Isha’s meditation camp in Tirupur

FOR THEIR WELL-BEING: Conservancy workers employed by the Tirupur Corporation attending the Isha Kriya meditation camp in Tirupur.

Staff Reporter

TIRUPUR: The Isha Foundation commenced a 10-day ‘Isha Kriya’ meditation camp for conservancy workers employed by the Tirupur Corporation here on Saturday.

Isha Foundation sources said the ‘Isha Kriya’ was a simple meditation tool drawn from the core of yogic sciences that helped people attain peace of mind, dynamism and well-being in their lives.

“Uniqueness of the technique is that it could be taught by anyone at any place in a short time. Just 20 minutes of practice of the technique every day is required to get the optimum results,” the sources added.

A total of 800 sanitary workers would be trained in sessions during the course of the event. Minister for Forests M.S.M. Anandan inaugurated the camp in the presence of Deputy Mayor S. Gunasekaran, councillors and Corporation Commissioner K.R. Selvaraj.

The Minister, the officials and elected representatives attended the opening session of the meditation programme.