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**Local Community Leaders Come Together to Launch
Free Primary Healthcare Clinic**

***Isha Care Addresses the Dire Needs of an
Underserved Population in the Tri-county Area***

MCMINNVILLE, TN—August 25, 2008—Although not widely reported, Tennessee ranks an astonishing 47th out of 50 states in the health of its residents with a staggering 800,000 Tennesseans who are uninsured. Add to this the growing incidence of diabetes, hypertension and obesity, and the need to offer disease prevention programs and early diagnostic services becomes imperative.

As part of its overall effort to improve well-being, Isha Institute of Inner Sciences (IIS), a yoga and wellness center located on the Cumberland Plateau just outside McMinnville, TN, announces the opening of Isha Care—a free medical clinic offering primary healthcare to the rural, uninsured and underserved populations of Van Buren, Warren and Sequatchie counties.

The Isha Care free clinic is the outcome of a heartfelt, community-wide response to the dire need for primary health care services for the uninsured and needy in the tri-county area. With the support and assistance of many community leaders, including Van Buren County Mayor, Kelly Dishman; the Van Buren Chamber of Commerce; the National Home Builders Association, McMinnville; West& Gribble; the Bank of Tullahoma; Harrison Ferry Volunteer Fire Department; Stewart Pharmacy; Falcon Capital Funding, LLC and numerous other area businesses, the Isha Care clinic will officially open its doors September 23, 2008.

Dr. Kalpana Rajdev, directing physician of the new Isha Care free clinic, is a retired family practice physician and geriatric specialist with over thirty years experience in clinical service settings. She is a volunteer with Isha Foundation who relocated to the McMinnville area with her husband three years ago. Last year she saw an article in the *Southern Standard* that reported shocking statistics of unpaid medical bills burdening the local hospital and other healthcare facilities in the surrounding counties where she lives. Reading the article and doing some follow-up research sparked the idea to start a free clinic. Dr. Rajdev began speaking with the Foundation and community leaders about creating the free clinic and the project quickly took off.

Howard Kirksey, III, Senior Vice President of The Bank of Tullahoma was instrumental in first bringing the concept of Isha Care to local business leaders. "I am honored to have been asked to be a part of this venture. The generous nature of the people involved with Isha Foundation that have offered to provide a

source of basic healthcare to the uninsurable in the community is an example we should all embrace. It is America at its best. We would welcome any and all who would like to help us serve the needs of our fellow man.”

Providing free medical care for those in need is not a new endeavor for Isha Foundation. With the assistance of volunteers, the Foundation’s Action for Rural Rejuvenation (ARR) projects in Tamil Nadu, India and Sierra Leone, Africa now offer free mobile medical care to nearly 4,000 villages—a total patient population of more than 2 million people. Although on a smaller scale, Isha Care is also a nonprofit, volunteer-run, free medical service, requiring community support and individual volunteerism to be a success.

“In order to operate at the scale that is truly needed to serve the local communities effectively, we will need certified physicians and nurse practitioners who can volunteer their time, medical suppliers and facilities who can offer in-kind donations, and benefactors from the local community who can offer financial support,” explained Isha Foundation volunteer Virginia Emerson, J.D., CRNA, a nurse and professional health care consultant born and raised in Spencer, TN.

Dr. Rajdev anticipates rapid growth for the Isha Care clinic based on the eager response she has received from the community so far. “I am so excited we are able to offer care to a population that so desperately needs it,” said Dr. Rajdev. “I have been truly inspired by the enthusiasm and generous support of our neighbors, local businesses, and community leaders without whom Isha Care could not happen.”

Until its own facility is completed and operational, the new Isha Care clinic will be hosted at the community center adjacent to the Harrison Ferry Mountain Volunteer Fire Department located at 194 Tin House Road and Hwy 8. At its temporary home in the community center, Isha Care will provide limited primary healthcare service every Saturday from 8am-noon, with a focus on preventative and ongoing care as well as awareness programs. Physician services will be free of cost. Arrangement will be sought to receive lab and basic diagnostic service at a reduced cost to the patient. No emergency care will be available.

Once Isha Care is re-established in its own, larger facility, the clinic will be able to accommodate additional volunteer doctors and nurse practitioners, as well as exam rooms and diagnostic equipment. Isha Care volunteer practitioners will conduct primarily patient examinations. In the future, the clinic plans to offer specialty diagnostic clinics and educational seminars for patients.

Isha Foundation is an international non-profit organization dedicated to cultivating peak human potential through yogic science. The Foundation is operated by over 250,000 volunteers dispersed throughout more than 150 satellite centers worldwide. Isha social initiatives include the award-winning Project Green Hands, a massive tropical reforestation effort, Isha Vidhya, a progressive rural education project, and Action for Rural Rejuvenation, an innovative outreach program that provides mobile medical services and community rehabilitation to thousands of impoverished rural communities throughout Tamil Nadu, India and Sierra Leone, Africa.

Isha Foundation is currently developing the Isha Institute of Inner Sciences (IIIS), a destination for the ancient science of yoga in the West. IIIS is set on 1200, forested acres of Tennessee’s spectacular Cumberland Plateau just outside McMinnville, TN. IIIS offers introductory to advanced yoga and meditation retreats including monthly hata yoga programs—the popular postural practice well known for its health benefits. Once fully developed, the IIIS campus will include Isha Rejuvenation, an Ayurvedic spa, and Isha Village, a retirement community for seniors. IIIS is located 1 1/2 hours Southeast of Nashville and 3 1/2 hours Northwest of Atlanta just outside McMinnville, TN.

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