

CELL NO. 14

B.A HONOURS



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CELL NO. 14



**A RESEARCH REPORT SUBMITTED
TO KINNAIRD COLLEGE FOR
WOMEN IN FULFILLMENT OF THE
REQUIREMENTS FOR THE DEGREE
OF**

**BACHELOR OF
ART IN
MEDIA STUDIES**

By

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**RESEARCH REPORT APPROVAL
KINNAIRD COLLEGE FOR WOMEN**



Date: 17th May 2023

**I hereby recommend that the report prepared under my
supervision by**

Name of Candidate: SAJJAL JAMIL

Registration No: F19BAMS045

Entitled

**Title: "CELL NO. 14"
be accepted in partial fulfillment of the requirements for the degree
of**

**BACHELOR OF ART (BA
Hons)IN
MEDIA STUDIES**

**In Charge of Research
Report**

Recommendation concurred in

1. _____
2. _____
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Head of Department

RESEARCH COMPLETION CERTIFICATE

It is certified that Ms. Sajjal Jamil of B.A. Honors (session 2019- 2023), Department of Media Studies has carried out this work entitled “Cell No.14” which is a short film, under my supervision.

It is assured that this thesis project is original and sufficient in terms of scope and quality of degree.

“All the changes suggested by examiners during defense are incorporated in this final copy.”

Signature of Supervisor

Dated: 12 June ‘23

Ms. Sadia Safir Tarar

Lecturer



Signature of HOD

Dated: 12 June ‘23

Dr. Kiran Karamat



ANTI-PLAGIARISM DECLARATION

This final year project of the batch 2019-2023 is presented in partial fulfillment of the Requirement for Bachelor in Media Studies.

I declare that this project entitled “Cell No.14” is the result of our own field work. It is assured that this work, as a whole or in part, is not presented elsewhere for assessment. Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 4%. If this statement is untrue, and I am found guilty of plagiarism, the punitive actions against us should be taken as per Kinnaird Anti-Plagiarism Policy.

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“Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life.”

-Amy Poehler

ABSTRACT

This research aims to examine the effects of childhood neglect on children's development and long-term outcomes. This study also examines the effects of growing up in confined spaces on children's psychological and emotional well-being. It will investigate how being ignored during the early years and how living in small, cramped spaces with limited opportunities for movement and play affects children's development, behavior, and long-term outcomes. It will portray real life effects through fiction such as children's emotional, social, cognitive, and physical development. This research hopes, that through the piece of art, it would be able to achieve to convey the message to the masses. It aims to highlight the importance of mental health of children at a young age. The portrayal of this research will contribute to a greater understanding of the importance of early childhood experiences in shaping children's behaviours and highlight the need for support of healthy developmental environment.

Keywords: isolation, mental health, prison, parents, child, incarnated.

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CHAPTER 1

INTRODUCTION

Women are blessed with the miracle of birthing another life. With this blessed event of life, they are also given a responsibility. Children born into unusual circumstances have different responses to stimuli in comparison to the children born in a healthy environment. The developmental age of children is up till 6-8. To the said age, they develop major responsive sense and are quick to learn according to their environment. Living in an isolated and tense environment, children develop unusual responses and become prone to sensitivity. They also have the tendency to develop PTSD (Post-Traumatic Stress Disorder) and Autophobia which is fear of being alone even amidst of people. PTSD is a mental health condition that can affect kids who have experienced something very distressing and cause various mental illness along with sleep troubling, anxiety and others.

They become sensitive to loud noises, bright lights such as direct sunlight. Furthermore, their tendency to develop the trust level on other human being is comparatively low than the normal children. It is hard to develop relationship for them as they have been on their own for so long.

Moreover, children for example who live in confined spaces are more reserved and unaware of the outer world. For example, the children who grow up in prison with their incarcerated mothers are unknown to the outer world and they also lack the basic necessities. The rights they can't have while in prison, they could have them while living in the real world.

1.1 One Liner

Children behind bars is a short film portraying struggles of a child adapting to a normal environment after coming out of jail.

1.2 Basic Idea

The aim of this project was to use the medium of film to portray the struggles of a child that is normal for everyone except him. The basic idea around which the film revolves was to show a kid who has spent around 7 to 8 years in jail with his mother. He is then released out of the jail after his mother passes away. When he comes into the free world, he is adopted by a foster family which do not have any children before him. Using imagery, symbolism, and props this film tried to portray

that how the normality of the world would felt alien to him. The kid, Zain, has never stepped out of the prison vicinity all his life. He is not used to the smell, sound, clothes, and any other aspect of life a normal child is used to. In a set amount of time, the story tried to sketch the development of a bond between the foster parents and boy through different activities. The protagonist of the film learned new things and deal with his past altogether. Throughout the story he walked through a remarkable journey leaving an impact on its viewers. Nonetheless, the hauntings of his time in jail comes back to him from time to time. Towards the end, he eventually learns to grow and embrace it. The project incorporated the unsaid truth about children who live with their incarcerated mothers and are treated as a threat by the society for the crime they did not commit.

1.3 Need of the Project

Even in today's world, this researcher believes that children are still vulnerable to the negligence. Psychological issues are hard to pinpoint in adults and are much harder to identify in children, as they are unable to communicate their emotions and feelings accurately. This project aimed to help in identifying the triggers, differences in behavior and responses of child towards different settings of life. The idea was conceived so that it becomes easier to understand them. It is important to know that one can suffer from consequential responses no matter of what age they are. The child should not be allowed to stay as they are or in the bad space they belong, just because of the little number of their age. In 2020, a report stated that 19,000 children are living with their primary caregivers (usually mothers) in prison. After Covid-19 it became much more important and visible to the common people to learn about isolation and its effects. This story line focused on connecting with the audience on the topic that is barely touched until now. It is also needed to not make the child accountable for the action their parent has done.

1.4 Scope

This short film aimed to reach audience of different ages. Mothers, young adults, and unconventional parents who would be able to relate themselves to the plot of the film. Its objective was to serve as a handbook for unconventional parenting and aimed to serve as a validation for parents who are suffering along with their children. An unvoiced topic such as woman imprisonment was discussed. This short film approached an untouchable ground, using a user-

friendly medium and incorporating right depiction of emotions. Families can also connect with it because of its emotions and heartbreak. This story talks about emotions such as sadness, isolation, hypersensitivity from which no child deserves to go through.

This film highlighted the importance of the necessities of a child should have and how a different environment can impact the psyche of children. From this film, the audience are able to differentiate between the children in a free environment and the children who grow up in confined environment.

1.5 Clarity of Topic

After a thorough research, this project was able to capture the right meaning of this topic. With the appropriate references available in the similar medium, researcher had an already established setting and tone for the film. A film, *The Room* (2015), talked about a child who was born in confinement and raised inside four walls, it didn't have a storyline of prison involved but it talked about the similar aftereffects of confinement in child. *Harmoni* (2010) is a Hong Kong movie which focuses more on women rather than the child living inside the prison, but it does highlight the depressing, violent, tense, and abusive environment of the prison. A documentary named *Jail Moms: Women Raising Children In Prison* (2020) is available on the YouTube Channel named *Real Stories*, it documents the story of a group of pregnant inmates at the Indiana Women's Prison, in the US, which runs a unique scheme allowing some prisoners to keep their children on the 'babywing'.

Through these references this project got the clarity of the line of work it needed to apply.

CHAPTER 2

LITERATURE REVIEW

Domzalska et al (2022) in his research paper have conducted tests of the children of incarcerated parents. The researcher mainly talked about the three categories between the three groups of subjects: first the prisoners' children, second is the children from complete families with dysfunctions, and third category belongs to the children from families without dysfunctions. According to the results of this article, Prisoners' children have a higher level of emotional and behavioral problems than all of the categories. A similar level of problem behavior in the family, a similar level of resiliency statistically significant differences were found only in a few categories of emotional and behavioral problems. Parental incarceration proved to be an additional factor increasing the level of behavioral and emotional problems in children and adolescents particularly in the girls whose fathers were imprisoned.

Gupta and Gaurha (2021) highlights the problems faced by pregnant women prisoners belong to different cultures in article titled "Women Prisoners and Child Birth in Prison". The prison system of India is reformatory, not punitive due to it being welfare state. The prison environment is uneasy, unhygienic, and crumbling for any incarcerated woman. Pregnant women feel much more significant changes and struggles due to their condition. The women become vulnerable which automatically has an effect on their unborn. A basic necessity such as water becomes unavailable to the prisoners of Tiruchirapalli Women Prison. Just as women is at risk of sexual abuse in a free world, inmates including pregnant women have a risk of falling to sexual abuse. Although there are several laws catering to the special needs of pregnant prisoners, it becomes obsolete in practical life. Children in jails are referred as "orphans of justice". Children can either stay with their mothers in prison up until the age of 6, or they can live with the other parent upon availability, or they have option of foster care. Majority of the times information of the kids who are given away becomes missing, and only the ones staying with mothers in prison stay in the system (Sukhrmani and Gupta, 2020). Children going inside of prison are exposed to society's hazards at a delicate age. They receive threats and belong to an impoverished household

which becomes a determinable factor of their personality. The change of places leave the children unsettled. In these condition the children have the tendency to become violent and aggressive or show withdrawal behavior in prison.

Jouvenal (2018) talks about incarcerated women, and their children born inside the prison in the article “Rasing Babies Behind Bars”. Through a special program in prison of Illinois, women prisoners, who were selected through a certain criteria. Several advocates stand in favour of the programs and claim that it allows mothers to form a bond with children which creates healthier environment for kids. However, many detractors say prison is not a suitable place for children to grow up. The place to grow up the kids is segregated from the rest of prison. The incarcerated mothers are not handcuffed as it can create a negative impact on the child’s perception, but they are closely watched by a set of cameras placed about the cribs and other parts of the room. The number of convicted women have increased more than 700 percent between 1980 and 2016. According to the study in 2018 Nearly 1.7 million children had a parent behind bars.

Bhandari (2016) writes about the situation of children in prison of India in the article named “Women Prisoners and their Dependent Children: a study of Jaipur and Jodhpur Central Jails in Rajasthan”. 60 mothers were surveyed who were prisoners in Central Jails of Jodhpur and Jaipur. There is a significant risk of children growing up inside prisons to get involved in criminal activities in the future. The number of female convicts is rising in India along with other countries. The children inside jails are suffering for some crime they did not commit. They are forced to stay because they were born to a criminal mother, and did not have anyone else to take care. Although there are legal provisions available, yet fundamental needs are not available to the mothers to raise their children. While the environment of prison seemed correctional rather than a punishment, the staff had a negative attitude. Due to the nature of convicts the upbringing of children in such environment is questionable. Every child is subjective to their surrounding and have different responses. Due to lack of attention and resources, there is no professional individual attention provided to children of prisoners. Thus, the development of childhood trauma, feeling of negligence, and being familiar to an abusive environment becomes inevitable for the children.

Sarri (2015) in their research paper tells that even male prisoners who are single parent are forced to bring their children with them when they are being put in prison. The stats were mention

and according to it, 44% of male do that. He also mentioned that if both parents are there in the life of child, if the father goes to prison, the mother takes care of the child living outside. But when a woman goes to jail, many people abandon her and she is forced to take the child with her to jail which risked the naïve young mind's whole life. The researcher also talked about the effects on children's mind when their mother or father get arrested, say that it can stay imprint on their brain throughout their lives.

(Poso et al., 2010) states a study that is being done in Finland. In the research paper, interview of two Finnish staff of the prison is conducted and it has been surprisingly revealed that they have very less knowledge about the incarnated kids living with their mother, suggesting that the kids have no contact with them or whatsoever, hence proved that they are being treated as criminals because of the judgments made by our society.

Christian (2009) states that the children whose parents lives behind bars have such strong affects that can be reverse even after they get out of the prison. According to the research paper, approximately 650,000 people are released from state and federal prisons annually and most of them not only suffer financially but emotionally. The children also get very much affected as it is difficult for them to interact with lost long parent because they are not used to see them in their daily live, they may also being reminded of the horrible past when their parent was separated from them. Moreover, there are children who are being brought out without knowing the whereabouts of their parents and when they get to meet them, they don't know how to react and what to do.

Hairston (2007) has talked about the relationship between the parent who is behind bars and their children living outside with their guardians which can be fosters home or shelters. In this regard, he conducted a survey in which many children recalls visiting their parents as quite challenging both emotionally and physically. At one time, they described that they feel like prisons themselves. These kind of deals and situation can also have a very distressing effects on the children knowing that their parent is a criminal and is in jail. Because the situation is quite stressful for them, the researcher say that some the caregivers of such kids don't tell about the whereabouts of their biological parents and throughout their live they remain disconnected with them.

Alejos (2005) in the research paper pointed out that how incarnated children can be protected. The researcher argued that neither it is right to separate a child from his/her mother nor it is justified to put the children along with their mother in jail. Through his work, he tried to create

awareness and tells that there should be rights for such children who live in such a hostile state. He also comes up with different strategies and encouraged the readers to promote the cause.

Gould and Payne (2004) highlight the health needs of children residing in the prison in his work named "Health needs of children in prison". Boys are held in their designated juvenile units, whereas girls are held in adult women's prisons of England and Wales. Children require special attention, as they are a group of needy and vulnerable people. Instead of devoting proper studies over of children, only assumptions are made regarding their health. There are higher levels of mental illnesses in the children of prison in comparison to children living in normal environment. Health needs of children are not being fulfilled despite of the necessary orders in the Prison Service Order. There are children on the spectrum requiring distinct set of attention by caretakers and other staff inside. Basic and fundamental health need are a mandatory part of emotional, physical and cognitive growth amongst the children. It is vital to diagnose any persistent behavioral aspects to get it monitored and cured in time, if possible. Despite of being offenders and criminals, children still require basic health care, shelter, and a restorative environment where they can learn and grow to be better citizens.

Dimond and Misch (2002) talks about the effects of prison on the children living inside of prison in the article named "Psychiatric morbidity in children remanded to prison custody - a pilot study". Due to the environment and living people who have committed crimes many children suffer from personality disorder and crisis throughout their lives. There is a combination of emotional and behavioural disorders seen amongst the children behind bars. The children, sometimes, are also "looked after" by different families outside of prison. Lack of consistency with regard to shelter leads to high prevalence of conduct disorder in children in prison. Every subject varied to one and another and showed a series of disorders such as Depressive Disorder, Personality Disorder, Conduct Disorder. The amounts of such disorders found in children were alarming and concerning. Lack of resources inside the prison make it difficult for the children to develop a healthy personality. Being exposed to such negative behaviors, children develop impulsereactions to situations.

According to Parke and Clarke-Stewart (2002), incarceration is a dynamic process that takes place over time rather than a single, discrete event. Details including the short-term effects of the arrest and separation of the child from the parent, the impact of the parent's absence from

the child during the incarceration period, and the effects, both positive and negative, a reunion after the incarceration period must all be considered separately in order to understand the impact of the incarceration process on children. The paper states that it is also crucial to consider, whether the child is living with the parent at the time of incarceration, whether a single-parent or two-parent household is involved, and which parent is incarcerated if there are two parents in the home. They point out that only a small minority of kids have a father who is their sole carer, most kids live with a single mother before their parent is locked up. Therefore, it is more likely that children will experience separation from their mother than their father when a parent is incarcerated.

Muwanika (n.d) said that the largest population of children born and raised by mothers while serving punishments in Luzira prison. It is estimated in the research that the prisons in Uganda have 161 children taken care of by Family of Africa project a project initiated to care for the children born and raised in prison, of which 43 children (28% of the children) are in Luzira prison. When a woman gets imprisoned, their husbands often abandoned them. When they release, they have no place to live or whatsoever. As a result, some of the women who gets released, “left their children behind”. Such children become hopeless due to the nature of life that they live, they never experience life wholesomely. Therefore, there is need to carryout research so as to bridge the gap to ensure a wholesome life of such children born and raised in prisons focusing on Luzira prison in Uganda.

CHAPTER 3

SIGNIFICANCE

The purpose of this project was to portray a story in such a way that a diverse set of audience is impacted. Effects on the mental health of children are often neglected, as children are of age that is presumed to be unable to comprehend the effects of the situation they are in. However, this is not the case. Especially, in a third-world country like Pakistan, society neglects the children, and they are more likely to suffer. Children are silent observers, and they silently absorb maximum information regarding the event or situation they are in. This short film hoped to be able to communicate the significance of determinable years of children, which are 2-6 years. In our country, women's imprisonment is something that is not discussed along with the children who are raised and born to incarcerated mothers. The topic also lies under the umbrella of taboo topics, which makes it important to talk about. According to a research, stats states that more than 60% of the female prisoner population have children, and 3% of them have children living with them (Ali and Shah, 2011).

Mother is the primary caretaker of a child. A child is directly affected by the mental and physical health of their mother. The significance of the work was to highlight the unmentioned elements of the mother and child relationship. The project aimed to be able to communicate the cruciality of young age and how it can make fatal changes in the personality of the child. With the help of imagery and symbolism, this story took full advantage of this the medium of film. With the right music, setting, and vulnerability of the characters will help the project stand out and prove its importance. In a limited amount of time, the storyline was able to have the right amount of suspense and drama. This short-film aimed to amplify the significance of the topic by grabbing the attention of the viewers. It is high time the society learns the importance of teaching and providing healthy spaces for children to grow up. Children of today, determine the future of the society and this world, and in order to make sure that it is assigned to the right people, people need to put in more effort.

The storyline depicted through a medium, which is considered entertaining, storyteller was able to negate the innate negligence towards children's struggles. There was a definite significance in communicating emotional points, behavioral changes, responses, and unvoiced struggles of children through this preferred medium.

CHAPTER 4

SCRIPT

Characters:

Zain – Child Lead

Zeenat – Incarcerated mother

Jail Guard

Foster Father

Foster Mother

SCENE 1

INT - MONTAGE

Montage of static shots Singular swing, swinging slightly, Dew on leaves dropping, Empty park, Birds in sky

SCENE 2

INT – JAIL SEQUENCE

Zain and mother laying down on the ground, guard coming to wake them up with the stick, zain trying to get closer to her mother but failing due to the emotional unavailability of the mother.

CONT

Zain brushing his teeth in the mother, Zeenat comes and look at her reflection in the mirror,suddenly she starts to cough and spit some blood.

EXT

Guard will direct Zeenat towards another cell, Zeenat will stop at little sunshine coming from the doors, guard will direct her back to the path.

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SCENE 3

INT – JAIL SEQUENCE, MONTAGE, ZEENAT DYING

Zeenat will be sitting at the table playing around with the food she has in front of her, Zain will still try to gain attention of his mother but fail. He will whisper a small.

“Amma”

After failing in getting her attention, he will hold his egg and take a bite from it, he will put it back and yolk will slide out. He will get up and move away from the table

CONT

A montage of him playing with the environment of jail, multiple shots at different places will be shot, static shots of a *roshandaan* to intimate death of Zeenat, Zain moving towards the cell and finding the dead body of mother, he will lay beside in sadness and hurt.

EXT

After the closing their cell gate, Zain will step out of the jail for the first time and will look at the sky in front of him.

SCENE 4

INT – SOCIAL SERVICE OFFICE

When Zain looks up to the sky in prison it will do a shift to the inward shot at the building. Social worker is holding a file with one hand and Zain's hand with other. Father will step out of the car and come to Zain, to which he will shy away behind social worker. Father will lean down and offer his hand to Zain. Social worker will nudge Zain to take father's hand. They both walk away hand in hand.

CONT

Zain is looking out of the car to the moving trees, moving roads, people, and other things on the road. Father will be in the background looking at Zain once in a while. Shot of Zain be taken both from outside and inside of the car.

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Car will come to a halt in front of the house. Father will come to open zain's side of door. Zain will come out and would stumble, father will immediately hold him. He will then close the door behind him which will make him flinch a little bit.

Father will put hand on the shoulder of zain.

SCENE 5

CONT – INSIDE HOUSE, ROOM

Car door will open showing the face of Zain and father. They both will enter the house. Father will move further in the house where as Zain stays put at the entrance. He will suddenly hear sound of birds. He will look to his side only to find a cage with birds inside. He will look inside of the cage with wonderment and smile.

Father will call out his name

“ao mein apko apka ghar dikhaon”

Zain will look up to his father and will follow him.

Dark room will be illuminated by the lights or father will stand at the door of the room. He will signal Zain to come to which he will hesitantly come inside the room. He will look around, looking at the walls, toys placed at one side.

“Aap hath dho le, phr hum khana khaatay hein”

Zain looks back and nod.

CONT

He will then move to the washroom.

He will find things placed at the side of the sink such as hand wash and shampoo. He will pick up handwash bottle look at it strangely and then put it back. He will try to turn on the tap (which he isn't familiar to) the pressure would be so hard that his clothes will get wet along with his face.

He will come to the table with wet clothes and face. Mother or father will take a tissue out and wipe of his face. He will give a slight smile.

SCENE 6

INT – DINNER TABLE

They will have spaghetti placed in front of them. Zain will look at the fork placed beside his. He will put his finger at the pointy end. He would try to eat spaghetti but it would keep falling. Father will hold his hand, dunk the fork back into the spaghetti role it around and then let him eat. While eating he will get some of the sauce on his nose, which will make the whole family smile and laugh a little. He will have glass of water and juice in front of him. Father will open up juice and insert straw from it and give it to him. he will hold it and look at it from different angles. He will suck in and have juice in his mouth which will open his eyes, wide. Father and mother will both smile at this.

SCENE 7

INT – ROOM

Static shots of details of Zain's room. Father will help zain climb up the bed. He will tuck him in, caress his hair a bit and then leave the room. Zain will try to force sleep, but would fail. He will toss and turn and then get up. He will get up placing his feet on the ground. he will wander around the rooms a little bit, looking at the walls.

He will then eye beneath the bed. He would finally get up. Take his pillow, throw it at the floor, take the sheet and then finally lay and peacefully sleep.

Fade out

SCENE 8

INT – TIMELINE

Fade in

Zain is moving around the house, looking at the fan moving, playing with the walls. He will then find some colours and books on the table he will look at it

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He will open the book sit down and then look at the colour pencils, he will smell them, and then make a line on the paper. He will then understand their purpose and try to colour. His colours would be messy and not symmetrical at all.

Father will come and sit down, take colours out of his hand and show him how they are supposed to be done.

This will be shot in multiple costumes.

Father and Zain will brush their teeth together, father Toothpaste and toothbrush scene.

Father will teach him to ride bicycle

Father and mother will go to Park with him and play with him

They will high give in the end at the completion of drawing. Zain will lean in to father and he will kiss his head.

SCENE 9

INT – FINAL CLOSING SEQUENCE

Zain is looking out of the window, imitating how he was in the prison. Father will come and stand beside him. They both will look at each other and then step out of the door together.

END CREDITS

CHAPTER 5

AUDIO VISUAL BOARD

Scene	Shot Lengths	Visual	Audio/Music	Duration
Establishing shot	<ul style="list-style-type: none"> - Wide Shots - Close-ups - Extreme wide shots 	Location: Jail Wide frames Singular swing, swinging slightly Dew on leaves dropping Empty park Birds in sky A zoom in or tracking shot of cells // a tracking shot of a single cell A shot of <i>roshan daan</i> (scene shifts to introduction of mother and child)	Serene instrumental music	45 sec
Introduction of Mother and Child	<ul style="list-style-type: none"> - Close ups - Tracking - Medium shots - OTS - POV shots 	Close up of hand in hand, feet overlapped. Close of footsteps of guard proceeding towards the cell and then stopping in front of it. Over the shoulder shot of guard opening the lock. Camera angle shift to face front of cell being opened and showing the face of the guard. The camera then track the guard walking towards the child and mother.	Slow background	20 seconds
First interaction of guard and protagonist	<ul style="list-style-type: none"> - Tracking - Close-up - Medium Shots - Long shots 	The Guard will step inside, she will strike her stick to the ground and to the feet of mother. This will be the close up shot. Lights get into the eyes of the child which forces him to wake up. Mother on his side also moves and tries to sit up but the chains come into the way.	Intense music, and sound of metal clinking, gate opening	35 seconds

		<p>Camera would shift to the people talking in the respective frames.</p> <p>Zeenat's hair are messed up. A close up shot of her face covered with hair will be shown. An over the shoulder shot will be taken for the waking up of both characters. Zeenat will look lifeless and uninterested in the events around her. Zain will come closer to her and raise his hand to the skin of Zeenat's hands. Zeenat will shrug off his hand. He will try again to touch her, and she will shrug off more aggressively. Zain will then cower away and move back.</p>		
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CELL NO. 14

<p>Mirror Scene, teeth brush and coughing of blood</p>	<ul style="list-style-type: none"> - Static shots - Medium shot 	<p>Zain will brush his teeth in a dirty mirror. This will be shot from over the shoulder and his reflection will be shown. She slowly walks towards the mirror with an unreadable expression. The reflection of zain will now have Zeenat in frame. After rinsing his mouth he will see his mother coming in the frame and he will move aside.</p> <p>Zeenat will stare at her reflection. She looks pale and fragile. Her fingers will trace her features. It will stop at the dark circles of her eyes. Suddenly she will start coughing uncontrollably. She will hold onto sink and as she coughs. As the attack settles a bit, she will spit in the sink which will have little traces of blood in it.</p>	<p>Somber music, sound of Zeenat coughing</p>	<p>25 second</p>
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<p>Breakfast, montage of Zain playing, Zeenat dying.</p>	<ul style="list-style-type: none"> - Static Shots - Close-ups - Medium Shots - Long shots - Extreme Long Shots - Tracking 	<p>Guard will move Zeenat from her cell towards the dining table. Zeenat will stop in front of rays of sunshine trying to take in the warmth. Guard will strike her slightly to bring her back to life and then drag her to the room. The scene will start from putting and setting the utensils on the small table. A small table setup will be placed in the hallway, beside window. Table will have a dirty cloth and some old metal plates. It will have <i>geela daliya</i> and a boiled egg on the side. Zeenat will be shown stirring her spoon in a disgusting looking food while knocking her feet back and forth. Zain will have his face put on his elbows staring at this mother. He will look out of the window and then again to this mother.</p> <p>He will whisper a small “amma” and then would open his mouth to say something but won’t. He will then pick up his egg take a small bite. He will put a bitten egg back on the table and the yolk of the egg will be shown spreading out.</p> <p>The scene will end with chair getting dragged against the floor, zain getting up and then running away in a playful mood.</p> <p>Cont</p> <p>He will be shown running around, playing with dust, sitting down, making sounds, standing on his toes to look out of the window.</p>	<p>Hopeless instrumental music</p>	<p>1.5 minutes</p>
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		<p>While he starring out of the window he will hear a thump and then noises.</p> <p>He will slowly start walking towards the noises. Fragile and worried. This will be the complete side, front and, back tracking of the kid's body.</p> <p>He will stop in front of the cell, the camera will shift to his face. He will be shown peeking inside the cell. His eyes will slowly widen and he will run to the body laying in front.</p> <p>Camera will shift to the back when he will be kneeled down in front of the body bag (we can cover body with some <i>chaddar</i>. He will kneel down in disbelieve</p> <p>The scene will fade out with Zain bowing down on his knees, with one of his hand on the body.</p> <p>Cont</p> <p>Camera will track zain coming out of the jail for the first time and looking at the sky. Camera will focus on the sky Zain will be staring for the first time.</p>	Eerie music will play here	
<p>Giving away zain to foster family, Looking the world around him</p>	<ul style="list-style-type: none"> - Static shots - Long shots - POV shots 	<p>A shift of skies will be shown to make the continuity.</p> <p>Zain and a social worker will be standing in front of the office. This scene will be the introduction of Zain's foster family. Social worker will give away Zain to a new family. Father will direct his hand towards Zain which will make him hide</p>	<p>Slow instrumental music</p> <p>Music builds up in the end</p>	15 seconds

		<p>behind the social worker. Father will crouch down to look at him from an eye level. He will give a slight smile to zain and will slowly offer his hand to Zain. Zain reluctantly takes his hand and go with him.</p> <p>He will be shown sitting in the car and looking around the world for the first time. He will be showing mixed emotions of amazement, happiness, and confusion.</p>		
Entering the House	<ul style="list-style-type: none"> - Extreme long shot - Long shot - Medium shots 	<p>Car will come to a halt in front the house. Full length shot of the car stopping will be taken. Father comes out and open the door for zain to come out. This will be medium shot. When the door opens, Zain looks at the floor he gets startled and looks at father confusingly. Zain will come out and would get disbalanced. Father will hold him so that he doesn't fall. He will close the car door behind zain which will make him jump a little. The scene will be shot a side angle and medium shot. The scene will start from a shot from inside the house, camera will be focused on the door through which of the three will enter the home.</p>	Slow and calm music	8 seconds
Inside the house	<ul style="list-style-type: none"> - Close-ups - Tracking - Worm-angle shot - Static 	<p>When they enter the new house, zain will look around, again flabbergasted. Father will move ahead out of his habit. Zain will stay back standing still at the door. He will hear the sound of birds which</p>	<p>Slow and calm music</p> <p>Father: <i>Zain ao mein tumhein</i></p>	1 minute

	<ul style="list-style-type: none"> - Medium shots 	<p>will take his attention. He will move towards the cage and look at the birds. Camera will track his eye movement. Father, will then, call out his name which would make his jump a little. Father will direct him towards the stairs. Since he has never climbed the stairs and is not familiar with it, he will face difficulty going upstairs. Father will help him and hold him from one side. They both will shown going upstairs.</p> <p>Room will get illuminated by the light. Zain will look around the room taking in the environment of the room. His eye will shift to the corner which would be decorated with different bright coloured toys. He will excitedly run towards them as it will be the first time of him seeing something like this. Father will leave the room saying that zain should go downstairs for dinner after few minutes.</p>	<p><i>tumhara kamra dikhaon.</i></p> <p>Father: <i>Zain, hath dho lou, phr khana bhi khaana hai</i></p>	
Washing hands, and having dinner	<ul style="list-style-type: none"> - Static shots - Medium shots - Extreme-closeups - Long shots 	<p>He will go to washroom to wash hands as he has been told by his father. He will look at the products sitting on the vanity. He will hold the objects and try to find their purpose. He will look at the tap which is of new style. He would try to figure out the working of tap. While</p>	<p>Serence, slow muisic</p>	<p>2 minutes</p>

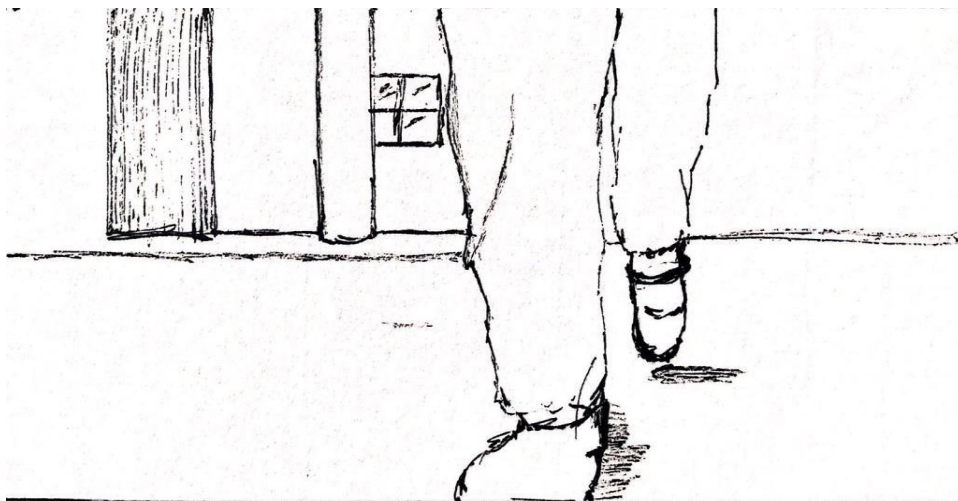
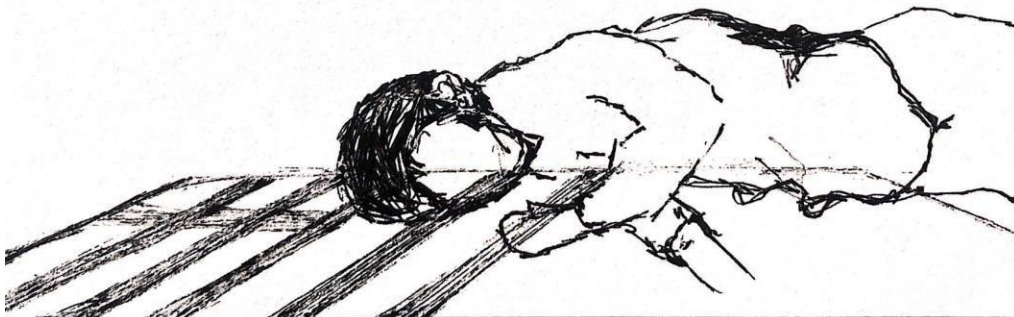
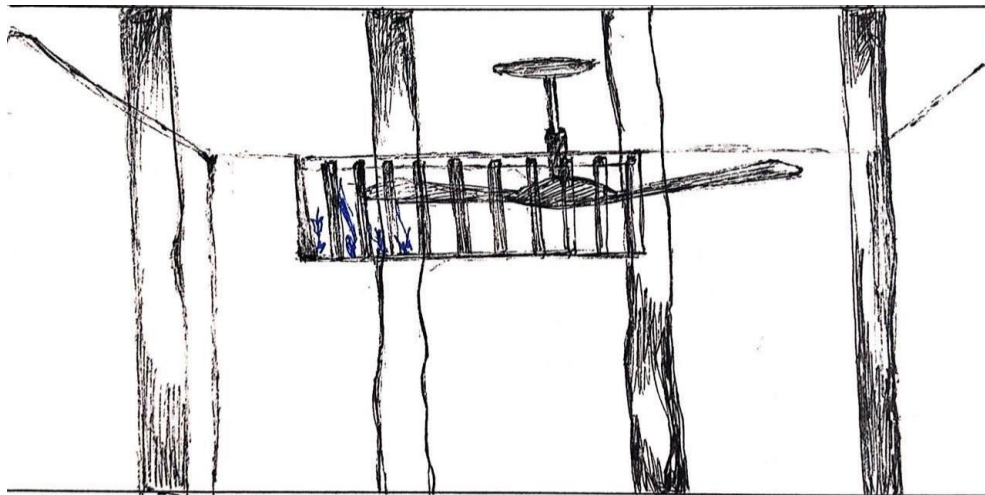
	<ul style="list-style-type: none"> - Bird's eye view - Medium shots 	<p>trying to open the tap, water will fall directly on his clothes. This will show his struggle with newness of life.</p> <p>After getting his clothes wet, scene will shift to dinner table where mother and father will be sitting already having food. They will smile at Zain after looking at his wet clothes. Mother will clean his face and direct him to sit down. He will take his seat and look at the food in front of him. When father will see Zain struggling with food, he will come forward and help Zain with food and juice sitting beside.</p> <p>This scene will change into static shots of room. It will then show a medium shot of Zain laying on the bed, while father tucks him in the blanket. Father will move out of the frame. Zain will be unsettled on bed, he will keep changing side looking uneasy. He will get up and look around the room. He will then find a slot on the floor. He will grab the pillow and blanket and throw it on floor. He will then settle and drift off to sleep.</p>		
<p>New day, walking around the house, Timeline starts</p>	<ul style="list-style-type: none"> - Static shots - Time lapses - Medium shots - Close ups - Extreme long shots 	<p>A timelapse of sunrise will show the shift in time. Zain will be shown stepping down the stairs the next day. He will look around the paintings and wall hangings. Touching them and watching them intensely. He will look around the surroundings, taking in the environment of the house. Touching at the door knob,</p>	<p>Build-Up Hopeful music Instrumental music</p>	<p>3 minutes</p>

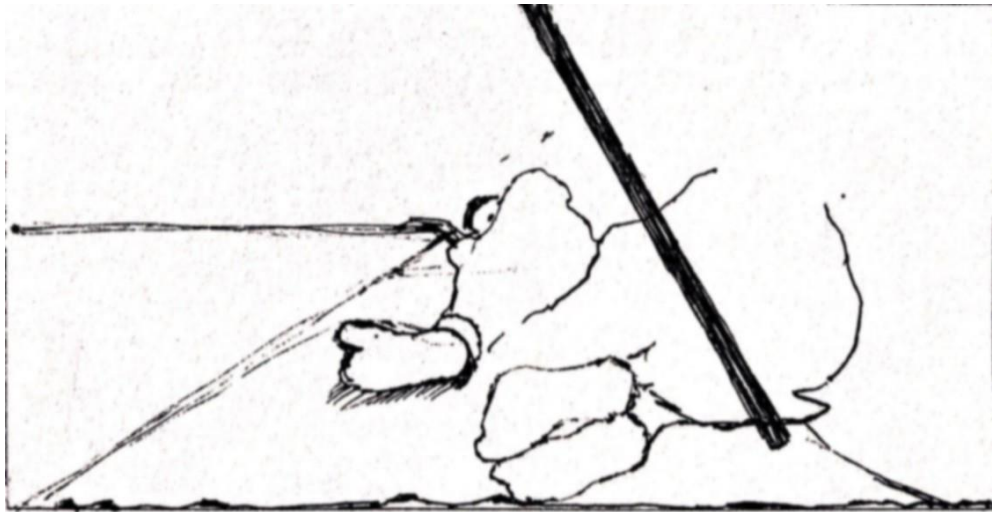
		<p>touching sofa set, and other things present in the environment of the house.</p> <p>*start of timeline*</p> <p>This part of movie will be a montage of zain adapting to the new life he has been given. With camera techniques such as time lapse of slow shutter speed Zain will be shown adapting to the new life. He will find colouring book on the table with colour pencils on the side. Camera will show him picking up and trying to figure out the use and purpose. Father will then appear in the frame and help in throughout the process. Montage will proceed with father helping him in drawing. Him colouring outside of lines in the start and slowly and gradually learning how to colour. This timeline will have change of costumes for both child and father to show the passage of time. Father will be shown helping him throughout different activities of life, tying laces, brushing teeth, playing in the park, playing with toys.</p> <p>All of these collection of shots will be compiled under a single montage. This timeline will show the progression of Zain's character, how from knowing nothing and being unfamiliar with his environment to learning and being at ease at his home. It will develop the relationship between father and son.</p>		
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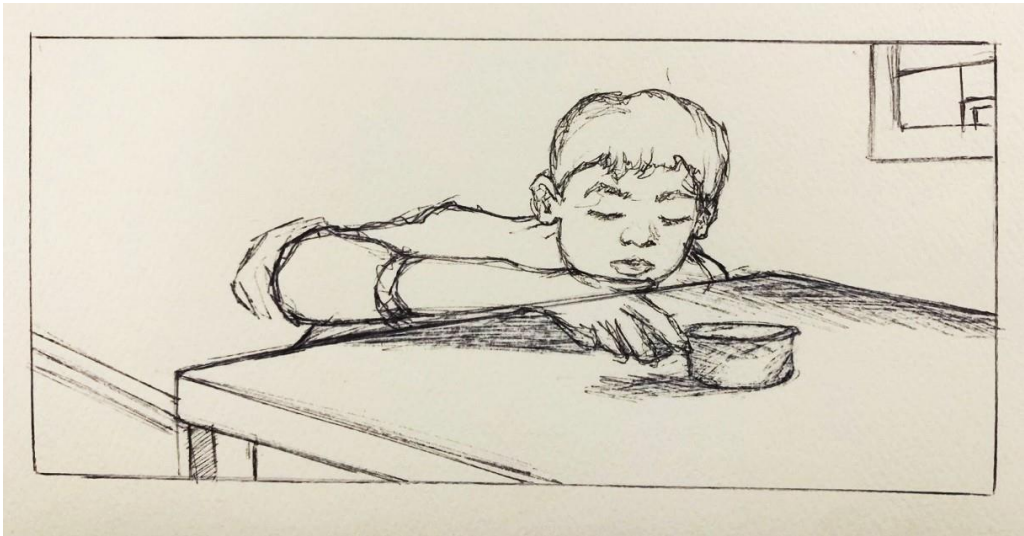
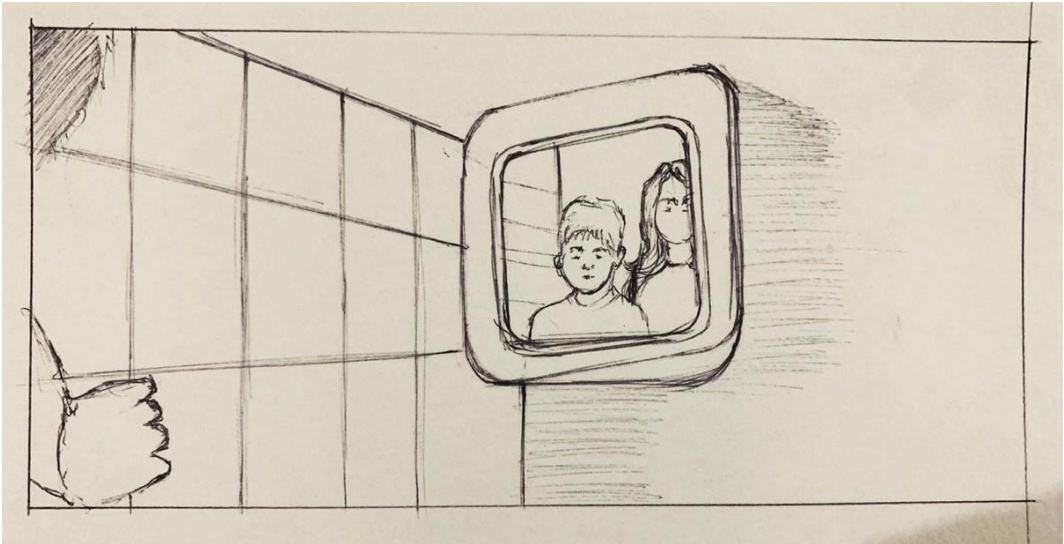
		<p>This timeline will play with varied shots to create a contrasting effect.</p> <p>This timeline will be the turning point, and essence of the whole plot.</p>		
Final shots	<ul style="list-style-type: none"> - Medium shots - Tracking - Cloe-ups 	<p>Colours which were rough in the start of the montage will turn neat in the end.</p> <p>This will show the peaceful and mature state of Zain's mind. The completion of colours will show the content state of emotions of Zain's mind. The last shot will be of father and son sharing a peaceful moment together. Zain will willingly accept his love. He will be close, comfortable, and happy with his father.</p> <p>This will be the result of father's attention and devotion to his child. After going through traumatic experiences, he is finally at peace with his life.</p>	Conclusive music	30 seconds

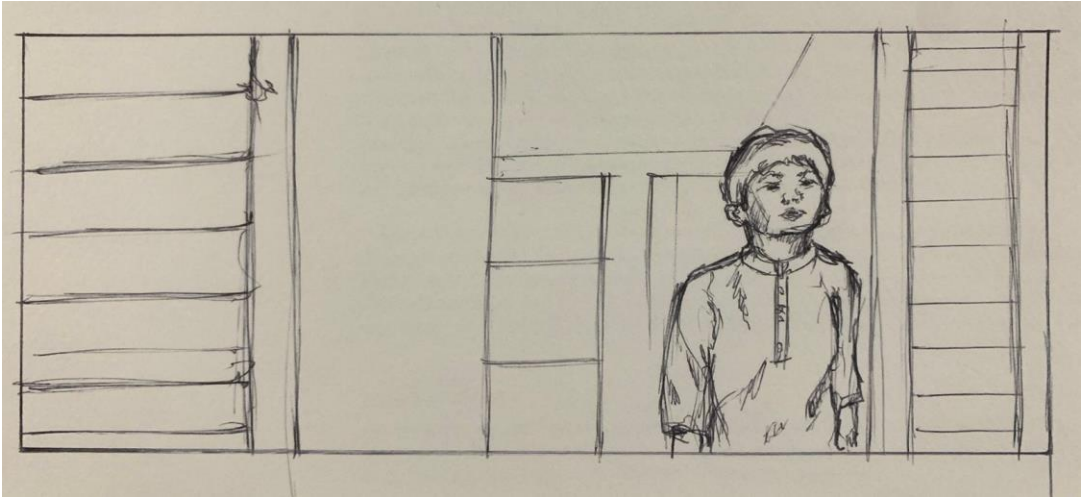
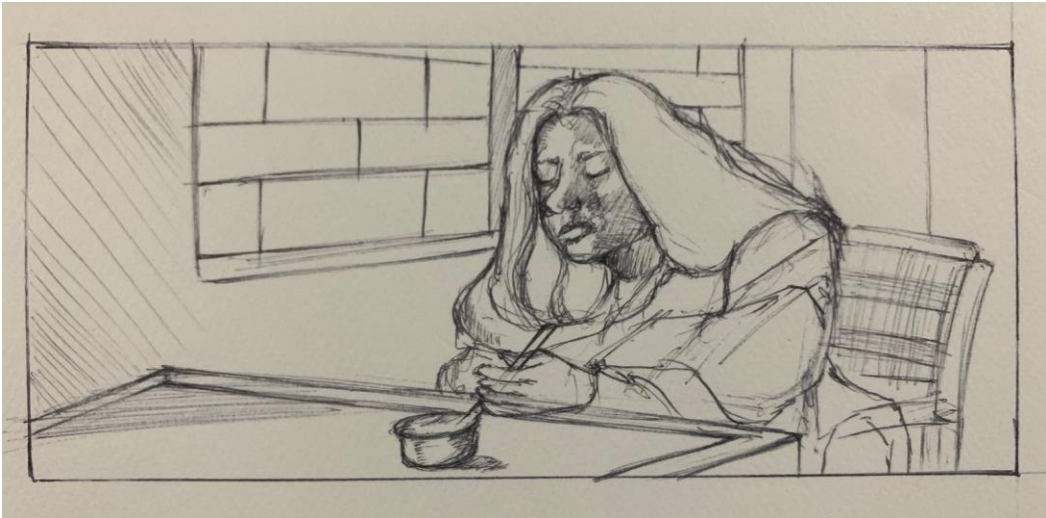
CHAPTER 6

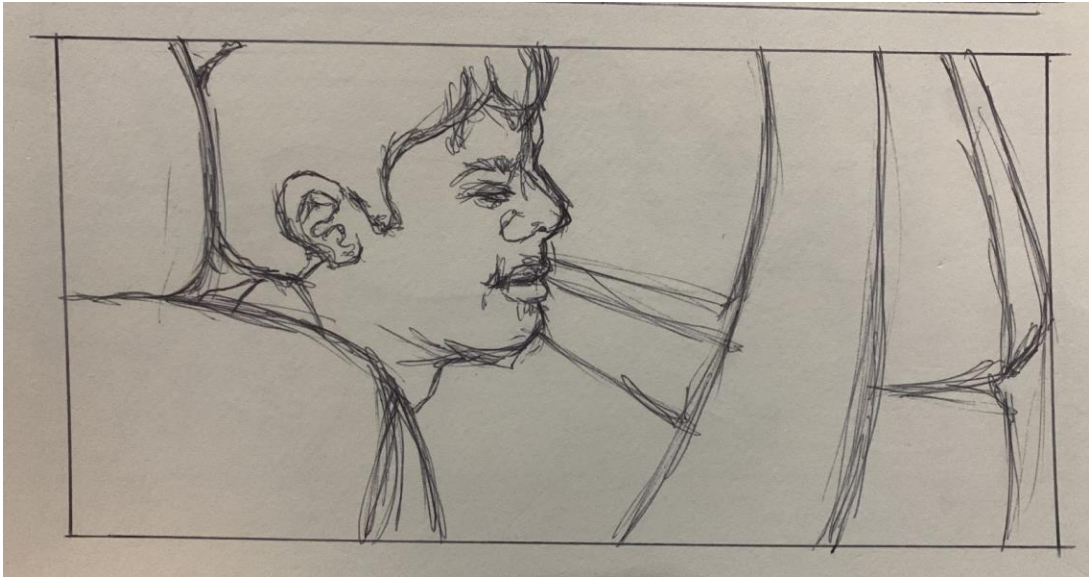
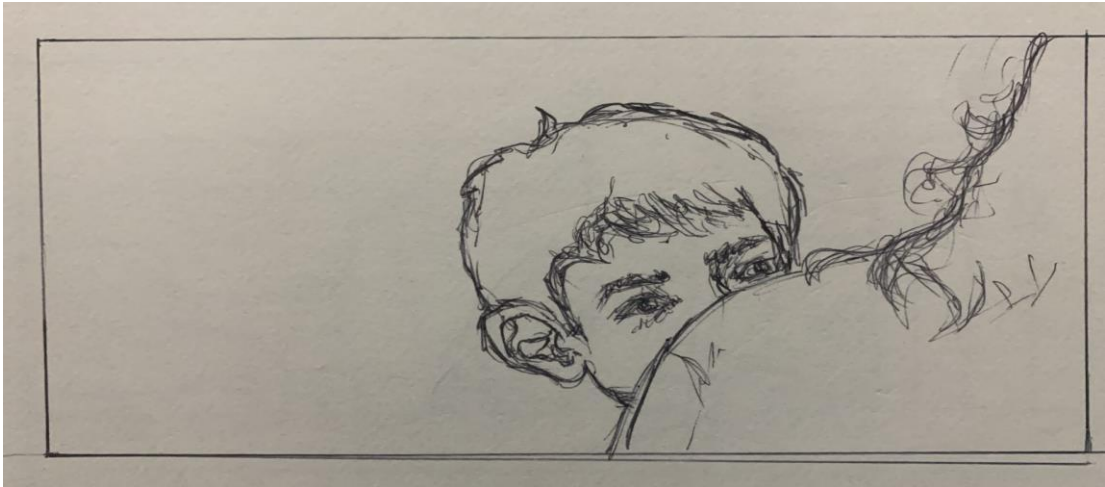
STORYBOARDS

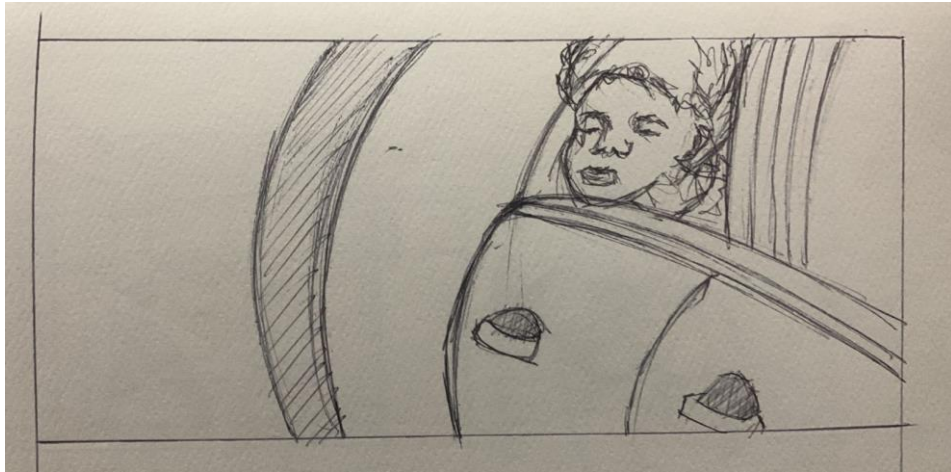


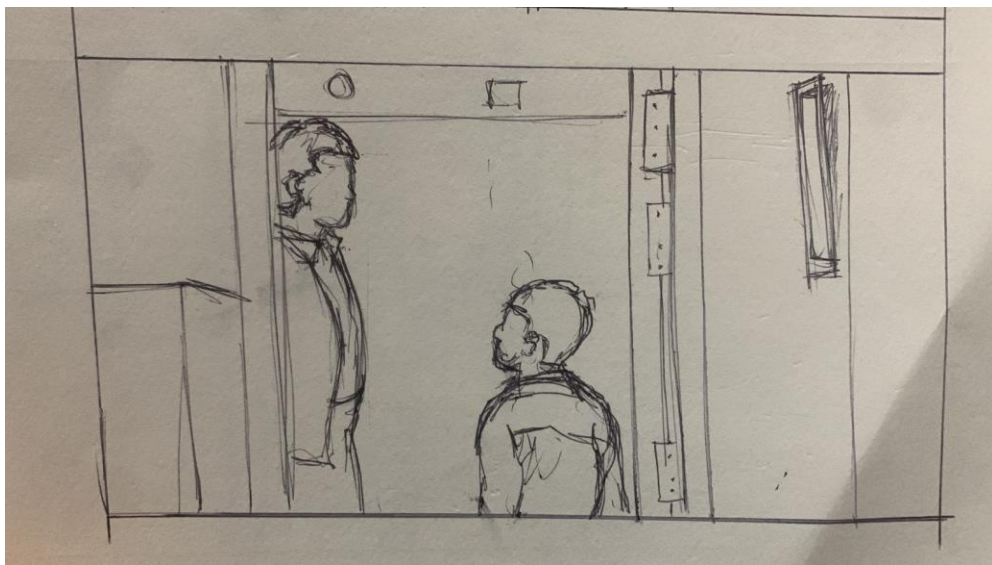
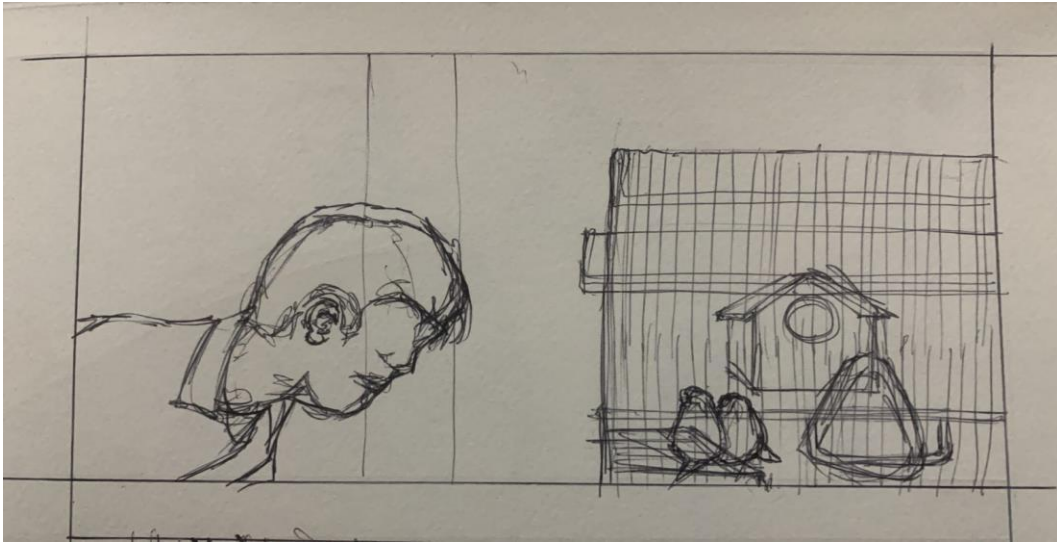


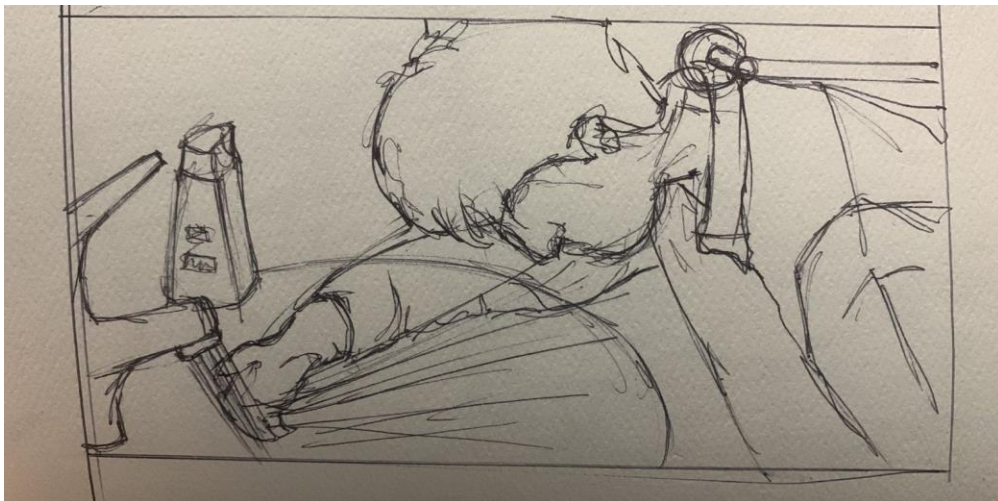
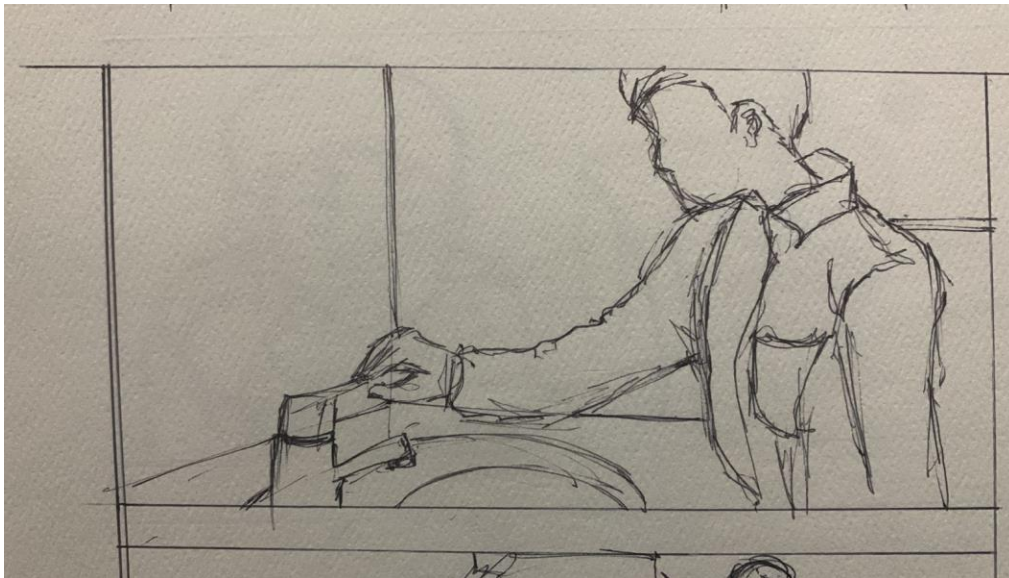
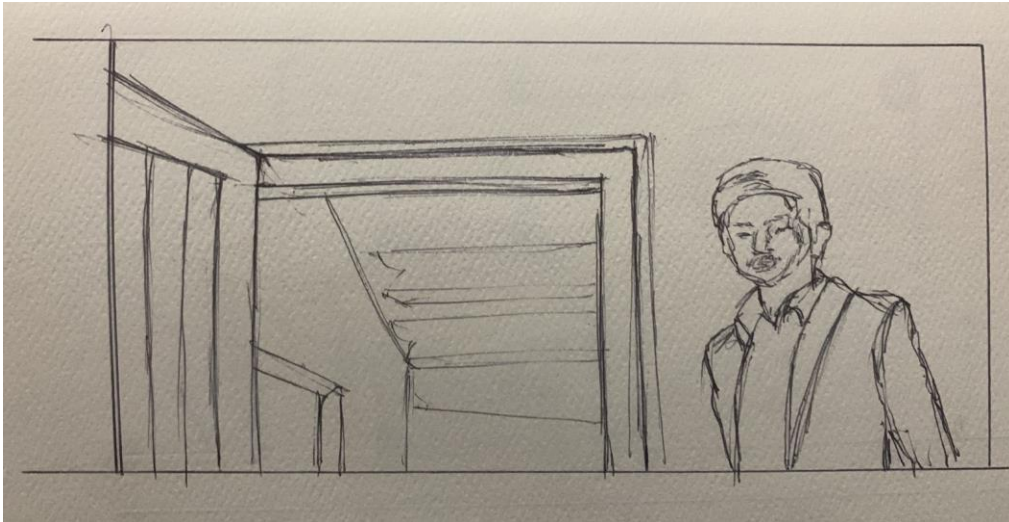


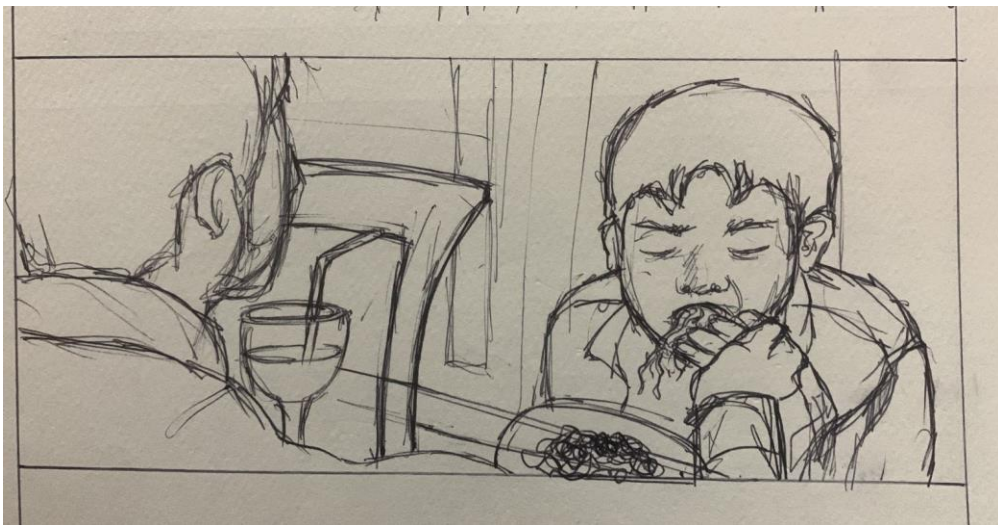
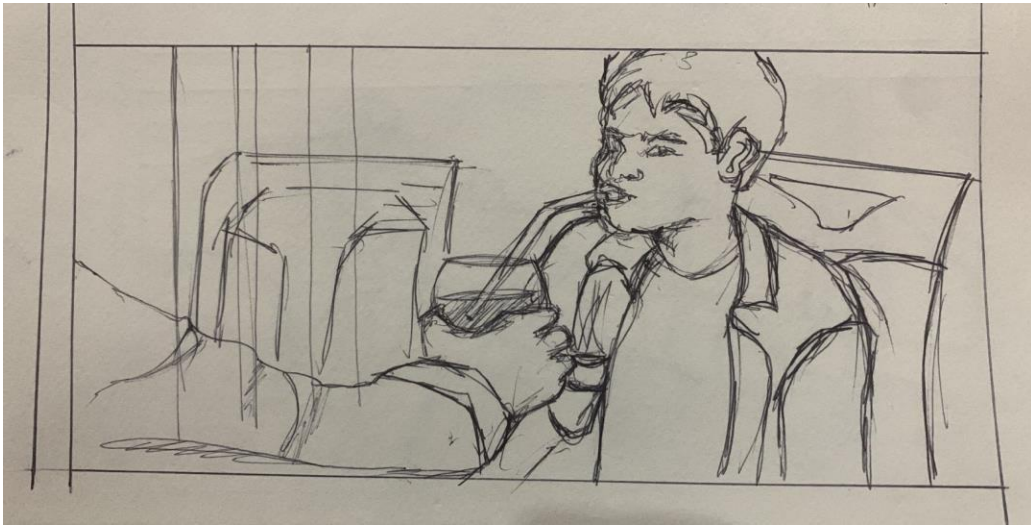


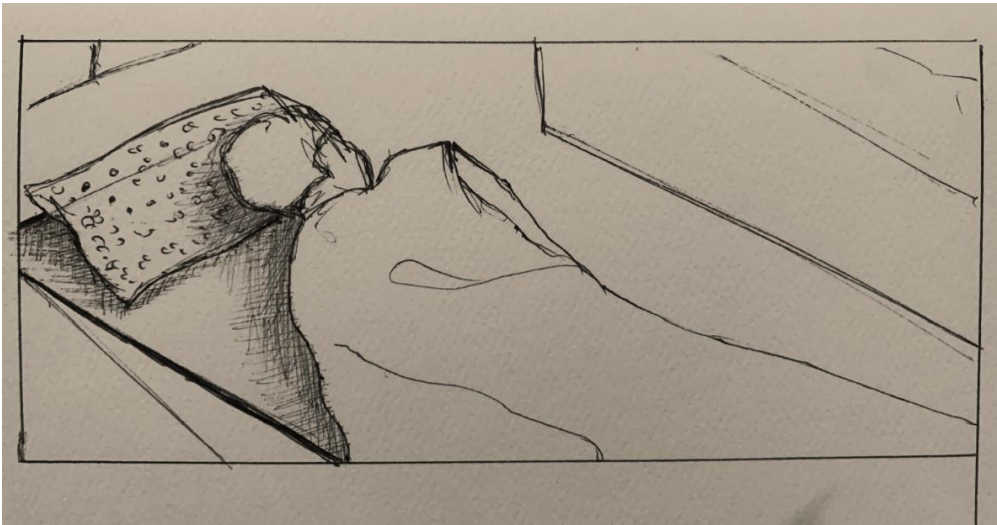


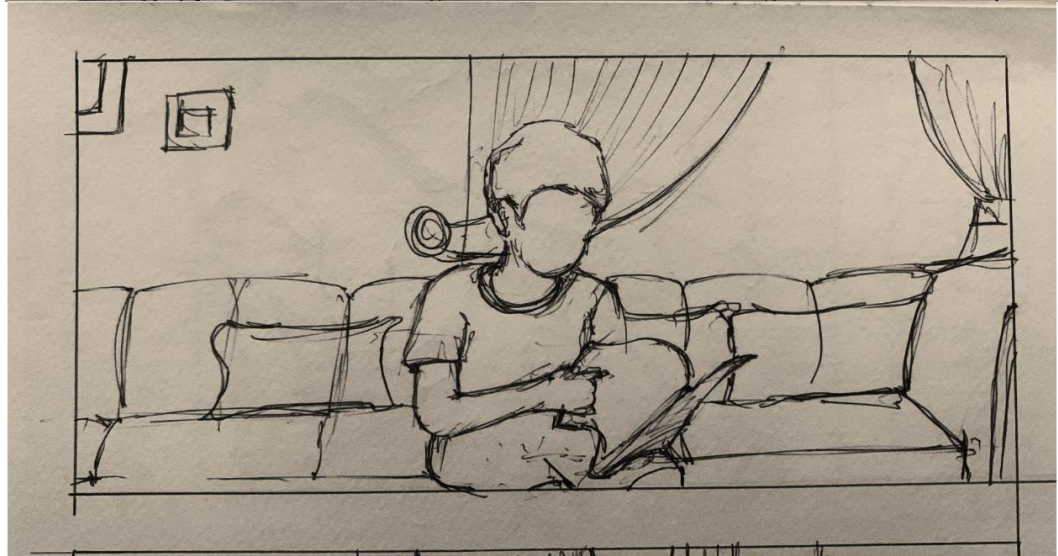


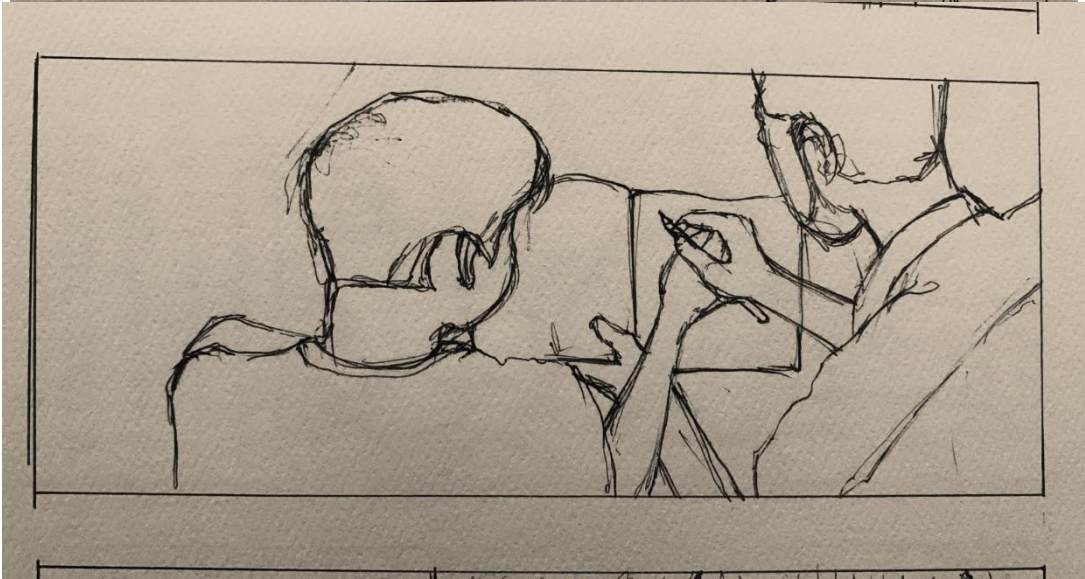
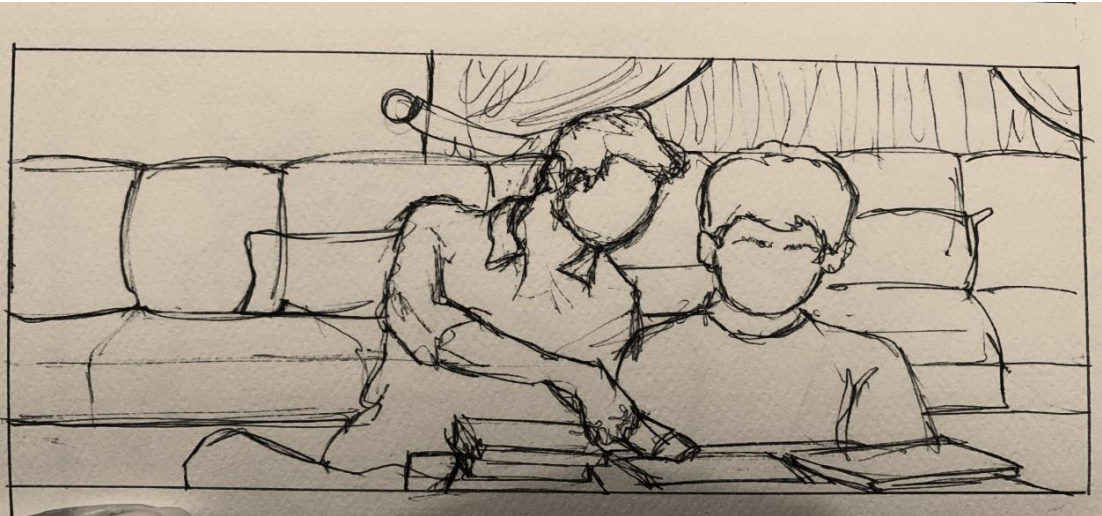


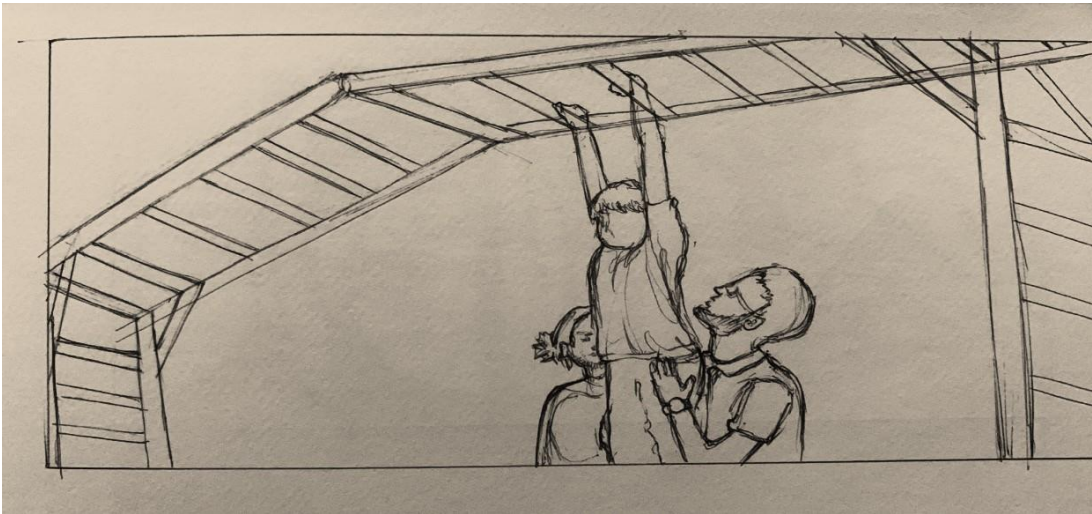




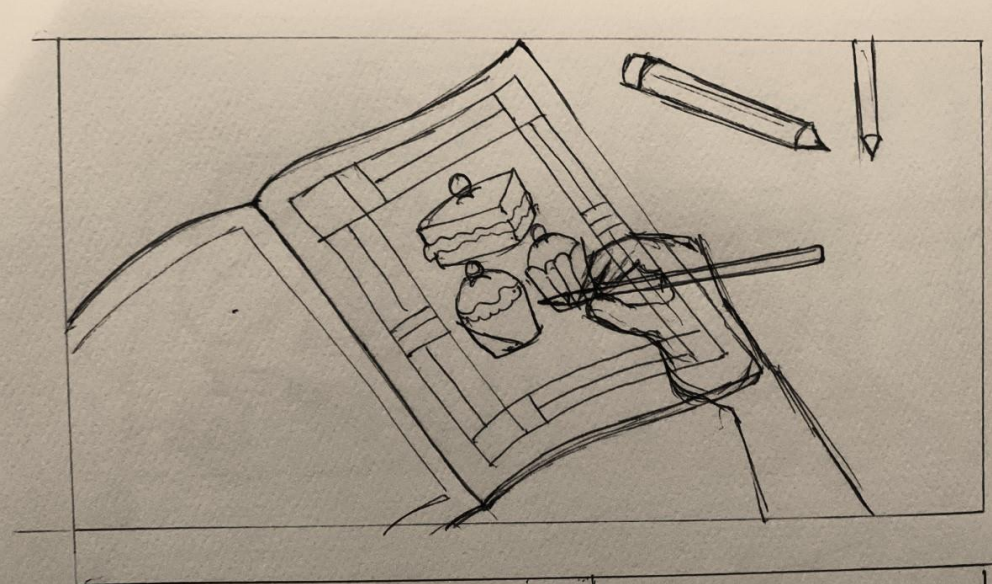












CHAPTER 7

TECHNICAL METHODOLOGY

7.1 Approach

The researcher came across films that fully conveyed the idea and intention without uttering any word. Films like *A Quiet Place* (2018), and *The Artist* (2011) succeeds to depict the intensity of the story without any significant dialogues. It used the right music, set on an appropriate frame to depict the exact idea of the scene. This short film was made on the similar approach. It was majorly a silent film, and only had couple dialogues at certain points. It included elaborate combinations of imagery and symbolism which directed the viewers towards the point of view of the protagonist. The facial expressions, and body language was a fundamental part of communication in this project. Movie further put emphasis on the reactions of the protagonists and his way of adaptation to the “normal” world was the definition of the story.

7.2 Genre

The genre of this short film was Drama/Thriller. It had a definitive story line to produce required drama in the given time. The nature of the film, being open to interpretation, created suspense and thrill for the audience. The next step of the protagonist was always left on the edge to make his moves highly anticipated, as he was not familiar with his surroundings. This allowed the audience, along with the development of character, to cover a journey of self-learning. Through the setting of film, the audience will be hooked to predicting the next development.

7.3 Clustering of Idea/Brainstorming

Before developing the idea, the creator had watched a good amount of movies of the similar genre that was chosen to work on. *Room* (2015) was one of the initial influential movies. Writers then had to develop a story which addressed an unsaid or unidentified issue. Hence, came forward the idea of children being born and raised in prison with their incarcerated parent. To flourish the story and establish characters and plot, creators went for deeper research over the topic. The researcher were able to find and watch some documentaries on YouTube which directed them to clarity of the topic. An idea which was once clustered in our imagination, soon enough started to form visuals.

7.4 Objectives

Following were the objectives of this project:

- To show the determinable factors involved in the personality development of child
- To show the effect of unconventional relationship between mothers and their children
- To portray how child adapts differently to the situation present in front of them
- To highlight the effects of negligence towards children
- To create a contemporary story-telling approach through the medium of film
- To evaluate and study the psychology of a traumatised child and how the negative effects can curtail or increase in their future.

7.5 Target Audience, Demographics and Psychographics

The target audience for this film is not highly specific. On the basis, of the set approach, it will be able to attract a significant number of young adults (18-25). However, the researcher cannot specify the audience to that age group. The project and the story line possess an emotional tone. It is directly connected to the relationship of child with his significant relationships, including birth mother and foster family. Young parents were able to relate themselves to these emotions.

The topic this film discusses is about unsaid feelings of a child. The story itself had an impact on the emotions of its viewers. Movies are a medium which are said to be a source of entertainment with cathartic elements embedded. Movie will be presented from such a point of view that people will be watch it through their own interpretation. This means that the psychographic segmentation was also not specifically designed. The project required to reach a mass audience by involving appropriate characteristics in the movie which caters a distinct set of audiences. This movie was also not targeted towards an audience of particular religion, or race, or class. Nonetheless the emotional elements of the film hoped to attract a high number of females, including young moms, and people who are struggling in silence.

7.6 Shots/Camera Angles

Whenever a movie, short film, documentary, or montages are compiled they include a set of different shots and camera angles. Like many opening shots, this short film will also begin from Establishing Shot which will set the mood. Further on Long Shots, High-Angle, Over the Shoulder, and Medium-Close shots were used to introduce the characters and the first location. After the

narrative is built and backstory has set, movie proceeded to Close-Up, Extreme Close-Up, and Point of View shots to portray the child's, who was the protagonist, adapting to the new world. This also had combination of Extreme Long Shots and Long Shots to capture full location and set the new setting. Due to the silent nature of the film, framing and camera angles played a huge role in depiction of the story. Frames were a character itself in this story. To maintain a captivating flow, contrasts of camera angles were used. Camera technique such a time lapse using slow shutter speed was also used to portray the passage of time.

7.7 Location

There were two major locations which were a fundamental part of the story line. The first one was the Prison cell where the opening sequence was shot. It hinted to the backstory of the character which helped the viewers to get familiarised with the character. There were two separate rooms inside the Prison, one is the holding cell and the other one is an outdoor setting. After the introduction the rest of the movie in the setting of a Prison, movie continues inside of a normal House where the child start a new life. Within the location there were distinct directions for set designs. Set designs were necessary to create different moods for different scenes to show the contradictory nature of events within the life of protagonist. There were small sequences of outdoor location, such as parks and gardens where the protagonist will be shown living in an outdoor world for first time.

7.8 Equipment

Equipment	Description	Quantity
Camera	Sony a6400	2
	Sony a7iii	1
Lenses	Sony 16-50, 5.6 OSS	1
	Sigma 35mm, 1.4 DG DN	1
	Sigma 30mm. 1.4	1
	Sigma 16mm, 1.4	1
Lights	Soft Box	1
	SL-60	1

	Light Gels (Blue, Yellow, Grey)	4
	Light Diffuser	1
Tripod	Gimble	1
	With Fluid-Head	1
	Hand-Held	1
Microphone/Sound Recorder	Rhode	1

7.9 Lighting

Lighting is one of the most important elements of filmmaking. It has the power to visually communicate the emotions portrayed in the respective scene. This project deals with emotions like Sadness, Fear, Confusion. To set these moods, editors and directors have planned to use Blue, Grey, and Warm lights. This required a combination of natural and artificial lights. While the essence of the scene was captured on set, editor brings out the depth in post-production. There were couple of rented lights which were used during the shoots. On the other hand, suitable time of the day was chosen to capture the natural light which will depict the mood for the scene. Whole film was shot in S-long picture profile, which cancels out all the extra colours and gives an extra room to the editor to edit according to the demand.

7.10 Treatment

This project aimed to set a definite tone for this project. A tone that showed the vulnerability of the character. Through the Blue and Grey colour tones, the scene depicted the sadness and confusion felt by the character. Different camera angles helped in defining the story. Point of View shots will establish the child's perspective of the world to the viewers. People were able to see the surroundings from a fresh set of eyes. Consequences of negative environment were subtly hinted through every action and emotion. Through this set perspective, the story was able to aware the society about a need of a healthy environment to raise children.

The setting and use of imagery created a strong impact on the viewer. Every scene had appropriate music to amplify the visuals. This project portrayed child's struggles through a dramatized version of a fictional story.

7.11 Pre-Production Coordination

The pre-production is the utmost important part of any film. It is phase in which a filmmaker decides the storyline of the film, its execution and finance matters. Before the shoot of this film, the maker pretty much laid out the things right in front of them in order to avoid any hassle.

- Scripting, visioning and budgeting

The first thing done in this phase was some research regarding Post Traumatic Stress Disorder (PTSD) and the condition of incarcerated children who live behind the bars. Filmmaker visualized the scenes then went on further to start working on our script. She worked on it for almost four months

and finalized it before a month of shoot which took place in March. Furthermore, an excel sheet was prepared before the shoot into which a presumed budget was added. A rough draft of script was made along with a rough sketching of frames.

- Reece of the locations and finalization of lock-up

In the month of February, filmmaker started contacting police stations for them to allow to shoot in a lock up. After much effort, she finally managed to get the permission from CCPO Lahore to shoot the jail scene in one their lock ups located in Gari Shahu. In the second half of the month, she had meetings to find locations: a house, road locations and a park by keeping the nature of script nature in mind.

- Hiring of actors and DOP

After location recce, filmmaker called out auditions for the characters. First, she hired a Director of Photography for the time span of three days of shoot. The hunt to find actors also began in the second half of February. After couple of auditions and meetings, four actors were hired by the end of February.

- Buying of props

Almost a week before the shoot, team of the project made a list of props and went out to purchase the items. Few were first handedly bought, while others were either made at home or borrowed by friends and mutuals. For the jail scenes in the short film, the props were provided by the police staff itself which included chairs, police baton, police uniform stickers, handcuffs and others.

7.12 Production Coordination

This phase of the film is where shoot began. This short film was divided to be shot into two different parts. The challenging part of the shoot which took place in lockup held in the first week of March. The jail scenes were shot in a day However, the remaining part of the film which included the child's transition and adaptation towards the outside environment was shot in two days of March. The call time on both days were 9am to 10pm. Through the shooting, the maker had an efficient team including DOP, assistants' directors, and light persons to carry out the operations. Cast and crew created a comfortable and creative environment for all with lunch, tea, dinner breaks and ice breaking conversation and activities. Whole production team were well informed about their duties and had open channels of communication amongst them.

7.13 Post-Production Coordination

After shoot was done, editor sat and sorted out the scenes. A log sheet was made to keep the track of shots to be added in the film. The software used for editing was Adobe Premier. The first cut of the film was around 15 minutes which was then cut to 8-minute final cut. Once the shots were edited in one sequence, they were color graded according to the mood of the film. Once the render was completed, music director composed and chose the appropriate music for the film. This took a little over two weeks, as music itself was the creator. After the addition of music to the film, environmental sounds and dialogues were added to the complete final cut. The editing took after 1.5 months to reach its completion.

CHAPTER 8
BUDGET

Head of accounts	Quantity	Names/Description	In House	Out Source In PKR
Pre-Production				
Directors	2	Yashfeen Rehman Sajjal Jamil	Yes	
Producers	2	Yashfeen Rehman Sajjal Jamil	Yes	
Mobility	(Uber fares and petrol)	Location Recce Cast Meet Up		5000
Costumes	Required per number of scenes	Child's clothing Parent's clothing	Yes	
Production				
Equipment/Gadgets		Cameras, Microphones, Lights, Diffusers and other technical stuff	Yes	
Location	2	Prison and House	Yes	
Transportation	Uber fares and petrol)	Mobility for the cast and crew		8,000

Food		Food for cast and crew		4300
Talent	4	1 paid	3 In house	15,000
DOP	1	Hamza Ansari		20,000
Additional Crew	2-3	(People handling mic and light)	Yes	
Post-Production				
Editing	1	Yashfeen Rehman	Yes	
Voice Over	1		Yes	
DVD Cover	3	3 DVDs + DVD cover		300
Standeer	1	Flex + Stand		1500
Poster	3	2 Posters of Cover Art		500
Prints (Project Report and other documents)	3	Proposals, Project Reports, Binding		1000
Miscellaneous	All the additional and unanticipated expenses			4000
TOTAL				59,600

CHAPTER 9

CONCLUSION

In a world, where there are tons of other social issues that masses are already familiar with. This project went inside the depths of the condition of incarnated children living in world. These researcher emphasize on the young generation, on how they need to understand the mental health of a child is important and must be paid attention to. The ignorance they face by a society may lead to the unforeseen events.

In the world, there are many children across the world are out there who have suffered living inside of a jail. Not only their life gets disturb but they fail to have a normal brought up. Unfortunately, as a society we have not yet acknowledge this issue as a real and urgent one. People often perceive those naïve kids living with their mothers as criminals, although they crime their parent committed they (children) got nothing to do with but we fail to see the other side of the picture. The confinement in jail isn't healthy for any person yet we let the children stay inside it.

Not only in prison, some children still feel confined even inside their homes after Covid-19 because of the lockdowns and restriction implemented by the authorities. And some children feel isolated due to lack of attention of parents, or unconventional parenting styles. This film reflected the changes, burden, and challenges a kid goes through just because of poor circumstances they are unfortunately given with. The purpose of this film was to highlight the need to pay attention to the young kids, to that their secure upbringing can ensure a secure future of the whole society.

CHAPTER 10

LIMITATIONS

Following are the limitations that researcher had faced while making this particular project which portrayed a sensitive yet an important issue:

- To show the scene of the jail where the protagonist was brought up by his mother, the makers of the film had to get a location of a lock up. They visited three police stations in Lahore: Cantt, Model Town, Jail Road. But failed to convince any of them. However, the permission was granted by CCPO Lahore after multiple tries.
- The filmmakers had only one day to shoot in lock up, which created a lot of chaos on set
- The makers had to train the actor for the protagonist role, as the actor was also quite young, the practice went really long and during the film multiple shots were taken several times which prolonged the shootings.
- The amateur nature of the shoot created few struggles. Such as improvisation of scenes due to lack of resources.
- Keeping in mind the inflation, the makers had to compromise on several things because of tight budget. For example: instead of a professional yellow/white lights, home lamps were used, the makers had decided to rent a modern house for the shots but ended up shooting in their own home.

CHAPTER 11

RECOMMENDATIONS

According to a report, in 2020, more than 125 children are living with their mothers in jails across Punjab:

- 1- This research stresses that this issue is not only existent in Pakistan but is persistent in many other countries. Thus, it is necessary for media and other research to highlight the issue through respective mediums.
- 2- Children's mental health issues should be taken into consideration.
- 3- A more in-depth study on the incarcerated children of Pakistan should be done by the young individuals.
- 4- More projects on the lives of incarcerated women and children inside jail should be made.
- 5- Have to create awareness so that people don't stigmatize these children.

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