



## **Social Capital** **By** **Green Rameswaram Trust**



### **1. Anandalaya Yoga class:**

The Anandalaya Yoga Training Program was successfully conducted during May 2026 through two offline sessions and a six-day online training programme for teachers. The training covered yoga theory, pranayama, relaxation techniques, healthy living, and the practice of various asanas. Participants actively engaged in the sessions, enhancing their knowledge and practical skills in yoga, physical fitness, mental well-being, and holistic wellness. The programme was well received and appreciated for promoting teacher development and healthy lifestyles.



*Empowered Teachers through Yogasana practices – resource person Shri.Krishnaswami, Madurai*

### **2. Teertha Mitra Meeting:**

A Teertha Mithra Meeting for the forthcoming Rameswaram Sarva Tirtha Maha Sangama Festival was held on 11 May 2026 with the participation of 38 volunteers from over 15 villages. The meeting finalized key arrangements for the festival scheduled on Sunday, 28 June 2026, including the collection of holy waters, the procession route, Maha Aarti at Agni Tirtha, distribution of invitations and 108 Tirtha handbooks, procurement of Aarti lamps, and obtaining necessary permissions. The meeting concluded with plans for a follow-up meeting in the first week of June to review final preparations.



*Coordination Meeting with Teertha Mithra Volunteers – interaction with Shri.V.Ramakrishnan, Director, VK-Nardep*

### **3. Village Meetings:**

During this month, meetings were conducted in 11 villages to plan the upcoming Maha Teertha Utsavam in June. The discussions focused on the importance of the Teertha Pooja festival and the active participation of village communities. Guidance was given on collecting sacred water from local teerthams and organizing the procession in a disciplined manner. The spiritual significance of the festival was also explained to encourage unity and devotion among the people. The meetings received good response with 196 attendance from all villages, and necessary responsibilities were assigned to ensure the successful conduct of the Maha Teertha Utsavam.



*Village meeting at Erakadu*



*Village meeting at SK Patti*

#### **4. Personality Development Camp:**

A Personality Development Camp was conducted from 26–28 May 2026 at Mangammal Chatram with the participation of 15 children. The camp promoted values, discipline, physical fitness, creativity, and holistic development through activities such as yoga, storytelling, devotional songs, games, and group sessions. Guided by dedicated resource persons, the programme fostered confidence, teamwork, and positive values among the children. The camp concluded with a valedictory function, during which notebooks and pens were distributed to the participants.



*Prayer Session is on ...*

