Sanitary workers attending a yoga class in Erode on Tuesday.

PHOTO: M. GOVARTHAN

Staff Reporter

ERODE: It was a different experience for close to 100 sanitation workers of Erode Corporation who kept aside their cleaning aids and took part in the yoga and games programmes that were conducted for them in the Corporation Marriage Hall, here on Tuesday. The programme was jointly organised by the Corporation and Isha Yoga — to help the sanitation workers find better means of relaxing their mind and to improve their work efficiency.

The two-hour programme was divided into two. The first half was set aside for games to help them overcome hurdles, stress, and to relax. In the second session breathing exercises were taught to keep them fit as they worked under inconvenient conditions. It was followed by meditation to help them leave aside addictive habits.

During the training the workers raised doubts and got them clarified. The participants were asked to practise the exercises everyday.

According to a corporation official there are around 600 sanitary workers in the local body and they were divided into five batches. “One batch will take part in the programme on each of the five days while the four other teams will ensure that the regular work is not disturbed,” the official said and added that they have planned to organise this programme once in three months for the benefit of sanitary workers.

Mayor Mallika Paramasivam inaugurated the training programme in the presence of Corporation Commissioner M. Vijayalakshmi. Coordinator of Isha Yoga in Tamil Nadu, Prabodha, conducted the training programme. The five-day programme will conclude on Saturday. The foundation’s volunteers said that they conducted a similar programme for sanitation workers in Coimbatore Corporation, a few months ago.