



Social Capital

By
Vivekananda Kendra - Nardep



International Yoga Day at Rameswaram

Vivekananda Kendra along with 'Green Rameswaram' project partners celebrated International Yoga day in a big way on 21st June. Following events took place:

1. Yoga Training to Indian Coastal Guards, Mandapam:

Shri.Hegdeji of Vivekananda kendra conducted a training programme for the Indian Coastal Guards, Mandapam. Around 300 Cadets participated in the event. It started by 5.30 am in the morning and ended at 7.30 am

2. Yoga Day @ Indian Navy

Around 8.00 Am Indian Navy at Rameswaram organized a training programme as a mark of International Yoga Day. Shri.Hegde of Vivekananda Kendra was the resource person. 35 Cadets participated in the event.



Yoga session at Indian Navy Camp

3. Yoga Day @ Sri Ram Middle School

Then around 10.45 AM Shri Hegdeji conducted yoga session for the students of Sri Ram Middle School.



Yoga @ Sri Ram Middle School



Shri.Hegdeji guiding the students

4. International Yoga Day Celebrations @ Sri Parvathavarthini Amman Girls Higher Secondary School

International Yoga Day was celebrated at Sri Parvatha Varthini Amman Girls Higher Secondary School at 8.30 A.M. Green Rameswaram Team took part in it. Programme was attended by Smt.Mangayarkarasi, Joint Commissioner, Sri Ramanathasamy Temple, Swami Niyamananda Maharaj, Ramakrishna Tapovanam, Shri.Mahesh, DSP, Rameswaram and Sister Saraswathi of Vivekananda Kendra - Nardep. Around 800 Students of the school participated in the event.



Yoga Day @ SPAGHSS



SPAGHSS Students meditating

5. Yoga Day @ Vivekananda Vidyalaya Matriculation School

International Yoga Day was celebrated by Vivekananda Vidyalaya Matriculation School, Rameswaram. Around 300 Students participated in the yoga Exercises and around 1000 Students witnessed it. Shri.Mahesh, DSP, Rameswaram took part in the event as Chief Guest, Smt.Mangayarkarasi, Joint Commissioner, Sri Ramanathasamy Temple, Rameswaram gave special address, Swami Niyamananda Maharaj, welcomed and gave a speech on yoga, Sister Saraswathi talked about Rajayoga to the students.



Sister Sarswathi addressing the participants



Yoga Day @ Vivekananda Vidyalaya

6. International Yoga Day Celebrations by Green Rameswaram @ Goswami Mutt

As a culminating event Green Rameswaram team organized a function at Goswami Mutt along with Village Poojari Sangh. Shri.Hegdeji conducted the Yoga session for about 225 participants. Smt.Mangayarkarasi, Joint Commissioner, Sri Ramanathasamy Temple, Shri.Mahesh, DSP, Rameswaram participated in the function as Chief guests. The programme started with Shankh Blowing by a few participants and Lighting of

Lamps by the Chief Guests. Shri.Kalanjiam, Student of yoga welcomed the gathering. Then Hegdeji was felicitated on this occasion. They also honored Sis.Saraswathi.



Lighting of the lamps by Hegdeji and other guests

One of the yoga Student Mahesh 10 years old kid performed complicated Asanas. Then few of the participants shared their Experience of learning Yoga at Vivekananda Kendra and the impact it has brought in their life and the improvements in their health. Shri.Thillaipackiam, thanked the participants. After the programme Prasadam was distributed to all the participants.



Participants performing Yogasana

7. Exposure to Varma postures to the regular participants of Yoga varga

Dr.Ganapathi and a few vaidyas demonstrated Varma postures on 26th June to the students of Yoga varga who attend regularly.



Varma postures – students learning from the Varma vaidyas

