Vocational Trainings:

Computer Training: To bridge the digital divide and to enhance chances of getting jobs after release. Computer training aims to motivate inmates to become empowered and skilled. It also builds their confidence & self-esteem.

Stitching & Tailoring: This training program equips inmates with cutting and tailoring skills: skilled inmates are thus empowered to earn a respectful life on their release and start their small business shop; skilled inmates powered with industry recognized course certificate enhances the scope of seeking employment.

Beauty and Hair dressing: This program aids inmates to get trained in beauty and hair care. Industry recognized certification course helps them in seeking out employment opportunities post-release.

Activities with Collaborations

Life Skill Sessions & Workshops for male inmates: Periodic workshops conducted to create awareness and educate the inmates on issues like Substance abuse, Peer pressure, Anger management, inability to deal with life’s challenges and Depression etc.

For female inmates: thematic workshops address issues of concern like Gender Inequality / Gender discrimination / Reproductive Health / Domestic Violence / Dowry Menace etc.

Sports Activities

Sports activities are organized to tap unlimited energy of inmates which not only helps the participant unleash their hidden potential but also teaches everyone the team spirit.

Health Care

India Vision Foundation in collaboration with voluntary organizations/ health institutes organizes various medical check-ups for both male and female inmates along with their children to facilitate appropriate treatment to those who need it.

Therapies

To engage prison inmates constructively and help them relieve stress and channelise their energies positively.

Art: Painting as therapy enhance their talent as well as provides a route of self-expression: expansion life skills like – concentration, expressive, positivity, improved self-esteem and confidence.

Music: Music is known to have therapeutic impact. Music, vocal and instrumental, is used to address physical, emotional, cognitive, and social needs of a group or individual.

Dance: Through this activity, the focus is on channelising energies of the inmates and in few cases provide DANCE as an option for those who need it.

To develop essential skills of reading, writing and number solving by encouraging inmates to become functionally literate and motivating them to need in NGO, or IGNOU courses.

The Inside Prison Project has benefited over 31,000 inmates

3 S Model of Reformation

This holistic model encompasses the components of:

- Shiksha: Education
- Sanskar: Value Education
- Skill: Training & Development

Shiksha: Education

To promote Mental, Physical and spiritual well being of the prison inmates.

Sanskar: Value Education

Counseling & Psychological Sessions: Individual group counselling sessions conducted to impart coping and behavior modification skills. These sessions include: personality development topics like self-esteem building, expressive communication, time management, relationship anger management, self-reflection and new ways of thinking and behaving. Ability to handle stress and anxiety to maximize their empowerment.

Skill: Training & Development

To inculcate a sense of morality, self-satisfaction and skills for lifelong learning for a righteous life after their release from prison.

E library: Tablets were provided to bridge the digital gap so that the inmates can remain updated with the latest events and read inspirational books & watch videos. E library was indeed a very innovative approach to help the inmates avail the digital medium of reading through tablets and connect with the outside world through books, newspapers etc. E library also ensures mental well being & knowledge enhancement.

Adult Literacy: Skills of basic literacy and numeracy to beneficiaries who have had no educational background so they can read and write and use that learning to study and acquire more knowledge or to help them find jobs once they are outside prison.

Capacity Building For Restoration And Reintegration

Hausala – Reintegration

A journey of courage “Hausala”, first re-integration initiative that enables the released inmates to put their life in prison behind themselves and embark on a journey that recognises their talent and self-respect.

To develop essential skills of reading, writing and number solving by encouraging inmates to become functionally literate and motivating them to need in NGO, or IGNOU courses.

Building, expressive communication, time management, personality development topics like self-esteem building, expressive communication, time management, relationship anger management, self-reflection and new ways of thinking and behaving. Ability to handle stress and anxiety to maximize their empowerment.

From religious festivals, national days, birthdays to annual events, India Vision Foundation takes every opportunity to celebrate all occasions that keep our beneficiaries engaged and happy.

350 ranks have been trained under this programme. In order to sensitize prison administration and to spread reformation activities in prisons foundation introduced Training programme of prison officials in 2015 - 2016. Till date, more than 200 prison officials across different files and ranks have been trained under this programme.

India Vision Foundation is an NGO started in 1994 under the guidance and mentorship of Dr. Kiran Bedi.

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