

Youth Training Program Joy Foundation, Toba Tek Singh

Date: September 28, 2017

Time: 11:00 AM

Venue: Saint Peter's High School

Topic: Together for Peace: Respect, Safety and Dignity for All

Joy Foundation organized a one-day training program in collaboration with United Religions Initiative, Pakistan. The program began with prayers. Ms. Maham Maqbool (Program Officer, JF) welcomed the guests and gave the introduction of the program.



Introduction of United Religions Initiative: Mr. Asher Nazir (Executive Director, United Religions Initiative) was invited to present the introduction of URI Pakistan. He said that as UNO is a platform for United Nations the same way URI is a platform for the United Religions, it is a platform for those who want peace in the world. He talked about the purpose, vision and mission of URI. He said that Bishop William Swing is the founder of United Religions Initiative and his vision was to combine all the religions and spread peace together. He said that URI is working in 103 countries at present, and for 17 years United Religions Initiative has been spreading peace all over the world. He said that many different organizations and groups are connected to URI through Cooperation Circles and 54 Cooperation Circles are operating within Pakistan. He introduced his staff and also talked about Fr. James Channan OP, who is the Regional Coordinator of URI in Pakistan. He said that Fr. James has devoted his life towards promoting peace and has received different awards for his commitment and devotion towards peace building.



Role of Education in Peace Building: Sr. Clara Dewan (Principal, Convent of Jesus and Mary School, TTS) was invited to share the role of education towards peace building. She said that in CJM they celebrate the International day of Peace every year. She said that we celebrate this day not only as a regular event but to show children what's right and what's wrong, to make them realize that how we are spreading violence all over our nation through our small acts. She also told a story which gave a message that we cannot only work out solutions through fighting and violence but through an alternative which does not hurts the feelings of others but spreads the message of peace, love and support. She said that the character of a person depends on what we learn and how we are taught. Sharing about the importance and need of peace she said that if we foster peace building education in our institutions only then we can give rise to future peace builders.



Role of Women in Peace Building: Sr. Sabina Riffat (Coordinator of Women Wing, URI) was invited to share about the role of women in peace building. First of all she introduced herself and said that she is working with URI for Women Empowerment. She started her session with an activity in which all the participants had to laugh in 5 different ways. It was an ice-breaking activity and the participants enjoyed it a lot. After the activity she said that when we are happy we bring positive change in our society, when we laugh or smile our depression is reduced to half. She said that a smile is the first step towards peace. She said that many women I have met and many around the world are facing violence and are quiet. She said that if we remain quiet as always She said that there is nothing in this world a

woman cannot do. If we try our best we can overcome any challenge whether its violence or any other. She said it's not the money, complexion or our beautiful clothes which impress other but our abilities and character which is the actual beauty. She also recited a poem about violence against women which was written by her. After that a video was played which showed how URI is contributing towards women empowerment.



Together for Peace: Respect, Safety and Dignity for all: Ms. Asmara Daud (Youth Trainer, URI) was invited to share about the topic of the training. She started the session with her introduction. After that she organized the participants in a circle and asked them to write down the first thing that comes into their mind about peace. Sticky notes were provided to all the children and they wrote beautiful messages and pasted them on the board. Ms. Asmara read a few notes one by one and appreciated the thoughts of the children. After that she did a group activity. She divided the participants in 5 groups and asked each group to write down what they could do to promote peace. The participants were given 10 minutes. All the groups wrote their thoughts on how to promote peace. The groups gave presentations one by one and shared their thoughts about how to spread peace through our daily activities, which were appreciated by all. At the end Ms. Asmara did an activity with a ball which could only be lighted when 2 participants were holding it together and if one leaves it does not gets lighted, which gave a message that together we could become the strength of one another. When we being from different religion, different cultural background come together to spread peace we ourselves become symbol of peace, as they say that diverse groupings of people are best able to discover creative solutions to complex challenges because they have a greater range of perspectives and resources to draw upon.



At the end Mr. Yaqoob Sadiq (Director, Joy Foundation), thanked the guests for coming all the way from Lahore and sharing beautiful messages with the participants, which is a great step towards peace promotion and we all appreciate it. He also thanked the participants and took a short recap from participants just to know what they have learned from the training program. He gave a message that we should always smile as PEACE BEGINS WITH SMILE and it is the first step towards peace promotion. After that Sir Asher was invited to share his views. He thanked Joy Foundation and its staff for organizing the program and also said to all participants to try to implement what they learned through this training and promote peace through small activities as slowly it will lead to big changes.

