

DARANNI



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INTRODUCTION

We decided that compiling a training manual for this training program and implementing this program is a timely need. Although there have been certain attempts in this regard we have all failed to achieve the expected outcomes.

Therefore the Association of War Affected Women focused its attention on mobilizing a productive workshop for participation of women in the development process.

Sri Lanka has now arrived at a critical juncture after the end of three decades of war. It is necessary to glean maximum contribution of women towards achieving sustainable peace and development in Sri Lanka. This is an attempt aimed at that purpose.

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FOREWORD

Defining “Women Then and Now”, this training manual has been compiled in order to acquire contribution of the entire Sri Lankan population for peace, security and development.

“She, who like mother earth, feels the comforts as well as the woes and discomforts of human society; is at times an affectionate mother; a loving wife; a compassionate sister; a doting friend; an adoring daughter. World renown philosopher Maxim Gorky once said that all that is beautiful in man, is derived from the sun’s rays and from his mother’s milk. It is a popular belief that behind every successful man is a woman.

Who else but a sister would equally share in your sorrow and happiness?

Can true friendship be priced? She who ascertains the sustenance of society, she who gives meaning to life is a daughter.

..she is the bearer..

(DARANNI)



Instructions for Trainers

Everyone presenting workshops on this subject known as “Women, Peace, Security and Development” must initially read the complete handbook and gain a basic understanding. Reading various handbooks on the subject and broadening subject knowledge would be useful in making the workshop successful.

Selecting Training Recipients

In selecting the training recipients, initially a discussion must be held with the participating representatives of the specific regions. Here, individuals who can plan and conduct a comprehensive workshop can be named. Therefore selecting the participants should be done well ahead of time. A minimum of 25 and maximum of 35 participants would be sufficient for one workshop.

Preparing for the Training

- As the training will be conducted throughout one whole day, a proper training environment inclusive of necessary facilities should be selected. It would be apt if accommodation facilities could be provided to participants in need of accommodation.
- The necessary prerequisites i.e. handouts, training agendas, training material, papers and pens should be ready at hand well ahead of time.
- Preparing an estimated budget for the workshop would enable the workshop to be conducted smoothly. (Annex 01)
- The training plan should be assembled in such a way that the training sessions flow in chronological order. This could build up a good correlation between each session.

(Structure: Session Order and Content : Annex 02)

- Make sure you do not speak out of topic. Preparation is highly important here. Listen with patience.



Methods of dissemination

The training program should use a lot of participation techniques. Activities to encourage active participation of the participants should be held during sessions. Group discussions, activities, presentations should be held in order to get the maximum contribution of the participants for the workshops.

Use of Audio and Visual Aids

The necessary graphs and diagrams for the workshop should be prepared well ahead of time.

Post Workshop Plan

- A work plan should be introduced after the training. The level of suitability of the workshop for each region should be discussed.
- Each development plan should be filed separately. Note down levels of assessment.

(The main objective should be included)



Session 1

Day's objective and approach

Objective:

Time: 45 minutes

Briefly making the participants aware on achieving development in Sri Lanka with the allround contribution of women.

Prepare the necessary aids for the introductory activity.

Method of dissemination

Activities/ Group activities

Guide

Conduct an activity that would enable participants to divert anxiety by introducing themselves to each other.

Examples

Introduction

- Place the men's/women's names that have been prepared earlier in separate bowls as men's/women's and hand them around to the participants.
- Select the participant whose name you have received and exchange information with him/her. Here information regarding residence, marital status, education, profession and years of experience in current profession should be exchanged.
- Participants should come forward in pairs and present the information they learnt about their partner.
- When stating the name write it down on the little piece of cut out card that has been handed over, and tape it on.

Motives

- Next the motives for participation should be identified. Provide participants with a prepared zoop card and pen. Advise them to jot down their motives for taking part in



the diploma in the card provided. This should be done within 05 minutes. Paste and exhibit on the wall.

- At the end of the diploma question the participants if they fulfilled these motives.
- Next, exhibit and explain the workshop goals.
- Explain the methods that will be followed in the process of the training as well as the training participation methods.

Session 2

Sri Lankan Women Then and Now

Objective

Paying attention to the status of women in the past and at present within economic, cultural, social and political contexts; and developing the attitudes of participants.

Time : 1 hour and 15 minutes

Equipment : Marker pen, Flip Chart, Platinium, Scissors, Bulldog Clips

Methods of Dissemination

Group activities/ Discussions/ Lectures/ Presentations/ Questioning

Guide

A brief explanation should be given on the topic of discussion. This should include details about the status of Sri Lankan women in the past and at present. Present statistics related to the challenges faced and overcome by women from the time of Kuveneri until today, women engaged in politics, women at decision making levels, and guide towards objective.

Divide participants into four teams subsequently. (Annex 03)

Assign the 04 teams with the 04 topics given below:

- The challenges faced and victories won by women in politics then and now.
- The challenges faced and victories won by women in the economy then and now.
- The challenges faced and victories won by women in the socio-cultural and religious backdrop then and now.



- The challenges faced and victories won by women for peace and unity then and now.

Write these 04 topics on 04 cards and distribute them to the teams.

Provide the teams with a sufficient amount of flip charts and marker pens.

Set a time limit of 10 minutes for the group activity.

Provide an opportunity for all four teams to come forward with their presentations setting a time limit of 05 minutes per team.

Reward the best presentation.

Actively guide and discuss throughout the presentation so that it conforms to your objective.

After the presentations, work with the trainer approaching the topics given below in order to achieve the workshop goal

- Status of women in religious, prehistoric and cultural context.
- A few quotes on women stated by world reknown philosophers. (Can be presented through visual aids or by writing on a flip chart.)
- About national and international heroines.
- Various fables and folklore on the importance of women.
- How important is women's contribution to a country's economy?
- Countries that won over the world through women's contribution.
e.g: Scandinavia (having a relatively high per capita income)
Countries in the region with a high level of political participation (India, Bangladesh, Nepal)

Allow room for questions. Provide answers to the questions. Approach your goal and conclude.

Next, distribute handout no. 01-01

Session 3

From Lawbook to Homestead

Objective

Creating awareness among the participants regarding rules and regulations, legislature and acts that protect women's rights and affect women locally and internationally.



Time : 1 hour and 15 minutes

Equipment : Marker pen, Flip Chart, Platinium, Scissors, Bulldog Clips, a ball

Methods of Dissemination

Discussions/ Lectures/ Multimedia presentations

Guide

- Advise participants to stand in a circle.
- Next exhibit the ball which has **Women and Law** written on it, to the participants.
- Instruct the person who is handed with the ball to speak on what he knows regarding the topic.
- Instruct one person to volunteer to write down all the ideas shared by participants on the whiteboard.
- 10 minutes would be sufficient for this activity.
- Seat the participants.
- Arrange the information they listed accordingly to meet our objectives.
- The relevant legal background at national and regional levels
 - 12th constitutional statement on human rights.
 - Women's Summit sections 2,3,4,5, and 6
 - The Prevention of Domestic Violence Act 2005 - act no. 34
 - The relevant sections of the LLRC report 5-112, 113, 114
 - 2003 Bill on women's rights
 - National action plan for the protection and promotion of human rights- No 05
- At an international level
 - CEDAW Convention 1979
 - CEDAW Alternative agreement 2002
 - 1995 Beijing Women's Action Plan
 - Final statement on CEDAW report
 - United Nations Security Council Resolution 1325 on Women, Peace and Security and supporting resolutions 1820, 1888, 1889, 1960.

Why was the United Nations Organization established? Discuss the functions of the Security Council. (Annex 04: A presentation compiled by the Association of War Affected Women)

It is important to discuss the significance of presentations made by women for the Lessons Learnt and Regulations Commission(LLRC), the significance of putting the commission's



recommendations on women into action, and Sri Lanka's promotion policy framework which includes the equality and rights of the 1993 Women's Summit. Host a discussion on this, not in detail but at a more general level. Explain that bridging the vast gap between the answers given in the first activity and the lessons learnt should be done by us as prospective leaders.

- Discuss about the current status only when necessary.
- Reasons for the Security Council representation not being provided an opportunity although more than 50 years have passed since gaining independence.
- Conclude the discussion by inquiring if participants have any questions and by providing answers to their questions.
- Distribute handouts 02-1, 02-2, 02-3, 02-4, 02-5.

Handouts

02-1 12th Constitutional statement

02-2 Cedaw Summit 1979

02-4 Women's Summit

02-5 L.L.R.C. Report 5-112, 113, 114

Session 4

The practical status of Women, Peace, Security and Development in Sri Lanka

Objective

Presenting a simple idea correlating the United Nations Security Council Resolution 1325 with the current situation of Sri Lanka; and creating the necessary environment and attitudes for participants to comprehend legislative facts regarding resolution 1325.

Time : 1 hour and 15 minutes

Equipment : Marker pens, Flip Charts

Guide



Question the participants regarding the current status of Women, Peace, and Security in Sri Lankan society.

List their answers on flip charts.

Host the discussion associating those ideas with the 04 instances given below.

1. **Participation of women in decision making in Sri Lanka.**
2. **Showing more sensitivity towards issues common to women when acting as a third party in other countries.**
3. **Showing love and respect towards mother, daughter, and sister whilst protecting them.**
4. **Obtaining the ideas of women in reconstruction and reconciliation activities**

Next divide the participants into 04 groups.

(Time : 10 minutes. Provide them with the necessary flip charts, and platignum.

- Assign them a task to make a list of problems faced by women at present.
- Exhibit the 04 facts stated above which you have already written on bristle boards.
- Decide where the information listed by the group belongs and instruct them to stand near their specific bristle board.
- Ask the groups to give reasons for standing in that specific place.
- Providing the participants with the opportunity to express their views is very important.
- Next, conclude the discussion presenting your enriched ideas.

Session 5

The United Nations Security Council Resolution 1325 on Women, Peace and Security

Objectives

Developing the attitudes and skills of participants so that they can implement the United Nations' Resolution 1325 in a practical and native manner.

Time : 1 hour and 15 minutes



Equipment : Flip Charts, Zoop Card, Whiteboard, Marker pens, Handouts

Methods of Dissemination

Discussions/ Lectures/ Group Activities

Guide

- Refresh the priorly given introduction about the United Nations Organization; its goals, mission and service.
- Explain how this was not a Western concept but was originally engendered by Asian countries. Present international examples. Everywhere in the world that armed conflict is prevalent major problems have arisen especially with regard to the security of women, and in certain countries inflicting violence on women in itself is used as a war weapon.
- For this very reason show international examples of how women's special abilities have been used in ensuring women's security and for conflict resolution.
- State the exclusive contribution of women in Sri Lanka's peace process as a nation.
E.g. : Gender Subcommittee
- **Resolution 1325 comprises of 04 main pillars**
 1. **Increased participation of women in peace processes and all other levels of decision-making.**
 2. **Showing sensitivity towards women's needs in peacekeeping and training.**
 3. **Ensuring protection of women.**
 4. **Getting ideas from women groups in United Nations' reporting.**

Discuss especially highlighting the goals and objectives of the above.

Next, divide the participants into 04 groups.

1. **Participation**
2. **Prevention**
3. **Protection**
4. **Reconstruction and reconciliation**

Assign as separate topics for the 04 groups how far the United Nations Security Council Resolution 1325 is practically implemented in Sri Lankan society.



- Provide a time limit of 15 minutes
- Allow 03 minutes per group for the presentations.
- Engage in a simple analysis comparing the answers provided for the 04 topics in the 2nd session and in this session.

- The below facts should be discussed in this session:
 - Approach 1325 with constitution 12(4)
 - How should resolution 1325 be made into law in Sri Lanka?
 - Approaching resolution 1325 about the post war status according to the specific region.
 - Acknowledging that the benefits of resolution 1325 are reaped by the public, and show the need to encourage them.
- Discuss the problems raised by participants and summarize the entire session according to your objective. Here;
Correlate the quote “a **woman adorned in jewelry walking from Point Pedro to Point Dondra**” to Women, Peace and Security in 1325 and state that this is an endeavor to achieve a prosperous Sri Lanka of that sort.

The Diploma holders should all realize that this is all related to the content of resolution 1325.

Next, distribute handouts.

5.1. United Nations Security Council Resolution 1325 and guide.

Evaluation and conclusion

Written evaluation

Verbal evaluation

Thank you speech

Conclusion of workshop

A few notes for the reference of trainers

1. Sri Lankan Women’s Agenda on Peace, Security, and Development (Association of War Affected Women)
2. Ensuring Women’s Rights by the Constitution and Legislature (Attorney-at-law Sanjeevane Abeykoon)



3. Women's Representation in Sri Lankan Politics and Administration (Attorney-at-law Sanjeevane Abeykoon)

4. Social Obstacles in Sri Lankan Politics and Public Relations (Professor Janakee Jayawardhane)

Handouts

1. Status of Women in Religious, Prehistoric, and Cultural Context
2. Quotes on Women by World Renowned Philosophers
3. Fables and folklore on the importance of women.
4. About heroines. (Local and international)
5. How important is women's contribution for the country's economy?
6. Country's that won over the world with women's contribution.
7. Countries in the region with higher political participation of women. (India, Bangladesh, Nepal)

Daily Work Plan

09.00a.m.	- Beginning and welcome	
09.00a.m. - 09.30a.m.	- Identifying and explaining goals	
09.30a.m. - 10.45a.m.	- Session one	
		• Sri Lankan Women Then and Now
10.45a.m. - 11.00a.m.	- Tea Break	
11.00a.m. - 12.15p.m.	- Session two	
12.15p.m. - 01.30p.m.	- Session three	
		• Daranni
01.30p.m. - 02.15p.m.	- Breakfast	
02.15p.m. - 03.30p.m.	- Session four	
		• United Nations Security Council Resolution 1325
03.30p.m. - 03.45p.m.	- Tea Break	
03.45p.m. - 04.15p.m.	- Session five	
04.15p.m. - 04.30p.m.	- Evaluation and conclusion	

