

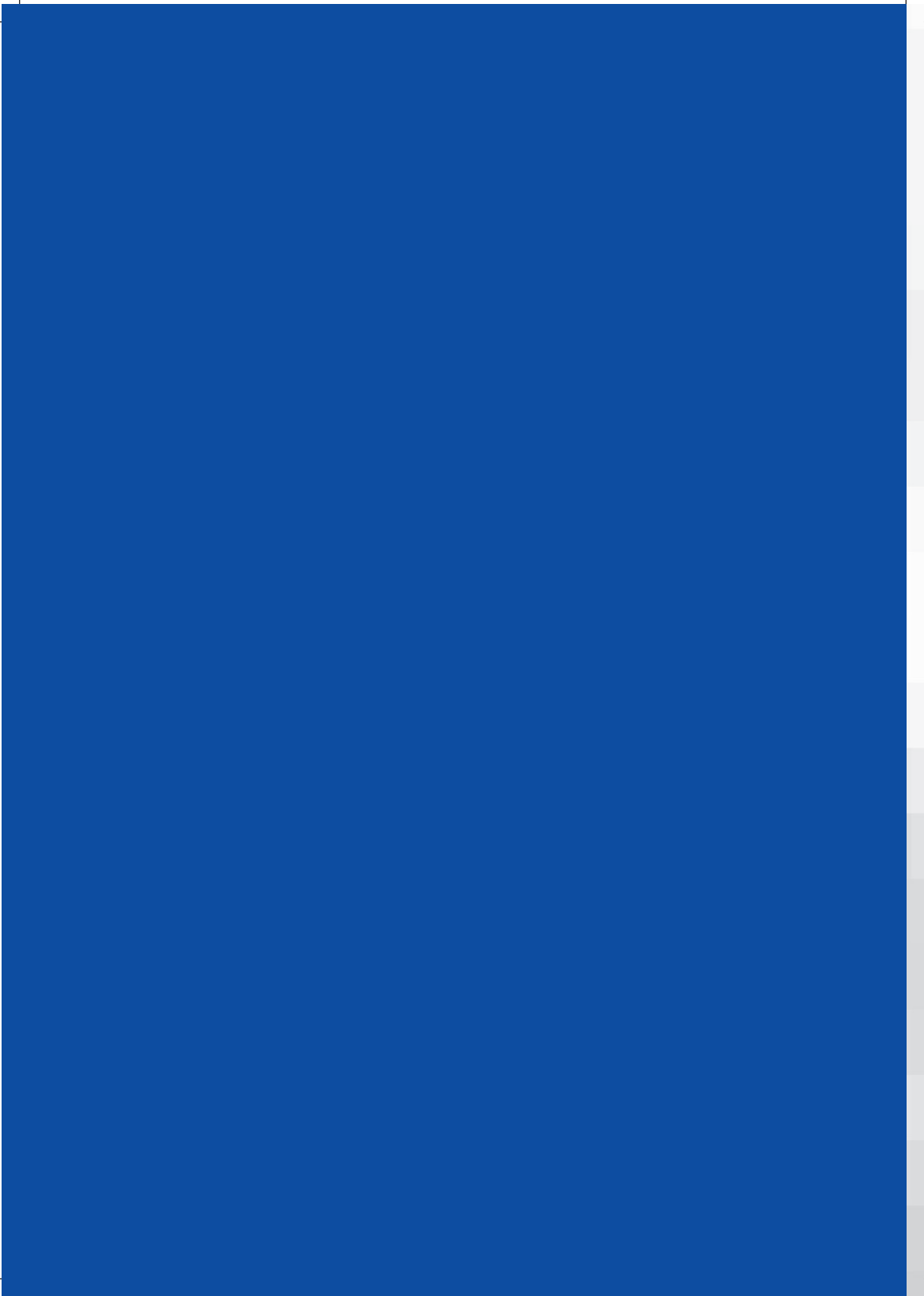
PROJECT COMPLETION REPORT

Prevention of Drug Abuse Promotion
of Health Yog In Prisons At Central
Prisons, Tihar, New Delhi



Project Commissioned by
NATIONAL SEEDS CORPORATION

Project developed & executed by
ANTARKRANTI - PRISONER REFORMATION &
REHABILITATION PROGRAM
DIVYA JYOTI JAGRATI SANSTHAN



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THE GUIDING LIGHT

God crafted the human beings with unbound potential. By virtue of this great potential, human beings constitute the basis of the society and are also counted as most potential resource of the same. Society exists by and for the people. If an individual realizes his power and guides himself with the torch of virtue, the earth would humble the heavens and peace will prevail all over.

But, the irony is that the current competitive era of development and the lifestyle of momentary and personal gains are directing the human race towards the secular achievements beyond limits, depriving the mankind of inspiration to explore the limitless power and strength within. Dispossessed of inner strength and burdened with societal pressures people often get trapped in undignified vulnerable situations, risk taking and low level actions.

Drug abuse is one such situation - a malady which people often develop due to dithering, influenced by trends and friends, escaping from testing times and problems, also from misplaced sense of pride and status. All such tendencies are essentially different representations and reflections

of lack of self-awareness and distinct from inner strength. This ignorance results in negative/no or under development of one's thought process, decisive powers, self-respect, and control of mind and actions, and the individual is deprived of the potential to face the challenges.

Self Awakening and harnessing the latent powers are the sure shot ways to empower an individual to tackle the pressures of life skillfully, successfully and also to protect oneself from vulnerabilities and risks associated with these negative forces.

Divya Jyoti Jagriti Sansthan is committed to the goal of righting the wrong through the science of knowledge of self – the 'Braham Gyan'. This knowledge is being taken to each and every individual and section of the society. Clubbed with other skills, education and understanding of challenges of drugs and incarceration, this knowledge of self is strengthening the dispositions of prison inmates and empowering them to beat the infliction of drugs & crime.



SHRI ASHUTOSH MAHARAJ JI
Founder and Head, Divya Jyoti Jagriti Sansthan





DIVYA JYOTI JAGRATI SANSTHAN

Swami Narendranand
SECRETARY

HO/AK/OFC/051
29th April, 2011



MESSAGE

Under the benign guidance of Shri Ashutosh Maharaj Ji, Divya Jyoti Jagrati Sansthan (DJJS) has been successfully developing and executing welfare and progressive programs for different sectors of the society. DJJS believes in human potential and is working with its worldwide network of people to establish 'World Peace'. The prison population is also a vital component in this network and it is the motto of Antarkranti – Prisoner Reformation & Rehabilitation Program to raise the consciousness and potential of this section of the society make them join the movement of peace building.

Prevention of Drugs & Promotion of Health & Yog in Prisons is one of various important issues Antarkranti is working on. The successful completion of this project gives us a sense of utility and feeling of contentment. The impacts and recommendations of the project add to our responsibility of taking the project further in the advanced phase which we happily accept.

It would not have possible materializing the project had it not been the financial support extended by National Seeds Corporation and much needed partnership of Prison Authorities. I thank both our partners in the initiative.

I congratulate the Antarkranti team members for their great accomplishment and I am sure their commitment to the cause of transformation and rehabilitation will keep growing and delivering great results.


Swami Narendranand

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D.O. No. DGP/670.....

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MESSAGE

Delhi Prisons have always prided themselves in being a trend setter in the areas of correction, reformation and rehabilitation of those who are lodged here. We try to achieve these goals by a series of innovative methods, which, more often than not, are in collaboration with Government, Semi-Govt. and Non-Government Organizations.

Divya Jyoti Jagrati Sansthan is one NGO which has done commendable work in spiritual empowerment, livelihood generation, drug abuse prevention and positive & progressive engagement of prisoners. Its project on "prevention of drug abuse and promotion of health and yog in prisons" has been instrumental in generating awareness on drug abuse prevention not only amongst the prisoners but also in the prison staff.

I am sure that DJJS will continue this initiative and reach out to larger number of inmates.

The prison administration values its long partnership with DJJS who have been doing a most laudable job in the area of reformation and post-release rehabilitation.

I wish them success in all their current and future endeavours.


(NEERAJ KUMAR)



*An ISO 9001 : 2008 Certified

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एस. के. रूंगटा

अध्यक्ष एवं प्रबन्ध निदेशक

S. K. ROONGTA

Chairman cum Managing Director



No.3(1)/2010-11/CS/NSC

Dated: April 29, 2011

MESSAGE

National Seeds Corporation (NSC) has always been committed for the betterment of the society at large and farmers in particular through its Corporate Social Responsibility (CSR) Schemes. Corporate Social Responsibility is Corporation's commitment to operate in an economically, socially and environmentally sustainable manner, while recognizing the interests of its stakeholders.

Prison reforms hold an important place in NSC's CSR activities. We shared a partnership with Divya Jyoti Jagrati Sansthan (DJJS) to take initiatives in reformation & rehabilitation of prisoners. Prevention of Drugs & Promotion of Health & Yoga for the inmates are some of the innovative projects we propose to plan & execute through Divya Jyoti Jagrati Sansthan (DJJS).

I wish DJJS all success in its future endeavour.


(S. K. ROONGTA)



CONCEPT

Prevention of Drugs & Promotion Health & Yog in
Delhi Prisons, Tihar

BACKGROUND AND JUSTIFICATION:

Crime & Drugs are closely inter-linked. Doers of crime use drugs as tools to accustom their mind and drug user often end up committing crimes. The phenomenon of drug abuse and addiction is therefore not new to prisons. Mostly the under-trials enter prisons with their habit of drugs intake, which they spread to others. Thus, the non-users who come to jail for trials and sentences develop the habit behind the bars.

Out of total prison population almost 10% is addicted to one or the other type of drugs. These are the 10% percent who are dependents and are lodged in drug treatment cells. 1% of total prison population is IDUs and are either infected or at risk of HIV. Out of the non-user population as much as 55 % to 60% inmates get introduced to drugs in jail and develop subsequent addiction. These new users remain at risk of HIV infection. (Source: Annual reviews Delhi Prisons).

The experimentation and abuse of drugs among non users develop due to

varied reasons- stress of pending cases, home sickness, peer pressure, negative tendencies, illness and boredom. A limited inmate population is aware of dangers of drug-experimentation and tools of prevention, which makes them vulnerable to experimentation and paves way to addiction.

Drugs, captive life and related stress result into health related problems, which further reduce the process of reformation. As there is a large population which is non-user and is at high risk of experimenting, it is pivotal to initiate preventive program and involve all the stake holders to reduce the rate and risk of drug abuse and promote a healthy life style among prisoners.

Divya Jyoti Jagrati Sansthan, therefore, took up this a preventive program that aimed at higher level of awareness, among prisoners, on risk of drug abuse and tools of prevention, improved capacity of prison and NGO staff in dealing with issue and better understanding & strong policy for preventing drug abuse at the management level.

AIM

Reduce drug use rate among prisoners and prevent non-users from experimenting with drugs and promote healthy life style in prisons.

OBJECTIVES

1. Advocate prevention of drug abuse with prison authorities and staff.
2. Train prison inmates as Peer Facilitators to disseminate the prevention messages and techniques to discourage first use of drugs and motivate users for treatment.
3. Generate health awareness in the prison population and introduce 'Yog' as tool for complete health.

TARGET GROUP: Prison Authorities
Prison Inmates
TARGET AREA: Central Prisons,
Tihar, New Delhi
PORJECT: December 2010
DURATION: to March 2011

ASSOCIATION

The project is funded by National Seeds Corporation (NSC), Govt. of India Undertaking, under its Corporate Social Responsibility. The technical support and plants for the extension of the herbal garden 'Divya Uddyan' is also a contribution of NSC.

The Executive Partner of the project is Delhi Prisons, Tihar. All the activities were planned and executed in Tihar

prisons with participation of jail authorities & staff.

BODH – Drug Abuse Eradication Program of Divya Jyoti Jagrati Sansthan has been the knowledge partner of the project.

HIGHLIGHTS:

- Launch of the program with Cultural event & plantation for extension of herbal garden
The project was launched with a cultural event. Here the project was introduced to the Superintendents of all the Jails and also the prisoners to have an interface with the activities which were being designed for them.
- Advocacy with Prison Management & Staff
Special advocacy session was taken up with prison management & staff of identified jails to upraise them on the logic and benefits of prevention. The session gave information on the methods and tools of prevention.
- Training of Peer Facilitators in among prison inmates
Peer facilitators among the prisoners were provided exhaustive training in preventive and risk factors related to drugs, impact pf drugs on the brain and techniques of prevention & counseling.

FIVE DAY VILAKSHAN YOG & HEALTH AWARENESS WORKSHOP

A combined five day health awareness and yoga camp was organized for peer facilitators and inmates of Central Jail No. 1, Tihar training around 1500 prison inmates in 'Vilakshan Yog', a subtle yog practice developed by DJJS based on principles of Aashtang Yog and spiritual doctrines of ancient Indian wisdom & knowledge. The camp also generated awareness about health practices and personal hygiene. Stress busting and mental health techniques were additional component delivered by Vilakshan Yog Camp.

PLANTATION DRIVE

The plantation was an extension of existing herbal garden with support from National Seeds Corporation. For the plantation saplings and technical support was provided by NSC. A total of 1000 plants were planted in all the jails in Tihar Prisons.

TOTAL NUMBER OF WORKSHOPS

S. No.	Name	Numbers of workshop	Duration of each workshop
1	Advocacy workshop with Prison Authorities	1	1 day
2	Training Workshops with Prison Staff	2	2 day
3	Sensitization and training of peer facilitators	2	4 day @ 2 days each workshop
4	Yoga & health camp	1	5 day
	Total	8 workshops	12 workshop days

‘ANTARDHWANI’

– an evening of soulful devotional music

At Launch of ‘Prevention of Drug Abuse in Prisons and Promotion of Health & Yog’

‘Antardhwani’ – an evening of soulful devotional music was organized on 7th December, 2010 to mark the launch of ‘Prevention of Drug Abuse’ under the project. The event was organised at Central Jail – 3, Delhi Prisons, Tihar.

The launch event was organised to familiarize prison staff and particularly the prisoners with the new activities that will be initiated for them. The main highlights of the event were:

PLANTATION & LIGHTING OF THE CEREMONIAL LAMP

The event commenced with the plantation of trees by eminent guests of the event; Sh. Neeraj Kumar, Director General Prisons, Sh. C.R. Carg, Deputy Inspector General (Prisons), Sh. S.K. Roongta, CMD, National Seeds Corporation (NSC), Swami Narendranand, Secretary, DJJS and Sh. M.K. Dwivedi, Superintendent, CJ-3. It was followed by lighting of the ceremonial lamp by these dignitaries.

INTRODUCTION OF THE PROJECT

Sadhvi Jaya Bharti, Program Representative of DJJS introduced the

project, its objectives, activities and the benefits to the guests, prison staff and the prisoners of CJ-3 present during the event. All the guests were provided with concept note and details of the project.

PERFORMANCE BY THE MUSICAL TROUPE

Subsequent to the project introduction the music troupe of DJJS performed and presented devotional, inspirational and patriotic songs. The music and songs were so enthralling that it engaged everyone present at the event.

ADDRESS BY THE DIGNITARIES

After the musical presentation Sh. S.K. Roongta, CMD, NSC and Sh. C.R. Garg, DIG (Prisons) addressed the gathering.

Sh. Roongta on behalf of NSC expressed that health and well being is important for accelerating the reformation of prison inmates and drug abuse is major impediment in the process. He also added that NSC is proud to be a part of the initiative and is privileged that it got an opportunity to support the cause.



Sh. C.R. Garg, DIG (Prisons) during his address complemented DJJS & NSC to have started the project which is of vital importance for reformation of prisoners and will be effective in preventing spread of drug abuse and drug related HIV in prisons and in long term to larger outside community. He appealed to the prisoners to actively participate in the project and draw maximum benefits. He also ensured full cooperation and participation from prison authorities and staff for the project.

Sh. M.K. Dwivedi, Superintendent, CJ-3, offered the vote of thanks.

ADVOCACY WITH PRISON MANAGEMENT

Report on the Workshop & Way Forward

On 13th December, 2010 a half day advocacy session with prison management and staff on subject of prevention of drug abuse illustrating the logic and benefits of prevention in context to general population and that of population in prisons. The advocacy session was organised at Prison Head Quarters, Delhi Prisons, Tihar, New Delhi.

The workshop was attended by:

- Deputy Inspector General (Prisons)
- Jail Superintendents
- Senior Medical Officer (Tihar Jail Hospital)
- Deputy Superintendents
- Assistant Superintendents
- Welfare Officers
- Head Warders
- Warders
- Staff of Prison Head Quarter

The event started with felicitation of Mr. Roongta, CMD, National Seeds Corporation, Sh. C.R. Garg, Deputy Inspector General (Prisons) by Swami Vishalanand, Program Director, Prisoner Reformation & Rehabilitation Program of DJJS followed by lamp lightening.

The advocacy session was conducted by Sadhvi Jaya Bharti, Program Representative of DJJS and an expert on issue of drugs abuse. The subjects discussed during the advocacy session were:-

1. The current problem scenario of drug abuse in context of general society and within prisons.
2. Logic of prevention of drug abuse and its contribution in serving the prison mandate.
3. Understanding the various steps and processes of drug abuse and addiction.
4. Reasons for giving priority to prisons
5. Actionables of the project such as; educating the prisons staff, methods of involvement of prison authorities and inmates in project, promoting avenues of positive engagement, training of peer leaders among prisoners.
6. Services that will be offered by DJJS; training & education sessions, yog training and camps, avenues for spiritual activities and vocational programs for positive engagement.

Vital inputs were contributed by the participants in strategizing the future course of action. Dr. Virat Hamal, Senior Medical Officer said during his address that though the prisons is putting much effort in treating the drug dependents who enter prisons focus on the non-users and initial users and preventing them from starting with drugs will be more beneficial for prisons. According to him concentrated efforts must be invested in the project and also ensured that any help need from Hospital Division of Prisons will certainly be provided. According to Sh. M.K. Dwivedi, Superintendent, CJ-3 to make this project



fool-proof it is important to include the recovered addicts who understand the various challenges (such as peer pressure, stress, convincing by drug peddlers who serve their term or are in jail otherwise) that an inmate may face related drug abuse in prisons and can play a major role in educating their peers. He also added that there are various other challenges that are needed to be countered in the process and a strong consultation with all the stakeholders in the prisons must be done to chart the future course of action.

Identifying the issue of drug prevention as very beneficial but challenging, Mr. C.R. Garg, Deputy Inspector General (Prisons) laid more emphasis on sensitisation of prison staff and their active participation in the project. He also stressed on the need for a systematic approach in this direction.

All the participants were of the consensus that:

The project is good and has high prospects of contributing towards the prison mandate and active participation of all the stakeholders is very essential for the success of the project and will be very useful in reformation of prisoners and maintaining a healthy environment, not only within the prisons but with a bright scope of extending it outside the prisons to the wider community.

WAY FORWARD FROM ADVOCACY WITH PRISON MANAGEMENT

To take the preventive education effectively to all the stakeholders and to prisoners, the following strategy was proposed during the joint advocacy session. The strategy was taken up as a way forward and submitted to National Seeds Corporation. Here after the project was executed according to the way forward which was as:

I. PROJECT TO BE TAKEN IN A FEW SELECTED JAILS INITIALLY

It was proposed and agreed to in the advocacy session that the current project should be first concerted implemented in a few identified jails. CJ-3 was proposed as it houses convicts and CJ- 7 for youth prisoners. It was also proposed that based experiences from execution of the project in these jails, it should be extended to other jails with advanced strategy in next project phase.

II. FORMATION OF PROJECT ADVISORY COMMITTEE

It was also proposed that for good governance, monitored execution and to ensure that there is maximum participation of prison authorities a Project Advisory Committee be constituted for the duration of the project. The committee comprised of:

- | | |
|---|---------------|
| 1. Deputy Inspector General | – Chairman |
| 2. Program Director, Antarkranti Program (DJJS) | – Co-chairman |
| 3. Law Officer (Prisons) | – Member |
| 4. Superintendents from selected jails (CJ- 3 & 7) | – Member |
| 5. Deputy Superintend (Internal) from selected jails(CJ- 3 & 7) | – Member |
| 6. Superintendent (PHQ) | – Member |
| 7. Project Officers (DJJS) | – Member |
| 8. Project Coordinator (DJJS) Secretary. | – Member |

FOLLOWING ROLES & RESPONSIBILITIES WERE CHARTED FOR THE PROJECT ADVISORY COMMITTEE

1. To develop effective execution plan of the project.
2. To monitor and ensure timely and effective execution of the project in the selected jails.
3. To make certain that view point of all the stakeholders are taken into consideration for implementation of the project.
4. To effectively involve the participation of prison authorities and staff in the project.
5. To develop activities and policies that contribute to the project objectives and are promising in long term implementation.
6. To prepare the final reports of all the activities.

III. FORMATION OF ONE EXECUTIVE BODY OF EACH SELECTED JAIL:

Executive Body was formed for each selected jail to ensure that there is maximum participation of staff and prisoners of that particular jail and it will be the core organ to execute the activities in the jail. The Executive body comprised:

- | | |
|---|--------------------|
| 1. Jail Superintendent | - Executive Head |
| 2. Program Director, Antarkranti Program (DJJS) | - Project Advisor |
| 3. Project Coordinator (DJJS) | - Member Secretary |
| 4. Project Officer (DJJS) | - Member |
| 5. Deputy Superintendents (both) | - Member |
| 6. 3 to 4 Assistant Superintendents | - Member |

This body also trained 5 Head Warders, 10 warders, 3 Sewadars (Convicts) to participate in further execution of the project.

IV. PEER LEADERS FOR MASTER TRAINING:

1. Intervention was taken ward wise
2. At least 15 inmates were selected from each ward and trained to cover 100 inmates on average.

TRAINING WORKSHOPS WITH STAFF

Training workshop with prison staff was conducted in:

Central Jail – 3 on 12th January 2011

Central Jail – 7 on 28th January 2011.

The workshops were attended by Deputy Superintendents, Asst. Superintendents, Head Warders and Warders of each jail.

Workshop was conducted by Sadhvi Jaya Bharti experts on issue of drug abuse and Dr. Vijay Navsar.

Workshop started with an interesting activity of participants introducing each other to the conductors. During the introduction activity the staff learnt about each others strengths, weakness, likes and dislikes, hobbies, and interest which they did not know about each other earlier. Participants enjoyed exploring about their fellow workers and responded that the activity has brought them closer and helped built a good rapport which will help them discharge their day to day duties better.

The following workshop sessions were an amalgamation of skill and response developing activities and lectures on the following topics:

1. Introduction to Drug Abuse
2. Addiction as a process and how it impacts the brain.
3. Introduction to prevention and importance of communication
4. Why focus on prisons & why focus on youth
5. Approaches & logic of prevention
6. Methods of Prevention
7. Protective & Risk Factors and breaking of myths
8. Session on using tools of Self Awareness in Prevention
9. Current drug use scenario
10. Risk of multiplication of drug use from one user to another,
11. Risk of HIV due to drug use
12. Devising Future Strategies & Methodologies

The last session on devising future strategies and methodologies was well taken by all the participants. Participants provided vital inputs regarding selection of inmates to be trained as Peer Facilitators. As per the discussion the Peer Facilitator must:

1. Educated at least upto 12th Standard and preferably a graduate.
2. Possessing good communication skills and can build good rapport with co inmates.



It was also discussed that the Peer Facilitators must target non-users among the inmates and primarily the new comers in the Mulaiza Ward. Mapping of non-users among inmates was also suggested to be more specific on the target group.

All the participants responded that the information was indeed new to them. They were not aware about the impact of drugs and the process which takes one to addiction. They admitted that not only in prisons but the skills of prevention that they learnt would also help them in taking up the issue and discuss it with their families, friends and children. Everyone ensured their full participation in the project.

MASTER TRAINER'S WORKSHOP

Master Trainer workshop was conducted with an objective to sensitize prison inmates on the issue of drug abuse and provide them skills to prevent themselves and their peer from onset of drugs. The workshop that trained a total of 90 Master Trainers/ Peer Facilitators covered 45 trainers from each of the following two jails:

Central Jail No 3 – from 4th to 5th February, 2011, Central Jail No.7 – from 15th to 16th January 2011.

The two training workshop in each jails trained the prison inmates on following topics

- Introduction to Drug Abuse
- Vulnerable Situation in Prisons
- Understanding addiction
- What drugs do to brain
- Introduction to project objective of preventing the first use of drugs
- Protective & Risk Factors (general theory and prisoners perspective as per their environment)
- Why focus on youth and why focus on prisoners. This activity included Exercise on problems related to prisons and how it gets augmented due to drugs, problems that one may face on release
- Importance of Communication
- Concept, importance and logic of prevention

- Different ways to say no
- Approaches of prevention 10 messages
- Devising activities for dissemination of information as per prisoners' views
- Breaking of myths
- Session on using tools of Self Awareness in prevention
- Devising Future Strategies & Methodologies

Along with the lecture discussion and presentation on above subjects the workshop also included interesting activities such as

- Movie on subject of drugs and presentation of individual observation
- Open House Discussion on subject of
- Role play & enactment of risk situation an individual can be in. Presenting preventive strategy and skill to say no to drugs in different risk situation.
- Energizers and other activities that demonstrated benefits of calculated and right decisions.

IMPACT OF THE PROJECT ON THE PRISON INMATES

Training sessions conducted with prison inmates were designed to bring out strategic approach for future activities. Brain storming and strategic planning



sessions conducted with prisoners resulted in development of activities which specific and suitable to prison environment.

Positive impact of the project was evident from whelming participation from inmates. All the participants gave their full-fledged input in drawing elements for future activities that they would conduct. The following inputs were given by inmates at the end of the 2 day training in each jail:

1. Ways & methods to disseminate preventive messages among non-users
 - First introduction should be friendly and not to interrogate about drugs initially.
 - We should ask a little about them and try to learn of the problem they are facing in prisons.

- Then talk to them about drugs and update them about vulnerable situation that can drive them towards initial drug use such as; boredom, stress related to family and pending cases, uncertainty of future, peer pressure etc.
 - Acquaint with them about the social, familial, economical, personal damage caused due to drugs.
 - Alert them that the first use does the damage and therefore one must not do experimentation and first use of any drug. One should avoid the initial use of gateway drugs such as tobacco and alcohol in the first place avoid.
 - Explain how drugs work and damage the brain and other parts of body. Elucidate how illusion of happiness is created in the brain by drugs and how addiction takes place
 - If one finds a prisoner in stress then he should go ahead to talk and give the person in stress some space to vent his feelings and share his problems. Advise him right and talk about positive things such as spiritual subject, optimism and share good books etc with him.
2. Techniques to motivate users to go for treatment
- Come on fair & friendly talking terms with the user. Ask him a few details as how he started the drug use, under what circumstance and for how long he is being using it. All these details help in further counseling.
 - Do not condemn or criminalize him for his habit. This can repel him from further interaction and hamper the counseling process. The Peer Facilitator must learn and talk about good qualities and strengths of the user this will develop optimism and self-respect need for fighting once obsession on drugs.
- The Peer Facilitator must also counsel the drug user to take treatment and learn meditation to treat both physical dependence and mental obsession on drugs.
3. Other activities to generate awareness on drugs among the prisoners and sensitize prison environment.
- Plays and skits to generate awareness on preventing first use of drugs.
 - Poster with right information related to prevention must be displayed within the jails through posters and wall writings. A slogan and poster making competition can be organized in jails and good posters and slogans can make it to walls of jail premises.
 - Segregate people who consume drugs at the entry from Mulaiza ward itself.
 - Small workshops must be organized regularly to educate people and further participate in brain-storming session organized to develop innovative methods of preventing drug use.
 - Regular group activities and discussion must be organized to keep the zeal and enthusiasm of the Peer Facilitators intact.
 - Inmates must be taken to visit de-addiction center in the jail and shown people already suffering from various problems due to drug abuse.
 - A documentary or a short movie must be made on the subject of prevention of drugs and shown in all the jails time to time to generate awareness among drug users. As all the jails and inmates cannot be covered only by Peer Facilitators and the prison population is a moving population the movie can

- reach out to many people in less time and many jails of India.
- Preventive messages can also be disseminated at the time of daily prayers.
 - Messages can also be displayed on the dress that are provided to inmates or designer T-Shirts can be made with messages and distributed. Inmates also came out with ideas to take the preventive work outside the jails to larger community and suggested activities for it:
 - To associate more people who are interested in the campaign and teach them of the techniques and knowledge related to drugs. This will help build a strong anti-drug network that conduct workshop at different places. We can come out as a big group and can name it as 'Health of India' (HI).
 - Preventive messages and information related to drugs can be promoted through blogs, social media sites etc to reach people who spend more time on the net. We can spread the network nation wide.
 - A mass campaign can be conducted on a fixed date across India.
 - HI will focus primarily on slums as there is lack of education in such areas and young people easily fall prey to drugs.
 - Major focus will be given on schools where children will gain knowledge and can decide to stay away from drugs.

RECOMMENDATIONS FOR FUTURE COURSE OF ACTION

Responses and feedbacks from management, staff and inmates are collectively compiled into broad recommendations:

1. An improved and exhaustive preventive program must be further taken up exclusively for staff and prisoners to cover larger target group.
2. A module of preventive education should be made a regular feature of 'Mulaiza Ward'.
3. More counseling services must be made available to new comers, under-trials, youth who are more desperate and vulnerable to stress and drugs.
4. Inmates often face financial crunch and that augments incarceration stress. Livelihood and employment opportunities for inmates must be developed as it keeps them occupied in activities that help them earn and prevents them from any sort of distraction.
5. Productive and interesting activities must be designed and developed to engage inmates positively and prevent them from developing negative state of mind and resultant stress and depression. Extracurricular activities such as painting, music, dance, book reading, gardening, and indoor and outdoor games.
6. A detailed and educative documentary/ short film to be developed which can be made a regular feature of Mulaiza Ward and will be broadcasted throughout the jail periodically.





VILAKSHAN YOGA CAMP

5 day camp of 'Vilakshan Yog', a subtle yog practice developed by DJJS based on principles of 'Ashtang Yog' and spiritual doctrines of ancient Indian wisdom & knowledge was organized in Central Jail No.-1. Yogacharya Swami Mohanpuri presided over and conducted the camp with his 4 member team of Vilakshan Yog Experts. More than 1200 prison inmates participated in the 5 day Yog retreat. They were trained subtle yogic practices and 'Pranayam' and how Vilakshan Yog being subtle and powerful strengthens the respiratory system of the human body and makes each breath capable of transporting more and more oxygen inside the body. The camp also generated awareness about health practices and personal hygiene. Stress busting and mental health techniques were additional components that were delivered during the camp.





PLANTATION DRIVE

Plantation drive of herbal plants was conducted parallel to the Yoga Camp from 28th February to 7th March 2011. A total of 1000 plants of variety comprising Amla, Arjun, Amaltas, Baheda, Bakuchi, Bael, Patra, Sheesham (Chirchita), Harsingar, Jamun, Jatropha, Sita Ashok, Kapoor, Guggal, Dhak, Tulsi, Lemon Grass, Mushkdana, Gumar, Bhringraj, Pama Rosa, and Bhumi Amla were planted in all the jails of Tihar Complex.

IMPACT OF THE PROJECT ON THE PRISON INMATES

Training sessions conducted with prison inmates were designed to bring out strategic approach for future activities. Brain storming and strategic planning sessions conducted with prisoners resulted in development of activities which specific and suitable to prison environment.

Positive impact of the project was evident from overwhelming participation from inmates. All the participants gave their full-fledged input in drawing elements for future activities that they would conduct. The following inputs were given by inmates at the end of the 2 day training in each jail:

1. Ways & methods to disseminate preventive messages among non-users
 - First introduction should be friendly and not to interrogate about drugs initially.
 - We should ask a little about them and try to learn of the problem they are facing in prisons.
 - Then talk to them about drugs and update them about vulnerable situation that can drive them towards initial drug use such as; boredom, stress related to family and pending cases, uncertainty of future, peer pressure etc.
 - Acquaint with them about the social, familial, economical, personal damage caused due to drugs.
 - Alert them that the first use does the damage and therefore one must not do
2. Techniques to motivate users to go for treatment
 - Come on fair & friendly talking terms with the user. Ask him a few details as how he started the drug use, under what circumstance and for how long he is being using it. All these details help in further counseling.
 - Do not condemn or criminalize him for his habit. This can repel him from further interaction and hamper the counseling process. The Peer Facilitator must learn and talk about good qualities and strengths of the user this will develop optimism and self-respect need for fighting once obsession on drugs.

experimentation and first use of any drug. One should avoid the initial use of gateway drugs such as tobacco and alcohol in the first place avoid.

- Explain how drugs work and damage the brain and other parts of body. Elucidate how illusion of happiness is created in the brain by drugs and how addiction takes place
- If one finds a prisoner in stress then he should go ahead to talk and give the person in stress some space to vent his feelings and share his problems. Advise him right and talk about positive things such as spiritual subject, optimism and share good books etc with him.

- The Peer Facilitator must also counsel the drug user to take treatment and learn meditation to treat both physical dependence and mental obsession on drugs.

3. Other activities to generate awareness on drugs among the prisoners and sensitize prison environment.

- Plays and skits to generate awareness on preventing first use of drugs.
- Poster with right information related to prevention must be displayed within the jails through posters and wall writings. A slogan and poster making competition can be organized in jails and good posters and slogans can make it to walls of jail premises.
- Segregate people who consume drugs at the entry from Mulaiza ward itself.
- Small workshops must be organized regularly to educate people and further participate in brain-storming session organized to develop innovative methods of preventing drug use.
- Regular group activities and discussion must be organized to keep the zeal and enthusiasm of the Peer Facilitators intact.
- Inmates must be taken to visit de-addiction center in the jail and shown people already suffering from various problems due to drug abuse.
- A documentary or a short movie must be made on the subject of prevention of drugs and shown in all the jails time to time to generate awareness among drug users. As all the jails and inmates cannot be covered only by Peer Facilitators and the prison population is a moving population the movie can

reach out to many people in less time and many jails of India.

- Preventive messages can also be disseminated at the time of daily prayers.
- Messages can also be displayed on the dress that are provided to inmates or designer T-Shirts can be made with messages and distributed.

Inmates also came out with ideas to take the preventive work outside the jails to larger community and suggested activities for it:

- To associate more people who are interested in the campaign and teach them of the techniques and knowledge related to drugs. This will help build a strong anti-drug network that conduct workshop at different places. We can come out as a big group and can name it as 'Health of India' (HI).
- Preventive messages and information related to drugs can be promoted through blogs, social media sites etc to reach people who spend more time on the net. We can spread the network nation wide.
- A mass campaign can be conducted on a fixed date across India.
- HI will focus primarily on slums as there is lack of education in such areas and young people easily fall prey to drugs.
- Major focus will be given on schools where children will gain knowledge and can decide to stay away from drugs.

RECOMMENDATIONS

THE RECOMMENDATIONS ARE BASED ON:

1. Responses and feedbacks from management, staff and inmates.
2. Learning based on outcome of activities and observations made during project implementation

BROAD RECOMMENDATIONS:

1. An exhaustive preventive program must be further taken up for a longer duration. The minimum time duration of the project should be of three years. Project should give exclusive phase wise focus on:
 - Training of staff; and ensuring their participation in developing communication and awareness modules corresponding to requirements of jail and inmates, and developing them as stakeholders in the project rather than just a target group.
 - Providing exhaustive training to more number of prisoners in each jail; and designing a long term follow up communication and awareness generation activity for a better impact and visible change.
 - Developing tools of communication which can be made a regular feature of jail discipline.
2. A specific module of preventive education should be made for first timers in jail:-
 - 'Mulaiza Ward' houses the new entries in to jail for a minimum period of 3 months. Most of these are the first timers and non-users. A specific and exclusive module or a program must be developed which can be run as a regular feature in the ward of each jail.
 - New comers, under-trials, youth are more desperate and vulnerable to stress and drugs. They look for sharing as a way to vent out their anxiety and stress which becomes a major cause of drug abuse. Regular counseling services must be made available to these people to prevent them from experimenting with drugs.
3. Livelihood Opportunities for Prison Inmates
 - Prison inmates often face financial crunch and that augments incarceration stress. Livelihood and employment opportunities for inmates must be developed as it keeps them occupied in productive work, helps them earn money, checks their stress and dejection, and prevents them from distractions.

4. Positive Engagement Activities

- Productive and interesting activities must be designed and developed to engage inmates positively and prevent them from developing negative state of mind and resultant stress and depression. Extracurricular activities such as painting, music, dance, book reading, gardening, and indoor and outdoor games can keep the inmates engaged in affirmative action and help maintain their mental and physical health.

5. A detailed educative documentary/short film should be developed, which can be made a regular feature of 'Mulaiza Ward' and broadcasted throughout the jail periodically.





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