Yoga Camp for Tirupur Corporation Sanitary Workers

Express News Service

Tirupur: The free yoga classes for sanitary workers of the Tirupur Corporation was inaugurated here on Saturday. The 'Isha Kriya Meditation' camp, which was organised by the Isha Foundation for the Sanitary Department workers at Harvey Kumarasamy Marriage Hall, Valipalayam was inaugurated by the minister of Forest M S M Anandan.

According to officials, 75 sanitary workers would be trained at the ten-day camp conducted with the intention of reducing depression of the workers.

The minister asked the workers to practice yoga and meditation regularly in order to maintain good health. "All government employees should attend such camps to engage in work without tension and depression," he said.

Krishnakumar and Selvakumar from the Isha Foundation, deputy mayor S Gunasekaran, corporation commissioner K R Selvaraj and councillors attended.

Free yoga classes being held for Tirupur Corporation sanitary workers on Saturday | EXPRESS