

Module on Freedom

Mission 70

Living Constitutional values in day-to-day life

AZADI EVERYDAY

Background

Freedom is a value cherished by young people. It has so many aspects to it. It is important that young people not only understand its relevance but also are able to understand the responsibilities it carries with it and be a responsible citizen. It is very pertinent for the young generation to have the ability to think and understand freedom with the perspective of it being a human value.

We, The People Abhiyan has prepared this module with the aim to trigger discussions on freedom. This module is designed with the idea that it can be implemented with any kind of young participants or youth groups.

We, The People Abhiyan's mission is to expand an informed, active and responsible citizenry in India. We facilitate exploration, understanding and action for being active and responsible citizens through events and in-depth training programs.

Introduction and conversation with participants

Before starting off the session, the facilitator should ensure that all the participants are sitting comfortably. Later facilitator can initiate some introductory conversation, and can ask questions like

- Please share your name;
- What do you do?
- If you are a student, what are you studying and where?
- Have they ever participated in any such similar discussion before?

Session name

Azadi Everyday

Time limit

One hour thirty minutes

Purpose of session

To help participants

- Develop their perspective based on the value of freedom in their day-to-day life.
- Understand different aspects of freedom and appreciate that each freedom has certain responsibilities attached to it.

Key Learning point

Through this session of one and half hour, facilitator has to ensure that Participants are able to appreciate and understand that

- We enjoy many freedoms in our everyday life, consciously or unconsciously.
- A responsible citizen should be conscious of this value while dealing with big and small issues of our life.

- Being conscious of these values and responsibilities is in-fact responsible citizenship

Note for the Facilitator:-

1. In each activity of the session there are certain discussion points/ questions and Key learning /Messages Points.
2. These discussion points are for the facilitator to help him/her, initiate and carry out the discussion.
3. Facilitator should keep in mind the Key Learning /Messages Points while carrying out the discussion.

Table

S.N	Activity	Hand-out	A.V.Material	Reading material	Method-ology	Time duration
1	Film screening		Azadi everyday-Film series		Film screening & discussion	20 minutes
2	Experience of my life and freedom	-	-	-	Discussion	40 Minutes

Activity 1. Film Screening

Directions for Activity

After an introductory conversation with all participants, facilitator should say that

- Freedom is an important value and also a fundamental right. It is to understand what are its different dimensions and how it impacts our day to day life.
- Let’s watch a film/few films to understand the freedoms of everyday life.

After saying this, the Facilitator should screen the film(s). There are 2 short films which are available with this module. Facilitator should watch the film before screening it for participants and choose the one/s which is / are relevant to the group.

[Freedom of Religion & Secularism in India | Bijoe Emmanuel v. State of Kerala | Faizan Mustafa](#)

[Freedom of Speech & Expression | Shreya Singhal vs Union of India | Section 66A IT Act, 2000](#)

Discussion points/questions

- What do you think about these short films?
- How important is this/ are these freedoms in your daily life?
- Have you been conscious of them while exercising your rights?
- How conscious are you about these rights for others?
- In the present context do you see it being violated, or protected? Share some examples.
- Do you think a responsible citizen can play a role in ensuring that this value of freedom is equally available to all?

Key Messages/ Learning Points

Facilitator has to ensure that the out-come of the discussion carried out with the help of 'Discussion points/questions' should be such that participants are able to appreciate and understand that:-

- Freedom is one of the basic constitutional values.
- Freedom has different meanings for different people in different contexts.
- Realizing the others' right to freedom is as important as our own is responsible citizenship.
- We need to be conscious of our 'stand other's freedoms in our day-to-day life.

Activity 2. Experience from my life and my freedom

Directions for Activity

Facilitator shall give to all participants a paper and a pen and inform all the participants that

- The next session is related to your life.
- You have 10 minutes to think about the statement given below.
- Give time to yourself and write your thoughts on a paper, it is up to you to share your thoughts or not, with the rest of the group.
- Facilitator has to take a call if this activity should be carried out individually, in pairs of two or in larger groups of 4/6 participants. This call should be taken keeping in mind the number of participants.
- In case activity is being carried out, a group facilitator can ask a few of them to share or ask one from each group to share with all the participants and then carry out the discussion on given 'Discussion Points/Questions'.

Facilitator should write the following statement as given below on white a board or read it aloud for participants.

Share an incident from your life where you felt deprived of your freedom, in any way. This incident can be related to your family, workplace, community, or with the Government.

Discussion points/questions

- What happened? When did it happen?
- During the incident what all emotions/feelings you could experience?
- What was going on in your mind while making the decision?
- What were those freedoms on which you were not able to compromise?
- Why could you not compromise on these freedoms?
- Do you feel equally conscious when you are violating the freedom of others?

Key Messages/ Learning Points

Facilitator has to ensure that the out-come of the discussion carried out with the help of 'Discussion points/questions' should be such that participants are able to appreciate and understand that:-

- We handle different situations and have different struggles in our lives.
- Freedom is a core value and we do not want to compromise our rights.
- Freedom has a different meaning and connotation for everyone.
- With each of the freedoms there are certain restrictions and responsibilities, they have been made part of it to ensure that each of us are able to enjoy and practice this right in everyday life.
- A responsible citizen is conscious of one's own freedom and also of others to ensure that each of us are able to enjoy the freedoms in their life.