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## SPECIAL EVENTS

The 107th Meeting of the Board of Management of APCA was held on 19.04.2024. Dr. Soumya Mishra, IPS, Chairperson, Board of Management of APCA and Director General of Prisons & CS, Telangana chaired the meeting and welcomed the Members, Smt. Malini Krishnamoorthy, IPS, Director General of Prisons & CS, Karnataka; Shri. Balram Kumar Upadhyay, IPS, Director General of Prisons & CS, Kerala; Shri. Arun Sobti, Deputy Secretary, (PR & ATC), Ministry of Home Affairs, New Delhi attended the meeting online and Sri. B. Pradeep, Director, APCA and Sri. M.R. Bhaskar, Deputy Director were in attendance at the time of meeting.

## DIRECTOR'S DESK:



**Shri. B. Pradeep,**  
Director, APCA, Vellore.

### “BREAKING BARRIERS: INMATE REFORMATION AND INTERNATIONAL UNITY SHINE IN T 20 CRICKET”

Encouraged by the significant success of Food Production Units and Various Vocational Programmes, launched by the Kerala Prisons Department, a new Collaborative initiative has been undertaken with the Sri Lankan Prison Department. Following a visit to Sri Lankan Prisons by a delegation of officers from Kerala Prisons, including myself, to study the best practices there, a group of Sri Lankan Prison Officials led by Sri. Jayasinghe Arachchige Gamini, Commissioner of Sri Lankan Prisons, visited Kerala Prisons.

As discussed earlier a T20, match was organized between Kerala and Sri Lankan Prisons at the Green Field International Stadium in Thiruvananthapuram. For the preliminary round, 70 individuals, including staff and inmates, were selected from three Kerala Jail Zones.

Ultimately, five prisoners and six Prison Officials from God's own Country pitted their skills against Jail Officials of the island nation at the Green Field International Stadium in Thiruvananthapuram. Former Kerala Prison DGP Smt. Sreelekha IPS entrusted me with the task of arranging, Coordinating and overseeing all activities related to the successful completion of this match.

This match, the first of its kind in the world, stood as a symbol of unity, sportsmanship, and rehabilitation, showcasing how sports can bridge gaps and foster camaraderie even within the Prison system. It not only provided Prisoners with the opportunity to engage in a positive and constructive activity but also highlighted the potential of sports as a rehabilitative tool, promoting teamwork, discipline, and mutual respect.

The event garnered widespread attention and was celebrated as a significant step towards humanizing prison experiences and fostering international cooperation. By bringing together Prison Officers and inmates from a different country, the match set a precedent for similar initiatives worldwide, emphasizing the role of

sports in breaking down barriers and building bridges. It was not about Cricket, it was also a cultural exchange, with both teams sharing experiences and learning from each other.

The Sri Lankan Officers were amazed by the Kerala Prison system's progressive approach and the integration of sports and other activities into the rehabilitation process. The interaction provided valuable insights and ideas that both teams could take back to their respective institutions, potentially influencing future prison reforms and rehabilitation programs. The event was a testament to the power of sports in creating a positive impact and promoting international goodwill. Although the Sri Lankan team won the match after a thrilling game that ended in a nail-biting finish, the event underscored the reformatory potential of sports in the prison system and highlighted Kerala's leadership in pioneering innovative rehabilitation processes.

Before summing up, it would be appropriate to mention some of the best practices implemented in other states. Unnati is a cognitive behavioral change program in Telangana Prisons that aims to reform Prisoners and reduce recidivism rates. The program focuses on the psycho-social well-being of the inmate, their families, and the Jail authorities. It aims to promote the idea of "Return not to Prison" and to ensure that prisoners are released into society as reformed individuals.

PATTAM (Personality and Attitude Transformation through Therapeutic Assistance and Management) is a two-week rehabilitation program for first-time young petty offenders (18-24 years) in Tamil Nadu Prisons. The program is run by an expert trainer through Chennai-based NGO PRISM (Prisoners' Rights Intervention Support Mission) in all Central Prisons of Tamil Nadu and has also expanded to sub-Jail, Saidapet where the first-time petty young offenders are exclusively lodged. The Pattam program has been highly successful, achieving a recidivism rate of just 2.3%.

## ARTICLE ON PRISON AND CORRECTIONAL ADMINISTRATION

### “TRANSFORMATIVE EFFECTS OF MINDFULNESS THERAPY IN PRISON AND CORRECTIONAL SETTINGS”

**Beulah Emmanuel**  
Professor of Social work, APCA, Vellore

*Abstract:* The use of mindfulness treatment in prisons has emerged as a transformative method to convict rehabilitation, with significant improvements in mental health and behavioral management. This research investigates the use and usefulness of mindfulness-based interventions in correctional facilities across multiple regions, including the United States, United Kingdom, Australia, India, Thailand, South Africa, Canada, and New Zealand. Mindfulness therapy, which includes techniques such as mindfulness meditation, body scanning, and mindful breathing, seeks to build present-moment awareness and emotional regulation in inmates. The therapeutic framework helps inmates manage stress, reduce violence, build emotional resilience, and prepare for reintegration into society. Through an analysis of case studies and program implementations in varied prison conditions, the paper

demonstrates the good effects linked with mindfulness practices, which has the potential to decrease recidivism. The paper also highlights mindfulness therapy's potential to significantly contribute to correctional rehabilitation programs, calling for wider adoption and additional research to maximize its administration and efficacy.

#### Introduction

Mindfulness-based interventions have demonstrated promise as therapeutic approaches in jail, assisting inmates with stress management, emotional control, and overall well-being. Here are a few case studies that highlight the use and advantages of mindfulness therapy in a jail setting: Several prisons around the world have incorporated mindfulness therapy into their rehabilitation programs. Globally this therapy in correctional institutions had generated proven results in reducing recidivism and effective in changing the cognition and affect of the inmate thereby resulting in positive behaviour.

Country	Name of the Prison and the Mindfulness Programmes
<b>United States</b>	<p><b>San Quentin</b> has been a pioneer in introducing mindfulness and meditation programs. The Insight Prison Project offers a variety of mindfulness-based rehabilitation programs to inmates.</p> <p><b>The Oregon State Penitentiary</b> has introduced mindfulness meditation programs to help inmates manage stress, improve emotional regulation, and reduce recidivism.</p> <p><b>Rikers Island (New York):</b> The New York City jail complex, Rikers Island, has implemented mindfulness programs through the Nalanda Institute for Contemplative Science, offering yoga and meditation classes to inmates.</p>
<b>United Kingdom</b>	<p><b>HM Prison Manchester:</b> Mindfulness-based programs have been introduced to help inmates manage their mental health and cope with the stress of incarceration.</p> <p><b>HMP Edinburgh:</b> This prison has implemented mindfulness programs with the aim of reducing violence and improving mental health among inmates.</p>
<b>Australia</b>	<p><b>Goulburn Correctional Centre (New South Wales):</b> Mindfulness programs have been introduced to help high-security inmates manage their emotions and reduce violent behavior.</p> <p><b>Barwon Prison (Victoria):</b> Barwon Prison has implemented mindfulness and meditation programs to aid in the rehabilitation of inmates, focusing on reducing stress and improving overall well-being.</p>
<b>India</b>	<p><b>Tihar Jail (Delhi):</b> Tihar Jail, one of the largest prison complexes in South Asia, has implemented Vipassana meditation programs which teach mindfulness. These programs have been credited with transforming the lives of many inmates by promoting self-awareness and emotional stability through Mindfulness</p>
<b>Thailand</b>	<p><b>Klong Prem Central Prison (Bangkok):</b> Known for its extensive meditation programs, Klong Prem offers mindfulness and Vipassana meditation courses to inmates, aiming to foster rehabilitation and reduce recidivism.</p>
<b>South Africa</b>	<p><b>Pollsmoor Prison (Cape Town):</b> Mindfulness and meditation programs have been introduced to help inmates manage stress, develop emotional regulation skills, and prepare for reintegration into society.</p>
<b>Canada</b>	<p><b>Ontario Correctional Institute:</b> This facility has introduced mindfulness-based stress reduction (MBSR) programs to help inmates manage anxiety, depression, and other mental health issues.</p>
<b>New Zealand</b>	<p><b>Auckland Prison:</b> Mindfulness programs are part of the rehabilitation efforts to help inmates cope with the stress of incarceration and develop better emotional regulation skills.</p>

Mindfulness therapy in prisons being a rehabilitative approach, incorporates mindfulness practices to help inmates manage stress, regulate emotions, and improve overall mental well-being. Mindfulness involves focusing on the present moment with a non-judgmental and accepting attitude. This therapeutic method aims to foster self-awareness, emotional resilience, and behavioral change among inmates, facilitating their rehabilitation and reintegration into society.

### **Mindfulness Key Components**

**Mindfulness Meditation** : Inmates practice mindfulness meditation techniques such as focused breathing, body scans, and guided imagery. These practices help inmates become more aware of their thoughts, feelings, and bodily sensations, promoting a sense of calm and reducing stress.

**Mindful Breathing** : Techniques like mindful breathing are taught to help inmates manage immediate stress and anxiety. By focusing on their breath, inmates learn to anchor themselves in the present moment, which can help interrupt negative thought patterns and impulsive behaviors.

**Body Scan** : This practice involves systematically paying attention to different parts of the body, noticing sensations without judgment.

**Mindful Movement** : Incorporating practices like yoga or tai chi, mindful movement helps inmates connect with their bodies and develop physical and mental balance.

**Group Sessions** : Mindfulness programs often include group sessions where inmates can practice together, share experiences, and support each other.

**Daily Life Integration** : Inmates are encouraged to apply mindfulness techniques to daily activities, such as eating, walking,

### **Benefits**

**Stress Reduction** : Mindfulness practices help inmates manage the high levels of stress associated with incarceration, improving their overall mental health.

**Emotional Regulation** : Inmates learn to observe their emotions without reacting impulsively, which can reduce incidents of aggression and violence.

**Self-Awareness** : Increased self-awareness helps inmates understand the underlying causes of their behavior and develop healthier coping mechanisms.

**Reduced Recidivism** : By addressing emotional and psychological issues, mindfulness therapy can contribute to lower recidivism rates, as inmates are better prepared for reintegration into society.

**Improved Relationships** : Mindfulness fosters empathy and better communication skills, improving relationships with fellow inmates, prison staff, and family members.

### **CASE STUDIES ON MINDFULNESS THERAPY IN PRISONS**

Some of the examples are discussed for understanding and implementation of the therapy in prison and correctional institutions. The case studies below demonstrate the transformative influence of mindfulness treatment in prison settings, emphasizing its significance in resolving a wide range of psychological and behavioral difficulties among offenders. These studies show how mindfulness meditation, body scans, and mindful breathing can effectively reduce stress, moderate aggression, and improve emotional regulation. Mindfulness treatment improves convicts' mental well-being while also contributing to their rehabilitation and lowering recidivism rates, highlighting its potential as an important component of correctional rehabilitation programs.

### **IMPLEMENTING MINDFULNESS THERAPY IN PRISONS**

#### **CASE STUDY 1: MINDFULNESS FOR REDUCING SUBSTANCE ABUSE RELAPSE**

Linda, a 25-year-old inmate, is serving a 5-year sentence for drug-related offenses. She has a history of substance abuse and has struggled with addiction since her teenage years. Linda is motivated to use her time in prison to overcome her addiction and prevent relapse upon release.

**Program Introduction** : The prison introduces a Mindfulness-Based Relapse Prevention (MBRP) program to support inmates with substance abuse issues. Dr. Thompson, an addiction specialist and mindfulness teacher, leads the program. Linda enrolls in the program as part of her rehabilitation plan.

#### **Mindfulness Program Structure :**

**1. Orientation and Commitment** : The program begins with an orientation session where Dr. Thompson explains the goals and structure of MBRP. Linda commits to participating fully in the 8-week program.

**2. Mindfulness Meditation** : The program includes daily mindfulness meditation practices focusing on breath awareness and body scan techniques. These practices help Linda become more attuned to her body and mind, recognizing cravings and triggers without reacting impulsively.

**3. Mindful Awareness of Triggers** : Linda learns to identify and mindfully observe her cravings and triggers for substance use. Through mindfulness, she practices acknowledging these urges without judgment and letting them pass without acting on them.

**4. Coping Strategies** : The program teaches various mindfulness-based coping strategies for managing cravings and stress, such as urge surfing (observing the rise and fall of cravings) and mindful breathing exercises. Linda practices these strategies during group sessions and on her own.

**5. Relapse Prevention Planning** : Dr. Thompson works with Linda to develop a personalized relapse prevention plan incorporating mindfulness techniques. They identify high-risk situations and create strategies for maintaining mindfulness and self-awareness in those moments.

**Therapeutic Outcome :** By the end of the program, Linda reports feeling more in control of her cravings and less anxious about the possibility of relapse. She develops a toolkit of mindfulness practices that she can use to manage stress and maintain sobriety. Linda feels more confident about her ability to stay clean after her release.

**Key Takeaways :** This case study highlights the effectiveness of Mindfulness-Based Relapse Prevention in supporting inmates with substance abuse issues. By cultivating mindfulness and developing practical coping strategies, inmates like Linda can improve their ability to manage cravings, reduce anxiety, and increase their chances of successful rehabilitation and reintegration into society.

### CASE STUDY 2 : MINDFULNESS FOR MANAGING AGGRESSION AND IMPULSIVITY

Michael, a 30-year-old inmate, is serving a 15-year sentence for assault. He has a history of violent behavior, which has resulted in several disciplinary actions within the prison. Michael often acts impulsively, especially in response to perceived threats or conflicts, and struggles with controlling his anger.

**Program Introduction :** The prison implements a mindfulness-based cognitive therapy (MBCT) program aimed at reducing aggression and impulsivity among inmates. Dr. Johnson, a psychologist trained in MBCT, leads the program. Michael is referred to the program by prison staff due to his history of violent behavior.

#### Mindfulness Program Structure:

**1. Initial Assessment :** Dr. Johnson conducts an initial assessment to understand Michael's specific challenges and set goals for the therapy. They discuss Michael's triggers for aggression and his desire to change.

**2. Weekly Group Sessions :** The program includes weekly 2-hour group sessions over 12 weeks. Each session combines mindfulness practices with cognitive-behavioral techniques. Inmates practice mindfulness meditation, mindful breathing, and guided imagery.

**3. Identifying Triggers :** Michael learns to identify his triggers for anger and aggression through mindfulness exercises. By becoming more aware of his physical and emotional responses to these triggers, he starts to recognize early warning signs.

**4. Mindfulness and Cognitive Restructuring :** The program integrates mindfulness with cognitive restructuring. Michael practices observing his thoughts and emotions non-judgmentally and reframing negative or impulsive thoughts. This helps him develop healthier responses to triggers.

**5. Role-Playing and Simulation :** Sessions include role-playing exercises where inmates practice responding mindfully to challenging situations. This helps Michael apply mindfulness techniques in real-life scenarios and develop better impulse control.

**Therapeutic Outcome :** Over the course of the program, Michael reports a significant reduction in his aggressive outbursts and impulsive behavior. He becomes more aware of his emotional states and learns to pause before reacting. This newfound ability to manage his anger leads to improved relationships with fellow

inmates and prison staff, and a decrease in disciplinary actions.

**Key Takeaways:** This case study demonstrates how mindfulness-based cognitive therapy can help inmates manage aggression and impulsivity. By integrating mindfulness with cognitive-behavioral techniques, inmates like Michael can develop greater self-awareness, emotional regulation, and healthier responses to stress and conflict.

#### Conclusion

In conclusion, the integration of mindfulness therapy in prisons has proven to be a highly effective approach for enhancing inmate rehabilitation, emotional regulation, and overall well-being. The case studies presented demonstrate significant improvements in managing stress, reducing aggression, and fostering self-awareness among inmates, leading to better interpersonal relationships and lower recidivism rates. By incorporating mindfulness practices into correctional programs, prisons can offer inmates valuable tools for personal transformation and successful reintegration into society. The positive outcomes observed underscore the potential of mindfulness-based interventions to not only improve individual lives but also contribute to a more humane and effective correctional system. These references should provide a comprehensive foundation for discussing the implementation and impact of mindfulness therapy in prisons.

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### Courses and Programmes Conducted During April – June 2024

#### Commencement of 31st Batch Nine Month Basic Course Officers

Training of the 31st Batch Nine Months Basic Course for Prison Officers commenced on 3rd April 2024. As many as 19 Kerala Prison Officers in the rank of Assistant Superintendent-Grade-I have joined in the course.

#### Shooting Range for 43rd Batch In-service Course for Prison Officers



Sri. B. Pradeep, Director, APCA, Vellore Visited during the Shooting Range exam of 43rd Batch Inservice course for prison officers. Sri. M.R. Bhaskar, Deputy Director, Outdoor Incharge, Instructors and staff Nurse, Vellore are seen in the picture.

Shooting Range Exam of 43<sup>rd</sup> Batch Three Month In-service Course Prison Officers was conducted on 29.04.2024. Around 31 Prison Officers from Tamil Nadu, Kerala, Karnataka, Andhra Pradesh and Telangana attended and successfully completed shooting exam under the supervision of Sri. M.R. Bhaskar, Deputy Director, Prof. Dr. A. Manthan Raj, Outdoor Incharge Sri. M.Devendiran, PTI and Sri. G. Perumal, MI, APCA, Vellore.

#### Convocation of 43rd Batch Three Months In-service Course For Prison Officers

The convocation of the 43rd Batch Three Months In-service course for Prison Officers was held on 24th May 2024 at APCA. Dr. Sr. Arockia Jayaceli A, Principal, Auxilium College, Katpadi, Vellore was the Chief Guest and delivered convocation address during the programme. Sri. B. Pradeep, Director, APCA, Vellore, gave presidential address; Prof. Dr. A. Manthan Raj, gave welcome address, Prof. R. Kanagaraj, delivered the course report and Prof. Dr. Beulah Emmanuel, proposed a formal Vote of thanks.



Dr. Sr. Arockia Jayaceli A, Principal, Auxilium College, Katpadi, Vellore. Presented Best in Subjects Medal, Best All-Rounder Medal and Certificate to Smt. Helan Thomas, Asst. Superintendent Grade-II, Kerala of the 43rd Batch In-service Course. Sri. B. Pradeep, Director, APCA; Sri. M.R. Bhaskar, Deputy Director, APCA and Professors are seen in the picture

As many as 31 prison officers, out of them 4 were female officers and 27 were male officers. 5 Asst. Superintendents Grade-II from Kerala, 8 Deputy Jailors from Andhra Pradesh, 3 Deputy Jailor from Telangana, 5 Jailors and 4 Asst. Jailors from Karnataka and 4 Asst. Jailors from Tamil Nadu underwent training in the batch.

Smt. Helan Thomas from Kerala secured the Best All Rounder Medal and Best in Subject Medal; Smt. Reena K.M. from Kerala received Best in Prison Administration Medal; Sri. Sikhile Krupanandam, Andhra Pradesh, received Best in Penology, Probation, Parole and After Care Medal; Sri. M. Sudhakar Reddy, Telangana, received Best in Out Door Medal; Smt. Smitha.K and Sri. Mallappa K. Neladhari received Special Appreciation Awards.

#### Inauguration of APCA Newsletter



APCA Newsletter (Vol.16, Issues 2) was released during the Convocation of 43rd Batch Three Months Inservice Course Prison Officers by Chief Guest Dr. Sr. Arockia Jayaceli A, Principal, Auxilium College, Katpadi, Vellore. Sri. B. Pradeep, Director, APCA, Vellore; Professors and Librarian were present.

#### Two-Days Short Term Course on "Personality Development"



43rd Batch Inservice Course Officers are lighting the lamp at the inauguration of two days short term programme on "Personality Development". Sri. B. Pradeep, Director and Professors, APCA are seen in the Picture.

The Academy organized two days Short Term Programme on 'Personality Development'. The Course was conducted on 21- 22 May 2024 for the prison officers of 43rd Batch three months Inservice course in collaboration with the Auxillium College, Vellore.

Sessions on the following topics were included in the programme: Group Dynamics and Team Building; Enhancing the Power of Mind and Positive Thinking; Interpersonal Relations; Time Management; Stress Management; Etiquette and Motivation and Leadership Skills.

Dr. Beulah Suresh, Head & Assistant Professor, Dept of Business Administration, Auxillium College, Vellore; Mrs. Sheela Elizabeth J., Freelance Psychotherapist and Life Coach, Vellore; Dr. Amudha, Asst. Professor, Dept. of English Administration, Auxillium College, Vellore; Dr. Uma Mageswari, Asst. Professor, Dept of Business Administration, Auxillium College, Vellore; Mr. Allen Jebaraj R., Administrative Asst., Dept. of Physical Medical Rehabilitation, CMC, Vellore and Dr. Preethi Prabhakaran, Asst. Professor, Dept. of Business Administration, Auxillium College, Vellore were the resource persons for the programme.

## Ten Days Advanced Training Course For Jailors on Welfare Duties from Karnataka States

### Inauguration Function :

The Academy has organized Ten Days Advanced Training Course for Jailors on Welfare Duties. The Course was conducted from 19/06/2024 to 29/06/2024 for Karnataka Officers.



The course was inaugurated by Thiru. K. Arunkumar, Secretary, DLSA & Special Subordinate Judge for LAOP Cases, Vellore. Sri. B. Pradeep, Director, APCA, gave the presidential address. Prof. Dr. A. Mathan Raj, delivered the welcome speech; Prof. Dr. Beulah Emmanuel gave an introduction of the course and formal vote of thanks was given by Prof. R. Kanagaraj, APCA, Vellore.

Sessions on the following topics were included in the programme: Objectives of Training, Overview of Prison Welfare Duties and Introduction to Roles and Responsibilities; Alcoholics and Drug Addicts: Symptoms and Management; Identifying the needs of inmates- Social & Legal;

Counseling to prisoners for adjustment to prison life; Counseling skills and Process; Identifying the needs of inmates- Psychological & Emotional; Welfare duties; Contact with outside agencies, inmate children education etc; Duties and Responsibilities as Member in various committees; Case work Principles-I; Case work Principles-II; Roles and Responsibilities of Welfare Officers and their contribution towards reformation; Education for Transformation; Field Visit to SEED, NGO, Sriperumbudur, Chennai; Welfare of Prisons: The Human Rights Perspective-I&II; Provision of Free Legal Aid to inmates; Correctional process in Prisons; Role of Probation in Welfare of Prisoners; Mental health issues in Prisons; Monitoring non official visitors, co-coordinating with voluntary organization; Cultural activities and other programs, Rehabilitation of releasing prisoners; Financial Assistance and Rehabilitation of Released Prisoners and Women Prisoners: Health and Management.

Thiru. K. Arun Kumar, Secretary (FAC), DLSA, Vellore; Sri. B. Pradeep, Director, APCA; Sri. M.R.Bhaskar, Deputy Director, APCA; Prof. Dr. Beulah Emmanuel; Prof. Dr. A. Mathan Raj; Prof. R. Kanagaraj; Prof. Dr. T.H. Ansar, Professors, APCA; Sri. Vijaya Raghavulu, Vice-President, Discharged Prisoners Aid Society, Vellore; Sri. Abdul Rahman, Superintendent, Central Prison, Vellore; Sri. Mohan, Welfare Officer, CP,Vellore; Dr. Santhosh, Psychologist(Rtd), Mental Health Center, Vellore; Smt. Meenakshi Sundar, Advocate, Vellore; Sri. Mukesh, Regional Welfare Officer, Trivandrum, Kerala; Sri. Sajjad Ahmed, Regional Probation Officer, Chennai; Prof. Dr. Suresh Badamath, Head of Forensic Psychiatry, NIMHANS, Bangalore, Karnataka; Dr. Naveen C Kumar, MBBS, DPM, MD, Prof. in Psychiatry, NIMHANS, Bangalore, Karnataka; Sri. Shoban Babu, Deputy Superintendent of Prisons, Telangana and Dr. Roshini, MD (Derm), Spl. Prison for Women, Vellore were resource persons for the course.

### Valediction Function:



Dr. Guru Prasad, IFS, District Forest Officer, Vellore Presenting course certificate to a participant during the valediction of "Ten days advanced training course for Jailors on welfare duties". Sri. B. Pradeep, Director, APCA; Sri. M.R. Bhaskar, Deputy Director, APCA and Professors are also Present.

**Editor in Chief :** Shri. B. Pradeep, Director, APCA, Vellore.

**Editorial Board Members :** Shri. M. R. Bhaskar, Deputy Director, Prof. (Dr.) Beulah Emmanuel, Professor in Social Work; Prof. (Dr.) A. Mathan Raj, Professor in Criminology; Prof. R. Kanagaraj, Professor in Psychology; Prof. (Dr.) T.H.Ansar, Professor in Prison Administration.

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