

Sri Sri Kaushal Vikas Kendra in Tihar Jail

The Art of Living has been conducting various programs in Tihar Jail since 1999. Besides the behavioural & stress management programmes, skill training programs are also conducted in order to rehabilitate prisoners.

On February 2nd, 2013, His Holiness Sri Sri Ravi Shankar inaugurated The Sri Sri Kaushal Vikas Kendra at Tihar Jail with an Electrician's Training centre in partnership with Schneider Electric, whereby inmates attend a 90 day electrical wireman & motor rewinding training program.

In addition, SSRDP runs Beautician's Training Programs for women inmates, started in collaboration with Godrej and inaugurated on June 11th, 2013 by Ms. Sheila Dikshit. Apart from this, trainings are provided to prison inmates to make handmade paper products; paper bags, office stationary, lampshades, photo frames and boxes etc. The products are then sold in Art of Living stores across India.

Alongside, prisoners are given 15 days workshops on personality development and grooming by in house experts. These sessions help increase their self-confidence and equip them to re- enter mainstream society after they are released. So far 475 inmates have benefitted from the project.

Experiences:



Parminder Kaur from Punjab (Beautician's Training Program): "I am very happy to have undergone this training program. New doors have opened up for me and I will get a job once I finish with the course. I am extremely grateful to Sri Sri Ravi Shankar ji, for all that he has done for us."



Shashi Bhushan (Electrician's Training Program): "It is very good that we are being given this training within the jail. It means that we can earn an honest living and will not have to resort to crime anymore. I used to be an addict and now I have stopped smoking and drinking even though we get cigarettes in our canteen. I am particularly grateful for the grooming lessons. No one ever taught us how to eat, greet people & introduce ourselves to others. Equipped with life-skills, I now know, I can go out and re-live my life as I truly always wanted to live."