

### **Workshop on Ethical and Moral values:**

On January 14<sup>th</sup> 2015, Sarva Dharma Samvaad (SDS) organized a workshop on –The education of ethical and moral values, such as forgiveness and respect. Approximately, 40 participants in the programme, who all were young adults ranging from 18 years to 26 years of age. The programme was organized in Defence Colony, Delhi.



Farha Iman, the General Secretary of SDS, facilitated the workshop. Apart from open theme-based discussions, it included storytelling and role play sessions. The main focus of the workshop was to promote ethical values in young women, which are necessary to build strong character. Values provide basis for judgment and are necessary to make right decisions in life. Also, participants were also educated about the various soft skills that are needed for personality development and confidence building.

On the second day, Manu Singh, the Chairman of SDS, facilitated the workshop on social skills. He elaborated upon the need of a spiritual connect with the various aspects of life, whether people, work, or nature. He emphasized upon being ecologically spiritual, which is way to be spiritual, without referring to any religion. In our quest to save the environment and the world, in which we live, he highlighted the importance of vegetarianism and a Sattvik way of life.

Various talks and brainstorming sessions were also organized to address issues concerning women and their empowerment. They also were educated about criminal law amendment Act, the protection of children from sexual offenses act, and spaces for youth contribution in social development and environmental concerns. An advocate, sister jaiswin from Human Rights law network took sessions on the different problems of women and the ways to

counter them. Session also motivated to come out with their problems and fight for the justice. This has contributed in the development of decision making capability and self -resolution. Along with this awareness against domestic violence act had been spread among them.

The workshop was followed by a self-defence camp of which, the main beneficiaries were female adults. They were trained in different techniques for self- defence.

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