

Name of the Seminar

One day Workshop and Seminar for Domestic Workers

Date and Duration

8th November, 2022

Resource Person(s)

Dr. Juliet Lalremmawii Ralte

Organized by

Dept of Psychology, GHBC

Sponsorship

FDWA, Aizawl and Bru Welfare Union

In Collaboration with

Central for Development Initiatives

Number of Participants

80

- A One day training was organized for Domestic workers on 8th November, 2022 at Conference Hall, GHBC, in collaboration with FDWA, Aizawl and Bru Welfare Union India in which around 80 domestic workers from different community attended this training



OUTCOME

- **Skill Enhancement:** The workshop provided opportunities for domestic workers to enhance their skills and knowledge in various areas, such as housekeeping, childcare, cooking, and time management.
- **Empowerment:** Through informative sessions and interactive discussions, the seminar empowered domestic workers by increasing their awareness of their rights, including labor laws, fair wages, and workplace safety.
- **Confidence Building:** The workshop fostered a supportive and inclusive environment, encouraging domestic workers to share their experiences, challenges, and achievements, thereby boosting their self-confidence.
- **Networking and Community Building:** The seminar facilitated networking among domestic workers, creating a sense of community and solidarity, which can lead to ongoing support and collaboration.
- **Financial Literacy:** Some sessions focused on financial literacy, educating domestic workers on budgeting, saving, and making informed financial decisions.
- **Health and Wellness:** The program included sessions on physical and mental health, offering tips for maintaining a healthy lifestyle despite the demands of their work.
- **Communication Skills:** The Workshop addressed effective communication skills, helping domestic workers improve their ability to communicate with employers and resolve conflicts.
- **Empathy and Understanding:** Employers or representatives from households were invited to participate in parts of the workshop, promoting empathy and understanding between domestic workers and employers.
- **Recognition and Appreciation:** The workshop recognized the valuable contribution of domestic workers to households and society, fostering appreciation for their hard work and dedication.
- **Goal Setting and Career Development:** Some sessions focused on setting personal and career goals, encouraging domestic workers to aspire to further education or career advancement.