

EFFECTS OF KAYAKALPA YOGA AMONG JUVENILE OFFENDERS UNDER THE POCSO ACT

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BACKGROUND

Juvenile delinquency is a problem in India and throughout the world, and it is increasing worse. As demonstrated by data on crime and delinquency. Young boys and girls a sizable percentage of engaged in socially inappropriate behaviors like vagrancy, drug and alcohol misuse, gambling, sexual promiscuity. [Madhan GR, 2015]. POCSO is an acronym for the Child Protection against Sexual Offenses Act of 2012. India now has one of the most comprehensive and ambitious laws that not only provide but take into account justice for child victims of sexual crimes. Yoga, a psycho-spiritual discipline with therapeutic components, can provide a highly comprehensive and useful viewpoint on this important subject in healthcare and mental wellness.

AIM: The aim of this study to influence for the SKY Kayakalpa Yogic Exercises among Juvenile offenders under the POCSO act to control the peer pressure problems.

METHODS: The experimental study was conducted on Delinquents subjects of Juvenile Observation Home at Coimbatore. The total number of 80 Juvenile delinquent Male subjects divided into 2 equal groups of Experimental and Control group with a pre-test & Post-test conducted. Using the psychological variables of Pre and Post-test scores of Drug Abuse Screening Test, Peer Pressure Questionnaire and Emotional Maturity Scale by American Psychological Association (APA). The practice of SKY Kayakalpa yoga with simplified physical exercises, Meditations with Pranayama conducted regularly on 5 days of a week, daily 1.30 hours for 4 months training programme given to the Experimental group. Psychological variables were assessed by the self-report questionnaire pre and post intervention training programme. The results of data analyzed by independent t-test and ANOVA. According to statistical analysis, at <0.01 level of significant results obtained Experimental group, no significant results of selected variables by the control group subjects based on the post-test results.

CONCLUSION: The results was clear that Simplified Kundalini Yoga's Kayakalpa Yogic Exercises among Juvenile offenders under the POCSO act to control the peer pressure problems. SKY Yoga's comprehensive methodology includes many techniques that serve the area of psychospiritual development, particularly at the higher levels of Panchendriya (5 senses) meditation induced self-transcendence and self-transformation.

KEY WORDS: Juvenile delinquents, POCSO Act, Kayakalpa Yoga, Peer Pressure problems, Emotional Maturity, Pranayama & Meditation, etc.

INTRODUCTION:

Among the various social problems which is the modern society has to face, juvenile delinquency as the main occupies an important place. Along with lot of other social problems juvenile delinquency has surfaced as a result of rapid-fire urbanization and industrialization in the recent period. Social conditions attained in the process of urbanization have affected the family pattern of the country to a great extent performing in common to the growth of this type of disorganization. In investigating specific environmental factors on delinquency. It is to begin with the home life and to work outwards from thing. With delinquents it is much more common to find a broken home than with non-delinquents [Bloomfield D, 2003]. The internal family condition, such as divorce, abandonment, stepparents, illegitimacy, brutality, poor discipline and role models, and war separation and reunion, is all too frequently to blame. Poverty is also very common, leading to overcrowding and subsequent sexual temptations, starvation and other temptations, a lack of possibilities for play and other outlets for a child's natural energy, and in some circumstances, compensating fulfilment in crime. Neighborhood can be an important factor. Juvenile offenders can effectively manage their anxiety and other parts of life by engaging in pranayama and mindfulness meditation practices. Peace of mind encourages the release of beneficial hormones, which has a snowball effect and improves adolescent mood generally.

CHILD PROSTITUTION AND BEGGARY:

The contain the social sinful of child prostitution, the Central Government has definite to make the Immoral Traffic Act, 1986 more specific, through changes, to the problem of child prostitution and also make the punishment more rigorous. The Central Advisory Committee of Child Prostitution set up in 1994 at the example of the Supreme Court is started to review the condition from time to time and suggest operative steps in eradicating this social sinful. A rehabilitation compendium for those wearied out/withdrawn from the living will also be put into exploit not only to keep the children away from prostitution but also to keep them knotted up with another education-cum-income generation programs. Begging is a big problem in India. According to the 2011 census there were 47.4 lakh beggars and vagrants in the country out of these 6 lakhs were children below 14 years of age. The problem of child begging has reached alarming proportions. Yoga, a psycho-spiritual discipline with therapeutic components, can provide a highly comprehensive and useful viewpoint on this important subject in healthcare. It encompasses not only material and spiritual components but also actual issues like pain, suffering, illness, and demise. [Spielberger CD. 1983].

CRUCIAL OF SEXUAL INDULGENCE AND DELINQUENCY:

The intersection of juvenile delinquency and sexual indulgence raises significant societal concerns. Early engagement in sexual activity can have harmful effects on adolescents, including increased risk of sexually transmitted infections, unwanted pregnancies, and emotional distress. Moreover, involvement in delinquent behavior can lead to legal consequences, further exacerbating the challenges faced by young individuals. From a broader societal perspective, addressing the underlying factors contributing to both sexual indulgence and delinquency is crucial. This may involve implementing comprehensive sex education programs, providing access to mental health services, strengthening family support systems, and creating opportunities for positive peer interactions [James C. Howell, 2003]. Additionally, it's essential to combat societal stigma surrounding adolescent sexuality and delinquency to ensure that young individuals receive appropriate support and guidance.

PREVENTION STRATEGIES:

Preventing juvenile delinquency and unhealthy sexual behaviors requires a multifaceted approach that addresses various risk factors at individual, family, community, and societal levels. Some prevention strategies include:

1. **Comprehensive Sex Education:** Implementing age-appropriate, evidence-based sex education programs in schools can equip adolescents with accurate information about sexual health, consent, and healthy relationships.
2. **Strengthening Family Support:** Providing families with resources and support services to enhance communication, parental supervision, and positive parenting practices can mitigate the risk of delinquency and early sexual activity.
3. **Mental Health Services:** Access to mental health screening and support services can help identify and address underlying psychological issues that may contribute to both sexual indulgence and delinquent behavior.
4. **Community Involvement:** Engaging communities in efforts to prevent juvenile delinquency through after-school programs, mentoring initiatives, and recreational activities can provide young individuals with positive alternatives to risky behaviors.
5. **Legal Interventions:** Implementing diversion programs and rehabilitative interventions for juvenile offenders can address underlying issues while holding young individuals accountable for their actions. Challenging stereotypes and stigma surrounding adolescent sexuality and delinquency can create a more supportive environment for young individuals to seek help and access resources without fear of judgment or discrimination.

Overall, a holistic approach that combines education, support, intervention, and societal change is essential for preventing juvenile delinquency and addressing the complex issues surrounding sexual indulgence among young individuals.

POCSO ACT AND ITS NEED IN INDIA:

Children are an important marginalized group and often suffer from various types of exploitation, most of which is sexual exploitation. As a result, they are marginalized not only in terms of access to basic human needs, but also in freedom of expression and proper acceptance of issues that matter to them. The Protection of Children from Sexual Crimes Act of 2012 (POCSO) is the most effective and balanced tool for combating these crimes for children who are victims of various forms of sexual abuse. The law is a panacea in its provision of means and a scourge in its shortcomings and regressive nature. Despite the many flaws in law enforcement, it represents a sincere effort to erase the past and scars of children who have been sexually abused in many ways. Marginalized and sexually abused children are forced to rely on their elders and face sexual abuse as well as denial of various economic rights such as food, clothing and shelter.

POCSO places the problem of proof on the defendant, not the victim. The problem of showing his innocence rests with the defendant, not the child who committed the crime. It is gender neutral when dealing with victims and defendants. POSCO deals with a comprehensive range of sexual crimes, including various forms of (partial) burglary, contactless abuse, pornography, exhibitionism, stalking, and more. POCSO takes into account the power dynamics in the victim-defendant relationship. The victim's need for protection and the defendant's position play an important role in criminal prosecution. POCSO provides child-friendly policies, procedures, and infrastructure to ensure that children are as trauma-free as possible during the court process. POCSO views child protection as a joint responsibility. It requires all citizens to report incidents. It also includes guidelines for child victims and all duty-bearers and stakeholders involved in the case.

IMPORTANCE OF THE STUDY:

Research studies examining the relationship between sexual indulgence and juvenile delinquency have produced mixed results. Some research suggests that there may be a correlation between engaging in sexual activities at a young age and involvement in delinquent behavior. Factors such as exposure to pornography, peer influence, family dynamics, and individual psychological factors can contribute to this correlation. However, it's essential to note that correlation does not imply causation, and there may be underlying factors influencing both sexual behavior and delinquency [Catherine Woodyard, 2011]. Simplified Kundalini Yoga teaches to juvenile delinquents how to correctly cope with the anxiety of peer pressure, manage it, and stay productive. This is because the adolescence learns how to rejuvenate life-force energy and be more mindful. SKY introspection practices allow a person to control his anger and desire and make rational decisions when necessary. In fact, if young yogi can learn her self-control at a young age, there are no closed doors for him or her [13].

SIMPLIFIED KUNDALINI YOGA:

Thathuvagnani Vethathiri Maharishi has created techniques to reveal the hidden abilities of the mind, life energy, bio-magnetism, and physical body after years of thought and meditation. Simplified Kundalini yoga is a type of physical exercise and meditation that uses a variety of methods to engage the body, mind, and soul. These technologies are based on the bioenergy field. The collective functioning of energetic particles within the body produces the magnetic waves, it called a bio magnetism. Life Force, Soul, Causal Body, Astral Body or Kundalini Energy, these are different names for the same Kundalini Sakthi. The center of life force is in the mooladhara, the gonads. It can increase vitality to the Agna chakra, and the point between the eyebrows. Panchendriya Meditation is a meditation for our five senses. Many things are required for the upkeep of the body and they are to be put to use through the senses. The biomagnetism in the body is transformed into pressure, sound, light, taste and smell through the sensory organs. That is, it is transformed into five kinds of magnetic waves. Temptation of sensory pleasures is overcome. Measure and method in enjoyment is practiced. Material consciousness is removed and spiritual consciousness was ruling the mind. It provides peace and clarity of thoughts.

KAYAKALPA YOGA - BASICS AND PRINCIPLES:

Vethathiri Maharishi's Kayakalpa yoga Philosophy includes Body, Life-force, Biomagnetism, Mind, and Sexual vital fluid. The main goals of Kayakalpa yoga poses include streamlining the body's mechanisms, slowing the natural aging process and prolonging life. This yoga practice includes the physical body along with consciousness. The practice of Kayakalpa helps transform sexual energy into spiritual energy. This yoga practice activates crown charka, which is positioned in the center of the forehead to affect energy flow. Involvement in the practice promotes a healthy body and a calm mind. In a nutshell, the principle of Kayakalpa ensures physical fitness and spiritual

satisfaction of the practitioner [15]. Benefits of Kayakalpa Yoga helps to tone the nerves and strengthen the entire central nervous system. Kayakalpa slows down the aging process and prolongs normal lifespan. Strengthen the immune system to prevent infections and illnesses. By practicing Kayakalpa, we can correct unhealthy habits and change our lifestyle. Reduces the chance of adverse effects of genetic problems. Kayakalpa yoga poses strengthen the female reproductive system and prevent complications associated with the menstrual cycle. This practice reduces complications of chronic diseases such as diabetes, asthma, fistula and skin diseases. Kayakalpa yoga practices are extremely beneficial when it comes to securing holistic health. Kayakalpa yoga is one of the highly acclaimed yoga poses, which is practised to enhance the energy of life. Energize the brain cells to function optimally. Kayakalpa yoga poses improve function of nervous system and provides spiritual satisfaction with emotional calmness.

PEER PRESSURE:

Triangular relationship theory explains the theme of love in interpersonal relationships. Psychologist Robert Sternberg's theory describes types of love based on his three different scales. Intimacy, passion, dedication. Compassionate love has been found to be positively associated with prosocial behavior as it is directed towards both close relatives. To describe the development of childhood love bonds, they have been translated into terms appropriate to adult romantic love. These research questions were part of a larger research program on love and sexual attitudes. Teenagers have unique motivations to focus on trying new things and learning the respect of their peers. This is an effort to provide the learning necessary to succeed as an adult. The adolescent brain is neither immature nor incomplete. Instead, they are structured from childhood for the intensive learning necessary to jump out into the world. The transition to adulthood requires a tremendous amount of learning to successfully engage in adult roles and relationships. It requires an enormous amount of new knowledge, skills, and interpersonal skills. Much of this learning is through real-world experience, including trial and error.

EMOTIONS OF MENTAL TURBULENCE:

Teenagers, like everyone, have more difficult than others of some stages. Children are burdened with a lot of stress. For some, however, emotional state of anxiety, sadness, anger, desire may come severe enough to intrude with their capability to serve. It is estimated that at some state on before age of 20, one in 10 young people gets a serious emotional disturbance that disrupts their capability to serve at home, in academy, or in the community. Emotions can bring discomfort for everyone, but this is especially true for adolescents, who are still learning to identify and manage their emotional responses [Dahl RE, 2001]. By controlling breath and movement like pranayama practices and SKY introspection teaches self-control of moralize the desire management and avoid anger. As a result, they do not react impulsively or make hasty decisions in an emotional state of mind.

REVIEW OF LITERATURE:

Barbara Krahéa et al (2014) analyses the information from 27 European nations and assessed the prevalence of sexual aggressiveness among young people in Europe. The sexual health of young individuals is seriously endangered by sexual aggressiveness. Through a thorough search of the literature and discussions with specialists in each nation, a total of N = 113 studies was found. Despite differences in the number of available studies, methodologies, and sample composition, the review shows significant prevalence of sexual aggression and victimization across Europe. The range for female sexual aggression was 0.8% to 40% - and 1-year prevalence rates showed similar variability. Those concluded that conceptual and methodological issues of the database are discussed, and an outline for a more harmonized approach to study the extent of sexual aggression in European youth is presented.

OBJECTIVES OF THE STUDY:

1. To find out the Juvenile delinquency and reasons for their Drug Abuse, POCSO Act remanded Aggression violence Crimes and its effects to the society to apply the Simplified Kundalini Yoga to the Juvenile delinquents.
2. To find out the significant changes on selected psychological variables of Drug Abuse and Peer Pressure thoughts of Negative emotions has been reduced by Kayakalpa Yoga practices among Juvenile Delinquents. To find out the significant changes on selected psychological variables of Emotional maturity of Positive

behaviours has been developed by SKY Introspection practices among Juvenile Delinquents for the betterment of life.

- To draw the findings of the study and give suitable suggestions, and also create awareness of Simplified Kundalini Yoga practices among Juvenile Delinquents to improve their social wellbeing.

STATEMENT OF THE PROBLEM:

The purpose of the study was to find out the ways to control drug abuse, peer pressure and develop the emotional maturity for Juvenile delinquents, and impact of Kayakalpa Yoga practices on selected psychological variables among Juvenile offenders under the POCSO ACT at Govt. Observation Home in Coimbatore District, only boys as subject their age is ranging from 13 to 18 years.

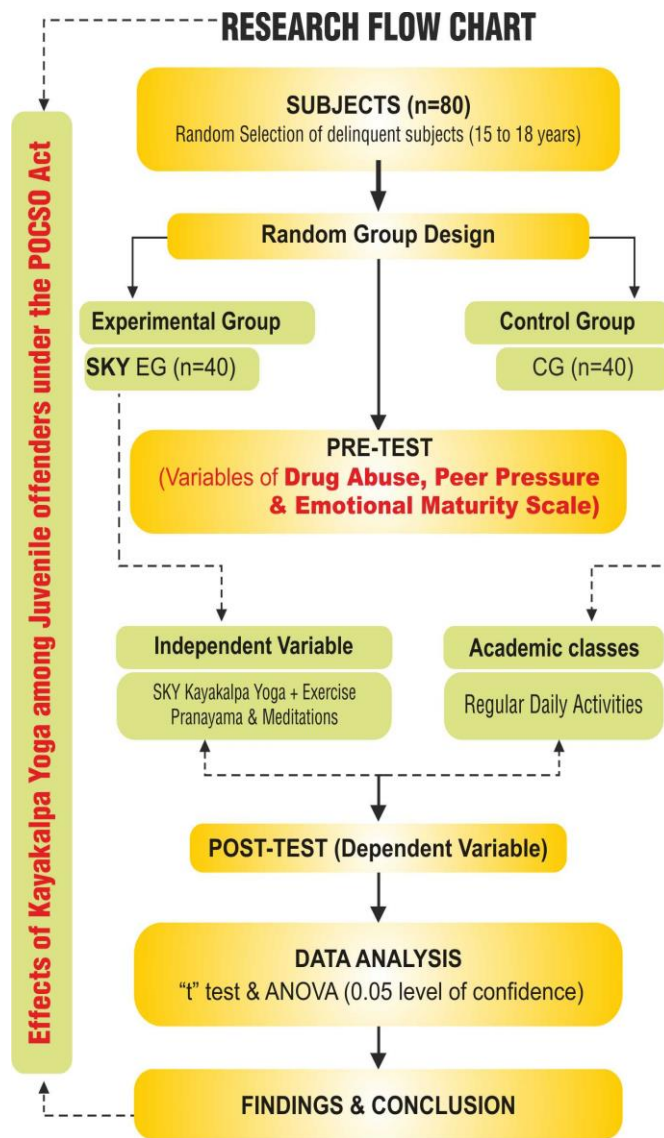
HYPOTHESIS:

It was hypothesised that Kayakalpa Yoga would be significant changes on selected psychological variables among Juvenile offenders under the POCSO Act. And it would be significant changes on Emotional Maturity to practice Simplified Kundalini Yoga Introspection.

To create awareness of Simplified Kundalini Yoga meditation practices among Juvenile offenders to improve their social wellbeing and expected to facilitate better behavioural adaptation.

RESEARCH METHODOLOGY:

The present study was designed to find out the impact of Kayakalpa Yoga on selected psychological variables of Juvenile offenders under the POCSO Act. For this study, juvenile delinquents in Government Observation Home at Coimbatore were selected as 80 subjects of boys and their age 13 years to 18 years would be randomly allocated on two equal groups of KKY Experimental Group (n=40), and Control group (n=40), for 4 months period. Both the groups continue to perform their regular daily activities. Kayakalpa yoga group additionally would be offered 1.30 hours of yoga sessions for five days a week at morning. Using the psychological variables of Pre and Post-test scores of Drug Abuse Screening, Peer Pressure Questionnaire and Emotional Maturity Scale by American Psychological Association (APA). The practice of SKY Kayakalpa Yoga, meditation, Pranayama with simplified physical exercises conducted regular training programme given to the Experimental group. The results of data analyzed by t-test and ANOVA. According to statistical analysis, at < 0.01 level of significant results obtained Experimental group only.



| Intervention Programme for first 2 months | | |
|---|-------------------------------|------------------|
| Sl.No. | Name of Yogic Practices | Duration |
| 1 | Meditation with Pranayamam | 30 mins. |
| 2 | Kayakalpa Yoga Practices | 15 mins. |
| 3 | Simplified Physical Exercises | 30 mins. |
| 4 | SKY Relaxation practices | 15 mins |
| | Total | 1.30 hrs. |
| Third month | | |

| | | |
|--------------|---------------------------------------|------------------|
| 1 | Panchendriya Meditation | 30 mins. |
| 2 | SKY Introspection subjects - 2 levels | 20 mins. |
| 3 | Kayakalpa Yoga & Sun salutation | 30 mins. |
| 4 | SKY Relaxation practices | 10 mins |
| Total | | 1.30 hrs. |
| Fourth month | | |
| 1 | SKY Meditations / Pranayamam | 30 mins. |
| 2 | SKY Introspection subjects - 2 levels | 20 mins. |
| 3 | Kayakalpa Yoga & SKY exercises | 30 mins. |
| 4 | SKY Relaxation practices | 10 mins |
| Total | | 1.30 hrs. |

INDEPENDENT SAMPLE “T TEST:

The following Table shows the mean difference among Experimental and Control group of Drug Abuse Screening Test, Peer Pressure Questionnaire and Emotional Maturity Scale of psychological variables on the both Pre and Post-test of Juvenile delinquent Students at Observation Home.

H₀: There is no significance difference among Experimental and Control group of pre and post-test mentioned above variables.

| Group Statistics | | | | | | |
|-----------------------|------------|-------------|----|-------|----------------|-----------------|
| Test Names | | Group | N | Mean | Std. Deviation | Std. Error Mean |
| Pre-test of variables | Pre. DAST | Exp. Group | 40 | 73.65 | 14.39 | 2.27 |
| | | Ctrl. Group | 40 | 76.28 | 8.88 | 1.40 |
| | PPQ | Exp. Group | 40 | 69.00 | 12.56 | 1.99 |
| | | Ctrl. Group | 40 | 68.58 | 11.23 | 1.78 |
| | EMS | Exp. Group | 40 | 37.63 | 8.95 | 1.42 |
| | | Ctrl. Group | 40 | 36.83 | 10.60 | 1.68 |
| Post-test | Post. DAST | Exp. Group | 40 | 34.60 | 8.50 | 1.34 |
| | | Ctrl. Group | 40 | 62.68 | 13.93 | 2.20 |
| | PPQ | Exp. Group | 40 | 34.08 | 9.99 | 1.58 |
| | | Ctrl. Group | 40 | 68.65 | 14.07 | 2.22 |
| | EMS | Exp. Group | 40 | 79.35 | 8.14 | 1.29 |
| | | Ctrl. Group | 40 | 44.55 | 16.87 | 2.67 |

| Test Groups | Variable Names | t | df | Sig. (2-tailed) |
|-----------------------|--------------------|---------|----|-----------------|
| Pre-test of variables | Drug Abuse | -.982 | 78 | .329 |
| | Peer Pressure | 0.160 | 78 | .874 |
| | Emotional Maturity | 0.365 | 78 | .716 |
| Post-test | Drug Abuse | -10.878 | 78 | .000 |
| | Peer Pressure | -12.674 | 78 | .000 |
| | Emotional Maturity | 11.751 | 78 | .000 |

INFERENCE:

The significant value observed from the above Table for Pre-test is (0.329, 0.874, 0.716) >0.05 at 5% level of significance hence accept the hypothesis i.e. there is no significance difference among the experimental and control group based on Pre- test. Since no Simplified Kundalini Yoga training started, so that both group similar in nature. The significant value observed from the above for Post-test is (0.000) <0.05 at 5% level of significance hence reject the hypothesis i.e. there is a significance difference among the Experimental and Control group based on Post-test.

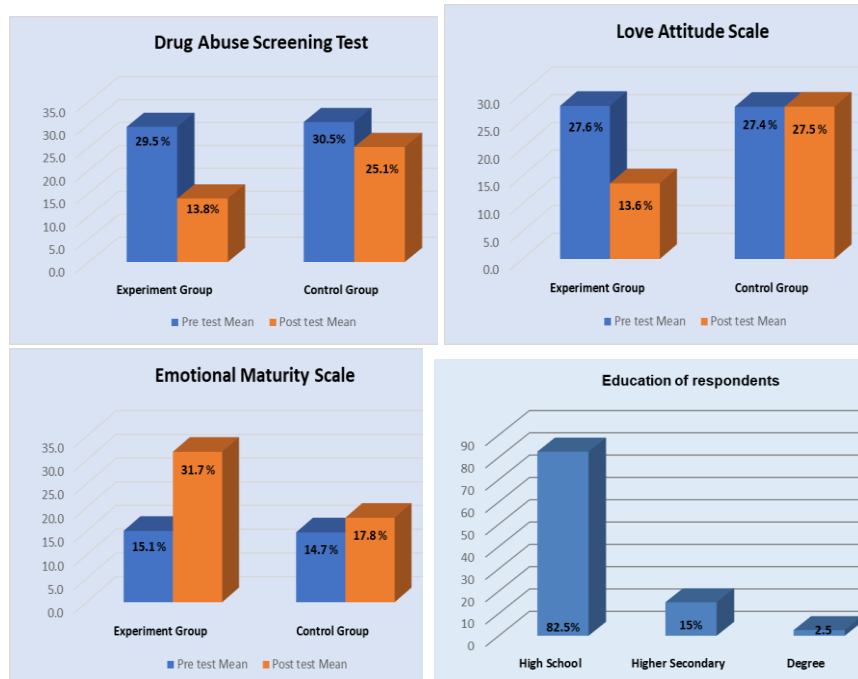
Because the Experimental group students undergo the Simplified Kundalini Yoga training for physically and psychologically but the control group not so that, it shows significant difference among groups.

SIGNIFICANCE OF MEAN DIFFERENCES:

Gains & losses between pre and post test scores on selected psychological & physiological variables of simplified kundalini yoga group (Experimental Group & Control Group)

| Exp. Group | Variables | Pre-Test Mean | Post-Test Mean | Mean Difference | Std. Dev. (+) | σ DM | 't' Ratio |
|------------|--------------------|---------------|----------------|-----------------|---------------|------|-----------|
| 1 | Drug Abuse | 29.5 | 13.8 | 15.6 | 12.48 | 1.97 | 19.77 |
| 2 | Peer Pressure | 27.6 | 13.6 | 14 | 14.97 | 2.36 | 14.75 |
| 3 | Emotional Maturity | 15.1 | 31.7 | 16.7 | 11.41 | 1.8 | 23.12 |

| Control Group | Variables | Pre-Test Mean | Post-Test Mean | Mean Difference | Std. Dev. (+) | σ DM | 't' Ratio |
|---------------|--------------------|---------------|----------------|-----------------|---------------|------|-----------|
| 1 | Drug Abuse | 30.5 | 25.1 | 5.4 | 14.96 | 2.36 | 5.748 |
| 2 | Peer Pressure | 27.4 | 27.5 | 0 | 14.81 | 2.34 | 0.32 |
| 3 | Emotional Maturity | 14.7 | 17.8 | 3.1 | 18.37 | 2.9 | 2.659 |



The results of this study proved that significant differences were recorded in experimental group due to Simplified Kundalini Yoga Practices on selected psychological variables than on control group.

The following Graph shows the frequency and percentage of the respondent under education category. From the below Graph observed that 80 % of the respondent are High School education, 15% of the respondent are Higher Secondary Education, 5% of the respondent are doing his Degree Education. Majority of the respondents are in High School Education.

ANOVA TEST:

The following Table No. 32 shows the ANOVA significance among their Education with psychological and physical variables. **H₀**: There is no significance difference among DAST, PPQ and EMS based on the level of Education.

| ANOVA TEST | | | | | | |
|---------------------|----------------|----------------|-----------|-------------|-------|-------|
| Dependent Variables | | Sum of Squares | df | Mean Square | F | Sig. |
| DAST | Between Groups | 129.41 | 2 | 64.71 | 0.891 | 0.019 |
| | Within Groups | 2688.19 | 37 | 72.65 | | |
| | Total | 2817.60 | 39 | | | |
| PPQ | Between Groups | 18.89 | 2 | 9.45 | 0.09 | 0.004 |
| | Within Groups | 3869.88 | 37 | 104.59 | | |
| | Total | 3888.78 | 39 | | | |
| EMS | Between Groups | 173.72 | 2 | 86.86 | 1.335 | 0.006 |
| | Within Groups | 2407.38 | 37 | 65.06 | | |
| | Total | 2581.10 | 39 | | | |

INFERENCE:

Since the significant value (0.019, 0.004, 0.006) < 0.05 at 5% level of significance, hence reject the hypothesis i.e., there is a significance difference among the psychological variables of Delinquency thoughts reduced and Emotional Maturity developed.

FINDINGS OF THIS STUDY:

In Independent sample of “t” test on the significant value observed for Post-test is (0.000) <0.05 at 5% level of significance hence reject the hypothesis i.e. there is a significance difference among the Experimental and Control group based on Post-test. The mean difference among the Control Group pre and post-test results of selected psychological variables on the respondents. And observed from significant value > 0.05 at 5% level of significance, hence accept the hypothesis i.e., there is no significance difference occurs among all variables to the Juvenile delinquent students. The Experimental group students undergo the Simplified Kundalini Yoga training for physically and psychologically. But the control group not so that, it shows significant difference among the groups. From the “ANOVA” test shows the significant value <0.05 at 5% level of significance, hence reject the hypothesis i.e., there is a significance difference among the psychological variables of Negative thoughts reduced and Positive thoughts developed based on the level of Education.

CONCLUSION:

Drug Addiction is a brain disease. Yoga and meditation are evidence-based lifestyle practices commonly used in recovery programs and believed to benefit the brain as well. Neuro Muscular Breathing exercises that can help heal the brain cells and lungs vital capacity. By initiating and creating positive changes in the brain, meditation can help to promote the healthy behavioral habits, which is extremely beneficial for Juvenile substance abusers. By evoking positive brain changes, meditation can help clarify some of the underlying issues surrounding the challenge of drug use, an important aspect of addiction recovery [Saumya Raj, 2021]. Teenage years are a time when emotional extremes are typical. These can manifest as mood swings, emotional outbursts, melancholy, or actions like sleeping or listening to loud music that are meant to numb the pain of these emotions. Emotions are universal, relevant in every living organism at all stages of development from infancy to old age. Emotions are individual and thus change from different to individual. Every emotional involvement includes many physical and psychological deviations in the organism. The same feelings can be triggered by a variety of unique things and situations. Emotions come on suddenly and go slowly. Once triggered, emotions have a tendency to linger and leave behind emotional aftereffects. Emotions have an oppressive quality [Mangal S K, 2009].

Simplified Kundalini Yoga is a categorized scientific approach. It can lead to a higher consciousness. The basic goals of every living human being are perfect health, wealth, wisdom, comfort and eternally blissful longevity. The absence of all ailments does not equate to being in perfect health. It comprises aspects of welfare and health that are physical, mental, social, emotional, spiritual, and religious and it used a holistic approach. Simplified Kundalini

Yoga Maintain general fitness. It develops the immune system and has preventive and curative effects on various diseases. After years of intensive research, Yogiraj Vethathiri Maharishi has systematized a set of practices suitable for all modern environments and all sectors of human society [14]. Yoga's innate ability to shut out mental chatter and live at the moment reduces stress and anxiety and greatly benefits all areas of life. Yoga can help you deal with stress and restore your peace of a mind. Young adults are highly stressed-out people who are eager to succeed and establish their worth at every opportunity. Yoga practitioners only experience lower levels of stress and anxiety, but also better academic results [Pallav Sengupta, 2012].

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