A great deal of intellectual exercise is being carried out in the discipline of social change by social scientists. By and large, the central point of focus has been the evolutionary kind of social change. A great deal, however, remains to be done in the direction of studies on social change which is brought about by the conscious and concerted efforts of the individuals. In this context the present work is an attempt to view the change in terms of improvement in the social status of a downtrodden section of Punjabi society. The conscious and concerted efforts in this regard were made during the late nineteenth century by a caste Hindu religious reform organization known as Arya Samaj.

Though there may be many lapses, yet the author has endeavoured to depart from mere empiricism and has tried to involve an interdisciplinary approach to the analysis of the social movement under study. Any mistake, either in the presentation of facts and figures or in language is, however, regretted. I, however, owe the completion of this work to some very dear to me.

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