



Shanti News

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www.shantiproject.org

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The Shanti Project of the University of Michigan School of Social Work, works to strengthen family relationships in the Gujarati community. As part of this work, we are pleased to present films, events and discussion groups.

For more information about The Shanti Project and future events, contact us at **1-888-4SHANTI** or visit www.shantiproject.org.

Family Communications Workshop

The Shanti Project hosts interactive workshops for community members and leaders to learn about how they can work to prevent domestic violence. In April, a workshop was held for the Society Enrichment through Volunteer Activities (SEVA) committee of the [Bharatiya Temple](#). Following that training another was organized for the larger community and membership of the Bharatiya Temple. A SEVA committee member wrote the following summary highlighting the June workshop.

Family Communications Workshop – Bharatiya Temple

Shanti Project team from University of Michigan conducted a great Family Communications workshop at Bharatiya Temple on June 8, 2008 in Troy. Eager Indian family members came to learn concepts and skills that would better their communication skills through lecture, teamwork and watching Indian movie clips. The training presented specific actionable steps that attendees could use in different situations related to family and work. Also, attendees applied the concepts in specific scenarios during the many small group activities. Members who attended the workshop expressed great enthusiasm and said they learned a lot from the workshop.

Contributed by Prasanna Vengadam

The Shanti Project is looking for additional venues to hold the trainings. If you would like to host a training for your membership, please contact us at shantiproject@umich.edu or 1.888.4SHANTI. Save the date for the upcoming workshops in September and October 2008. Check the website or call us for updates.



Shantiwood

Shantiwood is a play on the word Bollywood and Hollywood. It is monthly event hosted by The Shanti Project on the 3rd Saturday of every month. At Shantiwood, film aficionados watch an engaging movie and then take part in a brief discussion talking about how they can work to prevent domestic violence in their community.

Since our last newsletter, The Shanti Project has hosted five Shantiwoods featuring such diverse movies as *Om Shanti Om* to *Bhaji on the Beach*. In case you were not able to attend, below are highlights of the events:

February 9, 2008 – *Life In the Metro*

For the first time on February 13th, The Shanti Project hosted a Shantiwood on the UM Ann Arbor campus. Students were treated to cupcakes and chocolate covered strawberries, while watching the featured film *Life in a Metro* starring Shilpa Shetty. After the movie, the students discussed the different relationships depicted and the importance of communication and mutual respect. With the help of acronyms STOP and ALSO, it was easy to correlate the discussion to relevant life situations that students may encounter and how to take action in their own community.



March 15, 2008 – *Om Shanti Om*

Shantiwood was held on Saturday, March 15 at the Novi Community Center. The featured film for this month was *Om Shanti Om* starring Shah Rukh Khan. Over 20 people were in attendance at the event and participated in a short discussion on domestic violence and a raffle drawing for Pistons tickets and Shanti Project goodies. Participants discussed the various faces of domestic violence and spoke about how they can prevent domestic violence by working with youth. –Contributed By Sheila Krishnan, CAT Member

April 19, 2008 – *Jab We Met*

The Shanti Project invited the Indian community to our monthly Shantiwood on Saturday, April 19th, held at the Jon Grant Center in Farmington Hills. The film, *Jab We Met*, starring Kareena Kapoor and Shahid Kapoor was not only entertaining, but also relevant to cultural issues the Indian community faces, such as domestic violence. With an attentive audience, the movie was followed by a thoughtful discussion about Indian hierarchies and other family matters. –Contributed By Sohani Patel, Student Intern



May 19 & June 28, 2008 – Bhaji on the Beach

Bhaji on the Beach a touching story by Gurinder Chadha was shown to a large Shantiwood audience in May. Due to its appeal, the movie was shown once again in June at Oakland University. The movie touched and entertained a wide segment of the Indian community. Community members eagerly participated in a discussion on domestic violence prevention. The discussion focused on the role of patriarchy and gender roles in the perpetuation of the domestic violence. Also, community members discussed how domestic violence is a learned behavior and spoke about how power and control are at its core. In addition to this, participants reviewed The Shanti Project brochure and learned about how they can apply STOP in their own community.

Save the Date!

Please join us on August 16th as we showcase another entertaining movie at our upcoming Shantiwood. Come and join in the fun and learn how you can take action to prevent domestic violence in your community.

The Shanti Project Creates Circle of Supporters

Contributed By: Sateen Sheth, Consultant

In order to better reach out to the Gujarati community and gather important feedback from area leaders, The Shanti Project recently established a Circle of Supporters. The Circle of Supporters is a small group of dedicated and respected area leaders who serve in an informal advisory capacity for the project. As a community-based project, it is important to stay connected with influential leaders in order to obtain input about the activities we organize. The Circle of Supporters provides valuable feedback about our campaign materials and helps to promote our events. The current and expanding members include:

Bharat Sanghvi

*Chairman,
Michigan Asian Indian Family Services (MAIFS)*

Daksha Pandit

*President,
Asian Indian Women's Association (AIWA)*

Narendra Sheth

Radio Personality, Community Leader

Nipa Shah

President, Indian Chamber of Commerce

Hari Vutukuru

Youth Leader, Bharatiya Temple

Prasanna Vengadam

SEVA Committee Member, Bharatiya Temple



If you are interested in joining the Circle of Supporters, or want more information about The Shanti Project, please call 1.888.SHANTI or email shantiproject@umich.edu.

Shanti Project Campaign Materials – *Stronger Community. It Starts at Home.*



The Shanti Project team has been busy distributing our new campaign materials online and to local restaurants, salons, and grocery stores. These materials, include **brochures, poster, pens and magnets** that contain important campaign messages, relating to domestic violence prevention. The materials include basic information about what domestic violence is and includes tangible steps that you can take in your relationship and community to prevent domestic violence.

Shanti Project campaign materials and would like a copy, please visit our website at www.shantiproject.org or email shantiproject@umich.edu for further information.

Pledge to make your community safer and stronger, join The Shanti Project in preventing domestic violence. Remember, “Stronger Community, It Starts at Home!” Here are some steps that you can take in your relationship and in your community to prevent domestic violence.



If you see or know of someone who is abusive or being abused, here are some steps that you can take.

What can you do?

- S**top hurtful words and actions.
- T**alk about domestic violence without gossiping.
- O**ffer support: listen and help find alternative ways.
- P**ledge to take action and learn more...

Domestic violence is too important an issue for you to do nothing. Work with The Shanti Project to prevent domestic violence in the Gujarati community.

What can you and your partner or spouse do?

- A**sk about each other's expectations—wants, needs, changes.
- L**isten to each other's thoughts, fears, and wishes.
- S**upport each other's decisions and actions.
- O**wn the changes that you make together.

Youth Theater Program 2008*

When: Aug. 6-18, 2008 (every other day excluding weekends)

Time: 1:30PM – 5:30PM

Where: University of Michigan-Ann Arbor
FREE OF CHARGE!

You will learn about domestic/dating violence and how to use theater to raise awareness in your communities. You will gain valuable knowledge and skills, a certificate, \$200 stipend, and meet new people.

Apply to this program if you are:

- ∞ Between the ages of **16 - 19**
- ∞ Live in either **Macomb, Oakland, Washtenaw** or **Wayne**
- ∞ Of **Asian/Asian American** heritage

You will need to:

- ∞ Obtain parental/guardian consent, if under 18
- ∞ Fill out application (www.ssw.umich.edu/newvisions) and submit by **July 31, 2008**

For more information, please contact **Eun Joo Lee** at **(734)-615-2106** or nvytp2008@umich.edu

*This program is hosted by New Visions, a community-university partnership working to end violence against women in Asian/Asian American communities of Southeast Michigan. New Visions is affiliated with the University of Michigan School of Social Work.

Save the Date and Plan to Attend!

July 2008 – House Parties

August 16, 2008 – Shantiwood(Provoked)

September 13, 2008 – Workshop

September 20, 2008 – Shantiwood

October 11, 2008 – Workshop

October 18, 2008 – Shantiwood



Have an idea for a good movie?

Help us choose a movie for our upcoming Shantiwoods. Let us know of movies that you want to see on the big screen. If your pick is selected, you could win a Shanti tote!

Go to our website (www.shantiproject.org) and write to DEAR SHANTI with your suggestions.



Host A Party For Peace!

Take the time to relax with family and friends at your home. Share and hear stories from one another and learn about ways that we can work together to improve family communication and relationships.



Build a gathering around a **book**, article, **movie** or guest speaker.



You provide the lively conversation and warm environment and we will provide the refreshments and materials.

Contact us now to learn more about how you can help!

shantiproject@umich.edu



1-888-4SHANTI