Session I. Dated: 2.4.1967

The investigator met his subjects in a formal session, addressed them for a few minutes, asked about their life in general and expressed his pleasure to have met them again. He was accompanied by the Deputy Superintendent, Chief Medical Officer, Welfare Officer and Headmaster of the institute. The Deputy Superintendent, in his inaugural address explained the objectives of the reformatory education and assured full cooperation to the investigator.

The "Total-group" was divided into experimental and control groups. They were also informed that the new programme can be run for 25 to 30 persons at a time. By a draw of lottery it was decided which of the two groups will take the course first.

A cup of tea was served. The staff mixed freely with the subjects and talked to them informally.

Session II, Dated: 3.4.1967

The superintendent of the institute addressed the experimental group. In his talk he traced the history of reformatory institutes and its method of reform. He also emphasized the role of education and other reformatory programmes followed in the institute. He expressed his hope about the success of the new programme to be tried in his institute.

In the end he thanked the investigator and assured him all cooperation.
In spite of much encouragement the subjects did not ask any question.

So there was no group discussion in this session.

The group had a cup of tea with the superintendent of the institute. During this period some of subjects asked questions about the reformatory programmes practised in the west. They also asked some questions about the present course. Most of the subjects were rather shy.

**Session 3. Dated: 3.4.1967**

The investigator interviewed the group members one by one and prepared their history sheets (Appendix II-D). Some of the group members were hesitant to disclose facts related with their crime. They were not pressed for this information. Their history sheets were completed later when they felt free to talk about their personal matters.

**Session 4. Dated: 4.4.1967**

This session started with a proposal from the investigator to invite some observers to watch our daily programme so that they could give suggestions to improve the programme. It was also suggested that some of the official from the institute could act as observers. Some of our subjects objected to it particularly the presence of official of the institute. After some discussion they, too, accepted the idea and it was agreed to have the following as observers:

1. The Deputy Superintendent (Administration)
2. The Welfare Officer
3. The Chief Medical Officer
4. The Headmaster
5. Special invitees.
The members of the experimental group were, then, addressed by Principal Pritam Singh, P.E.S., (I), Government Brijindra College, Faridkot.

He explained the rights and responsibilities of the man in the society. Quoting from the scriptures, he tried to prove that man is good and virtuous by nature. It is the environments that spoil him. The man can overcome his environments and thus remain a good person.

In the discussion that followed our subjects expressed doubts about the practicability of the ideas expressed by the speaker. There was lot of interaction on this issue among the group members.

The discussion continued at the tea table, as well.

Session 5. Dated : 4.4.1967

Film show. Following films were shown:

i) "Under the Mango Tree" (Panjabi)
   It is an entertainment film depicting a very bright side of the rural life in Punjab.

ii) "Good habits" (Panjabi).
   Depicts the life of a poor, virtuous and a simple man who became rich and prosperous by dint of hard work.

The response from the subjects was good. The investigator asked some questions to check the comprehension of the central ideas of the two films. Subjects corrected each other's viewpoint by discussing the whole matter.


This session was addressed by Dr. Gurdev Singh, Ph.D., Lecturer, Panjabi University, Patiala. He dealt upon the fundamental principle of Sikhism as explained in the following verses:
1. "O my mind, thou art the embodiment of light, 
    know thy essence"
2. "a great man is he, who is not afraid of anybody and 
    who frightens none at the same time".
3. "If you want to conquer the world, conquer thyself 
    first."

The discussion was initiated by an observer asking for 
some clarifications. There was very little of discussion among 
the group members. It appeared that much of what had been 
said was accepted on faith.

At tea time some of the subjects were heard reciting the 
 hymns.

Session 7. Dated: 5.4.1967

The following films were shown:

i) "Singing Panjabies" (Panjabi), 
    i.e. "Folk-songs of the Panjabi".

ii) "Andh Vishwash"(superstition) (Hindi), 
    some common superstitions are belied in this 
    film.

iii) "No Smoking" (English). 
    Cartoon film, depicting the bad effects/in this 
    film.

At the time of discussion the group members narrated 
their own experiences about superstitions and also expressed 
faith in them.

Session 8. Dated: 6.4.1967

In this session the investigator read some pages from 
the autobiography of M. K. Gandhi (1948). The selected passages 
were concerned with Mahatma Gandhi's concept of non-violence 
and his disapproval of violence even for achieving independence 
from the British rule.
In the discussion that followed the opinion of the group members was divided, some advocated violence to protect their self-respect and to fight for their rights others opposed it, though mildly. The discussion was lively and continued at tea table.

After regular tea break, the group again met.

Session 9. Dated: 5.4.1967

In this session, the group members were given time for short extempore speeches. Those who participated, talked about religion as a social force, God as an almighty force, political life in the country, and system of education. One subject talked of romantic life in the company of women and wine.

In the discussion that followed some subjects made indecent and personal remarks against other members of the group. This was objected to by the investigator. The suggestion was accepted in good spirit.

The proceedings of the session were summarized by an observer. Our subjects looked very happy to have recorded their viewpoint. They also expressed a strong desire for a few more sessions of this type.

Session 10. Dated: 7.4.1967

This session was addressed by Harbans Singh, an ex-convict of Borstal Institute and Juvenile Jail, Faridkot. While he was in the Borstal Institute he obtained a Bachelor's degree in Art as a private candidate of the Panjab University. He talked about his experience in the Borstal Institute and his life after release. He also exhorted the subjects to improve
their academic status by attending the school regularly and by reading whatever books were available in the library of the Institute.

The discussion part of the session was very interesting. The speech by the guest had aroused a sense of fellow feeling among the members of the group. They looked at him with admiration and talked to him in a very homely and natural manner. They asked him personal and somewhat embarrassing questions. The guest gave very frank and factual replies. There was hardly any discussion among the members of the group.

At tea time they mostly flocked around the chief guest.

**Session 11. Dated: 7.4.1967**

The following films were screened:

1) "Personal Hygiene" (Hindi)
2) "Bee-Keeping" (Panjabi)
3) "Home Nursing" (English)

The central theme of each film was explained before projecting it on the screen. Later there was running commentary for each film by the investigator.

Discussion was initiated by asking questions related with the central theme of the films and by inviting their views about each film.

**Session 12. Dated: 8.4.1967**

Dr. P. S. Hundal, Lecturer in Psychology, Panjab University, Chandigarh, addressed the members of the group.

He gave some facts and figures about the history of some convicts who had reformed while in the jails. Before
ending his brief speech he remarked "Their problems are not your problems. You cannot solve them by their methods. For solving your problems you have to find your own ways". He also asked them to pose a real or hypothetical problem so that they could make an attempt to solve it.

A few problems were posed one after the other and discussed mostly by the group members. The discussions were lively though no agreed solution for any problem could be worked out. The guest speaker gave his opinion whenever needed. Such interruptions by him were very few.

The discussion at the tea table took a different turn. The members started asking personal questions to the guest which the whole time allotted for discussion.

**Session 13. Dated: 8.4.1967**

This session was devoted to evaluation of the work done during the week. Subjects were told that we were interested in knowing their reaction to the programmes arranged for them during the last week. This will help us in improving the rest of the programme. Please give your frank reaction to the following questions:

1) What activity or subject matter in the course stimulated you most?

2) What in the sessions did not appeal to you?

3) Did you feel free to express your own ideas or questions? If not, what could be done to ensure more of your participation?

4) What factors, in your opinion, tended to hinder the participation of the most of the members of the group?

5) General comments or suggestions.
Dated: 9.4.1967 (Sunday)

There was no regular session on this day. The investigator met some of the group members, informally, in the afternoon session.


This session was addressed by Shri Kapil Dev, M.A., M.Ed., Senior Counsellor, State Educational and Vocational guidance Bureau.

He pointed out that society respects those who are socially useful and economically independent. For economic independence one has to take up some vocation or profession. It is the function of his department to help people in making a choice of a vocation that would suit them best. He also provided full details about the vocational training centres being run by the government. His talk was very informative and stimulating. At the time of discussion our subjects tried to explore the vocational training facilities that could be available to them after their release. They also expressed their desire to have a vocational training centre at the institute itself. This they suggested is possible by including a variety of jobs in the factory work itself and also by providing more educational facilities. Some of them asked for reservation of certain percentage of jobs for them in the government offices and factories.

At this stage the investigator intervened and read a letter which he had written to Inspector General Prisons, Punjab. In this letter the investigator had pleaded for greater educational and vocational training facilities for the inmates of Borstal institutes.
The discussion continued at the tea table. Members talked freely and looked quite relaxed.

**Session 15. Dated: 10.4.1957**

The following films were displayed:

1. "Good Manners" (Hindi).
2. "Dilly-dallying" (Hindi).
3. "First-aids" (Hindi).

As usual there was discussion centred around the themes of the films.

**Session 16. Dated: 11.4.1957**

Mr. G. P. Prabhat, M.A., M.A., Lecturer in Special Education, State College of Education, Patiala, was the guest speaker of this session. He built up a case to show that in a civilized society it is safer to abide by law than to break it. He said, "Law is with you when you follow it and after you when you break it."

In the course of discussion some members pointed out that seeking justice through law is a long process. This long waiting is a torture, particularly when the matter involves self respect. The learned speaker pointed out that a hasty step does not solve the problem, it only creates problems. The issue was debated for a long time.

**Session 17. Dated: 11.4.1957**

After tea break the investigator read some passages from Saint Vinoba Bhave's book "Gita Pravachan" (1960). This book contains Bhave's dialogues with proclaimed dacoits when he visited their hiding places at the risk of his life. He had
undertaken this tour with a hope to reform the decoits. In his dialogue with the decoits the saint had tried to win over the hearts of the decoits and wean them away from crime. His main stress was: "Since you can't give life, so you have no right to take it".

The group was informed that as a result of his efforts, eighteen decoits, including those who had very high price on their head, surrendered enblock to the saint.

The press reports and the photographs of the decoits surrendering their arms to the saint were also displayed. The decoits, who surrendered, were given pardon by the government.

Very lively discussion followed and Bhave's approach to the problem was very much appreciated.

Session 18. Dated: 12.4.1967

Dr. K. C. Bharti, M.S., F.C. N.-S., Chief Medical Officer of the institute, addressed the group. He had played the role of an observer in most of the sessions held so far. He started with a remark, "From your talk and behaviour during the sessions so far I am fully convinced that all of you are basically good and virtuous people. The only difficulty with you is that you have not been able to solve some of your problems! He then gave a few practical tips for maintaining good physical and mental health. At the end he said, "If you take care of your mental and physical health many of your emotional problem can be solved easily." There was not much discussion on these issues. A few clarification, of course, were sought.
Session 19. Dated: 12.4.1967

After tea a session for extempore speeches was arranged. The response was very good. Many of them wanted to speak and requested for time. This time they felt more free to express themselves. They talked about society and its corrupt practices. Some recited self composed poems and songs.

The discussion that followed was a probe to find ways and means to reform the society. Many suggestions were given but one that dominated was the faith in God. They said, "God will help us to find a way out".

Session 20. Dated: 13.4.1967

The investigator read a few paras from the sacred book of the Sikhs. The main theme was: "God made man in His own image". In the second half of this session sub-divisional Magistrate of Friskot, who was there as an observer, addressed the group. The learned Judge compared the law of man with the law of God. In the discussion, some group members objected to this sort of comparison. To them, 'Man is man and God is God', the two cannot be treated at par. This was discussed at length.


After tea, there was a film show. The films for the day were:

i) "Profitable Pastime" (Hindi)
ii) "Mosquito menace" (Hindi)
iii) "Facing Reality" (English)

The running commentary was provided by the investigator.

The discussion on the displayed films was initiated as usual.
Session 22. Dated: 14.4.1957

In this session, the guest speaker was Mr. Avtar Singh, an inmate of the institute. In view of his good conduct and general progress the authorities were treating him as a better class prisoner. There was no observer in this session. This was done intentionally. It was hoped that the subjects will talk more freely to a fellow convict when the officials of the institute are not present. No formal speech was made. Instead the guest asked certain questions about their life in the institute and the difficulties which they have to face. The topic of discussion ranged from favouritism to homosexuality and malpractices in the institute. There were heated discussion on these issues and the investigator had to intervene quite often to calm down the group.

Session 23. Dated: 14.4.1967

After tea-break, the group again met and the investigator read some portions from the Punjabi translation of Aurison's (1955) book entitled "How to get what you desire". In this book there are quite a few practical suggestion for leading good life and for solving the daily problems in a matter of fact manner. The reading was very much appreciated. At the request of the subjects even the discussion time was devoted to reading of the book. At the close of the session one of our subject expressed his desire to borrow the book. His request was readily accepted. Later we learnt that this boy used to read the book to his friends in their spare time.
Session 24. Dated: 15.4.1967

The speaker for this session was Mr. G. S. Grewal, deputy superintendent of the institute. He gave a few very useful practical tips to the subjects to make their stay in the institute happy and fruitful. He also gave a few suggestions about what they could do after their release from the institute. He provided data to show how profitable it was to grow vegetables on a small piece of land.

At the time of discussion some members expressed a keen desire to learn more about agriculture and poultry farming.

Session 25. Dated: 15.4.1967

In this session, the members were asked to evaluate the work done during the week. The procedure was the same as followed in 13th session.

Dated: 16.4.1967 (Sunday)

No formal session was held. The investigator met some members of the group in the afternoon.

Session 26. Dated: 17.4.1967

This session was addressed by Mr. B. S. Gill, F.C.S., retired Inspector of Schools. He was of the view that those who commit crime do so because they fail to understand the situation. He emphasized that proper education and facilities for vocational guidance, and recreational activities will go a long way in solving the problems of the youth.
At the time of discussion subjects asked a few searching questions about new trends in education. One of the very interesting question was: "How 'Basic Education' helps in solving the emotional problems of the child".

The discussion was free and lively.

**Session 27. Date: 17.4.1967**

The following films were displayed:

1) "Choose Your Career" (Hindi)
2) "Fitness First" (Hindi)
3) "Youth Activities" (Hindi)
4) "Good Manners - II" (Hindi)

As usual group discussion was initiated by the investigator.

**Session 28. Date: 18.4.1967**

"Say what You Feel".

For this session we moved to the lawn outside the school building. No observers were invited. The group had the freedom to bring forth and discuss any problem of significance to them.

They talked about sex problems, crimes they had committed, their grudges against the court of law etc. Confessions were frank, bold, and without any sense of guilt.

Controlling the session was a great problem since many would start talking all at once. However, in the interest of free expression much of it was permitted. The investigator intervened only when there was real need for it.

**Session 29. Dated: 18.4.1967**

In this session, the investigator read the Panjabi versions of some hymns from the Holy Bible, the Holy Koran, the Holi Adi
Garanth and Buddha's sayings.

The main objective in giving these readings was to show that none of the religions has ever approved of violence or the use of force in getting justice. "Justice is that what is given, not demanded." "Forgiveness comes to him, who forgives". "Life is divine and the human being has no right to take it, since he can't give it". "The ways of nature are strange, its action slow; but sure and unmistakable"! "Come unto me, all ye that labour and are heavy laden, and I will give you rest".

The group was visibly moved and bowed in reverence as the readings proceeded.

**session 30. Dated: 19.4.1967**

The speaker in this session was the local Police Chief and the theme of his discourse was: 'Hate the sin and not the sinner'. He justified the action of the law against the offenders. He also defended the trial procedures followed in the law courts and felt that under the given circumstances it was the best course.

Most of our subjects did not agree with the speaker and they freely expressed their views against some of his observations.

**session 31. Dated: 19.4.1967**

Following films were selected for this occasion:

1) "Literacy for progress" (Hindi)
ii) "Way of Life" (Hindi)
iii) "Wonders of work" (Hindi)
iv) "Under a Mango Tree" (Punjab). It was repeated at the request of the group members.

As usual the discussion was initiated by the investigator.


Each group member was given time to express his views about the programme. All of them expressed satisfaction with the programme and requested to extend its duration. Some of the observers also recorded their remarks. They were happy with the programme and also gave some suggestions for further improvement.

Superintendent of the institute was the chief guest.

In his valedictory remarks he expressed his deep appreciation of the whole programme and thanked the investigator, guest speakers, and the observers for their participation in the programme.

The investigator also thanked the participants, guest speakers, observers, and the officials of the institute for their help and co-operation.

Tea party was arranged by the officials of the institute.