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AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

TO WHOM SO EVER IT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge

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BEST PRACTICES



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INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE





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Best practice 2

“PUNARJANI” – Uplifting health and behavior of jail inmates”

Holistic approach to promote comprehensive program for uplifting mental and physical health and behaviors of prisoners to enhance their overall quality of life.

Objectives of practice:

1. To improve physical health and flexibility through yoga and other exercises.
2. To enhance mental well-being through stress management and relaxation techniques.
3. To foster a sense of community and social bonding among inmates.
4. To provide personal counselling to improve social behavior and responsibilities
5. To master the mind and thoughts through yoga and meditation.
6. To understand their core self and make them aware of social responsibilities.

The context:

The crime rates are increasing drastically due to poverty, unemployment, lack of education, untreated mental health illness. Our program PUNARJANI aims to enhance the quality of life both physical and mental by providing personal counselling, yoga and meditations and awareness classes.

The practice

The team PUNARJANI comprises of medical professional, psychiatric counsellor, yoga trainer, social worker and interns.

Evidence of success

Our programme was delighted with enhancement of mental and spiritual health of several jail inmates. It was ensured great impact on them gradually in their mental and social behaviours. It seems a rebirth in overall quality of their life.

Problems encountered and Resources required:

Various challenges were encountered like disrespect and mistrust from inmates, volatile environments, language and cultural barriers etc. constant interaction between team PUNARJANI and inmates will help in building the rapport and lead to better results of the project.



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