

Yoga in Tinsukia jail



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The Indian Yoga Culture and Yoga Therapy Centre, Guwahati with support from government authorities and home departments is on a mission to promote yoga culture in all Jails of Assam. As a part of that mission a special yoga camp was organized at Tinsukia Jail on 1st June (Saturday).

Attended by hundreds of prisoners the camp was conducted by president of the organization Yogacharyya Subhashish along with yoga workers Bikash Baruah, Sangita Borgohain and others. In the welcome address Dilip Baruah, Superintendent of Jail said that – the basic intention to practice yoga in jails is to help the inmates to master the art, bust the stress, anger management and to keep them fit. Yoga, the Indian art of exercise and meditation, can strengthen muscles, improve concentration and increase a sense of spiritual well-being.

Yogacharyya in his address taught the prisoners about the basis knowledge of yoga, pranayam and physical exercise and demonstrated yoga postures as well as given the practical training to the prisoners present. Bikash Baruah, yoga teacher from Tinsukia demonstrated few critical yoga postures to the prisoner with a view to create their attraction towards yoga, while Sangita Borgohain taken yoga sessions for women prisoners.

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