## **Music Room in Central jail**

It is a well known fact and researches have shown that music has a profound positive effect on our body and mind. In fact, there's a growing relevance of Music Therapy to wean away the negative psyche of a prisoner inherent in the incarceration. The Prison administration has established a Music Room in each jail in which various type of music instruments like Tablas, Bongo drums, Harmonium, Guitar, Sitar, Sarangi, Flute etc. are played by the prisoners. The inter-jail competitions in music are also being organized to create a competitive spirit in the Music shows.







