



Antarkranti
Prisoner Reformation &
Rehabilitation Program

A Divya Jyoti Jagriti Sansthan Initiative



Yoga for Harmony & Peace

Yog in Prisons

Yogah Karmasu Kasuhalam Reverberates at Yog Week



'The term 'Yog' is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yog leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. The aim of Yog is Self-Realization, to overcome all kinds of sufferings leading to 'the state of liberation'.

श्रद्धा-वीर्य-स्मृति-समाधि-प्रज्ञा-पूर्वक इतरेषाम् ॥ २०॥

The concentration of the true spiritual aspirant is attained through faith, energy, recollectedness, absorption and illumination. - "A shlok from Patanjalai Yog Sutra"

This is one of the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health while it serves the higher aim of human life; 'the spiritual evolution'.

The practice of Yog is believed to have started with the very dawn of civilization. Yog, being widely considered as an 'immortal cultural outcome' of Indus valley civilization – dating back to 2700 B.C. has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yog Sadhana.



While addressing the 69th session of United Nations General Assembly (UNGA) on 27 Sept, 2014, the Honorable Prime Minister of India, Shri Narendra Modi urged the world community to adopt an International Day of Yog. As a result, UN declared 21st June as International Day for Yog. This is yet another landmark in the history. This day has universally thrown light on the need for overall fitness of every being, reviving the Vedic traditions and ingraining the yogic practices amongst people. The International Yog Day is more than a movement; it connects each and every segment of the society with Yog.

As the world celebrates this International Yog Day, Divya Jyoti Jagrati Sansthan (DJJS) under the supreme guidance of its Founder & Head - His Holiness Shri Ashutosh Maharaj Ji, also actively came forward to celebrate this day so that the society can actually derive its benefits in their daily life and stay fit. Antarkranti-Prisoner Reformation and Rehabilitation Program, an initiative of DJJS utilized this platform in further strengthening the reformation of prisoners with Yog. **“Yog Karmasu Kaushlam”- Dexterity in Action is Yog**, echoed in the hearts of prisoners. In spite of being disconnected from the mainstream society, the event ‘Yog in Prisons’ genuinely linked each prisoner with the outer world through the common thread of ‘Yog’.



The Process

The program started with a prayer in the feet of the Lord. The environment reverberated with divine vibrations when the attendees performed Om Chanting together. Then the person who was conducting the Yog explained the importance of 'Om'. Om word is a combination of A, U and M sounds, which have the meaning that the God is omnipresent, omnipotent and omniscient. The conductor then explained that Yog helps us to connect with the supreme energy of the God within us. Various yog-asanas, such as *Bhujang-aasan*, *Ardh-Chakraasan*, *Vrakshasan*, *Shavaasan*, *Surya -Namaskar* etc. were performed by the attendees in the guidance of a certified Yog teacher. Attendees felt energetic, happy and active. The preachers of the Sansthan also upraised the prisoners how deeper knowledge and understanding of Yog helps one connect his consciousness to his soul and how one can realise his spiritual self and higher powers through Yog. In the end, attendees presented their warm gratitude to DJJS team. They requested the Sansthan to facilitate regular organisation of Yog practice in their jails.



Antarkranti organized 'Yog Week' through various "Yog Shivirs" conducted in the following Jails:



District Jail Hanumangarh, Rajasthan

Conducted by Swami Avinash Ji and Swami Krishankumaranand Ji
On 12th June, 2015 from 4.00 to 5.30 p.m.
Attendees: 200 men inmates



Central Jail Varanasi, Uttar Pradesh:

Conducted by Swami Amreswaranand Ji
On 18th June, 2015 from 7.00 to 9.00 a.m.
Attendees: 40 men inmates



Central Jail Gwalior, Madhya Pradesh

Conducted by Sadhvi Veerbhadra Bharti & Sadhvi Madalsa Bharti
On 16th June, 2015 from 6.00 to 7.00 a.m.
Attendees: 1800 men inmates.



District Jail Bareilly, Uttar Pradesh:

Conducted by Sadhvi Sudha Bharti and Sadhvi Sripada Bharti
On 20th June, 2015 from 7.30 to 9.00 a.m.
Attendees: 500 men & 100 women inmates



District Jail Meerut, Uttar Pradesh

Men Cell-Conducted by Sadhvi Lokesh Bharti
On 16th June, 2015 from 10.00 to 11.30 a.m.
Attendees: 122 men inmates.

Women Cell-Conducted by Sadhvi Kankeshwari Bharti & Sadhvi Neelam Bharti
On 16th June, 2015 from 10.00 to 11.30 a.m.
Attendees: 60 women inmates



Juvenile Home (Government Boys Bala Mandira, Lakkasandra, Hosur Road), Bengaluru:

Conducted by Sadhvi Nishanka Bharti
On 20th June, 2015 from 11.00 a.m. to 1.00 p.m.
Attendees: 330 Juveniles.



Results of the Yog

On conclusion, the Yog Shivar was infused with the teaching of higher spiritual realisation, human values, pranayama and various asanas, practicing dhyana by inmates, and an engrossing lecture on Yog and Spirituality. Yog practice created awareness and motivation among prisoners to regularly practice Yog as it will give them clarity of thought, self awareness; relaxed mind; centered attention; and sharpened concentration. The Yog was seen as essential and central to well-being and as tool for self correction by the prisoners. The Yog Week helped them understand the multi-dimensional benefits of Yog. "Yog In Prisons" received a tremendous recognition both inside and outside the prisons. The event garnered an excellent response from the participants and encouraged them towards leading a healthy and balanced life.

About Antarkranti & DJJS

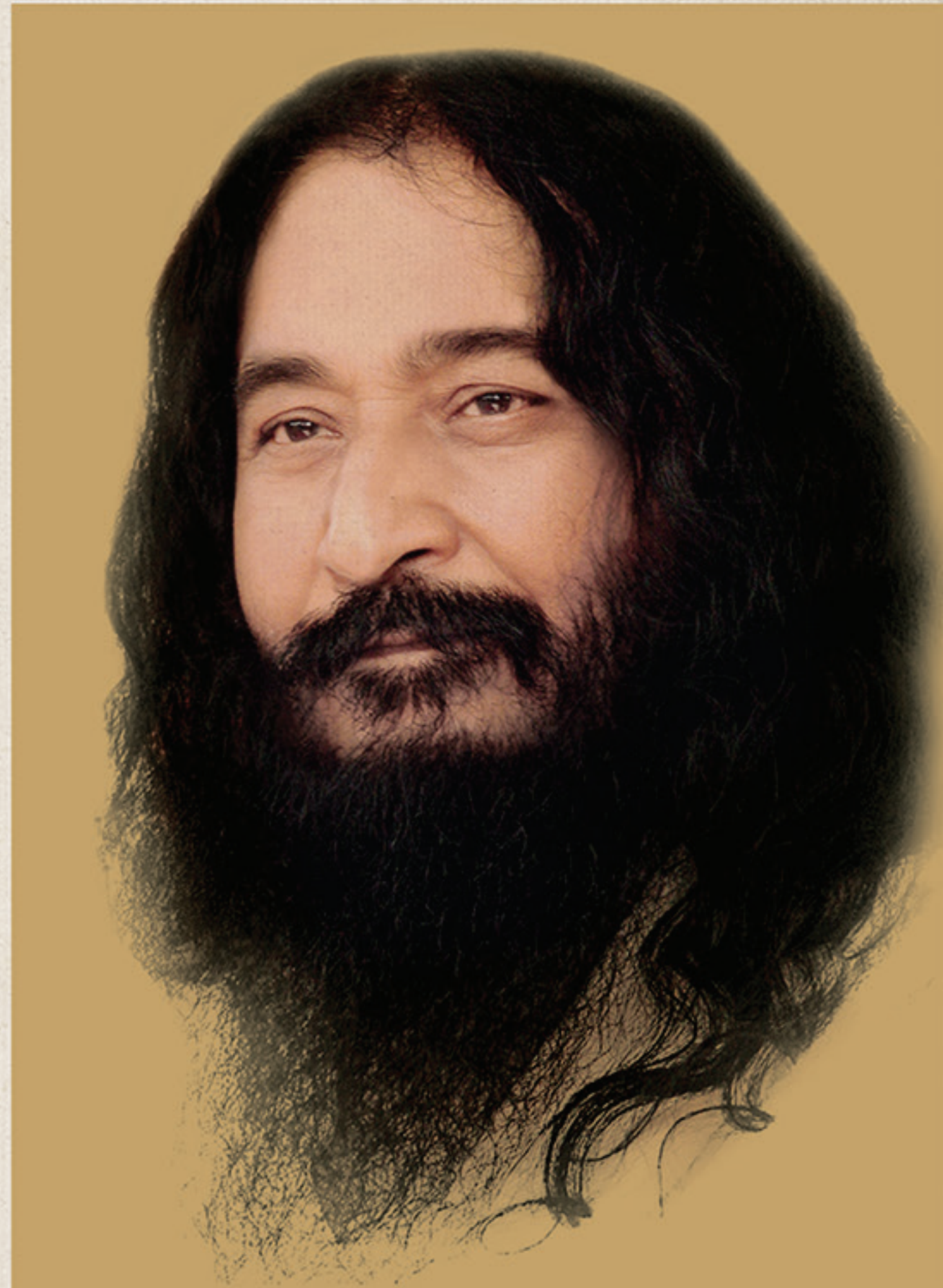
Shri Ashutosh Maharaj Ji, Head & Founder of Divya Jyoti Jagrati Sansthan (DJJS), expressed his soulful wish that something tangible must be done for those bound by the prison walls and they must be given an opportunity to live a virtuous life with higher purpose & with dignity.

Shri Ashutosh Maharaj Ji, conceptualised Antarkranti -Prisoner Reformation & Rehabilitation Program under the umbrella of DJJS and thereafter guided each step of His disciples and volunteers to actualize this magnanimous vision into concrete work.

Holding firmly to the intuitive sight, divine comprehension and unfailing guidance of its munificent master DJJS, a global level, non for profit organisation, began a pilot project in Tihar jail in the year 1995 through Antarkranti (Inner Revolution) and the process of restorative treatment and rehabilitation of the prisoners commenced instantly. DJJS initially began with activities of spiritual counselling, initiation into Divine Knowledge, drug de-addiction, yoga and classical music that brought remarkable changes in the attitude and behaviour of the inmates in Tihar jail.

Today Antarkranti has expanded the reach of its services to more than 40 jails in India and is relentlessly working to transform lives inside prisons and return productive and responsible citizens to the society.

It is only the inner spiritual realization of an individual that initiates voluntary introspection and correction of thought and action. Therefore, Antarkranti is strategically moving ahead with an aim to integrate spiritual empowerment as a transformational tool into correctional work in prisons across the country. Antarkranti is committed to reach out to every individual behind prison walls to awaken their divine force that will filter out their negative tendencies and gear them up with pure wisdom to grow into an upright, strong and industrious human being.



"Peace breakers can be transformed into peacemakers. We only need to awaken the vital vigilance in them."

**His Holiness
Shri Ashutosh Maharaj Ji**