

## **PRESS NOTE**

International Yoga Day was celebrated on 21<sup>st</sup> June, 2017 in the Model Jail, Chandigarh at 7.00 AM. The inmates as well as staff members are took part in the yoga activities inside the jail. About 600 inmates took part in the yoga session held inside the jail. The inmates performed Yoga very professionally as they are doing it since long. The Yoga session was held under the supervision of two Yoga teachers. The jail officers and staff were also present on this occasion.

Further, in the evening Songs and Drama programme was also held inside the jail at 5.00 PM by the Songs and Drama Division of Ministry of Broadcasting, New Delhi whereby the benefits of Yoga were thought to the jail inmates through songs and play. The motive to organize this programme was to sensitize the inmates regarding the benefits of Yoga.