





MESSAGE TO THE READERS

"God has blessed every being with divinity. Enliven the innate divinity veiled by violence, enmity and ignorance. Hate the sin and not the sinner."

Divya Jyoti Jagrati Sansthan (DJJS) is of the firm belief that goal of world peace can be attained only through inner transformation of every individual and such a transformed individual revels in the spirit of universal brotherhood. *Brahm Gyan* – The practical realisation of the inner soul, is the pivotal for inner transformation.

The aim of World Peace instigates efforts in multifarious directions to include every single sector of the society of which prisoners are also an inseparable element. Energised and inspired by the divine words of our master *His Holiness Shri Ashutosh Maharaj Ji*, Antarkranti Program started its intervention in Central Jail, Tihar in the year 1995. Since then it is continuously committed to reform the incarcerated population and rehabilitating & reintegrating them. After Tihar, the wings of the Program progressively spread to other states thereby reaching around 40 jails at present across India.

The foundation of Antarkranti has been laid down to serve those lodged behind bars. The higher goal of the intervention is to awaken in inmates the vital vigilance for self-correction and develop the incarcerated population into productive human resource and reintegrate them as industrious populace. It is the endeavour of the organisation to touch the inner core of distressed inmates to reinstate their mental peace to prevent the recidivism. The inmates are bestowed with practical spiritual knowledge (BrahmGyan) which brings revolutionary changes in behaviour and perception of the prisoners. DJJS has succeeded in creating a miniature world of peace inside by setting its ashrams there. The fiscal year 2013-14 has been yet another year of sustained performance, escalation and success of Antarkranti. This annual report will provide the information on what all initiatives and events have been conducted during the year for realising the aim of 3 R's of Antarkranti - Reformation, Rehabilitation & Reintegration of Prisoners which would not have been possible without kind support received from various community members and stakeholders. Shared innovative thoughts and efforts has been catering the prisoners a psychological rehabilitation and enabling them to be self reliant and productive post their release. I thank all our partners who have showed their trust, faith, confidence and provide their cooperation for such challenging issue.

I congratulate and appreciate Antarkranti team for their unstinting efforts and dedicated contributions at all the levels to ensure accomplishment of stimulating goal :- creating noble human beings to make world a peaceful place.

Prayers, Swami Narendranand Secretary, Divya Jyoti Jagrati Sansthan



MESSAGE TO THE READERS

Shri Ashutosh Maharaj Ji bestowed me with the responsibility in 1999 to work for the disadvantaged and untouched population i.e. Prisoners. I would be very true to myself to speak that the journey was not cosy but fitted with challenges at every step of the march, however the continuous directions and inspirations received from his Holiness Shri Ashutosh Maharaj Ji made possible to turn the infertile land of prisoner's heart into a fruit bearing optimism.

It is not hyperbole to state that Antarkranti is a life changing program for the prisoners upturning their lives with a complete rotation of 180 degree. Successful stories of various reformed and rehabilitated prisoners associated with DJJS published in this report will present an overview of the dynamic transformation brought within the personality of prisoners through self awakening mechanism erected on the pillars of spirituality.

Worth mentioning fact that reformation and rehabilitation of prisoners does not achieve its compliance until the very existence of a safe landing stage in form of short stay home is made available for stream of population releasing out of prisons. A moving evoking call from heart's core of prisoners has been made to people of the nation through this pen to actively chip in developing such structure at a very fast pace. We started with handful of volunteers and today my heart is brimmed with ecstasy to witness clusters of stakeholders infusing with the initiative, who equally owes responsibility to make a difference in the lives of the prisoners and their family. Young blood with strong passion is stirred up by the endeavour and flooding into the programs in recent times.

The platform is open to social thinkers for continuously contributing their best to embellish program with the innovation.

With the divine blessings of Shri Ashitosh Maharaj Ji, I have full hope to see Antarkranti touching new horizons of achievements in the coming years.

Prayers, Swami Vishalanand Coordinator, Antarkranti Program Divya Jyoti Jagrati Sansthan



MESSAGE TO THE READERS

Tihar is the best managed jail in the country and is now a model for correcting the prisoners all over Asia. It is known for the innovative approach to send back to mainstream society, a productive citizen while fulfilling the laid prison mandates. In our endeavors Civil Society Organizations (CSOs) have played a great role and some have come forward to assist in on the most sensitive and challenging issue of prisoners reforms.

Among its association with CSOs, Tihar cherishes its successful partnership with Divya Jyoti Jagrati Sansthan (DJJS) since 1995 through its path breaking initiative Antarkranti- Prisoner Reformation & Rehabilitation Program. DJJS has extensively contributed in setting a model for other jails across Asia, in reformation, rehabilitation and reintegration of prisoners. I acknowledge with great happiness DJJS' work in supporting and resettling prisoners post their release and making the process of rehabilitation complete.

I have witnessed incredible transformation in inmates who have been initiated into spiritual awakening, the key of DJJS to awaken self-consciousness. Through its approach inside the jails, DJJS encourages inmates to participate in various cultural events, to foster their physical, mental and cultural development and inculcate in them skills & discipline. While simultaneously it is working to project the issue & sensitizing the major sectors – corporate, media, academia, policy makers etc.

I, personally and Delhi Prisons Team look forward into 2014 with hope that we would with our resolve and dedication perform with excellence and collective effort to achieve higher goals and set new landmarks

We are confident of the support and cooperation of DJJS Team which is the source of inspiration for all of us at Delhi Prisons. It is my immense pleasure to compliment the Sansthan for their strenuous effort and dedication towards the Prisoners' issue.

I wish all success to the Sansthan for its future endeavors.

Yours Sincerely

Vimlaa Mehra I.P.S, Director General, Prisons



MESSAGE TO THE READERS

Divya Jyoti Jagrati Sansthan (DJJS) is working for promotion of social welfare and development of a benevolent society using social and spiritual tools. NCDC is happy to partner with DJJS in their initiative under "Antarkranti" Prisoner Reformation & Rehabilitation Program which assisted in establishment of Aromatic Products Manufacturing Unit in Tihar Jail, Delhi. The unit helped in providing vocational training and livelihood to convicted inmates of Tihar Jail with a purpose to create platform for employment and preparing them for post-release rehabilitation.

I wish all success to DJJS in their endeavors for continuing such programs for reformation and rehabilitation of the prisoners.

Yours Sincerely

Vasudha Mishra I.A.S, Managing Director

National Cooperative Development Corporation (NCDC)



MESSAGE TO THE READERS

I believe that prisoner reformation and rehabilitation is a highly challenging cause and as I learn, DJJS under the guidance of Shri Ashutosh Maharaj Ji and with the selfless service of its dedicated volunteers, has emerged as a lead organizations in India, contributing immensely in the area of prisoner correction, rehabilitation & reintegration.

I am told that DJJS has shed the conventional systems in the field by formulating new road maps for transforming prisoners as a potential resource for the society that has given the stakeholders, a new perspective towards reducing crime rates. I am also informed of the successful initiatives by DJJS in engaging private sector as well as utilizing CSR resources of the country in reformation and rehabilitation of prisoners. The efforts are truly laudable and I compliment them for their intent and action.

I also appreciate huge contribution being made by DJJS towards spiritual awakening, employment and other noble activities for the upliftment of the society. I wish the organization good luck in all their future endeavors in this direction and assure NBCC's support in fulfilling the mission.

With best of wishes

Dr. Anoop Kumar Mittal

Chairman cum Managing Director

National Buildings Construction Corporation Limited (NBCC)

Divya Jyoti Jagrati Sansthan (DJJS), a national non-profit organisation, began to test the depth of 'Crime waters' in Tihar jail in the Year 1995 and the process of restorative treatment and rehabilitation of the prisoners commenced instantly. DJJS initially began with activities of spiritual counselling, initiation into Divine Knowledge, drug de-addiction, yoga, light and classical music that brought remarkable changes in the attitude and behaviour of the inmates in Tihar jail. Impressed by the results, the jail authorities provided space to the Organization, within the jail premises, for establishing a permanent spiritual centre (Ashram) on May 9, 1998. Since then, spirituality has become the part of life of majority of the jail inmates.

It is our munificent mentor *Shri Ashutosh Maharaj Ji* who expressed His soulful wish that something tangible must be done for those bound by the prison walls and to give them an opportunity to live a virtuous life with dignity. *Shri Ashutosh Maharaj Ji*, thereafter guided each and every step of His disciples and volunteers to actualize this magnanimous wish. Only, He, with his intuitive sight, divine comprehension and unfailing guidance, made the project realise its goal.

With the motivation and guidance of *His Holiness Shri Ashutosh Maharaj Ji*, we are moving ahead with a vision that we will, one day, reach out to every brother and sister who have fallen victim to odd circumstances or to wrong choices and is behind bars. When reformed, they will indeed become the Messengers of Peace.

As Shri Ashutosh Maharaj Ji rightly opines, "The ones who are peace breakers can be transformed into peace makers."





Aim

Awakening the affirmative but dormant traits of the misled individuals and productively channelizing their potential to contribute to world peace.

Goal

To check crime through reformation, rejuvenation, rehabilitation and reintegration of prisoners withthe mainstream society.

Key Working Jails

Central Jail, Tihar | Patiala Jail | Nabha Jail | Chandigarh Jail | Dehradun Jail | District Jail- Sirsa | District Jail, Gurgaon | District Jail, Hissar | Central Jail, Ambala | District Jail, Jagadhri | District Jail, Karnal | District Jail, Kurukshetra | District Jail, Faridabad | Central Jail, Bhopal | Sub-Jail Nasrullaganj | Karagar Jail and Bacha Jail, Meerut | Juvenile Home Bangalore

Antarkranti runs on two wheels that are vital components of the programme in around 40 jails across India:

- Reformation of incarcerated prisoners through initiatives and activities inside the jail
- 2.Rehabilitation and Reintegration of released prisoners through initiatives outside the jail.



CORRECTIONAL ACTIVITIES INSIDE JAILS

Spiritual Empowerment and Correction

The core approach to behavior and mindset correction of prisoners lies in the roots of spiritual empowerment. Spiritual empowerment means rising from the lower levels of thoughts to reach at the elevated arena of pure spirit. Connecting with spirituality strongly deteriorates the negative helm and rejuvenates the personality with positive vibrations.

Brahm Gyan is the key technique which connects self to the ultimate omnipresent soul, regular practicing of which acts as guiding driving force in self-regulating the behavior. The journey starts with reformation of prisoners and gradually the reformed prisoners turn into reformers, bringing in more prisoners in the process of transformation.

Following activities is taken up under Spiritual Empowerment:

- Counseling session
 One day spiritual discourse
 Three days spiritual discourse
- Initiation to Brahm Gyan
 Dhyan camp
 Regular and frequent follow-up with the inmates in distress

Spiritual empowerment initiative of Antarkranti is majorly active in 3 jails of Tihar Prisons- Central Jail No. 3, Central Jail No. 5 and Central Jail No. 6, where a team of 2 regular counselors visit the Jail and engaged in intensive counseling both individual and group. On average 80 prisoners gets healed daily through counseling (including both individual and group counseling) in Tihar.

The counseling varies from few minutes to several hours. An independent set up known as Divya Jyoti Jagrati Sansthan Ashram is created inside jail that acts as pool in connecting prisoners to a positive ambiance where counselors conduct spiritual discourses, counseling, initiation to Gyan, Dhyan etc. for the inmates.

Activities	Tihar Jail Delhi F.Y. 2013-14	Outside Delhi Jails F.Y. 2013-14
One Day Spiritual Discourse	514	81
Three Day Spiritual Discourse	15	07
Counselling	333	190
Spiritual-Moral Value based Education sessions	Not Applicable	24
Initiation to Gyan	250	199
Dhyan Camps	345	155

Inside Tihar, DJJS centre at Central jail No.3 and 5 is well equipped with lights, fans, sound system, and musical instruments. Arrangement of carpets, coolers and cushions is well maintained at DJJS centre in women prison with the view to smoothly carry out Dhyan and Gyan sessions. Inspite of being in jail, this space is never seen as a jail space but rather as an ashram where people assemble to imbibe positive atmosphere and develop feeling of volunteerism. Parallel to Tihar Prisons, Antarkranti has been working its fingers to the bones in reformation of prisoners through spiritual empowerment.

Meerut, Haryana, Chandigarh, Bangalore are the places where on an average total count of spiritual activates conducted each month is 18.

Follow Up:

Prison is a place that demands a robust follow up with the beneficiary prisoners. The counselors visit the barracks/wards of the prisoners twice a week and the follow up team visit the Jail once in a month to address the unsettled/challenging issues of beneficiaries. Monthly newsletter called 'Akhand Gyan Patrika' is provided to inmates for regular upgradation on spiritual aspects of life, also assists in follow up.

Before Interventions	After Interventions	
Prisoners are in a state of depression, filled with negative thoughts and lack of self confidence	Gradual decrease in depression and transformation into positive thoughts	
Use of abusive language and indulgence in bad behavior and frequent fights.	Control over abusive language and bad behavior	
Difficulty in building faith towards others	Self-realization and acceptance of own mistakes	
Emotionally weak	Development of qualities like self-confidence, forgiveness, love, mercy	
Non acceptance for own mistakes and faults	Self- vigilant of their own activities	
Tendency to blame others	Indulge in constructive activities	
Suffer from insomnia	Spiritual and emotional upliftment	
Poor character	Act as change agent for others.	



POSITIVE ENGAGEMENT

Prison offers a lot spare time which if not utilized into productive engagement can lead to more deadly results as the prisoners would then enrol into conspiracies, criminal networking, suffering with stress and depressions and declination. On the other hand, engaging prisonersin an active, fun and positive environment draws out their potentials, leading to improved behaviour outcomes. Prisoners involve themselves in plantation drive, gardening, theatres, musical concerts, bhajansandhayas, and learn to play musical instruments reducing conflict rates.

Bhajan Competition:

Competition is an activity of striving to gain or win something. Antarkranti used this activity to create a stimulus among the prisoners for tracing how best they could perform in particular activity. Further this will be used in overpowering their negative factors and moulding towards right direction. The news of Bhajan Competition excited many prisoners in the month of April, 2013. Many new faces came up for the competition and around 40 inmates participated. Every single participant showed incredible interest in singing along with a healthy competitive spirit. Antarkranti provided prisoners the first opportunity ever in prison to let their talent be acknowledged to everyone (co- inmates, jail officials and the participant itself). The winners were rewarded with prizes. The prisoners got very motivated and requested us for conducting such events on a regular basis. 30 prisoners painted walls of the ashram to build cooperation, love and interest among the inmates. The place is renovated at regulate intervals.

Poster Making Competition:

Under the banner of Bodh- fighting against Drug Abuse, DJJS organized a poster making competition inside men's jail in Meerut in August on the theme 'Say No to Drugs'. 50 prisoners took part in this. The brilliant ideas of participants were reflected on the paper through posters. The winners were applauded and rewarded. There was also an experience sharing session where each one talked on the harmful effects of taking drugs.

Holistic Health through 'Vilakshan Yoga':

Complete health is a state of harmony between body, mind and soul. DJJS conducts regular 'VilakshanYoga' sessions for the prisoners inside jails. Ensuring holistic health through 'Vilakshan Yoga'by practising 'yoga' in its entirety as 'yoga' originates in Sanskrit word 'YUJ' implying to connect, to join the body with real spirit and mind and this forms the essence of the mission of Antarkranti.



DRUG ABUSE PREVENTION

Crime and drugs are closely interlinked. It is known that criminals use drugs as tools to accustom their mind and drug user often end up committing crime. Antarkranti took up this preventive programme to reduce the rate and risk of drug abuse among prisoners and aimed at high level of awareness among non-users from experimenting with drugs. Various workshops are conducted at times to advocate prevention of drug abuse with prison authorities and also to discourage inmates from first use of drugs and motivate users for treatment.

"Freedom from enslavement of drugs" A large section of the prison population is identified as vulnerable to drug abuse as they are left out with no promising dreams. Preventive education is an effective tool to empower individuals with information and skills to prevent from first use of drugs. The two fold prime initiatives that Antarkranti is running in this direction are:

a) sensitization of drug users as well as non-users through training using the Psycho- Analytical treatment Module that operates in coordination with the De-addiction drive or 'Bodh";

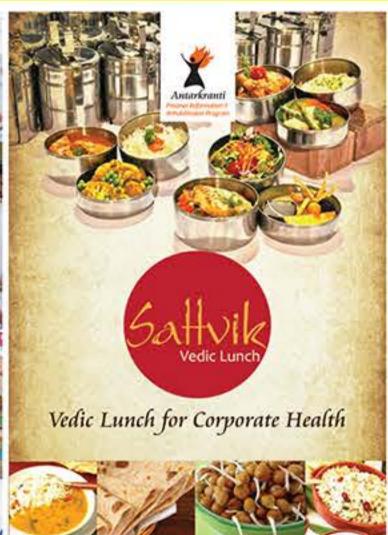
b) Working towards freedom from enslavement of drugs and ensuring healthy lifestyle and holistic health through 'VilakshanYoga'.











VOCATIONAL SKILLS & LIVELIHOOD INSIDE JAILS

Antarkranti has been putting its efforts in developing inside prison a skill hub covering maximum number of prisoners being trained in various trades. Post skill mapping and psychosocial tests, shortlisted interested and needy prisoners go through a series of training sessions. The trained inmates are then employed in the identified trade. Antarkranti has laid down 'Vocational Training Cum Livelihood Unit' in Central Jail No.5 and 6, Tihar. Aromatic products-Incense cones & sticks, samidha (aromatic burning powder) is made by inmates in Central jail No. 5 and Herbal products- hairpack, facepack is prepared in Central jail No. 6. Prisoners have learntthe process of operating machines, weighing, mixing ingredients and packing of the finished products. Monthly, an average of 40 prisoners are employed and this number increases up to 70 during the festival time. Employment rate among prisoners shoot up during the Holi festival with a total of 74 inmates engaged in making and packaging of herbal gulal in Jail No. 5. The colours became popular in a matter of a week and the project was widely covered by the media. The prisoners are trained in making of the following products:

- Herbal Henna conditioning pack Herbal face pack Designer Rakhi Herbal Gulal
- Aromatic Incense sticks and Cones Aromatic Burning Powder Art, craft and paintings
- Paper Carry-Bags
 Packaging of products

With the competitive trend in the market, inmates are trained in a way that products made by them can meet the market trend as well as brand value. This is reflected by the financial turnover and feedback received by the customers regularly, in person and through social media. The organization manages to establish linkages with the various stakeholders to market the products made by prisoners and highlights issues related to prisoners' reformation and rehabilitation.

Expansion of Aromatic Product Unit

During 2013, noticing the growing needs of prisoners, the Aromatic Products Unit in Central Jail No-5, Tihar was expanded to impart vocational training to provide livelihood to a larger number of inmates. Two rounds of training sessions were conducted by professionals for new batch of inmates. Training included the following:

- 15 inmates in packaging
- 15 inmates in incense sticks making
- 15 inmates in incense cones making

Vedic Food Project

Antarkranti has taken up an innovative 'Vedic Food Project' at Tihar in the month of February. In collaboration with the Indian Institute of Hotel Management, Pusa, training in food and catering service was imparted to women prisoners in Central Jail No.6. The training was completed in three rounds. After five day training session, an assessment was conducted by experts from Ashoka Hotel in the form of a verbal and written test to measure knowledge, skill and aptitude of candidates. A total of 35 women prisoners were trained and a sum of Rs. 1200/- was given to the inmates for attending the training at the cost of Antarkranti expense. This boosted the confidence of the trained candidates to live an independent life inside the prison and the gained skills would help them earning livelihood post their release. The project is planned to be taken up for the corporate and is in pipeline to get started soon in the coming year.

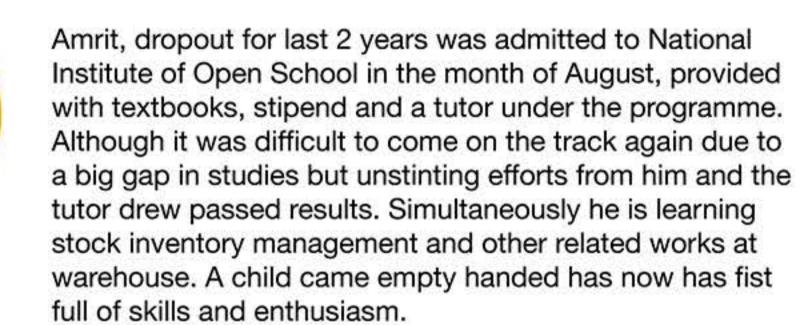
REHABILITATION AND FAMILY SUPPORT OUTSIDE THE JAILS

Rehabilitation and Post – Release Reintegration: The stigma of being a prisoner abandons him and the family from the mainstream society. The released ones on bail may have to fight long expensive battle to find a respectable place in the 'outside world' and in getting reconnected with their family and society. Antarkranti therefore believes that the great efforts consumed in reforming the prisoners will be unworthy unless they are sympathetically assured of a prideful place and economically independent guilt-free life through adequate 'rehabilitation' facilities. Post the release of prisoner, Antarkranti aims at Rehabilitation and Re-integration of prisoner with society. This involves provision of various support services ranging from psychological support, employment, short stay, family reunion, education and social liaisoning. This is done through the following:

Post Release Rehabilitation Support Programme for Prisoner/ Family: Antarkranti has developed a common application form that is supposed to be filled by Prisoner /family in need. The applicant requests for basic support through this application which is then reviewed and processed further. During the year 7 applications were received.

Education and Health Support to children of prisoners:

Education of children of prisoners/released prisoners is sponsored by Antarkranti. Children suffers from threat of dropout in schools due to financial constraint at home and discontinue their education due to issues created by the unwanted situation. Antarkranti has helped many prisoners continue their education.



Another boy Shivam, son of female prisoner suffering from bone T.B. is assisted with medical aid. Shivam walks with the support of belt only. Under the programme, Rs. 2200/-were used to obtain a belt that supports him to walk.

Assistance to Women Prisoners:

Considering the vulnerability of women prisoners to exploitation and deprivation, the women prisoners are provided with extra care and support. Rekha, women prisoner with 3 children outside has been supported at the best possible. Rekha has received bail assistance of Rs. 15,000/- for filling surety bond through this programme. Other needs are also taken care of like clothing etc.



Only releasing from 4 walls of prison does not fully resolve the prisoner from trouble. Non-preparation from both Prisoner and family/society can jeopardize the state of prisoners once the prisoner is out from jail. A bare handed released prisoner strives for support to enter in the normal life again. Antarkranti provides an immediate intermediate nourishing platform to heal the desolate heart. Although Antarkranti does not possesses a proper short stay home for released prisoners as of now but with available resources in hand Antarkranti arranges to provide short stay home to few identified released prisoners where they can spend ranging from few days to months.



Support for Family Reunion

Family reunion is facilitated through intensive discussions and follow up counselling which gives momentum to the recovery rate.

Psychological Support:

Emotional and psychological support makes prisoner feel welcome back to their families and the mainstream society with respect and enjoys the feeling of liberation rather than disorientation. Antarkranti helps them in this venture by:

- · Being a solace and comfort
- · Staying in touch

Ensuring Employment to prisoner/family

- (i) Preparing for work through vocational/on job training and employment during incarceration
- (ii) Employment at Antarkranti
- (iii) Networking with other organizations for absorbing released prisoners



There are very few attempts by the society in emerging as agent in rehabilitating and reintegrating these prisoners completely. The general public needs a high level sensitization for accepting the prisoner and family back to society. Sharing of people responsibilities in creating opportunities for the beneficiary will provide a comfortable space for their growth and development. In this regard, sensitizing workshops, conferences and seminars are often organized by the programme self or in collaboration.

Considering prisoners as a part of the community, giving them method & opportunity to change and a fair chance to return to the normal society is expected from civilized society.



SUCCESS STORY

A Journey from Self Centeredness to a Caring and responsible Mother

Rekha was born in a small family. She was nurtured in absence of traditional and moral values by her mother. Entering into a love marriage also could not help her to change mind-set and thirst for the run after money. She was continuously rising on the ladder of bad company. She had a formula of short cut way to earn money. Discord with the husband urged her to take divorce and separate from him. Husband denied of breaking the marriage particularly to secure future of 3 children. Thus, Rekha plotted murder of her husband along with her mother. Although she succeeded in accomplishing this with the help of her few friends but landed herself into Central Jail No.6 of Tihar. Earlier she did not accept the blunder she did but later on as she was involved with the activities of Divya Jyoti Jagrati Sansthan, the truth came out of her mouth.

Rekha got initiated to Gyan soon after getting lodged in Prison and after a year or so was proved guilty and was rewarded punishment for 14 years. This was the most difficult time when DJJS volunteers gave her full support and did her in-depth counselling. Rekha was undergoing a transformation phase in prison while sitting in meditation for certain hours when her children were living along with this tragedy without parents. The positive change started propping up within herself that was transparent, clear and visible to all. Simultaneously, she took on earning through Livelihood Unit Set for needy prisoners by Antarkranti. After certain months now she has emerged as a respectful women who has control over foul language, a responsible prisoner who finishes her punishment duty very sincerely, a mother who works at Night Lungar in Prison to save money that can be sent to home for supporting her children education and other necessities, and a live example of Personality transformation for other prisoners. Now she is no more on the short cut method in life.

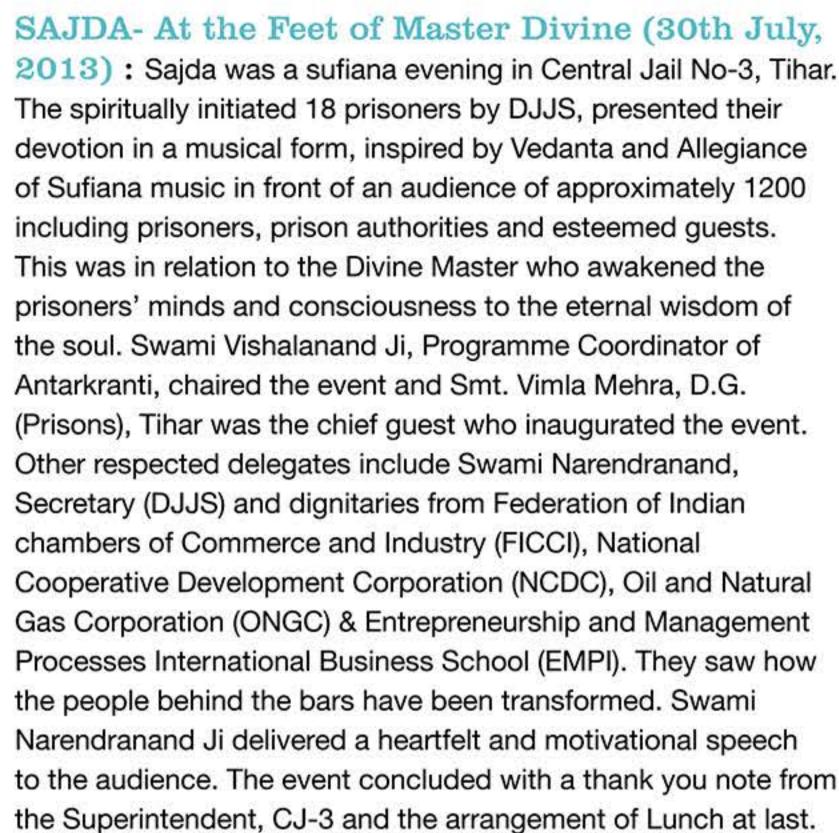
Prison staff has full confidence in her and is handed responsible official work.

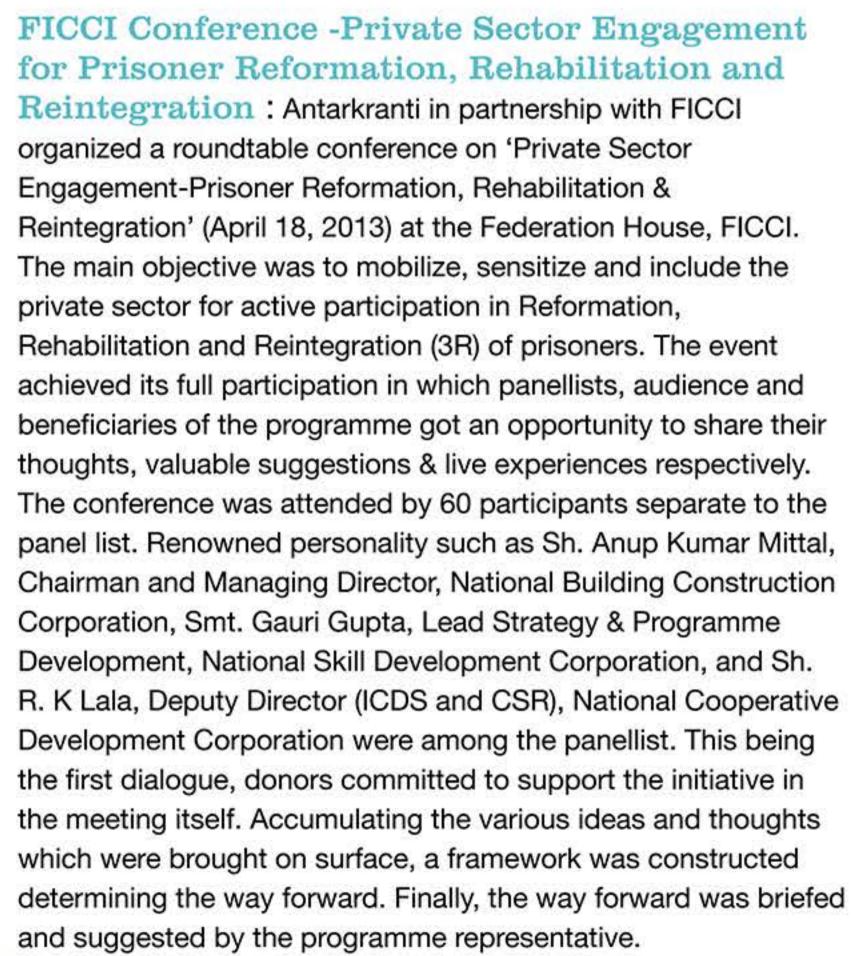
She says "There was no aim of my life but here with Antarkranti I have realized the goal. I might have earned less but that will be from hard work and purity".

She along with her children outside are under the Sansthan's observation and are getting support for everything right from care, guidance, medical, financial and employment support.

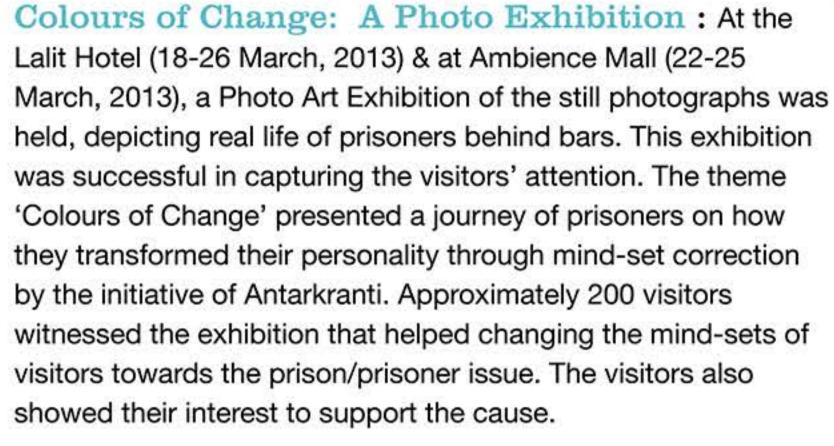














Livelihood Promotional Events: Indian International Trade Fair (IITF) (14th Nov to 27th Nov 2013): In collaboration with Tihar, Antarkranti was one of the exhibitors at 33rd Indian International Trade Fare (IITF). At the 14 days event, 2 stalls were put by DJJS and Tihar jointly and an additional one by DJJS separately. The stalls were held at Pragati Maidan, International and Delhi Pavilion. The third stall was at hall No-7 under Ministry of Micro Small and Medium Enterprises (MSME), Govt. Of India. The event was inaugurated by Shri. Deepak Mohan Spolia, Honourable Chief Secretary of Delhi. With the assistance of skilled team of professionals, a high quality Kiosk was set up. The visitors applauded the design of the stall, quality of products, zeal of the volunteers, and the idea of developing it as a platform for cause promotion and welfare of the prisoners. Shri Najeeb Jung, Lt. Governor General of Delhi also visited the kiosk and appreciated the efforts. A special visit of these students was made inside Tihar for prior assessment of the things going on inside in relation to livelihood opportunities for inmates. The very first participation in the trade fair was a success, and it helped in disseminating the message and opening the minds of others towards the conditions of prisoners. Approximately 4000 people visited the kiosk on daily basis. Feedback received from the visitors was motivating and inspiring. Numerous students who visited the stall showed their interest to join Antarkranti.





Janamashtami Festival

The three day exhibition was held at Sector 10,
Dwarka on the occasion of Janmashtmi Festival
organised by DJJS for spreading the cause. The
exhibition was set up at an independent section
where products made by prisoners were
displayed and visited by hundreds of people daily.

Jail Bazar

As a new concept this time, 'Jail Bazaars' were arranged at Select City Walk, Saket with the purpose of giving a noble angle to the festival celebration. Rakhi, Durga Puja and Christmas festivals were seen as platforms to create awareness among public on a large scale. The different range of products made by prisoners such as handcraft items, eatables, wood art and work, herbal cosmetics and aromatic products were displayed. A large section was allotted for the display of beautiful paintings made with the creative hands of prisoners. For the festivals particularly, designer and attractive rakhis, diyas and candles could be well observed in Jail Bazaar. The first Bazaar was held on 10-11 August on the occasion of Rakhi. Second was on 12-13 October on the occasion of Durga Puja Festival. Approximately 1000 people joined hands daily. In the above chain, the last bazaar of the year was held with the theme 'Giving Hope and Happiness to those behind bars' on 14-15 December, 2013. Approximately 2000 people visited on both the days. Eventually, the festivals brought a good luck charm for the prisoners and their family as the visitors supported the cause by purchasing the products and acknowledging their hard efforts.

India Habitat

Divya JyotiJagrati Sansthan assisted Tihar in setting up and visual merchandising of the exhibition, held from 24th -30th August, 2013.

Promotional Stalls

Promotional stalls are indeed a great way of establishing bond between the society and the prisoners. DJJS organised various stalls in public domain (public places) such as:

- 1.Malls- Saket Select City Walk
- 2. Market places of Dwarka, Rohini
- 3.Schools-BalBharti Public School (Pitampura) & SAM International School (Dwarka)
- Corporate- Grand Thronton (Gurgaon), Li and Fung (Noida), Deloitte (Gurgaon), Mentor Graphics (Noida),
- 5.Institutes and Colleges- Lady Shri Ram, Gargi, Jesus and Mary College (University of Delhi), Pearl Institute, Maharaja Agrasen Institute
- 6.Hotels- The Lalit, The Leela Palace, ITC Maurya, The Taj Hotel, Shanghri-La

Blind Relief Association

Blind Relief Association is an NGO serving the visually impaired which calls various NGO's for participating in 'Diwali Mela' organized every year at the time of Diwali Festival, Delhi. DJJS is using this platform for around last four years in which Antarkranti (Prisoner Reformation and Rehabilitation) and Antardrishti (Programme for Physically Challenged) products are displayed for promotional cause. We have been taking part in this since last 4 years and getting outstanding response. This year the stall was put up from 26th October to 1stNovember wherein huge number of visitors and traders came.









ASIAN AND PACIFIC CONFERENCE OF CORRECTIONAL ADMINISTRATORS (APCCA)

The Director General from prisons of Maharashtra, Kerala, and Madhya Pradesh said that they are willing to opened doors for such an initiative by Antarkranti in their prisons.

33rd Asian and Pacific Conference of Correctional administrators was organized and hosted by Ministry of Home Affairs, Government of India at New Delhi on the theme 'Correction- Transformation- Reintegration' from 22nd to 27th September, 2013. Meeting of the delegates coming from various Prisons and Deptartment of various states including abroad, aimed at sharing ideas and promoting goals of rehabilitation and reintegration. Antarkranti participated in this meet at three levels majorly:

1.As an Exhibitor along with other NGO's working in Tihar Prisons, at the Prisons Headquarters, Antarkranti displayed aromatic and herbal range of products made by prison inmates. Visitors were really excited and happy to know about our initiative bringing reformation and rehabilitation of inmates through mind-set correction via spiritual awareness and upliftment.

2.On the delegate's visit to Delhi Prisons, Tihar, they witnessed the real – transformation of inmates and the DJJS Spiritual centre inside Central Jail No.3.

3.During the presentation/sessions days of the conference, delegates from Antarkranti also participated. Along with this, Antarkranti put an exhibition in joint association with Tihar at the Vigyan Bhavan, New Delhi. 4.The 'Aina' exhibition depicted the works of reformation and rehabilitation taking place inside the walls of Tihar Prisons.

The delegates from abroad were very much influenced by the spiritual methods and tools adopted by Antarkranti for correcting mind-sets of prisoners. They were made aware about our programme working currently in 37 Jails of India. Commendable efforts of Antarkranti in the reformation, rehabilitation and reintegration of Prisoners compelled DGs, DIGs and Superintendent of Jails from different states like Andhra Pradesh, Kerala, Rajasthan, and Maharashtra, to propose Antarkranti to start work in the prisons falling under their Jurisdiction. Also the literature of the Sansthan was shared with them along with the report released by Antarkranti on 'Post Release Rehabilitation Facility for Prisoners in India' Report.



ALL INDIA CONFERENCE OF CORRECTIONAL ADMINISTRATORS (AICCA):

DJJS was invited by Ministry of Home Affairs, Government of India at 'All India Conference of Correctional Administrators' (15-16 May, 2013). The representatives presented on Intervention for mind-set changes and behavioural corrections, and rehabilitation and reintegration. Shri. Hardev & Shri. Ajay Kumar, beneficiaries of the programme, shared their life experiences and challenges faced inside and outside the prison. They stressed on the need for transforming prison environment in order to reform prisoners. They explained how Antarkranti supported them in their journey, right from the time when they got associated with the programme; programme not only benefitted in correcting their mind-set but also rehabilitated them post their release by employing them at their own project and acting as an aid in continuing their higher education.

INSTITUTE OF CORRECTIONAL ADMINISTRATION:

The Programme Head of Antarkranti was invited to join the two-days international seminar on 'Penal Reforms and Restorative Justice' organized by Institute of Correctional Administration, Chandigarh in collaboration with Social Action Foundation For Equity, (2-3 December, 2013). A slideshow was presented that showcase an intimate connection developed between the prisoners and the environment; prisoners willingly participate in establishing and maintaining herbal garden inside Tihar. In addition to this, they make herbal products which ensure environment sustainability and vedic chanting that creates a positive and relaxing atmosphere all around. The foreign delegates felt that there is a lot to learn from India and the work inside the Indian prisons.



www.antarkranti.org

ANTARKRANTI WEBSITE

The launch of Antarkranti website added a feather to cap of its achievement in the month of March, 2014. The site has all the information available including basic concept of Antarkranti, why it started, activities occurring both inside and outside, events, stakeholders of Antarkranti.

The team of website designer/developer is continuously working on the pages to make it more informative and creative.

ANTARKRANTI TEAM

Continuous planning is done to enhance the working skills of the team for greater output. In this reference the team is made to avail the facility of various workshops from time to time.

i. Capacity Building Workshop: Excellent benefit package came in August in the form of a training workshop conducted for Aantarkranti volunteers/staff. 30 members participated in the capacity building workshop. Pros and cons of the working system were discussed in an open forum. This provided an opportunity to improve interrelations among the team members. Learning activities created a positive environment in the two day workshop.

ii. Grant Writing: A couple of volunteers attended a training workshop on grant making proposal conducted by GYAN-I Volunteer for improving the skills related to proposal writing concepts through an interactive session. The participants were certified at the completion of the training.

TEAM-BUILDING WORKSHOP AT PRISONS HEADQUARTERS, TIHAR NO. OF PARTICIPANTS: 17

Workshop: 2 days Investment of time and energy of the team at the workshop acted as fuel and stimulator for achieving the goals and objectives of Antarkranti. Sh. Gaurav Arora, coach, facilitated the problem solving ability of team through creativity- boosting exercises. The workshop was overflowing with an enthusiasm environment, spirit to learn and strong desire to come out with challenging ideas. The platform motivated each one to express everything that can drive Antarkranti to next level.

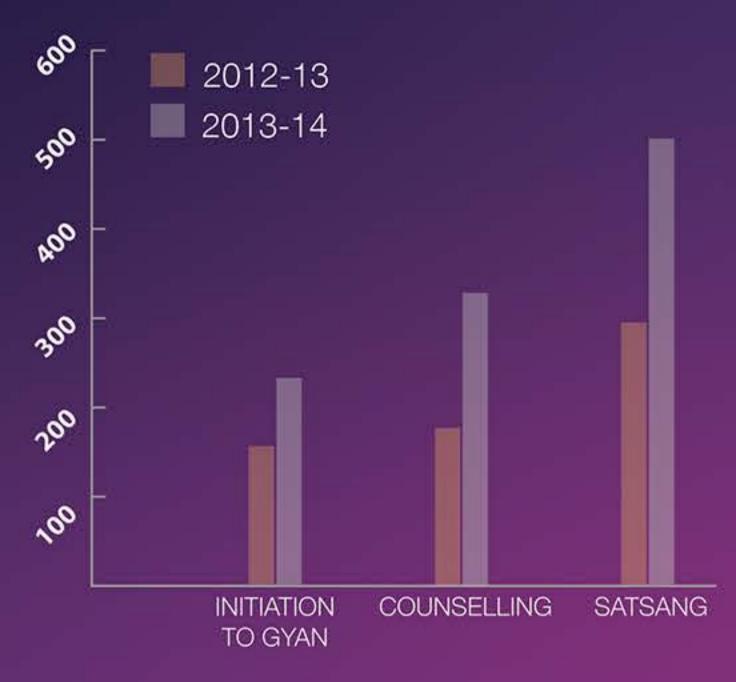
Day 1~4th January

The workshop began with a brief introduction of the participants and the facilitator. Then the expectations of the participants from the workshop were shared with everyone. Different activities were organized with focus on analysis of current situation of Antarkranti and its vision. With an aim to improve interpersonal relationship among the team members, a game activity was conducted which stressed on valuing human emotions. Certain other activities like picture representation, collage making and brainstorming were conducted for bringing the issues on surface.

Day 2~5th January

The second day started by an energetic and intellectual discussion on the vision of Antarkranti. Many thoughts from various brains emerged which could be framed and listed out. The workshop concluded with a delicious lunch and sharing of workshop experiences.

Workshop Outcomes: Team motivation | Problem addressal | Mood Refresher | Effective Solutions



DATA REPRESENTATION, TIHAR

Scale Representation: 1 unit= 1 person /prisoner

Interpretation: The above graph shows all the three activities - Initiation to Gyan, Counseling and Satsang have shown a positive trend in the year 2013-14 when compared with 2012-13.

Activities	F.Y 2012-13	F.Y 2013-14
One Day Satsang	324	514
Three Day Satsang	13	15
Counselling	189	333
Initiation to Gyan	172	250
Meditation/Dhyan Camp	220	345
Livelihood Support		589101

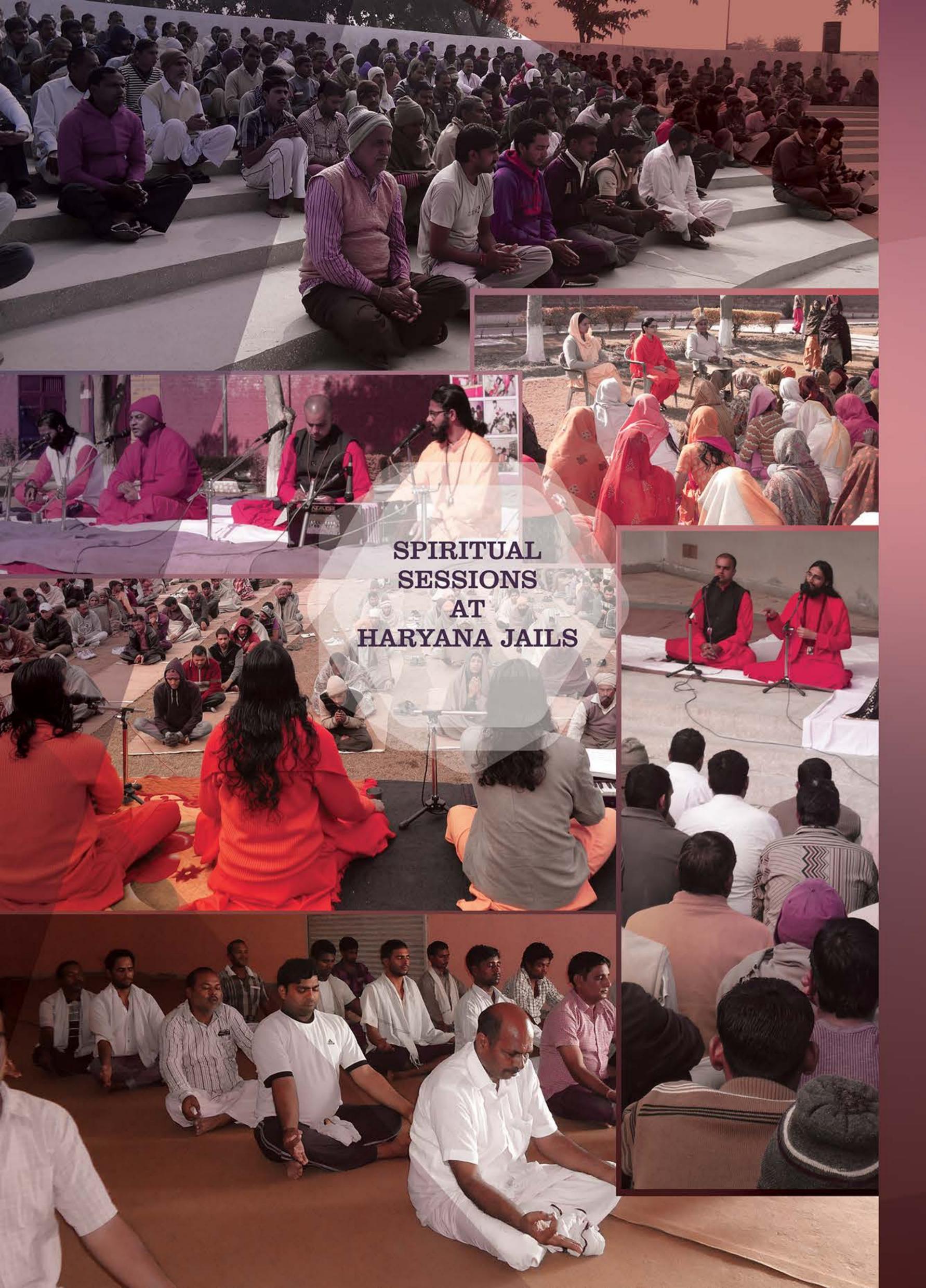


PERFORMANCE STATUS, TIHAR

Scale Representation: 1 unit= 1 person/prisoner

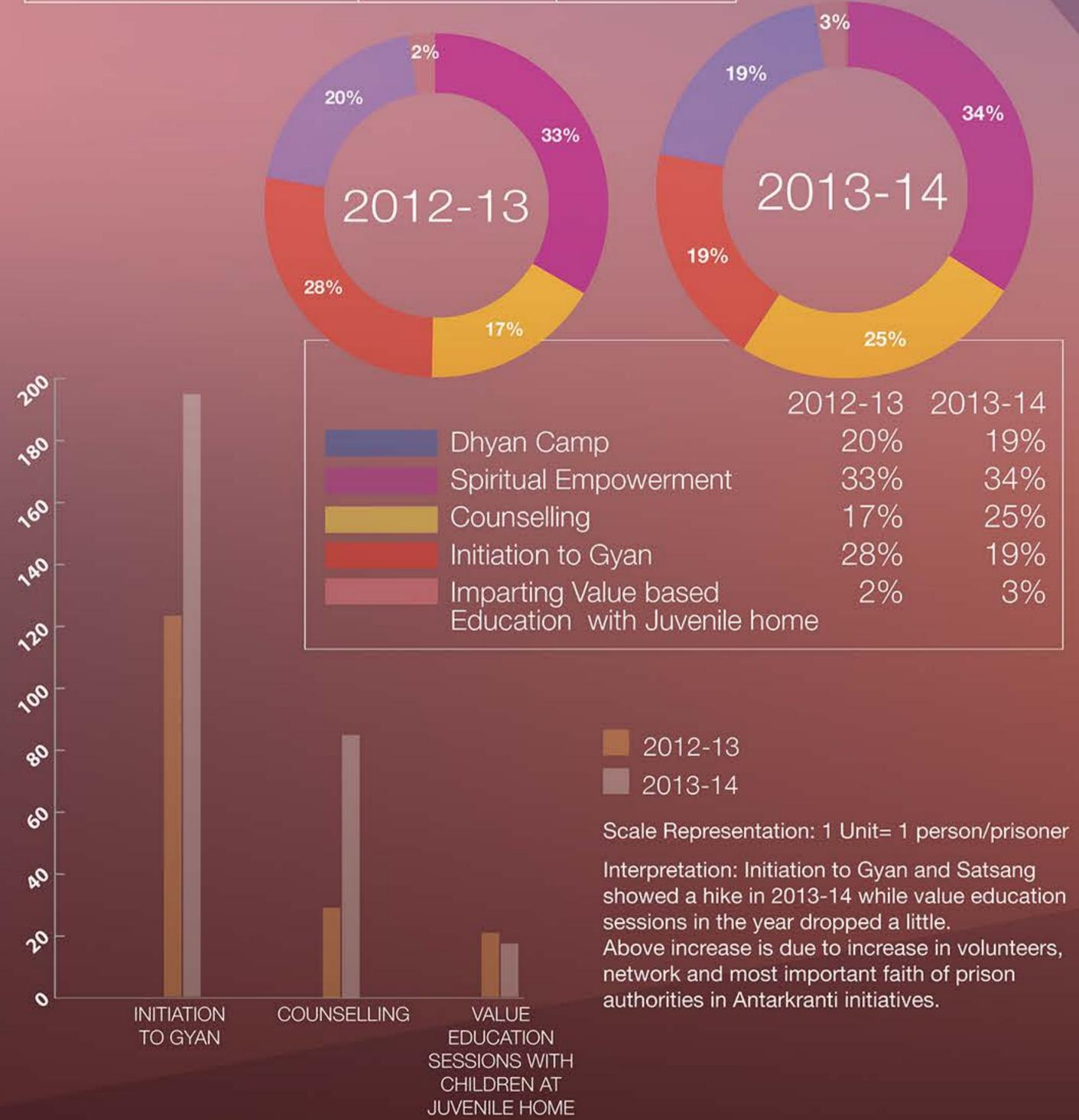
A. Initiation to Gyan | B. Counselling | C. Satsang | D. Dhyan Camp





OUTSIDE DELHI JAILS (ODJ) PERFORMANCE CHART

Activities	FY 2012-13	F.Y 2013-14
One Day Satsang	28	81
Three Day Satsang	07	07
Counselling	150	190
Initiation to Gyan	181	199
Meditation/Dhyan Camp	110	155
Livelihood Support		- 122
Value based Education sessions	26	24



19%

34%

25%

19%

3%

TRAINING AND INTERNSHIP AT ANTARKRANTI

1. Ms. Namita Chopra Trinity Institute affiliated to Maharishi Dayanand University

Worked as trainee with Antarkranti for duration of 2 months. She was engaged in registration of products made by prisoners in Central Police Canteen and Canteen Stores Department of Defence Services. The trainee also learnt the skill of establishing contacts with

This Programme gave me the opportunity to confront the reality. The prisoner associated with this had a different level of motivation to change for themselves and others. It was really inspiring to see the dedication of self-less volunteers working for the betterment of inmates whole heartedly. In future I am again going to look forward in having such an experience with them. Ms. Jyoti Dhull, Student B.A (H) Psychology

This is the best programme which is selflessly working for a great cause and it is my honour to have worked with this. The people here are enthusiastic, motivated and dedicated towards their work. It has given me an opportunity to grow in my carrier as well. I owe to Antarkranti for this platform. Ms. Namita, Student, B.B.A.

2. Ms. Jyoti Dhull, student (from Keshav Mahavidyalaya, Delhi University)

Ms. Jyoti took up a study on comparative study on the level of behaviour and motivation of prisoners associated with Antarkranti with others.

3. Ms. Sapna Garg, student Ms. Sapna Garg gained the practical knowledge in drafting Notes and Resolution for the Programme. She represented Antarkranti at various seminars and conferences and assisted in organizing events and conferences

I appreciate working with Antarkranti as an intern. Under positive surroundings, learnt how to work and deal with high moral values which help the work done accurately with proper dealings on real time basis.

4. Ms. Kritika Singh, student B.P.S University, Haryana

Under the topic- Women empowerment of female prisoners by Antarkranti', Ms. Kritika was given the assignment of observing and understanding the prisoner's issue and the how the Antarkranti operates inside prison. Around 1 month study was conducted which was submitted in the form of a report to the Programme- Head at the end of the training.

Ms. Sapna Garg, Student



SUCCESS

Development into a Competitive Personality

Sh. Ajay Rai must not have imagined even in dreams that someday. He was charged with the case of robbery despite of committing any crime. Initially it was a shocking and dangerous experience to survive here but he soon got in touch with DJJS working for prisoners inside. He started attending various counselling sessions and side by side was engaged into painting workshop known as 'Yatharth'where he learnt the painting and delivered beautiful paintings on canvases. Of course Yatharth served as medication for diminishing his nervous breakdown but how could that end completely as he was the only sole earning member of family having mother, wife and a child, all left outside alone.

He came out of the Prison after a year but then by the time was indebted with huge amount of money. Sh. Ajay started working at some company but then was not satisfied. At the same time DJJS was offering him support and extended help to place him at work under Antarkranti. He was now employed at warehouse and was given task of billing and creating challans. Though he was very new to these tasks but Antarkranti showed full confidence and trust in him and acted as guide at every step of him. DJJS sponsored his education in Bachelor degree of Social Work Course from IGNOU. With his hard work and strong desire to study compelled him to balance both his study and work well. Gradually he overtook additional bigger tasks and responsibilities. Now, he is man who has freed himself from indebt. An encouraging environment and exposure helped him to groom and today we are proud to draw a competitive personality from him who he is currently working as Warehouse assistant at Sahara Pvt Limited, Indore.

He says "Antarkranti is a life changing Programme which has enabled me to live a dignified, deserving and respectful life in this world of competitive markets".

FROM THE PRISON DIARY

I keep on introspecting myself 24*7 after being initiated with Divine/True Knowledge. Rekha (Initiated) - Convict

Antarkranti is a beautiful experience and right Antarkranti is a peautiful experience and right direction which made me to drop my plan of committing suicide and blessed me with a hope for future hope for future.
(Non-initiated) - Undertrial

I heartily wish to contribute my part in this Mission. After getting associated with this Programme I have shifted from self-centred to selfless service. Sarmishtha Dey (Initiated) - Released on Bail

I have learnt skills of working here while making herbal Mehandi and facepack and am confident to use them to earn post release.

Mini Jha (Initiated) - Undertrial

My soul has come

to peace after getting

to peace after Brahm Gyan.

John (initiated)

John (initiated)

CONTRACTOR CONTRACTOR

Antarkranti is changing lives of prisoners. I am live example of the transformation who is changing from negative to positive

Sandeep Kumar (Initiated) - Undertrial

