

11 Yoga, Meditation and Spiritual courses

Yoga, Meditation and spiritual activities form very important components of reformation and rehabilitation policy of Delhi Prisons which bring qualitative changes in the life of the prisoners. Yoga and meditation teachers are regularly visiting the jails to impart lessons. During the year 2010 famous yoga Guru Swami Ram Devji, visited Tihar and took yoga sessions with the inmates in Jail No. 1. Master Del Pe, who is a US based sage and a miraculous healer, was invited to show another path of meditation to prisoners as well as staff. Thousands of prisoners have participated in the meditation programmes conducted by the various organizations and a marked change has been observed in the behavior of such prisoners who participated in these programmes. The following table shows the statement about the number of inmates and staff benefitted by different NGOs.

S.No.	Yoga, Meditation & Spiritual Courses	Inmates	Staff
1	Vipasana	1011	0
2	Art of Living	1943	10
3	Raj Yoga Kendra	725	0
4	Brahma Kumari Vishwa Vidyalaya	466	0
5	Sahaj Yoga	1376	26
6	Divya Jyoti Jagriti Sansthan	8239	2
7	Sant Nirankari Mandal	980	0
8	Dera Sacha Sauda	725	0
9	Vishwas Meditation Spiritual Course	240	0
10	Vishwas Foundation Held Yoga Classes	378	0
11	Sri Madh Bhagwadh Geeta Sansthan	573	0
12	Yoga Assan	730	0
13	Modi Care Foundation	430	7
14	Prison Fellowship India	1256	9
15	Sukhmani Kirtan Academy (Khalsa Academy)		2000
16	Sparsh (Touch) Theraphy	257	0
17	Soul searchers Atma Sadhna Kender	130	0
18	Aids Awareness Group (AAG)	677	56
19	Sai Prem Children and Old Age Home	621	0
20	Patanjali Yog Trust	59	0
21	Care Today Library	490	0
22	Yoga Classes by Sh. Ramesh Sharma	708	37
23	Rachnatmak Sewa Sangthan	60	0
24	Maharaj Dharam Dev	650	0
25	ISCON Society Satsang	850	0
26	Aids (HIV) Shape India	301	0
27	Musical Academy	146	0
28	Academy of Tabligh (Nizamuddin Aulia)	112	0
29	Yoga Classes by Sh. Meghraj Shastri	310	15
	Total	24643	162

