

Yoga in Dibrugarh Jail



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Jails in Assam will soon take the yoga route to reform prisoners. Yoga practice will develop the physical, mental, spiritual and social health of prisoners; moreover it will make them forget the pain of living in jail. – this was stated by Yogacharyya Subhashish, president of Indian Yoga Culture and Yoga Therapy Centre in the yoga program held on Wednesday at Central Jail, Dibrugarh. Organized in co-ordination with Central Jail authority, the yoga class was actively attended by hundreds of prisoners.

In the welcome address Krishna Kanta Haloi, the jail superintendent said that -- the basic objective 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. He also stated that - with assistance from government authorities and home departments their organization is trying to continue regular yoga classes by qualified yoga trainers in all jails of the state. Nibash Paul, Rekha Sharma Baruah, Bina Devi and other yoga workers from Dibrugarh chapter of the organization also assisted Yogacharyya in yoga teaching to the prisoners. The prison authorities believe yoga will not only improve their fitness, but make them calmer, less violent and more positive when they are finally released.

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