



Social Capital

By
Green Rameswaram Trust



Combating COVID 19 – Corona GRT Way

Green Rameswaram has been doing the best to create awareness to the general public about COVID 2019. Following were the major activities carried out during this tough period supporting the nations fight against Corona.

1. Mask Distribution

Shri.Abdul Jaffar, Tahsildar, Rameswaram requested us to arrange for Masks for the public servants who are combating Corona. Following Green Rameswaram Volunteers worked for this assignment.

1. Smt.Gopilakshmi, Teacher, Sri Parvathavarthini Amman Girls Higher Secondary School, Rameswaram
2. Smt. Ganga, Proprietor, Peacock Dance Academy, Rameswaram
3. Smt.Mariyammal, Teacher, Sri Vivekananda Vidyalaya Matriculation school, Pamban
4. Smt. Hema, Associate, Hand in Hand India
5. Smt. Shakuntala, Associate, Hand in Hand India

220 Metres of non-sanitized cotton cloth was purchased and masks were stitched. Around 1200 Masks were prepared and distributed to the public servants for immediate use.



Masks preparation is on



Sister Saraswathi handing over the prepared masks to Shri. Abdul Jaffar, Tahsildar, Rameswaram and his team



Masks handed over to the police station

2. Supplying Food through our volunteers

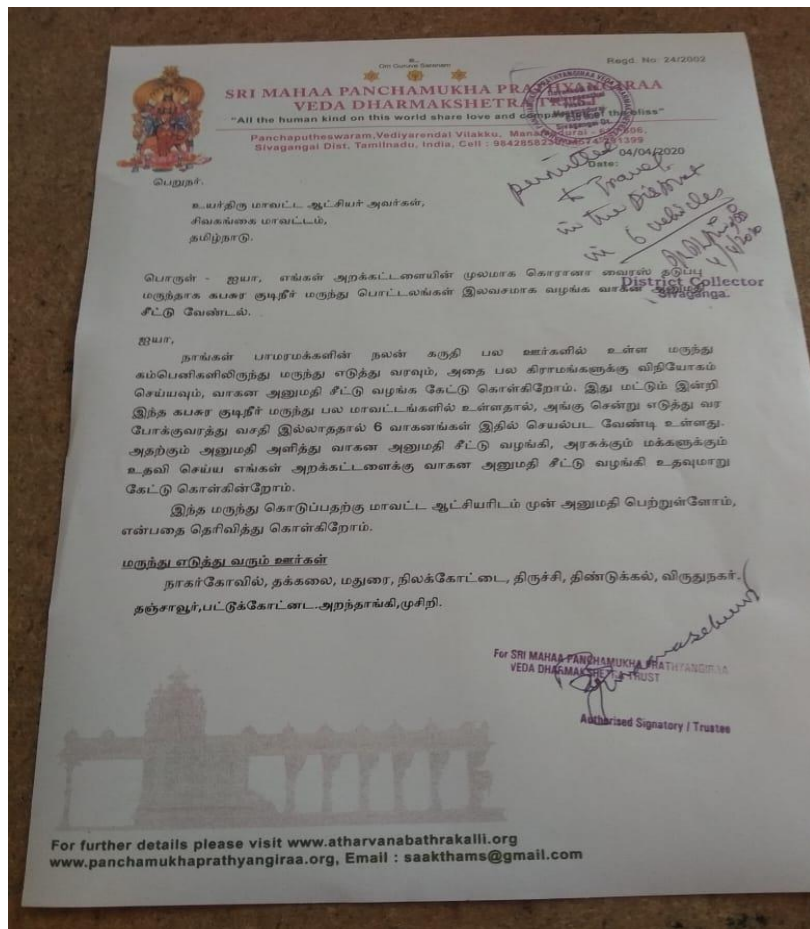
Though District Administration has done extensive work in catering the destitute in and around Sri Ramanathasamy temple, Bus stand etc. and stranded pilgrims. Green Rameswaram volunteers also served deranged people roaming in and around Dhanushkodi area. This heart touching work was carried out by our Green Rameswaram Volunteers – Shri. Muthuramalingam, Auto Driver and Sister Saradha, House wife from Ramakrishnapuram. They regularly prepare lunch and give to such 15 people along with water bottle, who are not aware about Corona or any other aspects. This selfless service is really a service to the God.



Deranged nomads receiving food packets

3. Kapha Sura Kudineer

Kapha Sura Kudineer – A siddha medicine made from nilavembu - Andrographis paniculata, kanduparangi - Clerodendrun serratum, chukku - dried ginger, thippili - piper longum, Ilavangam - Syzygium aromaticum, adathodai ver - root of Justicia beddomei, Cirukancori Ver - Tragia involucrate, seenthil - Tinosporia cordifolia, karpooravalli - Anisochilus carnosus, koraikizhangu - Cyperus rotundus, kostam - Costus speciosus, akkara - Anacyclus pyrethrum, Vattathiruppi Ver - Sida acuta, Mulli Ver - Hygrophilla auriculata and Kadukkaithol - Terminalia chebula suggested by Government of Tamilnadu as one of the preventive as well as supportive medicines for treating corona. We had a good contact with Shri Maha Panchamukha prathyankira Veda Dharmashektram at Manamadurai. They were preparing Kaphasura Kudineer in 25 Gms and 50 gms packets and were distributing to general public in several Districts free. For Rameswaram we have procured 25 gms 1000 packets and 50gms 500 Packets.

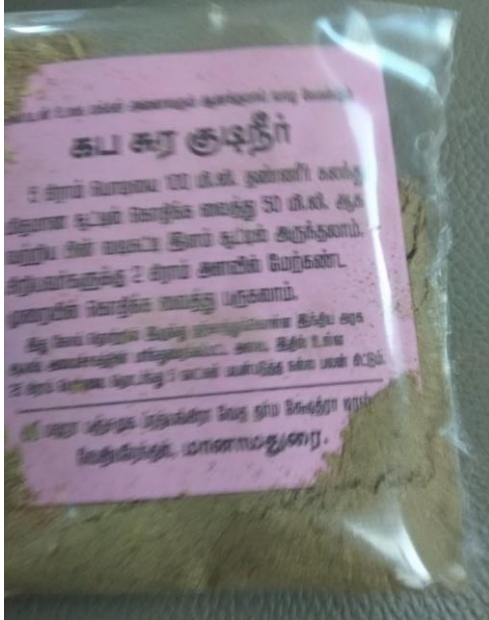


It has been distributed free to the general public at the following places

1. Pamban – 500 Packets
2. Thangatchimadam – 200 packets
3. Karaiyur - 300 packets
4. Town - 200 packets
5. Rameswaram Municipality – 100 packets
6. Green Rameswaram – 200 packets

3.1 Distribution of Kapha Sura Kudineer Kashayam in GR Building

Green Rameswaram team is preparing Kapha Sura Kudineer on a daily basis and distributing it to the general public between 7 AM to 9 AM at Green Rameswaram Building.



Distribution of Kapha Sura Kudineer kashayam in front of Green Rameswaram Building

3.2 Volunteers also prepared Kashayam and distributed in locals

Volunteers also prepared this Kashayam and distributed to locals (100 houses) at in Sallimalai and Sivagami Nagar as well as to Green Friends who are maintaining the cleanliness of Rameswaram town.



One of our Volunteer distributing Kapha Sura Kudineer



Green Rameswaram Volunteer distributing Kapha sura kudineer packet to the Green Friends

3.3 Green Rameswaram gave 100 Packets to Rameswaram Municipality



Shri.Ramar, Commissioner, Rameswaram Municipality receiving the Kapha Sura Kudineer

Rameswaram municipality informed that they in turn will give it to Amma unavagam who will prepare Kashayam along with general food items and will distribute it free to the public.

4. Maintaining crowds at Banks

Our Honourable Prime Minister Shri.Narendra Modi announced a relief of Rs.500 to all Jan dhan account holders. The same amount was credited last month apart from that other reliefs and pensioners withdrawals also coincided last month. As per the request of Shri.Abdul Jaffar, Tahsildhar, Rameswaram, our Green Rameswaram volunteers helped the banks in managing the crowd at two places - Union Bank of India, Rameswaram and Indian Overseas Bank, Thangatchimadam. Volunteers also helped in filling up the forms.



Crowd maintenance by our Green Rameswaram Volunteers in IOB, Thangatchimadam



Filling up the forms and guiding the crowd to get the money in UBI, Rameswaram

5. Yoga for healthy life

Our yoga teacher Shri.Hegdeji continues to take yoga classes for limited students by observing social distance.



Yoga with Social distance

We are also planning to conduct yoga sessions using Video conferencing tools.

6. Webinars to connect the unconnected

To connect the unconnected, we have organized four free webinars so far on socially relevant topics in Tamil language.

Date	Topic	No of participants	No of registrations
20 April 2020	Building Immunity to fight Corona - Series 1 by Dr.V.Ganapathy, Director, Varma Research Centre, Vivekananda Kendra	36	72
21 April 2020	Productive usage of time for wellbeing –Series 1 by Shri.Krishnamoorthi, Senior Life Worker, Vivekananda Kendra, Kanyakumari	53	83
27 April 2020	Building Immunity to fight Corona – Series 2 by Dr.V.Ganapathy, Director, Varma Research Centre, Vivekananda Kendra	48	78
28 April 2020	Mind Development in Indian Culture- Series 2 by Shri.Krishnamoorthi, Senior Life Worker, Vivekananda Kendra, Kanyakumari	56	96
Total		193	329

Participants were from different parts of India as well as from Singapore and Sri Lanka. More than the lecture, question and answer session after the lecture were interesting. All these webinars were video recorded and converted into different topics in Youtube.

7. Other Partners Contribution

Karuna Trust under the National Stock Exchange Foundation project is keeping track of 2000 elderly people of Rameswaram Island through the network of Social animators. They have also given their mobile van to the local govt. hospital for their use during COVID pandemic.



- Gandhigram Trust, Dindigul under the National Stock Exchange Foundation project continues to bring the awareness about WASH (Water, Sanitation and Hygiene) to the public of Rameswaram Island



Demonstrating the hand washing techniques to the Policemen

