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**Isha Outreach offers Free Volleyball Summer Coaching Camp in
Sandhegoundenpalaym village**

Participants taught advanced volleyball skills

31 May 2019, Coimbatore: Isha Outreach offered free Volleyball summer coaching camp to the villagers from May 20 to May 31. The sessions were conducted at Isha Vidhya Matriculation School, Sandhegoundenpalayam. 30 participants from age group of 16 to 30 underwent the coaching. The closing session of the camp was held today. Dr. S.T.N. Rajeshwaran, Principal In-charge, Thondamuthur Govt. Arts College and Shri. Kumar, Director, Velliangiri Farmer Producers Organisation were the chief guests for the event.

The camp is organized every year to offer productive entertainment avenues to rural communities. The rigor and discipline demanded by sports has been seen to wean people from substance addiction. The camp was held in two sessions: 6 a.m. to 8:30 a.m. in the morning 4 p.m. to 6:30 p.m. in the evening. The sessions were conducted by Shri. Bala, Volleyball Coach, Isha Outreach and Shri. Mohammed Tofik, Volleyball Coach, Sports Development Authority of Tamil Nadu, Theni.

The participants were taught basic warm-up exercises, all the way up to advanced skills in volleyball which included drills for leometric, speed, power, agility, endurance etc. The participants were provided with snacks and free buses were arranged to provide easy access for the participants. At the end of the camp, participation certificates were provided to all the participants.

The Free Volleyball Summer Coaching Camp by Isha Outreach is conducted every year during in summer in Coimbatore city. It was last held in May 2018.

Isha Outreach

Isha Outreach, Isha Foundation's social outreach initiative, includes several path-breaking environmental, educational, health and community revitalization efforts. Working primarily in South India, Isha Outreach has become an example of the transformation that human intention and effort can bring about. Isha Outreach projects include rural upliftment, providing quality education to economically disadvantaged children in rural communities, and environment and health initiatives that have impacted millions of lives and earned Isha Foundation a special consultative status with the United Nations.

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