular pooja
2.	Virega	3 rd	13	SHG members
3.	Panacha	5 th	9	SHG members
4.	Hara	6 th	9	SHG members
5.	Agasthiya	6 th	6	E-Rickshaw drivers
6.	Droupathi	9 th	6	SHG members
7.	Parasurama	9 th	7	SHG members
8.	Gnanavapi	12 th	10	SHG members
9.	Sahadeva	15 th	7	SHG members
10.	Brahma	15 th	7	SHG members

11.	Krishna	15 th	7	Volunteer
12.	Veera	15 th	7	volunteer
13.	Angatha	17 th	5	SHG members
14.	Vaali	17 th	3	SHG members
15.	Mangala	17 th	7	SHG members
16.	Nakula	19 th	3	SHG members
17.	Narena	20 th	5	E-Rickshaw drivers
18.	Naraniya	20 th	6	E-Rickshaw drivers
19.	Gaja	20 th	6	E-Rickshaw drivers
20.	Runa Vimochana	22 nd	5	SHG members
21.	Arjuna	23 rd	12	SHG members
22.	Bhima	23 rd	12	SHG members
23.	Jambhavan	23 rd	4	SHG members
24.	Hanuman	24 th	7	Yoga students
25.	Ramar	25 th	7	Yoga students
26.	Naga	25 th	6	E-Rickshaw drivers
27.	Jata	27 th	5	E-Rickshaw drivers
28.	Jatayu	27 th	5	E-Rickshaw drivers
29.	Sarvaroga Nivarana	27 th	5	E-Rickshaw drivers
30.	Amutha	30 th	27	SHG members
31.	Deva	30 th	15	SHG members
		Total	314	



Teertha Pooja at Arjuna Teertham



Teertha Pooja at Mangala Teertham



Sarvaroga Nivarana Teertham cleaning by E-Rickshaw Drivers



E-Rickshaw drivers team doing the pooja at Jata teertham

2. Celebration of International Yoga Day at Rameswaram

The picturesque town of Green Rameswaram, known for its commitment to eco-conscious living, recently witnessed a magnificent celebration of International Yoga Day. Led by Shri. Hegdeji and his dedicated team members, the Green Rameswaram project team organized a series of events that embraced the essence of yoga and brought together participants from various institutions and organisations. With a total of 1440 participants, the celebrations were a testament to the growing popularity and importance of yoga in promoting physical, mental, emotional and spiritual well-being.

<i>S.No</i>	<i>Venue</i>	<i>No. of Participants</i>
1.	INS Parundu, Uchipuli	220
2.	Amrita Vidyalaya	300
3.	Indian Navy, Rameswaram	120
4.	Raja School, Kunjarvalasai	300
5.	Ilayaraja School, Pirappanvalasai	200
6.	Ananda Hall, Rameswaram	300
Total		1440

i. INS Parundu, Uchipuli:

The festivities commenced at Indian Naval Air Station (INS) Parundu in Uchipuli, where 220 individuals enthusiastically participated in the yoga session. Against the backdrop of the serene surroundings, the participants immersed themselves in a series of yoga postures, guided by experienced instructors. The event fostered a sense of unity and harmony among the participants



Shri.Hegdeji guiding the participants



Another view



Shri.Hegdeji being honoured by Chief Commander INS Parundu

ii. Amrita Vidyalaya:

The vibrant campus of Amrita Vidyalaya came alive as 300 students, teachers, and staff members joined the celebration. The event emphasized the role of yoga in the lives of young individuals, promoting physical fitness, mental clarity, and stress management. The youthful energy and enthusiasm displayed by the participants exemplified the spirit of the International Yoga Day.



Shri.Hegdeji being honoured by the School Authorities



Attentive Students

iii. **Indian Navy, Rameswaram:**

The Indian Navy, Rameswaram, celebrated International Yoga day with 120 participants, including navy personnel and their families. The event showcased the commitment of the navy to holistic well-being, as they came together to embrace the transformative power of yoga. The Navy's participation added a touch of discipline and professionalism to the celebrations.



Shri.Hegdeji and other team members guiding the event



iv. Raja School, Kunjarvalasai

With 300 students and teachers from Raja School, Kunjarvalasai, the event at this educational institution was a resounding success. The young minds eagerly embraced the teachings of yoga, understanding its potential to improve concentration, promote self-discipline, and enhance overall health. The event highlighted the significance of incorporating yoga into the academic curriculum for a well-rounded education.



Students performing yogasana





Yoga Masters were honoured by the school authorities. Sis.Saraswathi of Vivekananda Kendra – Nardep was also present



v. Ilayaraja School, Pirappanvalasai:

At Ilayaraja School in Pirappanvalasai, 200 participants gathered to commemorate International Yoga Day. The session focused on the holistic development of individuals, emphasizing the unity of body, mind, and soul. The participants, ranging from students to parents, experienced the transformative effects of yoga and discovered the path to inner harmony and balance.



Students being guided by Shri.Kalanjiam and other yoga masters

vi. Ananda Hall, Rameswaram:

The celebrations culminated at Ananda Hall in Rameswaram, where 300 individuals from various walks of life came together to practice yoga. This grand finale was a testament to the inclusive nature of yoga, bringing people from diverse backgrounds under one roof. The serene ambiance of Ananda Hall provided the perfect setting for participants to immerse themselves in yoga and experience a sense of deep relaxation and inner peace.



Dr.Ilayaraja addressing the gathering



Shri.Hegdeji honouring the Yoga Volunteers

3. Webinars

Every Tuesday at 6 P.M. Shri.Krishnamoortiji of Vivekananda Kendra gives a talk on virtual media (Google Meet). This month we have 3 Webinars.

Name of the Topic	Date	Link
குடந்தையில் இருந்து திருவாரூர் போகும் வழி Part-4	6.6.23	http://meet.google.com/zwq-aycm-dxf
குடந்தையில் இருந்து திருவாரூர் போகும் வழி Part-5	13.6.23	http://meet.google.com/zwq-aycm-dxf
வங்காளம் என்னும் தங்கசுரங்கம்	27.6.23	http://meet.google.com/zwq-aycm-dxf

4. Green Transport

E-Autos (7 nos.) reached out to 12,590 pilgrims. Out of which, we have provided free services to Senior citizens 305 nos., children 211 nos. and differently-abled 123 nos.

