

**Mission 70: Living Constitutional Values in Day-To-Day Life**

# *Nagrik Matlab Kya?*

**A. Name of the session-** *Nagrik Matlab Kya? Samvidhan ka Chashma Lagao, Khud Jaan Jao!*

**B. Duration of the session-** 2.5 hours

**C. Learning outcomes:** At the end of the session, the participants shall be able to

1. Identify that in everyday life the values you hold can conflict with other's values.
2. Build an understanding that yours and other's values are equally important.
3. Recognize dialogue as an effective method to resolve conflicts.
4. Link engagement in dialogue as an important aspect of responsible citizenship.

S. No.	Activity	Hand outs	AV Content	Reading Material	Methodology	Duration
1.	Incidents of Day to Day Life	HO 1	-	-	Group Work & Open Discussion	45 mins
2.	Conflicts in My Life	Plain sheet of paper (1 copy per participant)	-	-	Individual Reflection and Open Discussion	30 mins
3.	Screening of Film	-	Striking a Balance Film ( <a href="https://www.youtube.com/watch?v=XIJ3H7nF7NM">https://www.youtube.com/watch?v=XIJ3H7nF7NM</a> )	-	Screening of Film and Open Discussion	25 mins
4.	Re-living Conflicts in a Better Way	-	-	-	Individual Reflection and Open Discussion	40 mins

## ACTIVITY 1: CONFLICTS IN DAY TO DAY LIFE

### Instructions

1. Facilitator should do a brief introduction of the topic and ensure that all participants are sitting comfortably.
2. Facilitator should create smaller groups of participants and hand over a different case study to each group.
3. Give 10 minutes to each group for internal discussion.
4. Ask each group to briefly share their view with everyone.
5. Facilitator to discuss (points for discussion) with all participants.

### Points for Discussion

1. What was the case about?
2. What was the conflict?
3. What are those values which you were able to identify?

### Main Messages

1. In our day to day life we have situations where we face such conflict.
2. We need to develop the ability to understand and remain conscious of the fact that it is a conflict of values.

## ACTIVITY 2: CONFLICTS IN MY LIFE

### Instructions

1. Ask participants to think about an incident from their life where they have faced such conflict.
2. Give 10 minutes to think and write.
3. By using the following points of discussion, discuss the conflict of values with all the participants.
4. The facilitator may ask few participants to share their reflection and ask others to display it, if they want to (by putting it on the wall/board).

### Points for Discussion

1. Are others (those participants who have not shared) also able to see that in many of the conflicts, it is the conflict of values?
2. What are those values that you are able to identify in your situation?
3. What were you feeling at the time when you were in that situation?
4. How conscious were we of other person's values when we were in that conflict situation?

### Main Messages

1. Many times, the other person is operating from different values.
2. Being conscious of other person's values is as important as your values.

## ACTIVITY 3: SCREENING OF FILM

### Instructions

1. Facilitator to inform participants about the activity.
2. Screen the film 'Striking a Balance'

### Points for Discussion

1. What do you think about the film?
2. What values were at conflict?
3. What are your learnings from the film?

### Main Messages

1. My values and values of others are equally important.
2. This conflict of values is part of life and we have to remain conscious of it.

## ACTIVITY 4: RE-LIVING CONFLICTS IN A BETTER WAY

### Instructions

1. Facilitator should ask participants to think of their conflict situation, again.
2. Ask them to think if given a chance how would they like to re-live the situation.
3. Give 10 minutes to think about it.

### Points for Discussion

1. How are you feeling about that situations now?
2. What were those ways which helped/not helped in resolving the conflict?
3. What else could have been done to deal with the situation in a better way?

### Main Messages

1. Dialogue as an effective method to resolve conflicts.
2. Engaging in dialogue is an important aspect of responsible citizenship.
3. It is not always necessary to resolve a conflict; remaining conscious is important.

## HO 1

### Case studies- Conflict of Values

#### Case Study – 1

Raghav and Nupur have been friends since last five years. They went to a college together and incidentally got a job in the same company. Both of them are working well and happy with their career development.

Recently Raghav proposed Nupur for marriage. Nupur never expected this proposal and now is not comfortable in talking to Raghav anymore. Raghav feels embarrassed to have said that he has been in love with her for last three years and has also shared his feelings about Nupur with other friends. He can't think of anyone except her.

On the other hand, Nupur says that she always considered Raghav as a friend and this marriage proposal is unacceptable. Now Raghav is following Nupur everywhere and contacting her through different means, trying to convince her and make her accept his proposal. Nupur is irritated and has many times said no to him, but Raghav believes that one day she will say yes to him.

## HO 1

### Case studies- Conflict of Values

#### Conflict Case Study 2

Mahima is in 12<sup>th</sup> Standard and she is 18 years old. She wants to study Science further and take it as a career. She has scored good marks in all the Science subjects. Her parents are of the view that college where she can study Science is quite far from their place. It is not safe for her at such a young age to travel all the way to her college every day.

Mahima says that it is just a matter of few years that she will have to travel every day. She believes that it is a matter of her life and career, and her parents should consider this. Her parents think that they can't put her safety at stake, for her choice of subjects.



## HO 1

### Case studies- Conflict of Values

#### Conflicts Case Study- 3

Indu and Sunil are close friends. They know about each other's likes and dislikes very well. There are things they like about each other and there are also some things that they do not like about each other.

Indu is frank and fun loving. He is always making fun of others. He also makes fun of girls and passes comments. Sunil does not like this attitude of Indu. On one hand, Sunil says that this is disrespecting women and one should not be passing such comments. While Indu, on the other hand, is of the view that, he passes only light and funny comments. He says he is sure women actually like such comments, that's the reason that they do not react to his comments ever. This is one of the thing that both of them argue about.

## HO 1

### Case studies- Conflict of Values

#### Conflicts Case Study -4

Pankaj and Radhika are living in a flat with two kids. In their neighbourhood, a girl named Ambika, has recently occupied one of the flats on rent. She is living alone and on weekends her friend visits her often. They play some music, have snacks, and enjoy relaxing time.

Pankaj and Radhika are of the view that her lifestyle is leaving a negative impact on their kids. They allege that she invites her different boy friends and drink every weekend. They have started calling *mohalla* meetings and have also contacted landlord of her house. Her landlord said that she has all the right to live the way she wants. Pankaj and Radhika are always fighting and passing comments on Ambika and she also responds to their comments.

## HO 1

### Case studies- Conflict of Values

#### Conflicts Case Study -5

Anmol is a pure vegetarian while his friend Deepjyoti, who is from north east, mostly eats non vegetarian food. Anmol does not like Deepjyoti's food habits. Both have been allotted the same room in college hostel. Deepjyoti gets non-veg snacks and food and eats it in his room. Anmol is unable to even bear with the smell of the food. Each time Deepjyoti gets something non-veg, there is a fight between them.

This has been going on for 7 months. Now they have stopped talking to each other. It is really difficult to live in the same room for both of them.