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### **How To Prevent Suicides - Top Cops Take Notes From Sadhguru**

**11 September 2021:** "One's human experience should not be mortgaged to what we have gathered; (it) should be related to the fundamental aspects of Life," said Sadhguru, Founder-Isha Foundation, in an online interaction with IPS and gazetted officers from around the country to mark World Suicide Prevention Day. The interaction was hosted yesterday by the Central Academy for Police Training (Bhopal) (Bureau of Police Research and Development, Ministry of Home Affairs) as part of the 'In Challenging Times with Sadhguru' series.

Responding to panellists' queries on suicide prevention among prison inmates as well as law enforcement officers, Sadhguru stressed the need "to create a culture, society and individual human beings" whose "highest value is Life." Isha Foundation has been offering structured programs for inner wellbeing to inmates and wardens of prisons in Tamil Nadu for nearly three decades with significant success.

Sadhguru said that everyone could be taught to create a "chemistry of joyfulness" within themselves which can insulate them from emotional instability caused by pressure to conform to social standards of success. He said Isha could offer such programs on a national level for all law

enforcement agencies, officers and prison inmates for interested administrations.

Stating that suicide was the “worst manifestation of your intelligence turning against you”, Sadhguru added that everyone can be taught “simple processes” to create the “kind of chemistry you want” within oneself. While acknowledging that the “law of the land can control but cannot transform” those who break the law, he also suggested that introducing a gentler ambience by bringing in aspects of art and culture into prisons can have a significant impact on the incarcerated. Law enforcement agencies could explore ways to ensure their personnel get time periodically to invest on enhancing their own wellbeing through structured programs.

The online interaction was moderated by Shri Balaji Srivastava, IPS, DG, Bureau of Police Research & Development. Panellists included Shri Kuldiep Singh, IPS, DG-CRPF; Shri Mukul Goyal, IPS, DG-UP; Smt. G Vyjayanthi, Director, Prosecution, Telangana; Shri Sunil Kumar Singh, IPS, DGP/ Director General of Prisons & Correctional Services, TN; and Shri Mithilesh Mishra, IAS, IG Prisons, Bihar.

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