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## **IMPACT OF YOGA ON PRISONERS BEHAVIOUR**

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Human beings face too much stress in their surroundings, due to this stress they have many problems such as physical, mental and emotional. When these health hazards create problems for individuals they lead to psychosomatic diseases and social unrest. Stressed and disturbed mind is the source of all violence and yoga is restoring the mind to its natural joy and calmness and yogic tendencies give way to understanding and appreciating life.

In present scenario many advancement have been seen in the way offenders are treated. Many of these changes have arisen from the development of rehabilitative frameworks that guide professionals in the delivery of offender interventions, such as yoga and meditation. Some researchers applying other models of rehabilitation as responsivity principle [Andrew and Bonta 2010] but more recently, the Good Live Model (GLM) 2002 is used. Both of these models emphasize the importance of matching interventions to the capacities of each offenders. Disorders such as depressions are not typically considered risk factors for future offending, they are left untreated. This is a problematic fact .

Therefore, yoga is currently being practiced in prisons around the world. [ Yoga Education in prison Trust 2015 ] few studies available on yoga within prisons examined potential benefits of teaching yoga.

Yoga is an ancient practice originating in India the times to unite the mind body and spirit. It has been asserted that yoga can help alleviate many ailments [ both Physical and mental] for centuries in the East and make recently in the West.

Yoga is the science of modern living, of right living and should be incorporated into our daily lives: It is not just two hour hobby class once a week. Yoga has technical systems to help calm and mind maintain resilience harness physical and mental energies and to develop an integrated personality .It is a way of balancing the emotions and establishing the harmony between the mind

and body. One can practice pranayam, asana, relaxation, meditation and Pratyahara techniques. It is up to the individual to find which path best suits his/her needs, lifestyle and personality .Yoga can be practiced. While leading a normal life style, but with different spirit, mentality and attitude towards oneself and the interactions in life.

Yoga is a way of living – A human being is a physical, mental and spiritual being, yoga helps promote a balanced development of all the three.

Relevancy – Nowadays, the word yoga has a strong impact on human life. The ultimate purpose of yoga is the attainment of human growth yoga has been established as a new field in education system. It helps in achieving higher state of consciousness on the evaluation of an individuals’ development.

Yoga plays an important role in all stages of life.Yoga is useful for everyone such as normal problematic, in prisons it is equally important.

Role of yoga in prisons –

People in prisons are disproportionately affected by health problems, some of which lead to imprisonment and some of which are caused by imprisonment. Mental illness and substance use disorders fall into both of these categories, but they are not the only ailments affiliated with incarceration, prior to their incarceration, many people in prison did not have safe housing or stable employment and job security, and institutional policies and/or budgetary concern prevent many inmates from receiving adequate health care while in prison. Prison inmates are both victims and perpetrators of violence while incarcerated. In all cases acts of violence have negative psychological consequences for the victim, including depression and shame. Yoga training for prison inmates might be among the most effective of interventions, helping to prevent violence, improve quality of life! “Prisoners are dangerous criminals and hence deserve no compassion”. But Sri Sri Ravi Shankar founder of “The Art of Living” would say otherwise “Inside every culprit is a victim crying for help.If you heal the victim, you will eliminate crime from the planet.”

To survive, when you are not free, away from family and friends how does a prisoner live through his years in confinement of his jail? Perhaps with few to console him-guilt, anger, blame ,anxiety, and frustration becomes his breath.” The Art of Living” seems to have the answer through yoga.

“Prisoners experience freedom in prison through yoga “.

Stress Management and Rehabilitation training (SMART) Program was introduced in 1999 in Tihar Jail which is said to harbor India’s most disreputable criminals Pioneered by Sri Sri Ravi Shankar’ the program puts the prisoners. Through yoga.

“Uniting to your source and being free from struggle and sorrow is yoga” says srisri

Prison have prisoners not only to serve sentences but also to improve them to better individuals Yoga helps providing relief from stress, brings peace in mind and helps to recover from anxiety, depressions headaches and chronic ailments

“Transforming Prisoners, Transforming Society”

Originally prisoners were established to isolate convicted offenders in order to keep society safe overtime, the purposer of correctional institutions changed; it is shifted from isolation and punishment to prevention of relapse into criminality by using different treatment programs – As Psychiatric ill health is a common condition among prison inmates .

With rapidly increasing number yoga is one of the most popular disciplines in contemporary society

[Singleton and Byrne 2008 , yoga’s Potential” is used to reduce substance abuse [Khalsa et al 2013]Griera, Clot – Garrell 2015 ] A recent qualitative study found that holistic practice,such as yoga, have gained popularity with a new rehabilitation model emerging from trends in prison governance towards “Individualization of the prison sentence”

Malventi&Genreud 2008-09 In the light of this, the inhabilitative benefits of yoga are translated into terms of “Personal Transformation, self responsibility and self management of individuelbehaviour” [Griera, clot-Garroll 2 (2015) 154]

Yoga also helps prisoners alleviate various types of imprisonment, including issues related to health rumination time and isolation.

Due to the increasing number there is a currently a need to provide facilities for an inexpensive alternative, that could be offered to wide range of offenders and fill the gap in our current rehabilitative practices.

There are so many researches done in this context – Studies

A study survey, of 152 volunteers in a medium and high security prisons in Sweden was done on same volunteers . They showed that yoga improved stress levels,concentration, sleep quality, psychological and emotional well-being, as well as reducing aggression and antisocial behaviour.

On Yoga Practice Reduces the Psychological Distress Level of Prison inmates -The current study aimed to evaluate the effect of 10 weeks of yoga practice on mental health profile.

Result was found that physical activities [including Yoga]significantly reduced the inmate’s level of Psychological distress. Yoga practice improved all primary symptom dimensions and its positive effect on the obsessive-Compulsive symptoms dimensions of the BSI stayed significant even comparing with the control group.

Yoga is a form of Physical activity is effective for reducing Psychological distress levels in prison inmates, with specific effects on symptoms, difficulty in making decisions ,trouble of bodily dysfunction.

Nora, Kerekes, Fielding Apelqvist [2017] The effect of yoga in reduction of depressive symptoms of anxiety, anger as well as the increased ability of behaviour control has been seen. These effects of yoga are highly relevant for prison inmate who often have poor mental health and impulsive control.

A total 152 participants selected and 10 week yoga group ,one class a week N = 77 or control group N=75.Before and after the intervention period participants answered questionnaire's measuring stress aggression, Sleep quality and psychological well-being.

Result – After the intervention period significant improvement was found on 13 of the 16 Variables within the yoga group (eg less perceived) stress, better sleep quality an increased psychological and emotional well being, less aggressive and antisocial behaviour compared to the control group. Yoga class participants reported significantly improved emotional well being and less antisocial behaviour after 10 weeks of yoga. They also showed improved performance.

It can be concluded that the yoga practical. in correctional facilities have positive effects on inmates. Yoga can play an important part in the rehabilitation among prison inmates.

Studies have shown that yoga is associated with improvement in mood and emotional Well-being [Shapiro, D. clink]

Sudheer Deshpande (2008]

Anxiety , verbal aggression and anger are affecting factors on Personality of prisoners-Effect of yoga in verbal aggressiveness in normal healthy adults .

This study has demonstrated integrated yoga that an eight weeks intervention of an module decreased verbal aggressiveness in the yoga group

Katherine, M. Auty (2016) Whether prison yoga programs are significantly related to increased psychological well-being and improvements in behavioural functioning of prisoners. Participants who completed yoga program in prison experienced small increase in their psychological well-being. There is a significant difference in effect size for program, longer duration compared with shorter duration for psychological well-being. Program longer duration had a slightly higher positive effect on behavioural functioning.

Overall, the evidence suggests that yoga has favourable effects on prisoners.

Increasing number of studies show that regular yoga practice is associated with an increased level of impulse Control.

Conclusion- The cost of reoffending to victims is a huge problem due to the wide community. Despite advances in reducing the occurrence of reoffending ,there is still scope for further improvement ,so we need of a more obtainable and less intensive procedure to aid rehabilitative efforts. Now yoga is very effective method for that

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