

## **We, The People of India (Level 1)**

### **Training Design**

This workshop called “We, The People of India” can be conducted with any group of people, including those who may not be able to read or write and have no knowledge about the Constitution.

<b>S.No</b>	<b>Topic</b>	<b>Technique</b>	<b>Duration</b>
<b>1</b>	Introduction and rapport building	Discussion	10 Min
<b>2</b>	Island Activity and Connecting it to Preamble.	Group Activity	30 Min
<b>3</b>	Understanding the core Human values given in the Preamble.	Discussion by using picture cards	30 Min
<b>4</b>	Making a commitment to yourself.	Pair Activity	15 Min
<b>5</b>	Conclusion	Discussion	5 Min

### **Instructions for the facilitators:**

1. Before taking the session, Facilitators MUST watch the film “Samvidhan ki Prastavana” link given here.

<https://youtu.be/1QyZDHiGFvo> (English)

<https://youtu.be/MmqglWp-umo> (Hindi)

2. For the ease of facilitators, Picture Cards have been created. The facilitator should print these Picture Cards before taking the session. Please do not handover these Picture Cards to the participants. Please keep them with you.

Here is the link for the Picture Cards:

[https://drive.google.com/file/d/1yytNv-bcG0tLRETLDOoWjvFwipsX8l4c/view?usp=share\\_link](https://drive.google.com/file/d/1yytNv-bcG0tLRETLDOoWjvFwipsX8l4c/view?usp=share_link)

## Training Module

Time	Instructions
10 Minutes	<b>Introduction</b>
	<p>Say - <i>Welcome to all of you. I am so glad that we are sitting here together to discuss something which is really important for us. But before that tell me how are you all?</i></p> <p>Do - In case you already know the members do a quick check -in about them. If the participants are new to the facilitator, generally ask how all of them are and how are they feeling?</p>
30 minutes	<b>Island Activity and Connecting it to Preamble</b>
	<p>Say – <i>Let us start the session with an interesting activity. Do you all know what an island is?</i></p> <p>Do- Take 2-3 responses. (if they know-Great!).If they don't, then explain what an island is. It is a piece of isolated land surrounded by water. <b>Show H1.</b></p> <p>Say -- <i>So, the name of our activity is-Island activity.</i></p> <p>Do – Divide them in groups. (not more than 5 in a group), give instructions as following:</p> <p>Say —</p> <ol style="list-style-type: none"> <li>1. <i>Imagine that you, your family and some of your neighbours are going on a boat.</i></li> <li>2. <i>When you are in the middle of the sea, your ship gets destroyed due to a storm.</i></li> <li>3. <i>But, fortunately, all of you find a piece of land in the middle of the sea, which we call an island.</i></li> <li>4. <i>The good news is that all of you have survived but the bad news is this piece of land is isolated. The island has a lot of natural resources but there are no humans.</i></li> <li>5. <i>You all have some basic tools on your ship for your utility. But the boat has broken down and cannot be used.</i></li> <li>6. <i>All of you have to live here for the rest of your lives and also your future generations.</i></li> <li>7. <i>Now let us do the activity.</i></li> </ol>

	<p><i>Say – Now as you are all on the island, and since you have to live here, you have to decide how you are going to live here. For that, firstly, give your island a name. Secondly, come up with a dream for your island. What is that dream you want to achieve for the island, for the people who have arrived on the island and for the future generation?</i></p> <p><b>Do –</b> Give 10 minutes time for them to come up with their vision and dream for the island. Once they are ready, discuss their responses.</p> <p><i>Say – Each group will share their dream for the island one by one.</i></p> <p><b>Do --</b> Ask them questions like:</p> <p>i) Why did you choose this particular dream? ii) What was going on in their minds while they were coming up with their dreams for their island?</p> <p><b>Note:</b> While the participants are responding, connect their dream for their island with values given in the Preamble.</p> <p><i>Say – As you all saw a dream for your island. Similarly, years ago our leaders also sat together and dreamt of a free and independent India. That India will be founded on certain values such as Equality, Justice, Liberty, Fraternity etc. And that is how the building of our nation began. With the dream of our leaders. Do you see a connection of these values with the dream you saw for your island?</i></p> <p><b>Do-</b>Take 2-3 responses.</p> <p><i>Say-Yes, there is a connection. And to tell you, all these values have been mentioned in a document which we call-Preamble of our Constitution. This document contains the dream for our country. The vision mentioned in the Preamble is something we will always strive to achieve for ourselves.</i></p> <p><b>Do-</b>Ask for any clarification/questions if any and explain more if needed.</p>
<b>30 minutes</b>	<b>Understanding the core Human values given in the Preamble.</b>
	<p><b>Note for facilitator:</b> Focus on the values of Equality, Justice, Liberty and Freedom.</p> <p><i>Say – As we saw the connection of the values given in the Preamble with the dream you all came up. Now let us go a little deeper in understanding what all is written in the Preamble.</i></p>

Do – **Show H2.** Read the Preamble out loud. If any one present in the participant can read the Preamble, ask them to read.

*Say – Did you notice that our Preamble is one long sentence?*

Do- Take 2-3 responses from the participants.

*Say -- There is no full stop in between . The core of all our rights and duties are written in this one long sentence. Did you notice the values which I mentioned earlier?*

Do-Take 2-3 responses, encourage those who have not yet spoken or shared anything.

*Say -- Let us understand and know about these values one by one. But before that, did you notice the word, We The People of India/Hum Bharat ke log? tell me “Who are these people “?*

Do-Take 2-3 responses. Give some options like, PM, CM, Sarpanch, Husband, Wife, etc...Some people might recognise that it is all of us. Affirm that.

**Show H3**– This picture card shows We, The People of India.

*Say — Yes, it is all of us. It is us who decided on a dream for our island and it is us, who will work to achieve that dream for our island and it is us only, who will be benefited with all the good things that our dream will bring along with it. The Preamble is like a dream for our country. We own this Constitution as citizens. And We, The People include everyone. You, me (take a few names of people who are sitting there). When I say everyone, I mean everyone. Even those who are not with us right now.*

Do- Relate it to the island activity.

*Say -- Remember it is not a dream of one person, the way you decided together. Similarly we all together saw this dream when we got independence.*

Do – Now move on to explaining the values of Equality, Justice, Liberty and Fraternity.

*Say -- Now let us see and understand the dream a bit in detail. We will see what is written there in the Preamble.*

*The Preamble talks about the dream we have set out for our nation. Can you see some words that are bold / dark here? Let us look at them and tell me what*

*comes to your mind when you listen to the word Equality?*

Do-Take 2-3 responses. **Show H4**

The image shows that in the eyes of law and in society, everyone is equal.

*Say -- Equality means that there should be equal treatment with everyone. Caste, class or place does not make a person different. Each and every individual has the right to equality. Will it be okay if just because I am a rich man or a woman, I become the Village head?*

Do- Take 2-3 responses

*Say -- That will not be right. Anyone from the village can become a village head. Be it a man, woman, rich or poor. Our Preamble also talks about the same equality. The people might not look similar or may be not equal in their status but everybody deserves an equal opportunity. So tell me, do you think there is equality in our society?*

Do -- Take 2-3 responses. Now show the picture cards showing inequality in our society-**Show H5**

*Say -- It is clear that there are inequalities in our society. Some are rich, some are poor, some are men, some women, some kids, some special abled, some staying in villages, some in cities. We are all different in the way we look or live our lives. But that difference does not mean that there will be different treatment with people. Our Preamble says that each citizen of this country deserves an equal status and opportunity. This dream of our Preamble is not yet completed. We have to achieve this status of equality. We have taken some steps but there is still a lot of work that needs to be done. Our objective should be that we bring the value of equality in our daily lives only. For eg, do not discriminate between your son and daughter, people of other religion or caste. Always remember that this Preamble has been made by us for us, so it is all of us who has to work towards it.*

*Is there any question coming to mind?*

Do- Pause for clarification/questions if any

*Say – Now let us see the next word. So tell me, What is Justice? Do we get justice only in courts?*

Do -- Take 2-3 responses.

*Say -- Justice does not mean the one which we get in the Courts, rather is to create a society in which no one is subjected to any discrimination or injustice. And such societies are built from here, from all of us. Our Preamble also talks about such justice. Social, which is equality in society; Economic, which means everyone has the right and opportunity to work; Political, which means everyone can contest elections and everyone has an equal right to be a part of the election process.*

**Do – Show H6**–Showing social, economic and political justice.

*Say – If you are above the age of 18 years then you have the right to choose your leader and this is also a part of political justice. Along with this, we include in social justice that everyone will be treated equal in the society and no one will be discriminated against. Justice has one more aspect and that is economic justice. We all get the opportunity to work for our financial development and that no one is exploited economically or for economic benefits. So, if we see this way, then justice is a system which ensures that each citizen is set at its own level and at the level of others also.*

**Do –** Pause for clarification/ questions if any

*Say – Now let's move forward. If I say that you cannot wear this jewellery or you cannot wear this cloth or from tomorrow this whole village will eat only one kind of food and will follow only one religion, then how would you feel?*

**Do --** Take 2-3 responses. **Show H7**–the picture card of freedom.

*Say -- It will not feel good, right? In this area, there are so many different communities living, people from different castes and classes are living and each one of us has a distinct culture, dressing style, speaking style. Just like this, our country is also diverse. We have different cultures throughout the country. And our Preamble gives everybody the freedom to live as they want to, wear what they want to, eat what they want to, pray whomever they want to.*

**Do- Show H8**–the picture card related to religious freedom.

*Say –You may believe in Ram, Allah, Christ, Gurunanak. You have all the right to express your religion. Infact, even if you do not believe in anyone, you have the right to express that as well. And this freedom is not only for religion but also for living freely, eating freely and going anywhere freely. Imagine that I say that today only male members will speak and no women will speak, will*

*this be alright?*

Do-wait for 2-3 responses.

*Say -- I cannot make any such rules which stops a person from expressing themselves. Everyone, without any fear, can express themselves. And with this dream, our Preamble was created.*

*Till now if you have any question or doubt please ask.*

Do – Pause for clarification/ questions if any

*Say – We all are different, like from different communities or different ideologies, but still we stay together right? In some places we see that one particular community in a village lives separately, but shouldn't we think that all of us live in the same area? or why do we have to create a separate space for a particular community?*

Do-wait for 2-3 responses.

*Say -- Our Preamble talks about this fraternity/togetherness. Our leaders who were making the Constitution focussed a lot on these values. You know why? Because all those values which we just now talked about will be meaningless if we do not practice brother/sisterhood.*

Do-**Show H9**- the picture card of fraternity.

*Say - What if we do not work for each other? Whenever our closed ones go through bad times, we stand up for them, right? Similarly, as a citizen of this country, it is our responsibility that we all maintain fraternity and unity. This is the beauty of our nation that there are people who are distinct but still live together. We also need to understand that this is not only good for us but it is also important for us. When all the fingers come together and they form a fist and unity gives us strength.*

*Say -- Any question in your mind?*

Do- Wait for 2-3 responses.

*Say – The values given in our Preamble are core human values. As we discussed that a human gets equal opportunity, they can take care of their livelihood and that they do not have to suffer injustice, this is the dream of this country. And as we understand these values, we know that to bring them into*

	<p><i>our lives we have to work as much as a government does. And we can start the work from today and now. we take a resolution right now that slowly we will follow these values in our daily lives. It will take some time but it is our dream, so we will only have to work towards it.</i></p> <p><i>Please share if anything is coming to your mind.</i></p> <p>Do – Pause for clarification/ questions if any.</p>
<b>15 minutes</b>	<b>Making a commitment to yourself to achieve the dream</b>
	<p><i>Say – So we talked about a dream. It is a beautiful dream right? So who will complete this dream? And who is this dream for?</i></p> <p>Do – Wait for 2-3 responses.</p> <p><i>Say – Yes, this dream will be fulfilled by the Government and all of us. Please remember that each citizen of this country is important. The dream which we have seen is for WE THE PEOPLE OF INDIA. That is why if you feel that this dream is not getting fulfilled so please raise your voice. Join hands and come together. We also need to understand that we have elected our leaders and they will have to work for us and we will also fulfil our responsibilities. It is time that we move on this path.</i></p> <p><i>It is time for us to reflect these values in our lives. Moving forward, what will be those one commitment you want to make as citizens. Keep in mind the activity we did and the learnings you had today. These commitments can be small action points like from now on in any important discussion I will ensure that all family members are able to voice their opinion. I will treat my son and daughter equally. I will not forward messages which are full of hatred for other communities/ religions etc. While you think about your commitment make sure that you can achieve them. It would have its value only if you actually practice them in your life even after this session today. Now let us sit in pairs and tell each other about our commitments.</i></p> <p>Do – Divide all the participants in pairs. Ask them to discuss among themselves about their commitments. Give them at least 10 minutes to discuss. Walk around and see if they are thinking, discussing and sharing about their commitments. After 10 minutes ask if anyone would like to share their commitments. Take 5-6 responses.</p> <p><i>Say – It is really encouraging to see your commitments, I must tell you that it is your first step towards fulfilling our dream for the country. If we all work together, it is probable that we will achieve this dream. I wish you all the very best so that you are able to practice what you have committed.</i></p>



<b>5 minutes</b>	<b>Conclusion</b>
	<p><i>Say – As we come to the end of the session, let us see what we did today and close the session. We discussed the most important part of our Constitution and understood its relevance. Now you know that Preamble contains the dream and vision of these countries. Not only the dream, rather how that dream should look like, that is also mentioned in our Preamble. More importantly, our goal should be to apply these values in our daily lives.</i></p> <p>Do - Close the session by thanking everyone for their time and attention.</p>

**Resource prepared by: We, The People Abhiyan**