

# Yoga training in Corpn. schools

Special Correspondent

**COIMBATORE:** Along with the efforts to improve hygiene in its schools, the Coimbatore Corporation has begun an exercise simultaneously for the good health of the teachers and students.

In association with Isha Yoga Centre, the Corporation has drawn up a plan for yoga training for the teachers and students.

The first phase of the yoga and meditation programme for about 550 teachers began on Monday. The training for the teachers is being given at three schools: the Corporation Higher Secondary School at Sidhapudur, the Girls' Higher Secondary School at Ramakrishnapuram and the Girls' High School at R.S. Puram. The training will be provided for one-and-a-half hours after class hours on working days and for seven hours on Saturday. The next phase of training for about 300 teachers will be held in January or February next year. "We will begin the training for the students in the



**FOR GOOD HEALTH:** Coimbatore Corporation teachers practising yoga at the civic body's school at Sidhapudur in the city. - PHOTO: M. PERIASAMY

third week of this month," Corporation Commissioner Anshul Mishra said on Wednesday. "We will start with about 2,000 students. And, the entire strength of 30,000 students [in 85 schools] will be covered in phases," he said. Chairman of the Corporation Council's Standing Committee on Education, Parks and Playgrounds R. Kalyanasundaram said the yoga programme

had been approved by the committee last year. But, it did not progress beyond some sessions in a couple of schools.

After Mr. Mishra took over as the Commissioner, the scheme was given a fresh impetus, Mr. Kalyanasundaram said.

The Commissioner said the training could be given to the teachers first, so that they could, in turn, train the students.