

Yoga programme for rural students

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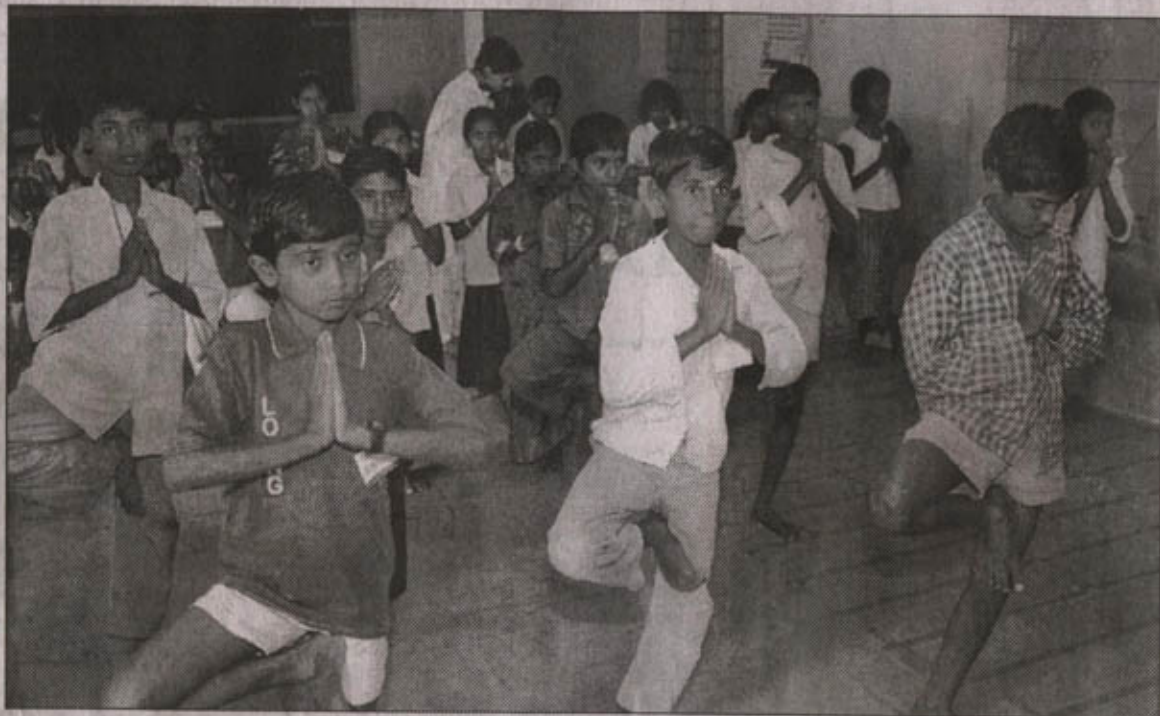
Coimbatore, Nov 27: The students of government schools in Coimbatore will soon get a chance to experience one of the traditional methods to fight stress and hyperactivity, thanks to Isha Foundation, which on the request of the State Government had set in motion the Yoga programme for school children at Kallipatti village in Gobi taluk on Nov 15.

Within 10 days from the start of the programme, nearly 550 school students of Kallipatti, Kanakampalayam, Valayampalayam and Chinnakaliyur villages in Gobi taluk got training in Yoga.

In Coimbatore, the Foundation had already conducted Yoga training programmes for villagers in Thondamuthur, Madampatti, Alandurai and Semmedu.

According to Swami Nisarga, a member of Isha Foundation, the school heads in Gobi taluk had reported a change in attitude and behaviour of the students after the training. They were now more responsive, confident, healthy and free in their expression and clear in their thoughts, he added.

The purpose of the programme was to help students lessen their hyperactivity, impulsiveness and



Students at a Yoga training programme organised by the Isha Foundation at Kallipatti Government School in Gobi taluk

anxiety, which in turn would enable them to concentrate more on their studies, he said and added that doing Yoga everyday would keep diseases at bay.

He said as the programme had got good response, the Foundation

had decided to expand it to other parts of the state as well, wherein students of government schools, particularly in rural areas, would be trained for 10 days.

By extending the programme, at least 5,000 students from third sta-

ndard in the state would be benefited, he added.

Swami Nisarga said the school heads and Parent Teacher Associations of other districts could contact the Foundation for conducting Yoga classes.