COIMBATORE: Isha Foundation's Isha Community Care Centre recently conducted a support group meet for patients living with HIV/AIDS and their family members.

A release said around 500 persons participated. Sessions were held to break mental resistance towards the disease to enable the PLHAs to live life joyfully and with full involvement.

The meet also served as a platform for the people to share their grievances and unburden themselves.

They were given knowledge of yoga and yoga practices to improve their mental and physical wellbeing.

The Rotary Club of Palladam, The Rotary Club of Palladam Rainbow and The Lion's Club of Palladam sponsored the event.

Mohamad Ali, district project manager, HIV/AIDS Project, TANSACS, Narayanasamy, president, Lion's Club of Palladam, and others were present on the occasion.