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Isha Foundation joins fitness and nutrition experts to offer workshop to Mumbai Police

Over 250 policemen attend 3-week fitness program which included Isha Yoga and meditation

5 April 2019, Mumbai: Setting aside their law enforcement duties for a month, the Mumbai Police force waged a battle on a different front: fighting body fat to improve their fitness and agility. Commissioner Subodh Kumar Jaiswal granted leave of absence to all policemen identified for a holistic fitness camp which was held in two batches in February and March 2019. The camps included Yoga modules delivered by Isha Foundation teachers trained by Sadhguru, Founder, Isha Foundation, meditation sessions, aerobics and other exercises.

Over 250 policemen enrolled – 150 in the first batch in February and over 100 in the second batch in March. The camps were held in Naigon Police Training Center in Dadar.

The cops lost 3 kilos on an average with some shedding as much as 8 kilos. Sambhaji Mane, Bomb Detection Squad, lost 5 kilos and says that chronic pain that troubled him for years while walking, has disappeared. Several of his colleagues report similar stories of fitter bodies, greater agility and improved lifestyle choices after the camps.

The Maharashtra State Police and the Mumbai Force has had a long association with Isha Foundation. Several Yoga workshops have been held over the past three years since the first International Day of Yoga for policemen and women.

The February and March workshops were different – they were designed to establish healthy lifestyle practices for mental and physical fitness. Isha Foundation teachers have also trained several police training institute trainers in the past through Train the Trainer programs so that Yoga practices are more quickly and widely disseminated through the force.

Isha Foundation will continue to offers its modules to the police. The organization will work closely with Maharashtra Police to enrol other district forces into similar programs.

Isha Foundation

Isha Foundation, founded by Sadhguru, is a volunteer-run, international non-profit, human service organisation dedicated to cultivating human potential. Isha Foundation is operated by over 9 million volunteers from more than 250 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.