

PROJECT NEW HORIZON IMPACT REPORT

An Impact Evaluation

ACKNOWLEDGEMENTS

We would like to acknowledge the contributions of several organizations and stakeholders that helped to bring this impact assessment report to a successful completion.

This study could not have been brought to fruition without the unwavering support and guidance from the members of India Vision Foundation.

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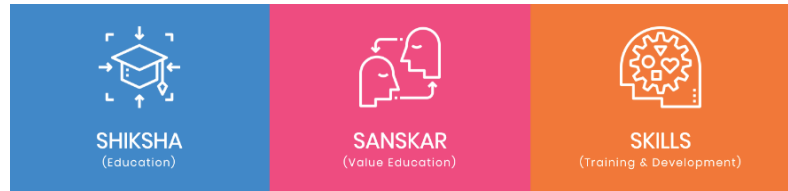
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ABOUT US



The India Vision Foundation, a voluntary non-profit & a non-government organization, was established in 1994 by the Magsaysay Awardee (equivalent to Asia's Nobel Prize) Dr. Kiran Bedi with the objective of forging 'positive relationships' between people and the police through creative leadership.

It seeks to carry forward its services in Police and Prison Reforms as well as women empowerment.

The Foundation works on a "3S Model of Reformation" across prisons of four states namely: New Delhi, Haryana, Maharashtra & Uttar Pradesh. The 3S model of reformation encompasses the components: Shiksha(Education), Skills and Sanskaar (Value Education).

Today, the foundation is touching more than 3000 lives every day and is striving to give hope in the lives of prison inmates and their children. The foundation has successfully reached out to more than 2,50,000 beneficiaries under its Prison Reforms and Rural Development project.

Their primary projects are "Inside Prison Projects", "Education of Children of Inmates" and "Training of Prison Officials".

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EXECUTIVE SUMMARY

The India Vision Foundation has been a pioneer in the domain of prisoner reformation and rehabilitation in India. Its funding partner, the Goldman Sachs, is a prominent global financial services firm with a committed focus on sustainability and leading corporate social responsibility practices. The aspiration and mission of both the organizations to serve the most underserved population culminated in a partnership which gave birth to the Project New Horizon in Kasna Prison, in April 2018.

OBJECTIVES OF THE PROJECT NEW HORIZON



The Project New Horizon was set up to empower the prison inmates with the right values, education and a skill-set in order to productively channelize their energy and time in prison and facilitate a smooth integration back into society.

The objective is two pronged :

- a) to enhance the emotional well being of inmates in the prison and
- b) to improve their employment prospects post release (as unemployment among released inmates has been proved to be a strong contributing factor in keeping recidivism high)

Over its three-year duration, the Project has enrolled over 702 males and 206 female inmates in the Kasna Prison.

PURPOSE OF THE IMPACT STUDY



The purpose of an impact assessment report is summative, instrumental and conceptual, that is, to assess the merits of the initiative, improve it, and promote further learning.

Therefore, the overall purpose of our study is to generate actionable information and draw insights by:

- a) analyzing and reporting on the social impact generated by Project New Horizon
- b) suggesting measures for improvement and effective implementation of Project New Horizon

TYPE OF DESIGN



We used a mixed-methods approach where we performed a qualitative and quantitative analysis on the data collected from different stakeholders. We divided our stakeholders into two sets – primary and secondary. The primary stakeholders are the Kasna inmates. The Kasna beneficiaries were instrumental in the development of the evaluation process to ensure its usefulness to all stakeholders. The secondary stakeholders are the members of the community either working on prisoner reformation and rehabilitation or individuals who have been associated with the Program in different capacities. . This mixed-method approach aims to provide a holistic view on the overall impact considering the varied perspectives.

Two kinds of instruments were used to assess the socio-economic benefits of the Project

Horizon : (i) a survey questionnaire with a list of indicators to monitor the quantitative outcomes of the program (ii) focus group discussions as a participatory method to evaluate the qualitative parameters.

Data was collected by the Protiviti staff during a week-long prison visit and was facilitated by the IVF field staff. The data collected in the surveys is complemented with the qualitative evidence received through exploratory interviews and focus group discussions and the same has been analyzed and documented in this report. The beneficiaries were asked questions about their experiences, learnings, feedback and journey, with a focus on how they see the program will impact them.

Decisions as to which of the statistical techniques should be used were made on the basis of the various criterias like (a) the scale and other characteristics of data, (b) objectives of the study, (c) characteristics of the research design etc.

A total of 140 primary beneficiaries, including male and female, were interviewed across the program activities.

For reporting, we chose to follow a descriptive and graphical approach. The quantitative results are presented with a visual flair, followed by the qualitative analysis, in which we explore the underlying themes and testimonies of the stakeholders.

KEY FINDINGS



1. In **Adult Education**, the average assessment score for males and females is approx. 75% and 73% respectively. The Duration of program for males reflects a positive relationship with the assessment score which underscores the direct positive impact of the adult education program in enhancing literacy skills among the inmates. The trend however is skewed for females due to shorter retention rate in the program, mostly since they get getting released before spending sustained amount of time in the program.

2. In **Vocational Training**, there is a positive relationship between the duration of program and the average assessment scores in all the three – Computer, Stitching and the Beautician course. In all the three programs, the beneficiaries believe that the vocational programs will enhance their ability to seek employment post release. Majority of the beneficiaries said that they are now more confident in their abilities, feel more positive and optimistic about their future and want to be a contributing citizen of the society.

3. In **Recreational activities**, participating in these programs have improved the well being of the inmates tremendously. 99% of male and 82% of the female report improved level of well-being, 98% male and 90% female report improved ability to perform their respective activity, 96% male and 90% female reported an increase in motivational level to learn and participate, and 94% males and 80% females reported an enhanced level of satisfaction post an activity session.

4. In case of **Motivational and Counselling Sessions**,

during the Focus Group Discussions, all the inmates were very forthcoming and reported a tremendous behavior and attitude modification due to these sessions. Topics for deliberation included themes across subjects such as women empowerment, substance abuse, personality development, anger, stress and time management, health and hygiene and education.

All the stakeholders, including the prison administration, released beneficiaries and the psychologist, share the consensus on the Project New Horizon generating a positive impact on the prison inmates and the overall prison environment.

CONCLUSION



The results of the quantitative and qualitative study, to evaluate the overall impact of the Project New Horizon on the Prison Inmates, can be defined as **substantially positive**. However, there is some scope for improvement in the program design and implementation.

- India Vision Foundation should leverage digital mediums to scale its program interventions in order to increase coverage and maximize impact.
- Career counselling support is essential for the beneficiaries so they can obtain guidance on professional career options open to them given their personal socio-economic background, interest and skillset.
- Vocational Training is the first step to up skill the inmates, however, without regular practice and training, there is a risk of losing touch. India Vision Foundation, along with the prison administration, should leverage their network to help source orders and contracts for the inmates so they can employ and monetize from their acquired skill set.
- Pro-bono legal services should be provided to undertrials. There is a need to facilitate online communication with their lawyers. It is critical that the inmates get a fair representation and access to free legal assistance.

“

I used to feel lonely, anxious and depressed when I used to think about my family members. But after getting enrolled in various activities, I started using my incarceration time productively. The India Vision Foundation team members used to guide and counsel us not to take any wrong decision or step. It made me feel better when I used to share my apprehensions with them, and they were always there to help us. Being associated with the India Vision Foundation gave us a sense of belonging and security.

- Released Male Beneficiary

”

“

IVF has set a precedent for other organizations to work in this area of prisoner rehabilitation and reformation. Since inmates have enrolled in these programs, there has been a reduction in stress and anxiety which is a common emotion felt by them. In addition to this, inmates struggle to navigate through their professional lives post release, India Vision Foundation helps in upskilling them through vocational training and readiness to release workshops which would enhance their employment prospects post release and assist in easing their integration back into society.

- Jailor, Kasna Prison

”





BACKGROUND AND PROGRAM MOTIVATION

The India Vision Foundation, under the aegis of Dr. Kiran Bedi, has been a pioneer in the domain of prisoner reformation and rehabilitation in India. The contemporary prison system in India is plagued with overwhelming challenges such as overcrowding of prisoners, understaffed personnel, delay in trial, neglect of health and hygiene, ill-treatment, deficiency in communication, lack of vocational and educational opportunities, among others. The India Vision Foundation aspires to address the current gap in the system by striving to promote active correctional programs for prisoners through its 3S model of Sanskar (Value Education), Siksha (Education) and Skills (Training and Development).

Goldman Sachs is a prominent global financial services firm with a committed focus on sustainability and leading corporate social responsibility practices. Their area of focus ranges from accelerating the climate transition to driving inclusive growth. In the latter case, they hope to benefit the underserved populations by improving healthcare access, affordability of education, financial inclusion and community development.

The aspiration and mission of both the organizations to serve the most underserved population culminated in a partnership which gave birth to the Project New Horizon in Karna Prison, in April 2018. The purpose of the Project is to empower the prison inmates with the right values, education and a skill-set in order to productively channelize their energy and time in prison and facilitate a smooth integration back into society.

The objective is two pronged – a) to enhance the emotional well being of inmates in the prison and b) to improve their employment prospects post release (as unemployment among released inmates has been proved to be a strong contributing factor in keeping recidivism high). A comprehensive program was designed for both the male and female inmates of the Karna prison in order to fulfill the purpose of this route map. Feasible structural changes were brought in with the help of the prison administration inside the prison.

The Project New Horizon was envisaged to be conducted in the Kasna prison for a period of three years covering a gamut of programs in order to ensure a holistic development and growth of prisoners. Broad areas identified were: Adult Education, Motivational and Awareness sessions, Recreational programs and Vocational Skill training. Literacy and educational sessions were imparted in order to encourage inmates to continue learning. Motivational sessions were conducted to boost the morale and self-esteem. Recreational activities is to prevent them from moral contamination and help them use their incarceration time constructively. Lastly, life skill sessions and vocational skill training was provided in order to make inmates self-reliant post release.

Apart from male and female inmates, the Project New Horizon also worked with children of female inmates (as mothers are allowed to keep their child under 6 years of age under their care while in prison). Female inmates were counselled on the importance of providing a safe and conducive environment for children in the prison. The children were given nursery level education so they will be at ease integrating into a formal educational setting after they leave the prison facility. Training on health and nutritional standards was conducted with mothers of children and essential health supplies were provided to children.



This document seeks to study the impact of the Project New Horizon on the prison inmates and children of female inmates across the various interventions by the India Vision Foundation.

Section A

Introduction aims to set the premise for the study by understanding the theory and motivation behind the Project New Horizon and lays down the implementation framework set by the India Vision Foundation over its 3-year course .

Section B

Evaluation Methodology elaborates on the evaluation model designed by Protiviti for conducting the impact study, elaborating on the research methodology, sampling approach, data collection and analysis framework in greater detail.

Section C

Analysis and Findings explains the results from a quantitative and qualitative perspective to demonstrate the impact of the program.

Section D

Conclusion and Recommendation concludes the study by stating the challenges and thereby making requisite recommendations for program improvement.



IMPLEMENTATION OF PROJECT HORIZON

The different programs conducted under Project New Horizon with their pre-defined objectives are listed below –

Adult Education



Adult Education Program:

- Primary objective is to teach the basics of reading, writing and speaking to the illiterate and partially educated inmates
- Subjects taught are – English, Hindi and Mathematics. In English, they are taught alphabets, construction of words and sentences. In Hindi, they are taught identification of letters and lessons in reading newspaper articles. In Mathematics they are taught basic addition, subtraction, multiplication and division to assist them in their everyday life.
- The literate inmates are encouraged to complete their metric or collegiate education and are accorded certifications from NIOS and IGNOU.

Vocational Training



Computer Training:

- Primary objective is to provide technical literacy and develop skills which could help inmates enhance their employment prospects post release.
- The inmates are taught how to operate a computer, use softwares such as Microsoft Word, Excel, PowerPoint and Paint
- A partner organization, NIIT foundation, provides certification to the inmates who conduct external examinations in the prison



Stitching and Tailoring

- Primary objective is to develop employability skills
- A partner organization, Singer India Private Ltd., has designed a curriculum in order to strengthen practical teaching and assessment
- They inmates are taught how to operate a stitching machine, draft designs on paper and are given practical hands-on training on stitching garments for men, women and children



Beautician Training

- Primary objective is to enhance employment opportunities post release and help women become financially independent
- A parlor training center is set up in the prison where they are taught the techniques of threading, facial, manicure, pedicure and hair cutting.

Recreational Program



Art, Craft and Painting

- The primary purpose is to engage inmates in the prison to productively use their time and help alleviate their stress and grief. They are trained to sketch and paint portraits, design cups and decorative hanging products etc.



Dance

- The primary purpose is to cater to the physical and mental health of the inmates



Yoga and Sports

- The beneficiaries are encouraged to practice yoga and meditation daily. They are taught the basics from Anulom-Vilom, Pranayam and Kapalbharti to advanced Yoga practices. Classes by the Art of Living are also facilitated around different postures, breathing exercises and relaxation techniques. They are also encouraged to participate in spiritual activities like bhajan and keertans. Various indoor sports competitions are also regularly held like ludo, carom and chess to rejuvenate the inmates and encourage a team spirit in them.


Motivational and Awareness Sessions

Workshops and Interactive sessions

- Sessions are conducted with male and female inmates by the team members of India Vision Foundation
- Sensitive and relevant themes are covered such as women empowerment, substance abuse, health and hygiene, behavior and discipline, personality development etc.
- Two counselling sessions were conducted with inmates by psychologist Dr Pinky Goswami on stress, depression, anxiety and frustration.
- An external agency Learning Mudra also conducted sessions on topics like stress management, anger management, time management and positive thinking.



Crèche Project for children of female inmates

- A Crèche is set for the children of the female inmates.
 - India Vision Foundation collaborated with mobile crèches in order to build a program 'Nanhi Kiran' with a standardized age-appropriate curriculum. It had a focus on, a) Linguistic Development - The children were taught to read and write English and Hindi alphabets as well as numbers. They were taught poems and stories and taught different words in order to strengthen their vocabulary, b) Cognitive Development - The children are engaged in activities like puzzles and memory games, c) Physical Development - A check was kept on the nutritional requirements of the children with regular tracking of their growth and development indicators, d) Socio-Emotional Development: The children are taught values of sharing, caring, honesty and kindness through stories and narrations.
 - Birthday celebrations are also held in order to provide happy memories to the children
 - Mother Group meetings and Sensitization sessions: Mothers are given training in regard to appropriate behavior and language to be used around children. They are informed about ways to monitor their children's health and growth.
- 



Year 1 (2018-2019)

The reach of the Project Horizon for the year 2018-2019 was 157 male inmates and youth offenders, 80 female inmates and 24 children below 6 years.

Adult Education:

30 male and 39 female beneficiaries were enrolled under the guidance of a peer leader at first and then a teacher was appointed by India Vision Foundation. Classes were held 5 days a week for a span of 3 months.

Computer Training:

55 male beneficiaries were trained in batches of 3 month programs. Classes were held 5 days a week and certification was distributed to the inmates by the NIIT Foundation.

Stitching and Tailoring:

40 male and 27 female beneficiaries were trained under the leadership of an inmate in batches of 3 month programs and classes were held 5 days week. The inmates were not certified the same year due to delay in finding a suitable third party assessor.

Dance :

12 male beneficiaries participated in the Dance Activity under the guidance of a peer leader.

Yoga:

25 male beneficiaries joined the yoga session which takes place once a week.

Motivational Activity:

The foundation conducted a total of 33 awareness, wellness and motivational sessions over 5 months since November 2018 to March 2019 which was attended by a total of 397 male inmates of Kasna Prison. Need based counselling was provided to female beneficiaries.

Crèche Project for children of inmates:

There were a total of 24 children in this program.



Year 2 (2019-20)

All the activities were continued from the first year to the second year as well and the primary objective was to increase the number of beneficiary under each activity. Certain new activities were included in order to scale the reach of the program like beautician training, individual psychological counselling sessions and soft-skills workshops.

Adult Literacy:

A total of 131 inmates were enrolled out of which 33 male inmates and 11 female inmates were enrolled for further NIOS/IGNOU examinations.

Computer Training:

87 male inmates were certified out of 167 trained, by the NIIT Foundation under the computer literacy 3 month program.

Stitching and Tailoring:

40 male and 21 female inmates were certified by Singer India Private Limited, out of 174 trained inmates, after completing the 3 month course in stitching.. In addition to this, during the early days of the pandemic, 50 caps, 5000 Khaadi bags and 3000 masks for covid-19 protection were made by the beneficiaries.

Beautician :

36 female inmates were enrolled and trained in the Beautician training course of 3 months.

Art, Craft and Painting:

39 inmates were trained under art, craft and painting.

Dance :

43 inmates out of 81 inmates enrolled were provided dance training who then performed in several prison events and celebrations throughout the year.

Yoga:


The classes are held once every week but only 25 male inmates were regular. Indoor and sports activities was organized for 179 inmates. 492 male and female inmates were taught various exercises and postures by Art of Living team members on international yoga day.

Awareness, Psychological sessions and Soft-skills workshops:

344 inmates participated in soft skills workshops conducted by an external agency called Learning Mudra. 2 psychological sessions were conducted with female inmates to talk about frustration, anxiety and menstrual health.



Year 3 (2020-2021)

- Due to the covid-19 pandemic, the activities and sessions in the third year were held in abeyance due to strict restrictions imposed on prison visits.
 - Notwithstanding, the IVF team sought help of peer leaders to carry out the activities and monitor the progress of inmates in the interim. Audio files containing education and counselling related content was provided whenever possible. However, this was very challenging under the circumstances.
 - The India Vision Foundation also catered to the hygiene and psychological requirements of the inmates during the pandemic. Hygiene kits (masks, soaps, sanitizers) were provided, and awareness sessions were conducted on covid-19. As a feat, inmates under stitching program were motivated to stitch masks and at the end of September, 20,000 masks were stitched through the program.
- 



“

We did not feel that we were in jail when we used to go to the activity center. Our level of stress and anxiety also reduced, and we used to feel optimistic and positive about our future. The India vision Foundation members and administration used to encourage and appreciate all our efforts. They used to guide and motivate us to become better human beings and help us develop our skills so we could be independent and self-reliant after our release.

”

- Released Female Beneficiary

“

Lockdown has had an adverse impact on everyone in general but the impact on inmates has been far worse. Suspension of visits by family and NGOs has worsened their confined condition. The psychological impact is acute leading to feelings of hopelessness, uncertainty and fear. Even before the pandemic they were suffering from severe mental health issues and now that all the activities had been put to a stop, it is increasing their stress levels which could lead to physical problems as well.

”

- Dr Pinky Goswami– Psychologist

SECTION 2: EVALUATION METHODOLOGY

The purpose of an impact assessment report is summative, instrumental and conceptual, that is, to assess the merits of the initiative, improve it, and promote further learning. Therefore, the overall objective of our study is to generate actionable information and draw insights by:

- a) analyzing and reporting on the social impact generated by Project New Horizon
- b) suggesting measures for improvement and effective implementation of Project New Horizon



RESEARCH METHODOLOGY

We used a mixed-methods approach where we performed a qualitative and quantitative analysis on the data collected from different stakeholders. We divided our stakeholders into two sets – primary and secondary. The primary stakeholders are the Kasna inmates. The Kasna beneficiaries were instrumental in the development of the evaluation process to ensure its usefulness to all stakeholders. The secondary stakeholders are the members of the community either working on prisoner reformation and rehabilitation or individuals who have been associated with the Program in different capacities. The idea to engage with the secondary stakeholders is to understand the breadth and depth of impact, generated by the Project Horizon, given their experience, knowledge and association with the primary stakeholders i.e., prison inmates. This mixed-method approach aims to provide a holistic view on the overall impact considering the varied perspectives associated with the project.

Two kinds of instruments were used to assess the socio-economic benefits of the Project Horizon : (i) a survey questionnaire with a list of indicators to monitor the quantitative outcomes of the program (ii) focus group discussions as a participatory method to evaluate the qualitative parameters.

The research methodology we followed in our analysis was set up to gain a richer understanding of the India Vision Foundation's interventions via the Project New Horizon. In doing so, we did not seek to identify a cause-and-effect relationships, but we sought to audit the interventions implemented in the Kasna prison instead. We also sought to investigate the particular disruptions and needs of the beneficiaries, so that we could help India Vision Foundation direct their efforts more efficiently.

To analyze and interpret the results, we chose to follow a descriptive, and graphical approach. For the sake of brevity, we also omitted results that were redundant, or insignificant. The quantitative results are presented with a visual flair, followed by the qualitative analysis, in which we explore the underlying themes and testimonies of the stakeholders.



SAMPLING APPROACH

Given that approximately 70% of the population in a prison are under trials, the population is constantly rolling. The beneficiaries either get released after getting acquitted or on bail/parole and are sometimes also moved to another prison facility. This poses tremendous challenge as it is difficult to source beneficiaries who have been associated with the program in the prison for a sustained period of time. Therefore, we had to rely on a purposive sampling approach in order to funnel out inmates who were enrolled with the programs for a consistent period.

A total of 140 primary beneficiaries, including male and female, were interviewed across the program activities. Please find the details in the following table:

List of Primary Stakeholders

Activity	Male Inmates	Female Inmates	Total	Instrument
Adult Education	16	13	29	Survey Questionnaire
Motivational programs	26	12	38	FGD
Computer Skills	10	NA	10	Survey Questionnaire
Stitching and Tailoring	11	7	18	Survey Questionnaire
Beautician	NA	10	10	Survey Questionnaire
Recreational Art and Craft Dance Music Yoga Sports	25 (5 from each)	10	35	Survey Questionnaire

The survey instrument was chosen for interventions which had a clear outcome and/or curriculum. The research instrument was prepared based on in-depth published materials in the same and/or similar field. , standardized scales and the curriculum provided. A detailed interview schedule for the primary survey was prepared and administered on the beneficiaries . With the help of these, personal (face to face) interviews with the respondents were conducted. On the other hand, Focus group discussions were relied upon in case of a one-off awareness/motivational session in order to assess the belief systems and narratives put forward by the beneficiaries. The advantage of having focus group discussion vis a vis a survey is that one is able to observe the reactions and behavior of the participant while he/she answers the question. Moreover, the beliefs are not individualistic but are formed together as a group which makes it interactive for the participants as well.

The discussion revolved around the following points : What is the identified issue? How do the stakeholders understand this issue? Is there any difference of opinion regarding the understanding of the issue? What can be the probable reasons and causes of the issue? What are the consequences of the issue? Physical, Psychological, Social etc. What can be done to deal with the issue? Possible solutions if any?

List of Secondary Stakeholders

Name	Number	Profile
Dr. Pinki Goswami	1	Psychologist, Clinic of Psychological Health Concern
Released Inmates	5 Male, 5 Female	-
Prison Officials	2 (SP, Jailor)	Prison Administration

The qualitative analysis includes exploratory interviews with prominent secondary stakeholders (listed in table 2) who are deeply involved in the domain of prisoner reformation and rehabilitation. While interviews with the primary stakeholders are critical to understand the situation on the ground, the secondary stakeholders help us in the operational understanding of the impact which is imperative to acquire a more holistic perspective of the situation in order to design effective programs going forward.

In totality we interviewed 1 Superintendent, 1 Jailor, 5 male released inmates, 5 female released inmates, and the India Vision Foundation appointed psychologist, Ms. Pinky Goswami. Their testimonies can be found as quotes in the report. We obtained a verbal approval from all stakeholders before the start of the data collection process. We also informed them that their participation is voluntary, and they can end their participation or skip any question they do not wish to answer.



DATA COLLECTION

Data was collected by the Protiviti staff during a week-long prison visit and was facilitated by the IVF field staff. The data collected in the surveys is complemented with the qualitative evidence received through exploratory interviews and focus group discussions and the same has been analyzed and documented in this report. The beneficiaries were asked questions about their experiences, learnings, feedback and journey, with a focus on how they see the program will impact them.

Various means of communication, from in person interviews, to phone calls to emails were resorted for the purpose of data collection. All the calls were recorded, transcribed and translated by the Protiviti team. All the transcripts were analyzed to draw inferences which helped provide a wide view of the impact of the project.



DATA ANALYSIS

Raw data contained in the research instrument needs to be converted into suitable form so that meaningful findings can be obtained. The data obtained against various questions from the valid respondents were properly coded and transcribed into designed format. Analysis of data is the process by which data are converted into useful information. Different data analysis techniques were used to get meaningful outcome from the data obtained against different questions of the research instrument and transferred to the format. Decisions as to which of the statistical techniques should be used were made on the basis of the various criterias like (a) the scale and other characteristics of data, (b) objectives of the study, (c) characteristics of the research design etc. For the analysis ,we have used Stata Statistical software and R-studio. And for the convenience of presentation and understanding, we have used Excel application for better customized features available in spreadsheet formats.

The present study has used Uni-variate (one variable), Bi-variate (Two variables) and Multi-Variate (more than two variables) analysis. The statistical techniques used are:

1. Pierson Chi Square test - Pearson's chi-squared test is a statistical test applied to sets of categorical data to evaluate how likely it is that any observed difference between the sets arose by chance.
2. Correlation Coefficient Analysis - The correlation coefficient is a statistical measure of the strength of the relationship between the relative movements of two variables. The values range between -1.0 and 1.0. A calculated number greater than 1.0 or less than -1.0 means that there was an error in the correlation measurement. A correlation of -1.0 shows a perfect negative correlation, while a correlation of 1.0 shows a perfect positive correlation. A correlation of 0.0 shows no linear relationship between the movement of the two variables.
3. Linear Regression Analysis - In statistics, linear regression is a linear approach to modelling the relationship between a scalar response and one or more explanatory variables (also known as dependent and independent variables). The case of one explanatory variable is called simple linear regression; for more than one, the process is called multiple linear regression. This term is distinct from multivariate linear regression, where multiple correlated dependent variables are predicted, rather than a single scalar variable.

Bar charts, pie charts, percentages etc. were used for further analysis and diagrammatic representation of certain questions.

“

Earlier only negative news was broadcasted about Kasma Prison but now there has been a major change in the way the outside world perceives our prison. There is a lot of positivity amongst the inmates and they are constantly motivated to use their time more productively. We see a tremendous change in the mindset and thinking of the inmates. There has been a massive change and development in the infrastructure of the activity center as well. Earlier it was a worn out building but IVF brought life into it by renovating and designing the center in a way that inmates feel transported to another. The ambience is very lively and a colorful with paintings and artworks on the walls. Even during the pandemic, they were committed to serve and resorted to digital means such as audio and video tapes to motivate the inmates and alleviate the disruptions caused by the pandemic.

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- Superintendent, Kasma Prison



SECTION 3: ANALYSIS AND FINDINGS



ADULT EDUCATION



MALE FINDINGS

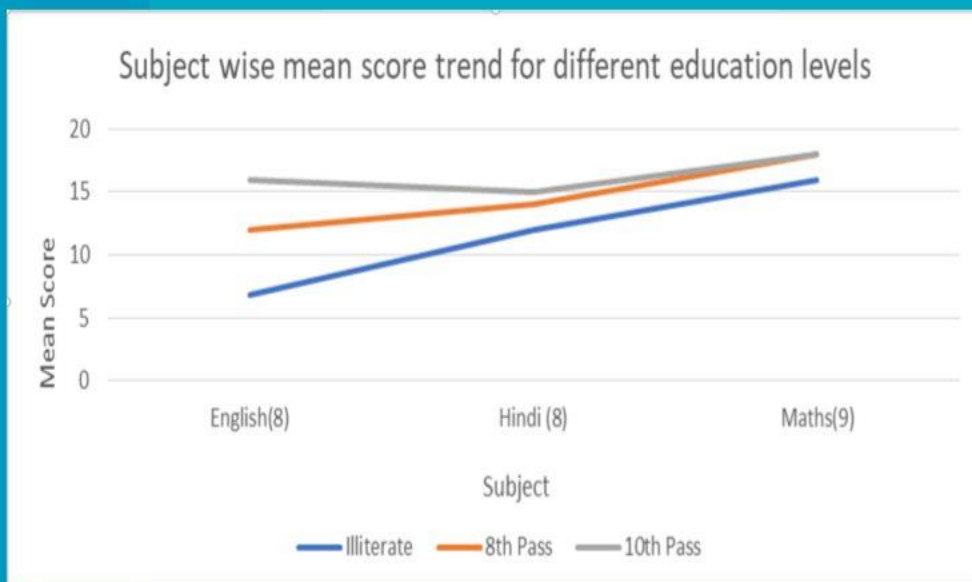
For the Adult Education program, we prepared a 50 question scale across Hindi (8 questions), English (8 questions) and Mathematics (8 questions). The questionnaire consisted of questions based on the curriculum taught by the India Vision Foundation and standard parameters set by the government to assess the level of literacy among the population. The scale was further divided between easy and advanced level questions to be able to assess across the level of difficulty.

1. Average Assessment Score

Hindi	79%
Math	3%
English	52%

2. Score by Level Of Education across each Subject

Level of Education	English(8)	Hindi (8)	Math(9)
Illiterate	6.8	12	16
8th Pass	12	14	18
10th Pass	16	15	18



The above table and the graph show that the mean scores of assessments for Illiterates is quite close to that of 8th pass and 10th pass in Hindi and Mathematics. The scores are highest for Mathematics followed by Hindi and then English for all the education levels.

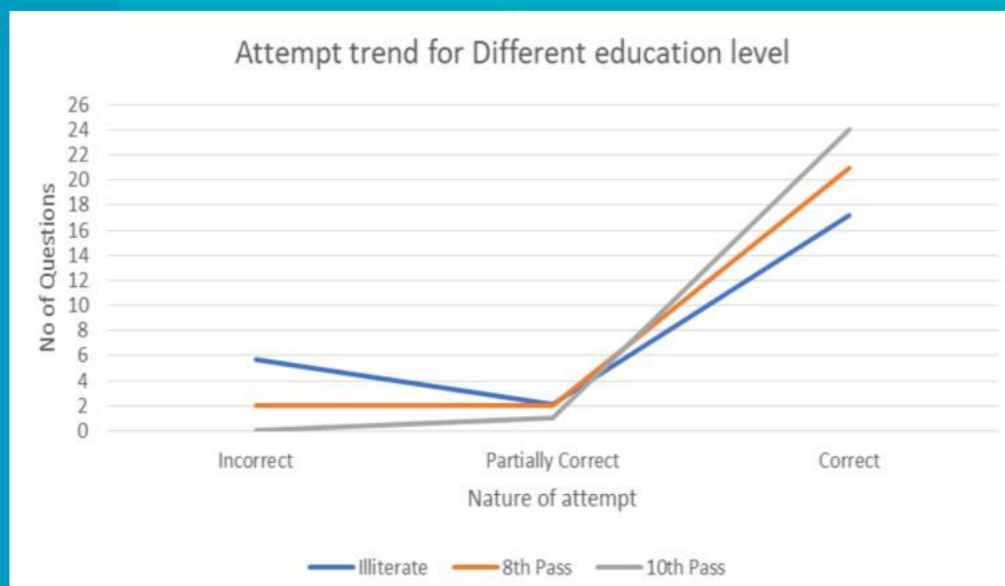
3. Score by Level of Education across Level of Difficulty

	Easy	Advanced
Illiterate	16.7	19.7
8th Pass	20	24
10th Pass	21	28

The above table shows that mean scores of assessments for Illiterates is quite close to that of 8th pass and 10th pass in Easy questions but is not the same for advanced questions.

4. Score by Level of Education across Level of Attempt

	Incorrect	Partially Correct	Correct
Illiterate	5.71	2.07	17.2
8th Pass	2	2	21
10th Pass	0	1	24



The above table and graph show that number of Incorrect responses for illiterates is highest as compared to 8th and 10th pass respondents and the number of correct responses is highest for class 10th respondents

5. Testing association between level of education and conviction status : Pearson Ch2 test

Here we have done a Pearson Chi square test to see if there is any association between the conviction status and level of education.

Level of Education	Convicted/Under Trial		
	Convicted	Under Trial	Total
Illiterate	50.00	50.00	100.00
Literate	0.00	100.00	100.00
Total	43.75	56.25	100.00
Pearson chi2(1) = 1.7778		P Value = 0.182	

The table shows the association between the level of education vis-à-vis the inmate being convicted or under trial. The p – value (depicts the significance of the test) is 0.182 so we can say that the above interpretation will be true (We reject the null hypothesis of no association) by about 80% level of confidence.. It is clear that the trend shows that almost all the convicted people are illiterate and there is a strong association between the two variables.

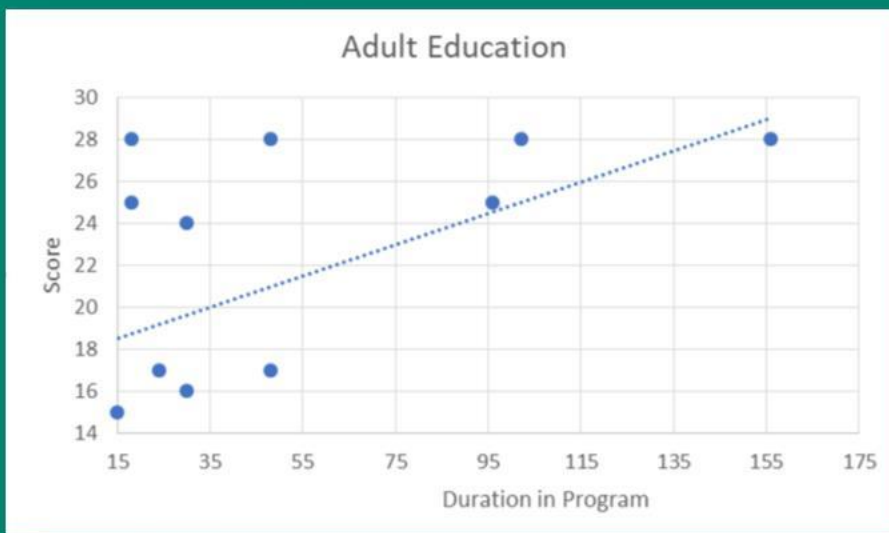
6. Testing association between Duration in Program and Assessment Score : Pearson Ch2 test

Here we have done a Pearson Chi square test to see if there is any association between the duration the program and assessment score. Pearson Ch2 test Result:

Duration of Program (Months)	Adult Education assessment Score		
	Up to 15 points	16 Points or above	Total
Up to 15 Months	44.44	55.56	100.00
16 Months or above	14.29	85.71	100.00
Total	31.25	68.75	100.00
Pearson chi2(1) = 1.6670		P Value = 0.197	

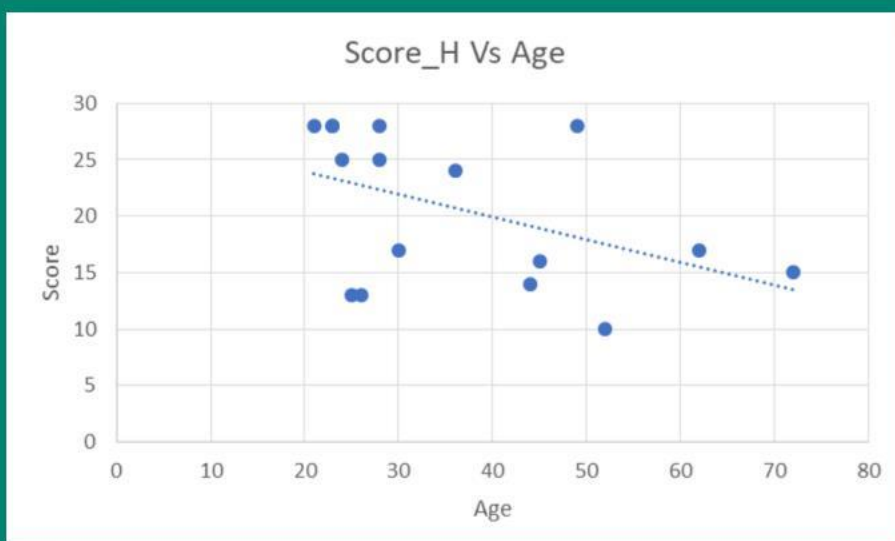
The table shows the trend of assessment score distribution vis-à-vis the duration of program for the inmates. It is clear that as the inmate spends more time (above 16 months) in the program, the likelihood of him falling in the high score category is high (85.71%) as compared to the inmate who spends less time (Up to 15 months), for whom the likelihood is low (55.56%). The p – value (depicts the significance of the test) is 0.197 so we can say that the above interpretation will be true (We reject the null hypothesis of no association) by about 80% level of confidence.

7. Testing correlation between Duration in Program and Assessment Score : Correlation Analysis



Correlation coefficient (it is a statistical tool to measure the strength of relationship between two variables) between Score (for hard question) and duration in program comes out to be 0.493. This means these two variables have a positive relationship, indicating a positive impact of program on adult education levels. As the duration of the program is increasing, the assessment score is also increasing.

8. Testing correlation between Age and Assessment Score : Correlation Analysis



There is a negative relation between score and Age. The correlation coefficient come out to be -0.46816. This implies that willingness to learn decreases with Age in our sample population.

9. Regression Analysis:

Regression Equation: $\text{Score} = a + b(\text{Duration in Program}) + c(\text{C/UT}) + d(\text{Age})$

Coefficients	Estimate	Std. Error	t value	Pr(> t)
Intercept (a)	19.3044	3.468	3.468	0.00464 ***
Duration in Program (b)	0.2272	0.1065	2.133	0.0543 .
C/UT (c)	6.9517	4.0189	1.730	0.10928
Age (d)	-0.1943	0.1126	-1.726	0.10999
Signif. codes: '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1				
Multiple R-squared: 0.4484		Adjusted R-squared: 0.3105		Dof = 12

These results show that with every 1 month increase in duration in program, the score increases by 0.17803 amount. And we can say this with 90% level of significance.

With every 1 year increase in Age, the score of assessment decreases by 0.1943 points.

Also, if the person is under trial, his score is higher than the one who is convict by an amount of 6.9517.

10. Professional Aspirations

7 out of 16 inmates want to continue in their profession from before incarceration which entailed roles like farming, driving and manual labor. However, 9 of the beneficiaries demonstrated professional aspirations different from their previous occupation. The program had instilled in them a sense of self-worth and confidence in their abilities. They wanted to upskill themselves and find respectable jobs or start an entrepreneurial venture of their own. As examples, a tailor wanted to start his own tailoring business, a laborer hoped to find a respectable private job, a painter wanted to start his own tea shop, an unemployed person wanted to become a YouTube influencer, a quality inspector found his calling in wanting to teach children.

ADULT EDUCATION



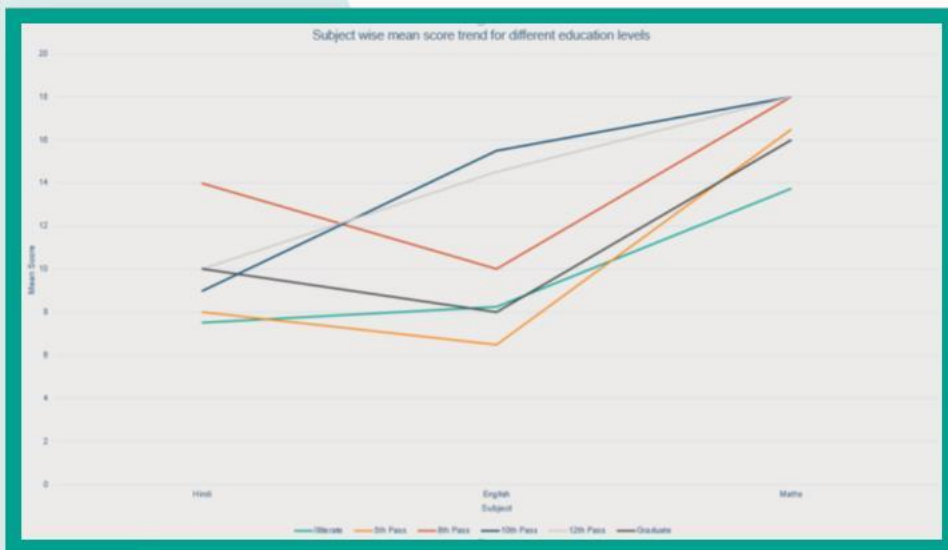
FEMALE FINDINGS

1. Average assessment score:

Hindi	66%
Math	90%
English	63%

2. Score by Level of Education across each Subject

	Hindi (8)	English(8)	Maths(9)
Illiterate	7.5	8.25	13.75
5th Pass	8	6.5	16.5
8th Pass	14	10	18
10th Pass	9	15.5	18
12th Pass	10	14.5	18
Graduate	10	8	16

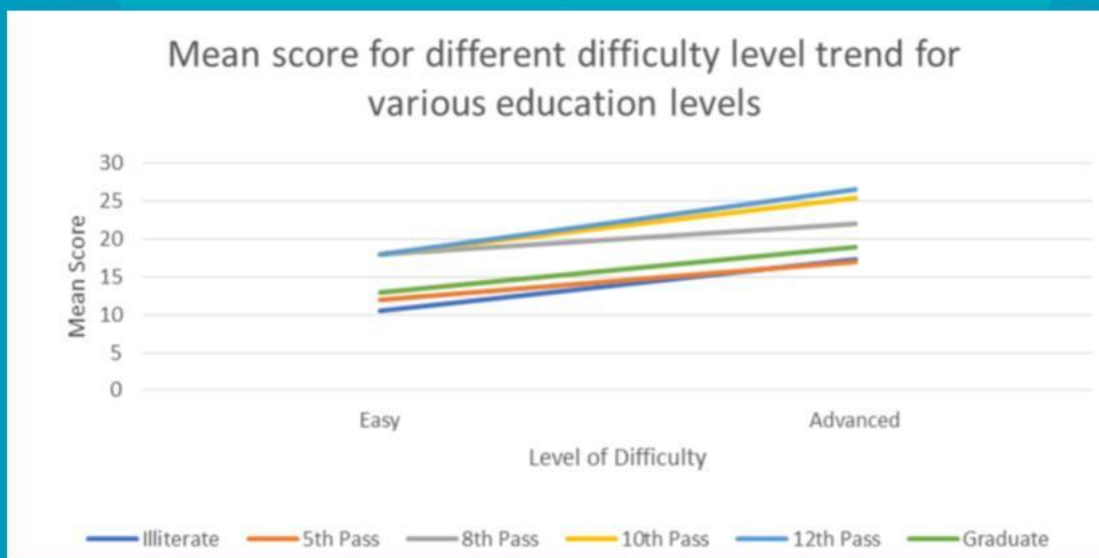


The above graph shows that mean scores of assessments for all education levels are very close to each other in Hindi and mathematics but far apart for English except in the case of 10th and 12th Pass.

3. Score by Level of Education across Difficulty Level

	Easy	Advanced
Illiterate	10.5	17.25
5th Pass	12	17
8th Pass	18	22
10th Pass	18	25.5
12th Pass	18	26.5
Graduate	13	19

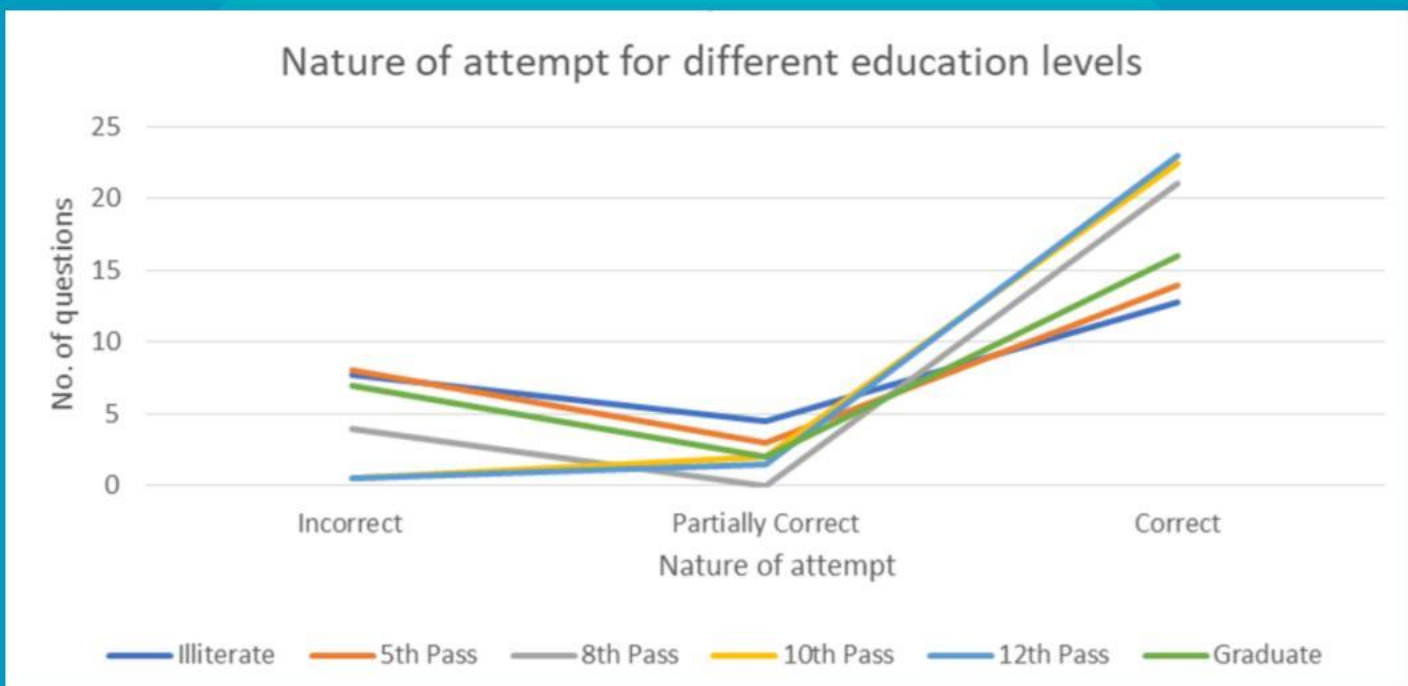
The above graph shows that mean scores of assessments for 12th Pass, 8th Pass and 10th Pass is quite close in Easy questions but is not the same for advanced questions, same is true for 5th Pass, Illiterates and graduates.



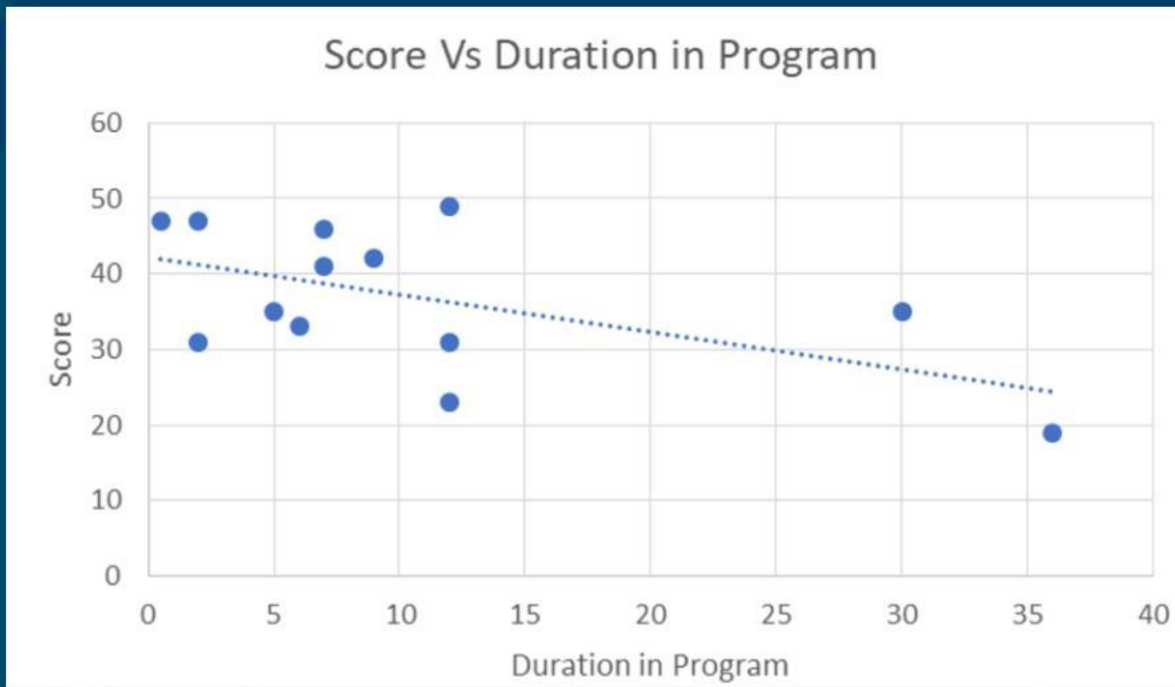
4. Score by Level of Education across level of attempt

	Incorrect	Partially Correct	Correct
Illiterate	7.75	4.5	12.75
5th Pass	8	3	14
8th Pass	4	0	21
10th Pass	0.5	2	22.5
12th Pass	0.5	1.5	23
Graduate	7	2	16

Correct attempts are more than incorrect and partially correct for each education level. Number of correct responses are greater than incorrect or partially correct responses for all education levels.



5. Correlation between Duration of Program and Assessment Score: Correlation Analysis

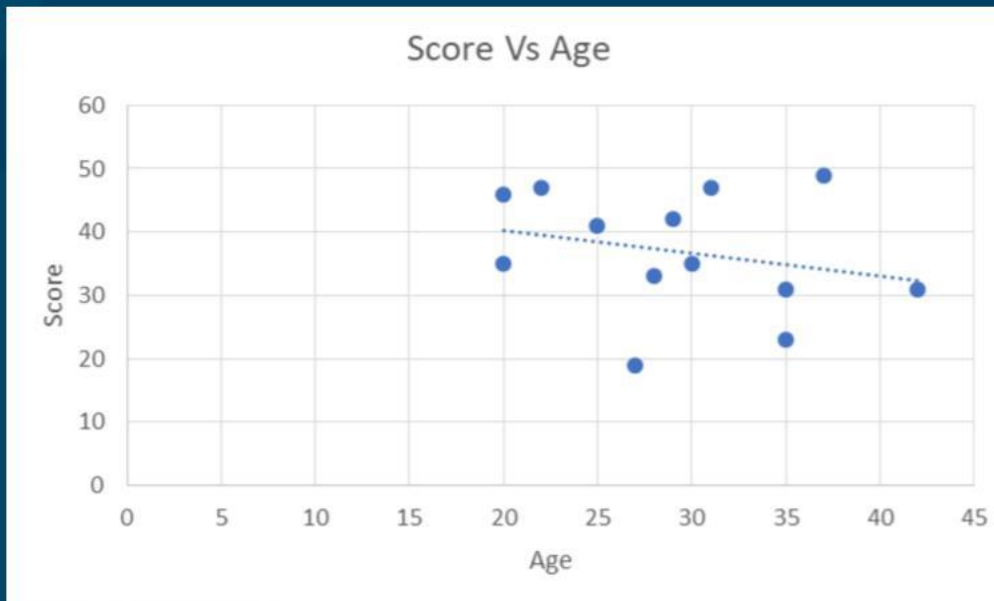


Correlation coefficient between Score (for hard question) and duration in program comes out to be -0.5507 . This means these two variables have a negative relationship, indicating a negative impact of program on adult education levels.

Important: The average duration in program for females is very low as compared to males and this might be the reason for such opposite results. As the program needs time to show its impact and with such low average duration in program, we might not get true results. So, the scope of improvement is that the duration in program for females should increase i.e., the program should continue in case of females to get desired positive results.

Also, there are more education people in the sample in comparison to the male which is probably why the results are misleading and counter-intuitive. People with less duration in program are scoring higher since they are literate with average education level of matriculation and the people with longer duration in the program are relatively less educated.

6. Correlation between Age and Assessment Score: Correlation Analysis



There is a negative relation between score and Age. The correlation coefficient come out to be -0.25154. This implies that the willingness to learn decreases with age in cases of females in our sample population.

7. Regression Analysis

Regression Equation: $\text{Score} = a + b * (\text{Duration in Program}) + c * (\text{C/UT}) + d * (\text{Age})$

Coefficients	Estimate	Std. Error	t value	Pr(> t)
Intercept (a)	45.21625	11.24557	4.021	0.00301 ***
Duration in Program (b)	-0.03458	0.14529	-0.238	0.81718 .
C/UT (c)	9.69446	5.72580	1.693	0.12468
Age (d)	-0.41952	0.37657	-1.114	0.29413
Signif. codes: '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1				
Multiple R-squared: 0.3895				
			Adjusted R-squared: 0.186	
			Dof = 9	

For our given sample, the results show that with every 1 month increase in duration in program, the score decreases by 0.03458 amount.

With every 1 year increase in Age, the score of assessment decreases by 0.41952 points. Also, if the person is under trial, his score is higher than the one who is convict by an amount of 9.69446.

8. Professional Aspirations

9 out of 13 inmates want to continue with their role from before incarceration which entailed being a housewife for 5 of them, stitching for one, contractor of one and parlor work for another. However, 4 female inmates demonstrated professional Aspirations, they all were housewives before incarceration but want to do stitching/tailoring and become financially independent post release. This goes to show the positive impact of the stitching vocational program on the female inmates.

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VOCATIONAL TRAINING



MALE FINDINGS

COMPUTER ACTIVITY

For the Computer training program, we prepared an 11 question scale based on the curriculum taught by the India Vision Foundation. The questions assessed the technical competency of the inmates both in theory and practice. The scale was further divided between easy and advanced level questions to be able to assess across the level of difficulty.

1. Average Assessment Score: 91.67%

2. Testing association between past experience and assessment score : Pearson Ch2 test

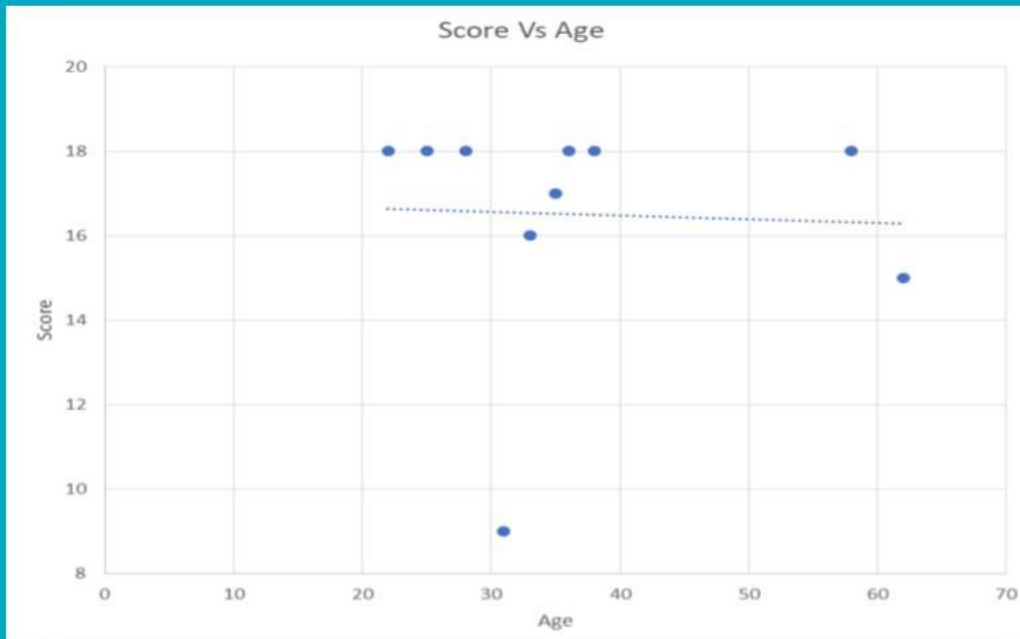
Tested if having past experience of computers has any effect (relation) with assessment scores.

Past Experience	Assessment Score		
	Up to 15 Points	16 Points or above	Total
No	25.00	75.00	100.00
Yes	0.00	100.00	100.00
Total	20.00	80.00	100.00
Pearson chi2(1) = 0.6250		P Value = 0.429	

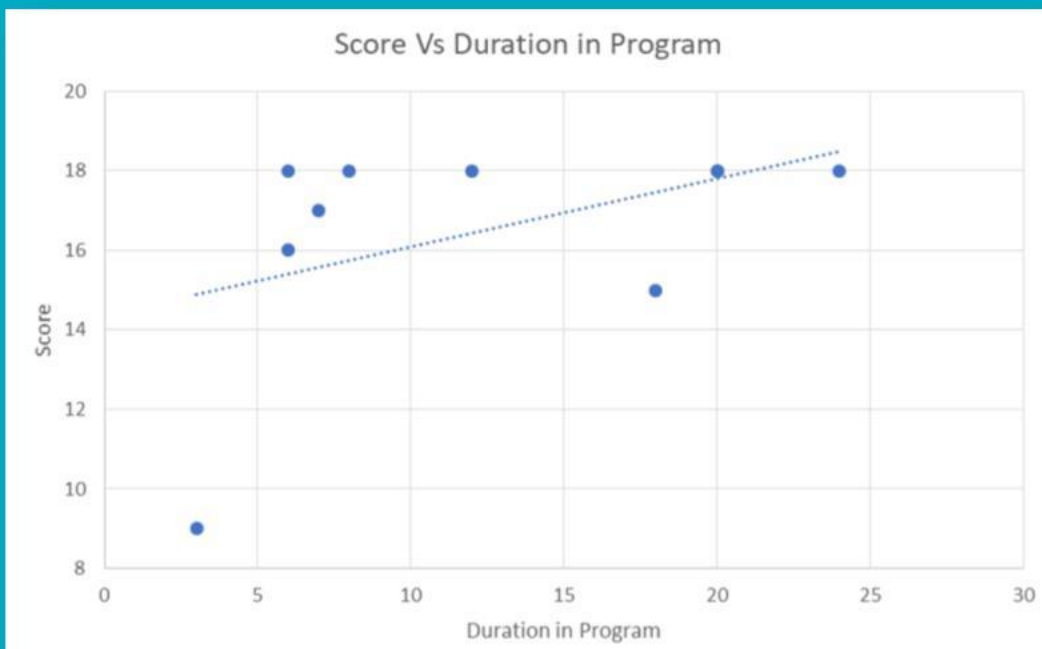
As the p-value is very high, we do not reject the null hypothesis of Pearson Ch2 test that these categories have no statistical relationship i.e., their distribution is entirely random. This implies that having past computer knowledge or experience doesn't affect the assessment scores of respondents. One can interpret that the high scores received by the beneficiaries are a factor of IVF's technical training in the prison and is independent of any past experience they may have.

3. Correlation between Age and Assessment Score: Correlation Analysis

The correlation between age and assessment score is negative and has a value of -0.04145. This implies that the tech savviness of inmates is inversely proportional to Age. One can interpret this as younger inmates being more keen to learn than the older inmates. Trend is shown in the chart below.



4. Correlation between Duration of Program and Assessment Score: Correlation Analysis



Correlation coefficient between Score and duration in program comes out to be 0.451514. This means these two variables have a positive relationship, indicating a positive impact of duration of program on assessment score.

5. Regression Analysis:

Regression Equation: $\text{Score} = a + b(\text{Duration in Program}) + c(\text{C/UT}) + d(\text{Age})$

Coefficients	Estimate	Std. Error	t value	Pr(> t)
Intercept (a)	14.78944	3.24927	4.552	0.00389 ***
Duration in Program (b)	0.12730	0.18982	0.671	0.52740
C/UT (c)	2.04044	2.42146	0.843	0.43173
Age (d)	-0.02414	0.09832	-0.245	0.81425
Signif. codes: '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1				
Multiple R-squared: 0.3667		Adjusted R-squared: 0.05012		Dof = 6

These results show that with every 1 month increase in duration in program, the score increases by 0.12730 amount. There is a positive impact of the duration of program on assessment score. Ceteris paribus with every 1-year increase in Age, the score of assessment decreases by 0.02414 points. This implies that tech savviness is inversely proportional age in our sample.

Also, if the person is under trial, his score is higher than the one who is convict by an amount of 2.04044. This can be used to assess motivation level based on conviction status. We can say that undertrials are more motivated to learn than convicted inmates

STITCHING



MALE FINDINGS

For the Stitching training program, we prepared a 15-question scale based on the curriculum taught by the India Vision Foundation. The questions assessed the technical competency of the inmates both in theory and practice. The scale was further divided between easy and advanced level questions to be able to assess across the level of difficulty.

1. Average assessment Score: 87.56%

2. Testing association between past experience and assessment score : Pearson Ch2 test`

Tested if having past experience of stitching has any effect (relation) with assessment scores.

Past Experience	Assessment Score		
	Up to 25 Points	26 Points or above	Total
No	33.33	66.67	100.00
Yes	20.00	80.00	100.00
Total	7.27	72.73	100.00
Pearson chi2(1) = 0.2444		P Value = 0.621	

As the p-value is very high, we do not reject the null hypothesis of Pearson Ch2 test that these categories have no statistical relationship i.e., their distribution is entirely random. Which means that having past experience doesn't affect the scores of assessments for respondents. This implies that the high scores are a factor of IVF technical training in the prison and is independent of any past experience they may have.

3. Testing association between conviction status and assessment score

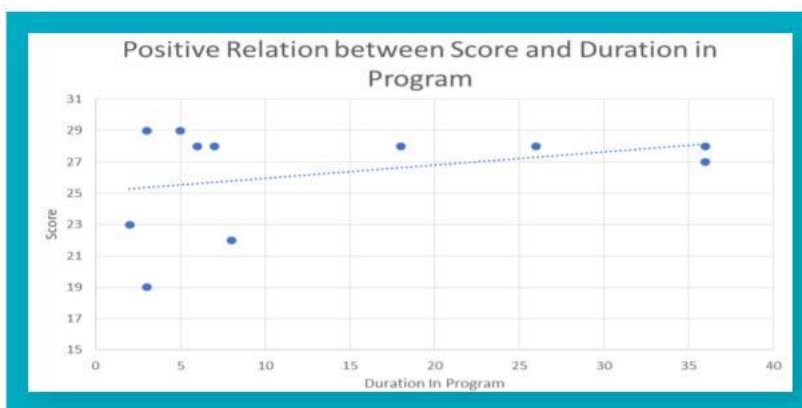
Tested if being under trial or convicted has any effect (relation) with assessment scores

Tested if being under trial or convicted has any effect (relation) with assessment sc

C/UT	Assessment Score		
	Up to 25 Points	26 Points or above	Total
Convict	0.00	100.00	100.00
Under Trial	50.00	50.00	100.00
Total	27.27	72.73	100.00
Pearson chi2(1) = 3.4375		P Value = 0.064	

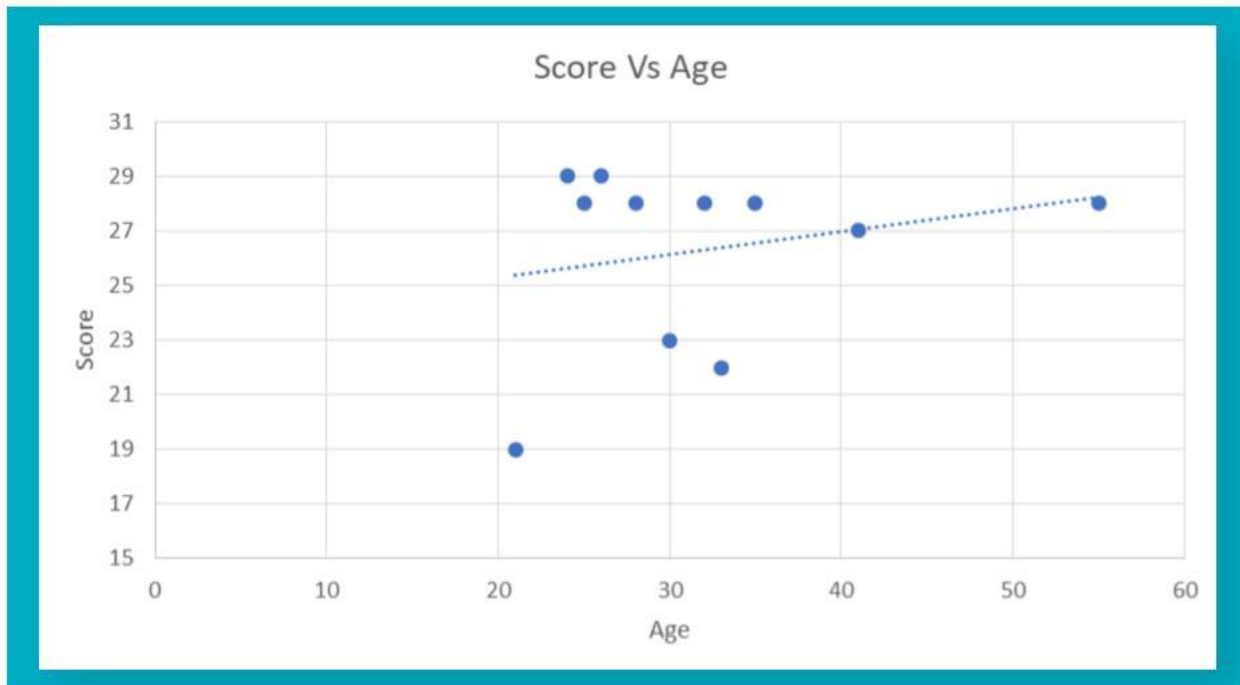
As the p-value is low, we reject the null hypothesis of Pearson Ch2 test that these categories have no statistical relationship i.e., their distribution is not random. Which means that being under trial or convicted affects the scores of assessments for respondents. For the convicted respondents, the scores are higher than for those who are under trials.

4. Correlation between Duration of Program and Assessment Score: Correlation Analysis



Correlation coefficient between Score and duration in program comes out to be 0.3304. This means these two variables have a positive relationship, indicating a positive impact of the duration of the program on stitching skills in males.

5. Correlation between Age and Assessment Score: Correlation Analysis



Correlation coefficient between Score and Age comes out to be 0.239621.

This means these two variables have a positive relationship, indicating a positive impact of Age on stitching skills in males

6. Regression Analysis:

Regression Equation: $\text{Score} = a + b \cdot (\text{Duration in Program})$

Coefficients	Estimate	Std. Error	t value	Pr(> t)
Intercept (a)	25.12949	1.48133	16.96	3.86e-08 '***'
Duration in Program (b)	0.08384	0.07983	1.05	0.321
Signif. codes: '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1				
Multiple R-squared: 0.1092		Adjusted R-squared: 0.0102		Dof = 9

These results show that with every 1 month increase in duration in program, the score increases by 0.08384 amount.

STITCHING



FEMALE FINDINGS

1. Average assessment Score: 83.33%

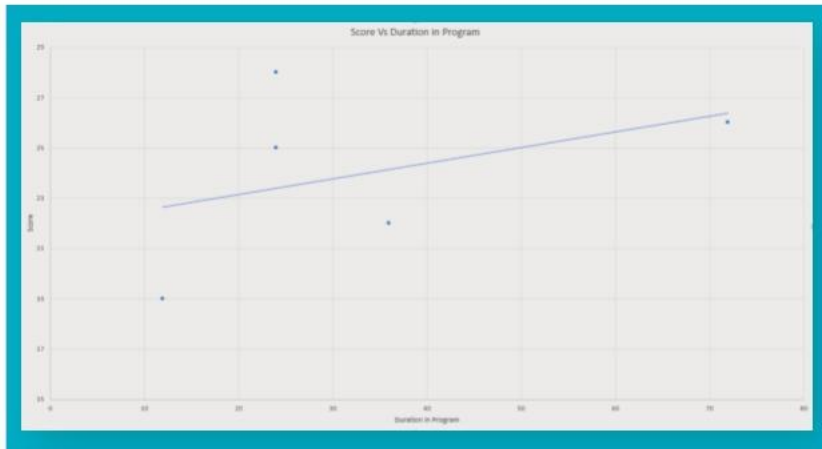
2. Testing association between conviction status and assessment score :Pearson Ch2 test

Tested if being under trial or convicted has any effect (relation) with assessment scores.

C/UT	Assessment Score		
	Up to 25 Points	26 Points or above	Total
Convict	25.00	75.00	100.00
Under Trial	66.67	33.33	100.00
Total	42.86	7.14	100.00
Pearson chi2(1) = 1.2153		P Value = 0.270	

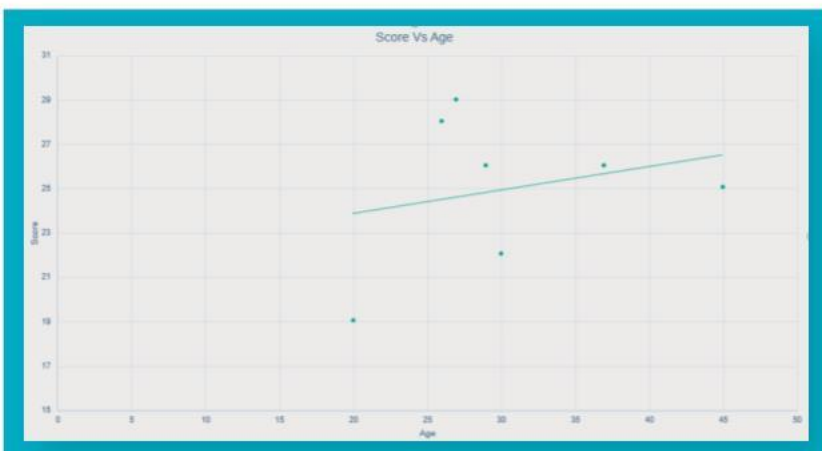
As the p-value is low, we reject the null hypothesis of Pearson Ch2 test that these categories have no statistical relationship i.e., their distribution is not random which means that being under trial or convicted affects the scores of assessment for respondents. For the convicted respondents, the scores are higher than those who are under trial.

3. Correlation between Duration of Program and Assessment Score: Correlation Analysis



Correlation coefficient between Score and duration in program comes out to be 0.404368. This means these two variables have a positive relationship, indicating a positive impact of Duration in program on stitching skills females.

4. Correlation between Age and Assessment Score: Correlation Analysis



Correlation coefficient between Score and Age comes out to be 0.248198. This means these two variables have a positive relationship, indicating a positive impact of Age on stitching skills in females.

6. Regression Analysis:

Regression Equation: $\text{Score} = a + b * (\text{Duration in Program})^*$

Coefficients	Estimate	Std. Error	t value	Pr(> t)
Intercept (a)	21.91892	3.18959	6.872	0.00631 '***'
Duration in Program (b)	0.06194	0.08088	0.766	0.49954
Signif. codes: '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1				
Multiple R-squared: 0.1635		Adjusted R-squared: -0.1153 Dof = 3		

These results show that with every 1 month increase in duration in program, the score increases by 0.06194 amount indicating a positive impact of the duration of program on the assessment score.

Beautician Activity:



FEMALE FINDINGS

For the Beautician training program, we prepared a 15 question scale based on the curriculum taught by the India Vision Foundation. The questions assessed the technical competency of the inmates both in theory and practice. The scale was further divided between easy and advanced level questions to be able to assess across the level of difficulty.

1. Average assessment Score: 88%

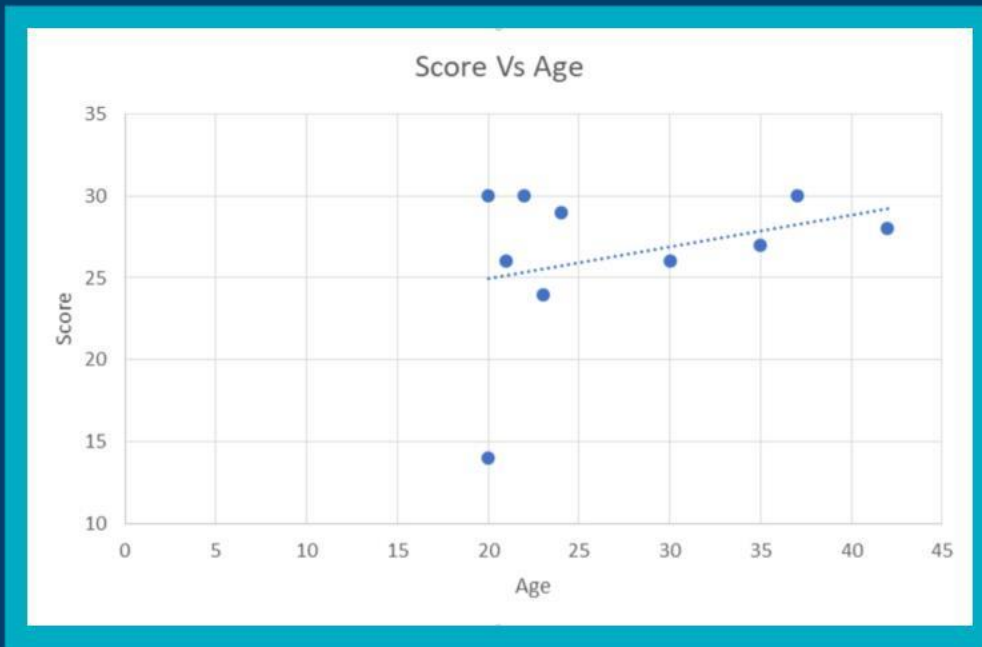
2. Testing association between past experience and assessment score : Pearson Ch2 test

Tested if having past experience has any effect (relation) with assessment scores.

Past Experience	Adult Education assessment Score		
	Up to 27 Points	28 Points or above	Total
No	33.33	66.67	100.00
Yes	66.67	33.33	100.00
Total	50.00	50.00	100.00
Pearson chi2(1) = 0.6667		P Value = 0.717	

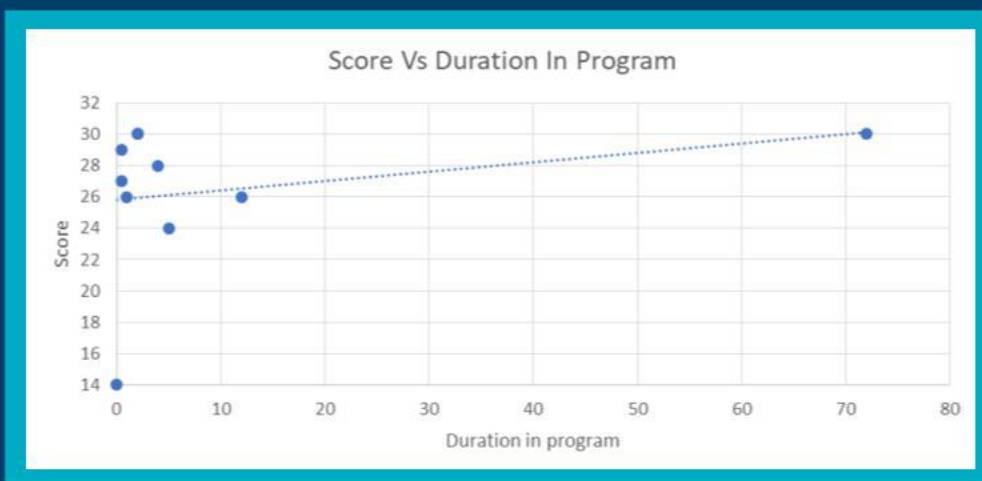
As the p-value is very high, we do not reject the null hypothesis of Pearson Ch2 test that these categories have no statistical relationship i.e., their distribution is entirely random. Which means that having past experience doesn't affect the scores of assessment for respondents. This implies that the high scores are a factor of IVF technical training in the prison and is independent of any past experience they may have.

3. Correlation between Age and Assessment Score :



Also, correlation between age and assessment score is positive and has a value of 0.320312. Trend is shown in the chart.

4. Correlation between Duration in Program and Assessment Score :



Correlation coefficient between Score and duration in program comes out to be 0.276163.

This means these two variables have a positive relationship, indicating a positive impact of program on assessment score.

5. Regression Analysis:

Regression Equation: $\text{Score} = a + b * (\text{Duration in Program}) + c * (\text{C/UT}) + d * (\text{Age})$

Coefficients	Estimate	Std. Error	t value	Pr(> t)
Intercept (a)	22.58111	7.74199	2.917	0.0267 '**
Duration in Program (b)	0.02258	0.12451	0.181	0.8621
C/UT (c)	-0.93237	5.84164	-1.160	0.8784
Age(d)	0.15844	0.26650	0.595	0.5739
Signif. codes: '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1				
Multiple R-squared: 0.3277		Adjusted R-squared: 0.3085		Dof = 7

These results show that with every 1 month increase in duration in program, the score increases by 0.02258 amount.

Also, if the inmate is an under trial, her score is lower than the one who is convict by an amount of 0.93237.

With every 1-year increase in Age, the score of assessment increases by 0.15844 points.

Some additional Questions :

Some additional questions were asked to the inmates to assess their emotional state of mind and thinking pertaining to their vocational training program. The questions and their responses from the beneficiaries have been tabulated below:

Question	Computer	Stitching (Male)	Stitching (Female)	Beautician
A1) My confidence increased after these sessions	90%	81.81%	80%	80%
A2) I will live my life with positivity	100%	90.90%	80%	60%
A3) My own reflection/image has improved after these sessions	90%	90.90%	60%	100%
A4) Do you believe that personality development is necessary to be successful?	100%	90.90%	80%	60%
A5) I want to contribute by being a part of the main society	90%	90.90%	100%	100%
A6) Do you think that this program will help you gain employment post release?	100%	100%	100%	100%



RECREATIONAL ACTIVITY



MALE FINDINGS

For the Recreational Activity program, we prepared a customized 20 question scale based on the objective of the program. As the purpose of this program is to make inmates use their time more constructively and reduce stress, we designed a questionnaire across 4 broad parameters, a) Well- Being (6) b) Ability to Perform (4) c) Motivation Level (6) and d) Level of Satisfaction (5). Inmates were assessed on a 3 point Likert Scale. The beneficiaries were evenly picked from all the activity groups – Dance, Music, Sports & Yoga, Art and Craft and Painting.

	Agree (%)	Don't Agree (%)
Improved Level of Well Being	99%	1%
Improved Ability to perform	98%	2%
Motivational Level	96%	4%
Increased Satisfaction Level	94%	6%

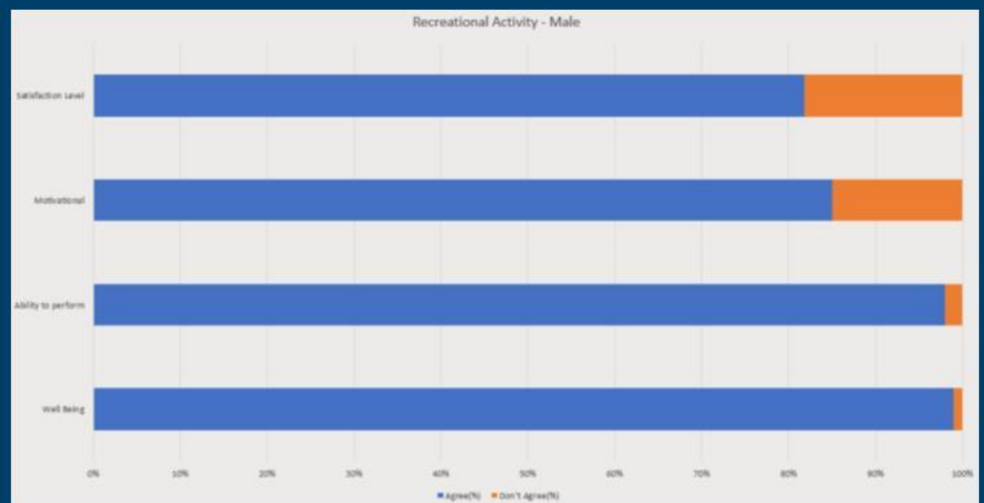
The table above and the graph below depicts that:

1. 99% of the inmates agree that the recreational activities have enhanced their well-being and only 1% disagreed for the same.

2. 98% of the inmates agree that the recreational activities have enhanced their ability to perform and only 2% disagreed for the same.

3. 96% of the inmates agree that the recreational activities have enhanced their motivational level to learn and participate and only 4% disagreed for the same.

4. 94% of the inmates agree that the recreational activities have enhanced their level of satisfaction and only 6% disagreed for the same.



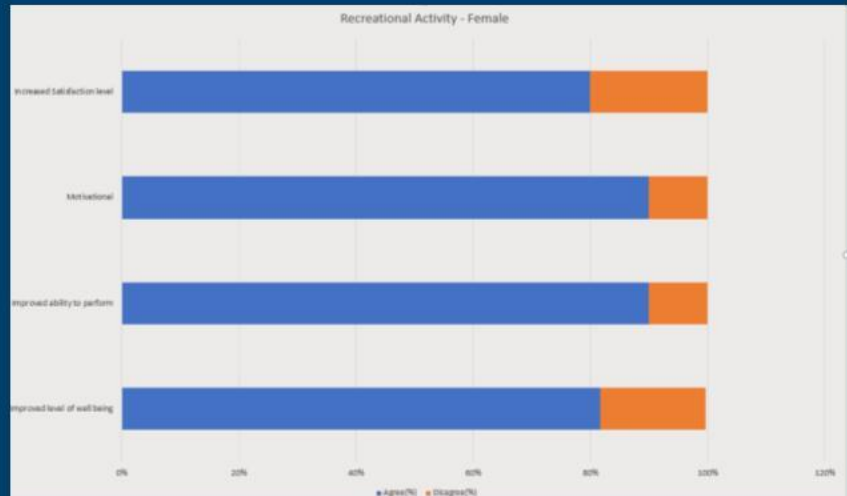


FEMALE FINDINGS

	Agree (%)	Don't Agree (%)
Improved level of well being	82%	18%
Improved ability to perform	90%	10%
Motivational Level	90%	10%
Increased Satisfaction level	80%	20%

The table above and the graph below depicts that:

1. 82% of the inmates agree that the recreational activities have enhanced their well-being and only 18% disagreed for the same.
2. 90% of the inmates agree that the recreational activities have enhanced their ability to perform and only 10% disagreed for the same.
3. 90% of the inmates agree that the recreational activities have enhanced their motivational level to learn and participate and only 10% disagreed for the same.
4. 80% of the inmates agree that the recreational activities have enhanced their level of satisfaction and only 20% disagreed for the same.



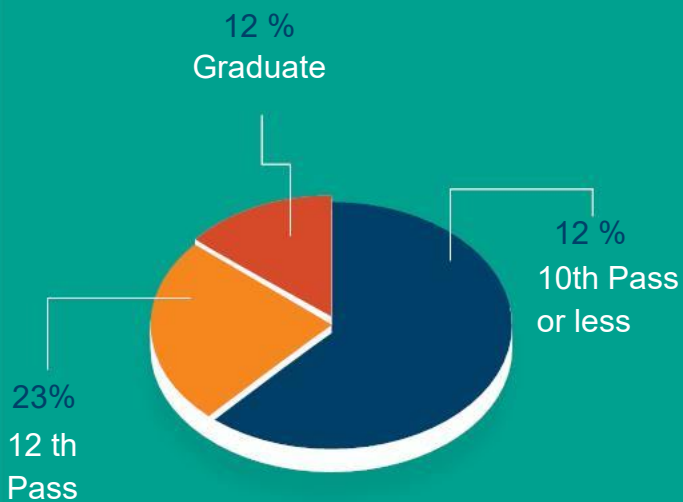


Motivational and Counselling Program

In the focus group discussions, the education level of both male and female respondents are plotted in the pie diagrams. The tables depict the percentage of the inmates who attended these motivational and counseling workshops across the multiple themes.

FGD- Male (Sample Composition)

Education Level of Respondents

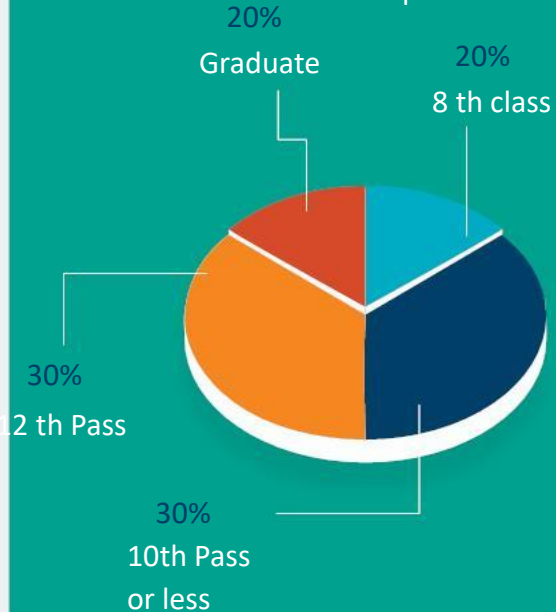


	Yes(%)	No(%)
Women Empowerment	50%	50%
Substance Abuse	54%	46%
Health and Hygiene	73%	27%
Anger, Stress and Time Management	65%	35%
Personality Development	65%	35%
Education	65%	35%



FGD- Female (Sample Composition)

Education Level of Respondents



Workshop Theme	Yes(%)	No(%)
Women Empowerment	58%	42%
Substance Abuse	25%	75%
Health and Hygiene	92%	8%
Anger, Stress and Time Management	42%	58%
Personality Development	67%	33%
Education	58%	42%



For the Motivational program, we resorted to Focus Group Discussions to understand the mindset of the inmates on the various themes and topics that were deliberated upon with them during the course of three years in a one-off counseling session facilitated either by an IVF team member or an external counsellor. The main objective of these sessions was to create awareness around certain themes which will help ease their integration back into society.

Three focus group discussions were undertaken, two with males and one with females, on topics:

1. Women Empowerment
2. Substance and Drug Abuse
3. Health and Hygiene
4. Anger, Stress and Time Management
5. Personality Development

Interactive activities were designed to evoke responses from inmates. As examples of FGD techniques, we used - problem tree, “I agree posters”, visual clips and graphics, picture card, story telling, news bulletin, matrix problem, temperature gauge, free listing, priority ranking, among others. Survey questionnaires designed to assess the impact of a program may fail to assess the influence of these sessions as they tend to be too objective and qualitative in nature. It was important for the inmates to share their experience and learnings via such activities and techniques.

The first batch consisted of 11 male inmates, the second one of 15 male inmates and third with 12 female inmates.



MALE FINDINGS

1. Women Empowerment

- When asked about the problems women generally face in our country, all the inmates agreed that safety was an important issue for women followed by pervasive inequality. Inmates remarked, “Our culture and society perceives women in a wrong manner due to which they do not feel safe outside their homes. We begin to discriminate against the female gender as soon as they are born which impacts their well-being and growth in the long run.”
- Issues of domestic violence were also discussed owing to the entrenched patriarchal norms in the society. “The old rituals and outdated thinking, such as ‘baal vivah’ are still prevalent which cage women and restrict their freedom and mobility”

- Education of women was concurred to be an essential tool to help women overcome these challenges. “Women should be respected and treated equally. They should be encouraged to pursue their dreams in any field be it army, aerospace, business etc. The parents, particularly the father, should ensure that all his children, irrespective of their gender, should get an opportunity for a good education.”
- 8 out of 11 inmates were comfortable with the idea of women being the bread earner of the family and all agreed that they should be encouraged to be financially independent. “Women should hold several important positions in society so they can then become a role model for the coming generation.”
- The idea of women going out and taking care of her own set of needs was considered acceptable, but safety was deemed to be the critical reason for putting restrictions on their mobility. Only one inmate gave an extreme view, that “being a woman means ‘Parda’ (concealed/veiled) and they should remain at home and look after their family and household.”

2. Substance and Drug Abuse

- Almost all the inmates knew that smoking, consuming alcohol and drugs can hamper physical and psychological health. One of the inmates stated, “alcohol was the root cause of every problem.” Another remarked, “It is not the alcohol but the mind-set that needs to be controlled.” All the inmates agreed that consumption of tobacco, alcohol and drugs can never be a solution to the problem they are going through.
- When asked about the reason they associate with consuming drugs, the primary cause stated was stress followed by entertainment.
- An inmate stated that he witnessed in his own family, “how excessive alcohol can cause psychological, emotional and social trauma not just to the person doing it but also its family members.” When asked about their views on Sushant Singh Rajput case, an inmate expressed that “consumption of drugs kills the ability to think and negative emotions overpower their thinking.”

3. Health and Hygiene

- The third topic covered the importance of maintaining proper health and hygiene in our everyday lives. All of the inmates agreed following good practices such as washing hands before eating, not defecating in public places, taking bath and keeping their surroundings clean etc.

- All the inmates were given training on Covid-19 precautionary measures. They agreed to being provided with a hygiene kit containing mask, sanitizer, soap, toothpaste, toothbrush and shampoo. The inmates were given 'kadha'(traditional herbal concoction) and explained the curative benefits of it.
- With family and lawyer visits suspended, loneliness and mental distress is common among inmates. The inmates remarked that the prison administration especially SP helped them to stay motivated and audio clips were regularly sent with content for the purpose of instruction or counselling. Inmates enrolled under stitching were given mask making consignment and they felt exuberated.

4. Anger, Stress and Time Management

- Almost all inmates wanted to use their incarceration time constructively being enrolled in some or the other form of recreational or vocational activities. A few wanted to devote their time to spiritual activities like worshipping or reading devotional books to help alleviate stress.
- When asked about the common triggers for getting angry, popular reasons cited were- being treated unfairly, when a mistake is done deliberately and lies are used to cover it up, things not going according to the plan, frustration with self and the environment, people around them acting stubborn, using loud and vulgar language etc.
- When asked to enlist ways they were taught to practice in order to control anger, some stated that they would try to remove themselves from the situation to calm themselves and then later express their feelings to the other person in a tactful and calm manner.
- Jails arouses feelings of frustration and stress among inmates, they were asked to enlist ways of handle this stress. The most common answers were engaging in some recreational activity such as singing, dancing, exercising and also praying which all seemed to have a therapeutic effect on them.

5. Personality Development

- The inmates also laid their concerns about the use of abusive and vulgar language amongst each other. 15 people agreed that it is very important to have a right tone while talking to each other. They all conceded that body language, tone, dressing style and mannerism are a vital component of one's personality and can have a phenomenal impact on their professional and personal bearings.

- 13 people said that it is important to accept one's mistakes and offer gratitude. They were looking forward to using their learnings in jail in the outside world.



FEMALE FINDINGS

- All the inmates believed that women are often deprived of growth opportunities since childhood. Education is seen as an important tool to bridge gender inequality and equip them with the ability to make more informed choices. As an example, an inmate remarked, “Due to being poorly educated, she can't even understand the details of her ongoing cases.”
- All the women inmates wanted to be financially independent and hoped to pursue their dreams post release. They believed that economic self-reliance will empower them to make their own decisions and live life on their own terms.
- All the women inmates received hygiene kits consisting of soap, masks, sanitizers, sanitary napkins, toothpaste and toothbrush. They received training on Covid-19 precautionary measures and symptoms as well. They were well aware of the hygiene practices one must follow everyday.
- In times of frustration or stress, inmates said they share their apprehensions amongst themselves. India Vision Foundation members have also been instrumental in motivating the inmates and keeping their spirits high. The counselling provided by the IVF members or the psychologist have helped the inmates see their life from a different perspective and fills them with hope for a better future post release.
- One of the suggestion shared by the female inmates was the need to implement certain activities which have not been started with females but only male inmates like the computer training program and certain sports. They also expressed the requirement for a female gynecologist to come visit them on a regular basis.
- The mothers of children below 6 years were imparted training on the appropriate behavior to be maintained in front of the children. All the children we spoke to could answer questions around English and Hindi alphabet identification as well as numbers. The female inmates are encouraged to provide a healthy, safe and conducive environment for the children so they can grow and learn and hope to have a brighter future than their parents.

SECTION 4

CONCLUSION AND RECOMMENDATIONS

The overall impact of the Project New Horizon on the prison inmates and the society at large can be defined as positive in terms of its social returns.

- In **Adult Education**, the average assessment score for males and females is approx. 75% and 73% respectively. The grades of illiterates is quite close to that of 8th and 10th pass in the literacy test in Hindi and Mathematics but the variance is prominent in English. Similarly, there is greater convergence in scores in the Easy question category than the advanced questions. The Duration of program for males reflects a positive relationship with the assessment score which underscores the direct positive impact of the adult education program in enhancing literacy skills among the inmates. The trend however is skewed for females due to shorter retention rate in the program, mostly since they get getting released before spending sustained amount of time in the program. Even though the average assessment scores for both males and females do not have a wide difference, the scores of male inmates is way more striking since 88% of the sample were illiterate whereas only 30.7% were illiterate in case of females. The program also reflects a shift in inmate professional aspirations since many want to now switch to higher paying occupations.
- In **Vocational Training**, there is a positive relationship between the duration of program and the average assessment scores in all the three – Computer, Stitching and the Beautician course. In all the three programs, the beneficiaries believe that the vocational programs will enhance their ability to seek employment post release. Majority of the beneficiaries said that they are now more confident in their abilities, feel more positive and optimistic about their future and want to be a contributing citizen in society.
- In **Recreational activities**, participating in these programs have improved the well being of the inmates tremendously. 99% of male and 82% of the female report improved level of well-being, 98% male and 90% female report improved ability to perform their respective activity, 96% male and 90% female reported an increase in motivational level to learn and participate, and 94% males and 80% females reported an enhanced level of satisfaction post an activity session.
- In case of **Motivational and Counselling Sessions**, during the Focus Group Discussions, all the inmates were very forthcoming and reported a tremendous behavior and attitude modification due to these sessions.

In our qualitative analysis section, all the stakeholders, including the prison administration, released beneficiaries and the psychologist, share the consensus on the Project New Horizon generating a positive impact on the prison inmates and the prison environment.

Given the affirmative impact the Project New Horizon has generated for the prison inmates and the society at large, it can be considered a value addition in terms of time, efforts, money and resources expended for the cause of social betterment and reformation. It is a model which should inspire similar programs to take effect in other facilities as well aiming to drive correctional rehabilitation and reformation for public good.

India Vision Foundation's attempt at working towards the United Nations Sustainable Development Goals of Good Health and Well Being (Goal 3), Reducing Inequalities (Goal 10) and Decent Work and Economic Growth. (Goal 8) are highly applaudable.

Despite all these benefits accruing due to the Project New Horizon, there is scope for improvement. A series of changes can be initiated and implemented (with all stakeholders sharing responsibility, ownership and accountability) to enhance the program's effectiveness, scale and development.

We make our recommendations below :

1. Strengthening the current programs



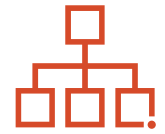
There is tremendous scope for the India Vision Foundation to leverage the digital medium to scale its program interventions to increase coverage and maximize its impact. With the help of IVF prison coordinators, they can formalize a structure to bring more professional external agencies under their ambit and provide a more formal level of learning support. A popular request from the inmates was to increase the frequency of classes and provide more consistent counselling, virtual and one-on-one both. The standard and level of documentation maintained by India Vision Foundation needs major improvement and must be digitized in order to increase transparency and operational efficiency.

2. Career Counsellors and post-release support



Given the world outside the prison is changing at such a fast pace professionally, the inmates find it hard to acclimatize to their new environment post release (this is additional to the ignominy that comes from having been to a prison and an employer bias against them). Hence, a career counselling support is essential for the beneficiaries where they can obtain guidance on professional career options available to them given their personal socio-economic context and interest. Tie ups with recruitment agencies or placement companies, private and government, for professions in the formal and informal sector both, can go a long way to help provide post release opportunities for the inmates. It is essential that the India Vision Foundation actively participates in collecting, maintaining and tracking data from the released beneficiaries to be able to evaluate the long term impact of the program.

3. Set up a Manufacturing Unit



Vocational Training is the first step to upskill the inmates, however, without regular practice and training, there is a risk of losing touch. India Vision Foundation, along with the prison administration, should leverage their network to help source orders and contracts for the inmates so they can employ and monetize their newly acquired skill set. As an example, source stitching contracts from tailoring/clothing Companies, have digital marketing companies outsource their presentation making and designing (train inmates in the popular design softwares like PowerPoint, Illustrator, Photoshop, InDesign etc.) to inmates. Taking inspiration from similar rehabilitation programs in other prisons, Kasna Prison can also set up a self-sustainable manufacturing unit (example, candle making units, sanitary pad units) to employ inmates and help create a source of revenue for them within the prison.

4. Legal Services



Since most prisoners are from a poor socio- economic strata and have a weak educational background, they have little awareness about their legal rights and proceedings of a court. Due to the suspension of prison visits by lawyers and the uncertainty of their cases, has left these prisoners in a state of emotional turmoil. Therefore, there is a need to facilitate online communication with their lawyers. This will help them to discuss their apprehensions and provide a sense of relief. It is essential that these people get a fair representation and access to free legal assistance. India Vision Foundation can connect these prisoners with lawyers willing to work with them on a pro bono basis to help them seek a fair representation and Justice.

SUCCESS STORY

NAVEEN KUMAR SINGH

MUKHTYAR SINGH

BHRAMJEET

MUKESH KUMAR

DHARMENDER

RAJNI

SAMEENA

SUMAN

GULSHAN

KRISHNA

Released Beneficiary from Kasna Prison

Mr. Naveen Kumar Singh spent over 3 years in incarceration and was then released on bail. He hails from a village in Bihar and was professionally a science schoolteacher for 20 years. He is a B.sc (Hons.) graduate and has an LLB degree as well. He was distraught to find himself in the prison environment and was dealing with severe anxiety and depression. India Vision Foundation consistently engaged him in their counselling and awareness sessions after which he agreed to be part of the vocational program. He completed the basic computer course with A+ grade. He is hoping that this new skill set will help him gain employment so he can support his wife and two children who have been financially struggling since his incarceration. He is also very keen to work with the Foundation and hopes to be of assistance to other people who got caught in the system just like him.



Naveen Kumar Singh

Age: 49 years

Convicted Beneficiary from Kasna Prison

Mukhtyar Singh has spent over 7 years in the prison. He was a Farmer by occupation and his family, wife and two children, are still in the village. He has completed his schooling till 12th grade and was proficient in Hindi and Punjabi but struggled in English. After joining the Adult Education program, he can comprehend and write basic English now. He was also very keen to learn computers and enrolled himself in the computer vocational program. With no past experience, he can today work on Microsoft programs like that Word, PowerPoint, Excel and Paint. He hopes to use his skills post release in enhancing his knowledge about latest farming practices and improving his farming techniques. The administration and his peers noticed a dramatic shift in his behavior and attitude. He was known to be very aggressive and violent but with regular counselling and consistent engagement in activities, he has become calmer and more focused and tries to make his time in the prison more productive. During our focus group discussions as well, Protiviti team members found him to be very forthcoming with his responses and reflected a very progressive attitude towards women. He is very optimistic and confident about his future post release.



Mukhtyar Singh

Age : 58 Years

Released Beneficiary

Dharmender is a 24 year old resident of U.P. He was in the prison for 23 months and now has been released on bail. He is living with his family in the village now. Earlier he was aggressive and ended up in fights with other inmates and did not wish to participate in any activity. However with constant one on one rapport building sessions he decided to join the art and painting classes. He also helped in painting the Dhun room inside the prison. Currently he is doing a part time wall painting job. During the covid-19 pandemic the foundation provided him counselling and motivated him to keep looking for job opportunities and not take the path of crime. He was provided ration support during the same and made aware of the ration schemes by the government he could avail. Currently he also helps the India Vision Foundation to connect with other released inmates and always takes part in the virtual celebrations conducted by the foundation.



Dharmender
24 years

Convicted Beneficiary from Kasna Prison

Krishna is a 4 year old daughter of an under trial inmate named Gudiya. Krishna was born and raised inside the prison. She was verbally and physically abused by her mother and as a result became an abusive and obstinate child. Initially, Krishna did not want to join the crèche program. After many counseling sessions with both Krishna and Gudiya, they agreed to join. Soon Krishna took great interest in coloring, learning alphabets and started participating in all the activities and games. Though belligerent at first, she soon became a well-rounded and friendly child with a keen interest to learn. With regular counselling with Gudiya as well, her behavior towards Krishna has also changed and she wishes to educate her and hopes for a bright future for her daughter.



Krishna
Age: 4 years

Convicted Beneficiary from Kasna Prison

Bhramjeet is a resident of UP and has spent over 2 years in the Kasna Prison. He was feeling very depressed and hopeless and had gone into a cocoon, limited himself to interacting with only a few people when necessary.

During one of the motivational sessions, he expressed his desire to enroll in the stitching program. But due to other commitments within the prison, he was not motivated enough to regularly attend classes. After getting convicted in his case, he further spiraled into another bout of depression. After several counselling and motivational one-on-one sessions, he agreed to be regular in the classes. Today he is more open to taking to his mentors and counsellors and claims to be more at peace with this situation. He wants to productively use his time in the prison to keep his mind away from any negative thoughts and called these programs a great coping mechanism for inmates.



Bhramjeet
Age: 38

Released Beneficiary

Mukesh was in the prison for 27 months. Initially when he was inside the prison he had suicidal thoughts and even tried to end his life. He shared his apprehensions with IVF team members and he was motivated to feel more positive and use his prison time more productively. He enrolled himself in the stitching and computer program and completed the 3 months basic course. He is out on bail now and continues to get counselling from the IVF team members. Due to the pandemic, he lost his job and his economic condition worsened. However, IVF continues to support him and provided regular ration and health kits to him and his family and also connected them to the various schemes which they could avail for their benefit.



Mukesh Kumar
Age: 27 years

Convicted Beneficiary from Kasna Prison

Sameena has been incarcerated in Kasna prison since 2 years. She was a Rohingya Muslim and was arrested as she was unable to produce documentation in regard to her passport and visa which she claimed were stolen. She became classified as an illegal immigrant. Originally from Bangladesh, she only knew a colloquial dialect of Bengali. Fortunately, another inmate knew this dialect and helped us communicate with her. She shared how she had no contact with her family as they had abandoned her and was bereft of any hope or the will to live. After consistent counselling with her, she reluctantly agreed to come to the activity center. She gradually started opening up and expressed a desire to learn stitching. Today Sameena is one of the most enthusiastic student in the batch. She is extremely diligent in her lessons and in spite of the language barrier, is able to grasp in class through practical training. She has made the maximum number of cloth bags for a local NGO in Kasna and earns wages for the work she does. During the pandemic as well, Sameena worked overtime along with a few more inmates to make sure they could complete the masks commissioned by the prison for all the inmates. She feels empowered because of this acquired skill set which has given her a sense of self-actualized identity. Her willingness to learn has got her enrolled beautician course as well. She participates in extracurricular activities and sessions of her own volition. Her transformation is an example of how we can learn to destigmatize ourselves from the labels society enforces on us sometimes and instead carve our own identity.



Sameena
Age: 19 years

Convicted Beneficiary from Kasna Prison

Suman is a convicted inmate and has spent more than 11 years inside the prison facilities. She served her initial 2 years in Dasna prison and was later shifted to Kasna. She has four children of age 10, 12, 15, 17 years respectively. Initially she was extremely reluctant to participate in any activities. She was frustrated and wallowing in her sufferings. Quite often she would have arguments with the authorities and other inmates. She was an illiterate and had never been to a school before. Through regular counselling, motivational support and rapport/trust building, she reluctantly decided to join the adult literacy program. She enjoyed spending time in the center so much that she decided to join the vocational stitching program as well. She is certified in tailoring and stitching by Singer Private Limited. She is a peer leader today and teaches stitching and tailoring to the new batches of inmates. From being aggressive and intolerant at first, she has now become very calm and is considered a valuable member of the program. Post her release from prison, she aspires of starting her own tailoring business.



Suman
Age: 29 years

Convicted Beneficiary from Kasna Prison

Rajni has been incarcerated for over 2 years now in the Kasna Prison. She has four children out of which two (Mangal, 4.5 years and Anand, 3 years) live with her inside the prison facility. Before her association with IVF, she had a violent and abusive behavior and would often fight with other inmates and beat her children up in a fit of rage. The children had poor hygiene and were also very belligerent. Her younger son small had a stomach ailment at such small age. Rajni was in a lot of stress and suffered depression given her situation. She was never keen to join any project activity and refused to send her children to the IVF set up crèche. After great reluctance, she decided to send Mangal to the crèche and he saw a drastic change in his behavior and language. After seeing so much change in Mangal, Rajni too decided to join the IVF vocational stitching program. With regular mentorship and counselling, Rajni mended her behavior and started paying more attention to her children as well. She is more mindful of her and her children's health and hygiene needs. Rajni had no prior knowledge of tailoring but now she can sew a suit, petticoat, jhabla, frock etc. independent. Mangal has learnt the Alphabet and Numbers in crèche. He started playing games with other kids and is very friendly now. He enjoys coloring and takes keen interest in learning. This is a classic example of how children can also influence their parents to be more positive, both in mindset and behavior.



Rajni
Age: 25 years

Convicted Beneficiary from Kasna Prison

Gulshan has been incarcerated since 2 years. She was counselled and motivated to join the stitching program and is considered to have very good finishing in her garments. She often teaches other inmates in the absence of a trainer, especially during the pandemic year when trainers from outside were not allowed in the prison facility. Apart from tailoring, she participated in the Adult Literacy classes regularly. Today she can read and write basic Hindi and English. Due to the regular motivational and counselling sessions, she has acquired a positive attitude and aspires to open her own clothing boutique post her release from the prison.



Gulshan
Age: 27 years