

PRESS RELEASE

5th International Yoga Day, 2019 was celebrated in the Model Jail, Chandigarh on 21.06.2019. The Hon'ble District & Sessions Judge, Chandigarh Sh. Balbir Singh was the Chief Guest on this occasion. Dr. Shushil Garg, Addl. Sessions Judge, Mrs. Poonam R. Joshi, Addl. Sessions Judge, Chandigarh, Ms. Gitanjali Goel, JMIC, Chandigarh and Ms. Navneet Kaur, JMIC, Chandigarh were also present on this occasion. About 350 inmates (male & female) took part in the yoga activities under the guidance of yoga teachers of Art of Living institution. Yoga is a regular activity in Jail. Model Jail, Chandigarh has also introduced clubs namely Sports club, Skill Development Club and Carpentry Club for the various activities of inmates. Inmate Balwinder Kumar & others undergoing sentence in the jail shared his experience regarding benefits of doing daily yoga aasans. The inmates were also provided bananas and milk after yoga session. The District & Sessions Judge, Chandigarh also addressed the inmates regarding benefits of Yoga aasans in daily routine. The Deputy Superintendents Jail also facilitated judges with open hands mementoes made by the inmates.

