



Social Capital

By Vivekananda Kendra - Nardep



1. Yoga

Regular Yoga classes conducted every morning. Around 30 Children, 12 Youths and 7 Adults attend the session.

2. Yoga Classes to the Indian Navy at Rameswaram

Indian Navy Camp invited Vivekananda Kendra to conduct Yoga session at their Navy base office at Rameswaram on 17/05/2017. Shri.Hegdeji conducted the class with the help of Shri.Annadurai, Shri.Govindarajan and Navin a child student. 30 cadets participated.



Yoga class for Navy cadets

3. Spoken Hindi Classes

30 students of different age group attended Spoken Hindi classes. Shri.Hegdeji is the resource person.

4. Spoken English Classes

7 students attend Spoken English Classes in this month.

5. Meditation Therapy

Sandhya Meditation Session was conducted every day evening for 30 participants by Shri.Hegde.

