



Social Capital
By
Vivekananda Kendra - Nardep



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**Diabetes?
Try Yoga!**

Regular yogasana classes in the morning for 32 persons including children, youths and adults. Yoga solutions to the everyday problems were taught to the participants like managing stress, improving concentration etc. Diabetic Patients also attend this session along with other students but they have been taught specific Asanas to cure Diabetes.

Hindi
and

English classes for 12 and 4 students respectively in the evening.

- In addition, evening yoga class exclusively for 30 women along with their children.
- As a part of Green Health activities, offering sprouted grains and pulses to the yoga students.
- RO Water Plant working on solar power offered water to the pilgrims.



Visit of Secretary, Ministry of Housing and Urban Affairs, Govt. of India to Rameswaram



Shri.Durga Shanker Mishra, Secretary, Ministry of Housing and Urban Affairs, Govt. of India visited Rameswaram on 19th May. Tmt. P.Amudha, Commissioner, Dept. of Food Safety and Durg Administration, Govt. of Tamilnadu accompanied him. Incidentally, she is also special officer for Aspirational district of Ramanathapuram. Dist. Collector, Dr.Natarajan was also present during the brief introduction to the project.

Documentary on “Green Resilient Rameswaram” was shown to the delegates by Shri.G.Vasudeo of Green Rameswaram project. This was followed by a small video on release of Action Plan Document of Green Rameswaram by our Honorable Prime Minister Shri.Narendra Modi. Everybody appreciated the video. Afterwards Shri.Mishraji reviewed

the progress of “Green Resilient Rameswaram” by interacting with the stakeholders and gave fruitful suggestions.

Thattankudiyiruppu villagers visit to Green Rameswaram

Thattankudiyiruppu is a village where Vivekananda Kendra is having 30 years of relationship. Kendra has renovated their Oorani and till date they are maintaining it commendably. We did a search exercise along with Bayer CSR team last month and in reciprocation 10 villagers – mainly team leaders from Thattankudiyiruppu village visited Rameswaram on May 23, 2018.



They have taken around the Green Rameswaram Building and we showed our project components then we had a detailed meeting with them related to Bayer’s CSR Proposal. We have requested the villagers to draft a plan for overall development of the village in the coming 5 - 6 years.

