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Isha Foundation offers Yoga to 11,600 prisoners

28 October 2020, Coimbatore: Amidst the trying times of the Corona pandemic, Isha Foundation offered online Yoga sessions for inmates in central prisons across Tamil Nadu.

The sessions were conducted in central prisons in Chennai, Coimbatore, Trichy, Vellore, Salem, Cuddalore, Palayankottai and in special prisons for women in July, August and September. 8,165 men and 3,453 women inmates as well as 3,018 men and 953 women prison workers participated, taking the total attendance to 15,589.

The practices included 'Simha Kriya' to increase their lung capacity and overall immunity; and 'Isha Kriya' and 'Yoga Namaskar' for physical and mental wellbeing and to bring a sense of balance in their system.

As per the government's guidelines, proper protocols were followed to ensure social distancing. The participants were split into groups for their sessions. Prison authorities said that the Yogic practices offered by Isha were very beneficial for the inmates.

Isha Foundation has been offering Yoga, free of cost, to prisoners in the state of Tamil Nadu for the last 20 years.

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