

# Guards mind it!

Team Viva

**P**rison. What comes to your mind? The convicts. Right. How about the guards and the other staff that continuously stay in the "walled place". Seeing their daily routine one feels as if they are also sentenced to some kind of a punishment, spending most of their time close to the criminals. They are bound to imbibe a lot of frustration, hatred and pressure in themselves.

Keeping this in mind, Tihar Jail authorities conducted a spiritual workshop with the help of Isha Foundation for 100 guards of Tamil Nadu battalion.

The workshop was organised in Tamil there by ensuring total interest and participation on the part of the guards. 'Swami Balu' took the courses. It included the routine kriyas like the 'Suryanamaskar' and 'Shambhavi Maha Mudra', besides other stress busting exercises.

Speaking about the programme, Commandant Tamil Nadu Special Police Battalion, Maheshwar Dayal said, "It is for the first time that the focus is on spiritual well being of those who guard Tihar. They are the ones who perform the most strenuous



duties under various hardships and this programme has provided them with the much needed techniques for their well being."

The Commandant was one of initiators for the introduction of such a discourse. He said, "Having received positive feedback from all the people who had undergone this course of inner engineering, I was confident that it would provide the guards at Tihar with spiritual catharsis and psychological relief. I am also looking to undergo this course to shed off all my anxieties."

Elucidating the benefits of the course Shiva, a

security guard, who had already done this course in Coimbatore, said, "It's a stress buster. It keeps me fresh and energetic throughout the day, I was short tempered, but now I don't feel like getting angry".

Also present on the occasion was Swami Saran, one of the yoga teachers who conducted the programme. Talking about the programme, he said, "It is a simple way to be healthy and joyous even in adverse circumstances, this particular course will benefit the guards which will in turn benefit the inmates as well."

photo Jagdish Yadav