



Green Health
By
Green Rameswaram Trust



Sadhana Diwas

Rameswaram yoga participants organised a Sadhana Diwas in memory of Shri.Eknathji Ranade, Founder of Vivekananda Kendra on 19th November. About 50 Participants attended. 2 students gave a lecture on Eknathji and Swami Vivekananda. Shri.Thillai Backiam gave a lead lecture on Eknathji Ranade and Sister Saraswathi narrated how the Rock memorial was constructed. Shri.Hegdeji thanked all the participants.



A view of the enthusiastic participants



Shri.Thillai Packiam narrating the life of Eknathji

Regular Yoga Classes

Regular yoga classes for better health were conducted for gents in the morning and ladies in the evening at Green Rameswaram project office. On an average 15 – 20 people participated.

