



YOUNG
PROFESSIONAL
FELLOWSHIP

COHORT-III

Maldives

2021



DELEGATES
ARRIVAL

All participants and delegates reached Sunrise Beach and Haulikan Hotel in **Maafushi Island** by 07:30 a.m. in the morning with special coordination and assistance of YPF team. At the gate of hotel Team YPF welcomed each delegate and recorded their arrival, Handed over their goodie bags, YPF badges and allotted rooms to them.



DAY 1 OF FELLOWSHIP

First day of the event began with the delicious Maldivian Lunch and after that delegates were requested to reach the venue for the orientation ceremony, which was led by Ms. AQSA IQBAL (YPF-Project Manager). Opening ceremony of this great event began with the introduction of delegates who participated all the way from 30 different countries to avail this fantabulous opportunity. In opening ceremony of Young Professional Fellowship, Mr. Kamran Zafar (Chairman MAPS) and Mr. Muhammad Ahmad (Vice Chairman MAPS) warmly welcomed all delegates to fellowship and encouraged their participation in programme.



The day began with a fun activity in which every delegate was asked to share a unique thing about them along with their short introduction, the sole purpose of the activity was to develop a bond among delegates. All the participants shared very interesting and unique stories about them that made the commencement of event even more fun and developed a bond among delegates. After that Ms. Aqsa instructed the delegates to divide themselves in a group of four to participate in an amazing team building activity which is called

Marshmallow-Spaghetti tower.

DAY OF FELLOWSHIP



The spaghetti and marshmallow tower challenge was a fun exercise which offered profound insights into how to collaborate and succeed as a team. She then described how two things typically happen at the start of the challenge. First, participants, orientated themselves to the task (talking about it, laying out the materials, clarifying the rules). Second, the team members spent time jockeying for power and influence. Out of four teams, team B was the winners.



Delegates had fun with the challenge where Kamran Zafar, Chairman MAPS had fun judging them, whereas winners had fun celebrating their victory. When that energy and excitement subsided a little, then Kamran Zafar discussed and reflected on what has been learnt which came out in the form of a very beautiful message about collaborative leadership, teamwork and best usage of the available resources.

DAY 1 OF
FELLOWSHIP

SESSION
1

Yoga and Well Being Session
for Delegates...

Youth is leading an extremely busy and hectic lives and don't always manage to take the time out that their body and mind needs to stay healthy. When we don't look after ourselves, the relentlessness of work, rushing around, caring for others and running a household can become exhausting and overwhelming. Stress can take many forms and too much can affect our mental and physical health in numerous ways. It is important that we find time for activities that give us relief from the causes of stress.

Thanks to the exotic locations and calming natural settings, the Maldives is often considered among the top wellbeing destination in Asia. With that in mind, delegates were given Yoga session in at Sunrise Beach to promote healthy living and wellbeing through a wide range of holistic exercises. The session was led by our amazing and energetic trainer, Ms. Deepika, who joined us all the way from India.



Yoga can help our change makers to mentally refocus on the task at hand. By practicing living in the moment on the mat, delegates could more fully concentrate on the present moment off the mat.

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By practicing present moment living on the mat, delegates will get a better sense of their emotions. Yoga enabled them to connect with their deeper layers and understand more fully what they are feeling. By developing a better understanding of their emotions, so that they can better appropriately process them. It is certainly a beautiful way to learn to love yourself and appreciate the body for what it is and what it can do, rather than what it looks like. It builds compassion for the self which then radiates to compassion for others. So, Delegates enjoyed all the learning sessions. Indeed, it was a great mesmerizing and happy time for everyone!

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DAY 2 OF FELLOWSHIP

Day 2 started with a wonderful representation of cultures from all across the world as all of our amazing delegates were wearing their cultural dresses. Without accepting and promoting cultural diversity, there would be no sustainable development; and conflict resolution could be happened when we recognize diversity in the process of sustainable development. Cultural diversity and sustainable development are two wings for our world to fly in the sky of Peace.



As many of the world's cultures are in close contact and constant interaction with each other, we can characterize the international community as a highly diverse one. With respect to the majority rights and its role in the democratic decision-making process, cultural diversity principles prevent further political and economic marginalization and discrimination of the minorities.



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SESSION
1

Anti patriarchal Model.

After the arrival of delegates to the venue, Barrister Ali Tahir, was ready to talk about Anti-patriarchal Model. Evidently, the topic of the session was very well picked as this is a global issue.



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The resurgence of the term is all the more surprising when one considers the forces ranged against it. Many people would question the existence of something called "patriarchy" to begin with pointing to the strides made in gender equality over the past century, and insisting that instances of sexism are individual and isolated, destined to fade further over time, rather than evidence of a persistent structure of inequality. In this moment, the concept of "patriarchy" has offered itself as the invisible mechanism that connects a host of seemingly isolated and disparate events, intertwining the experience of women of vastly different backgrounds, race and culture, and ranging in force from the trivial and personal to the serious and geopolitical.



The session was quite interactive and at the end of session, delegates had a productive debate and came to the conclusion that part of the idea of "patriarchy" is that the oppression of women is multilayered. It operates through inequalities at the level of the law and the state, but also through the home and the workplace. It is upheld by powerful cultural norms and supported by tradition, education and religion. It reproduces itself endlessly through these norms and structures, which are themselves patriarchal in nature; and thus it has a way of seeming natural or inevitable, or else, in a liberal context, it is obscured by piecemeal advances in gender equality. Because it offers the idea of a structure of power relations, rather than a series of specific sexist acts, "patriarchy" accommodates

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the idea that not all men enthusiastically uphold it or benefit equally from it; and that some women may, on the other hand, do a great deal towards supporting it. It also allows for the fact that however much we might loathe it, we all, perforce, participate in it. Once you see the world through the lenses of "patriarchy", the thought naturally arises: what would the world be like if it weren't there? Some feminists have argued that if women gain equal rights in society, patriarchy will be at least sufficiently tempered. Others have argued that even if equality were achieved, patriarchy would still exist, because human institutions political, legal, educational, cultural are themselves, in their bones, patriarchal structures.

SESSION
2

Covid-19 and its vaccine crises.

After Lunch break, Delegates participated in another session which was led by **Ms. Haia**, who is a pharmacist from Jordan. Ms. Haia mentioned that the world is in the midst of a COVID-19 pandemic. WHO and partners are working together on the response -- tracking the pandemic, advising on critical interventions, distributing vital medical supplies to those in need--- they are racing to develop and deploy safe and effective vaccines.



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Safe and effective vaccines will be a **Gamechanger:** but for the foreseeable future we must continue wearing masks, physically distancing and avoiding crowds. Being vaccinated does not mean that we can throw caution to the wind and put ourselves and others at risk, particularly because it is still not clear the degree to which the vaccines can protect not only against disease but also against infection and transmission.



Furthermore, she mentioned that Environmental surveillance has the potential to be used to complement clinical surveillance or to trigger more comprehensive surveillance in areas with poor performance, for example in crowded, extremely low-resource settings such as informal settlements or more generally in marginalized populations. In these contexts, access to health facilities may be limited, health-seeking behaviour may be low, testing capacity may be low and clinical surveillance capacities may be stretched. Further, younger populations

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in such settings may exhibit less clinically apparent or 'typical' disease, further complicating clinical surveillance.¹⁵ However, such settings are also unlikely to have adequate sewerage, posing challenges for sampling and analysis from open drains (e.g. potential degradation of samples by ultraviolet light, difficulty in defining the catchment population). Testing of environmental samples representing a large number of pooled individuals could optimize use of limited testing resources.

The session was amazingly interactive and all the delegates participated in all the activities enthusiastically with full zeal and zest. Four groups were made discussing about the crises of vaccines and discovering ideas to overcome the deadly demerits of the pandemic. Every team presented their stance and

we got the winner after voting.



DAY 3 OF FELLOWSHIP

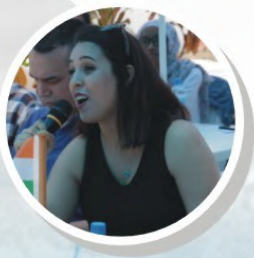
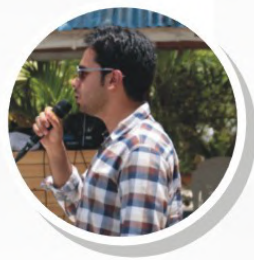
The **3rd Day** started with the breakfast, after which the delegates arrived at the outdoor venue.

This day started with an amazing session by our powerful and electrifying trainer who joined us all the way from Russia to talk about Civil rights, Virtue and Tranquility. Session was based on civil rights, values of stability and universal human rights, which play a pivotal role for strengthening the rule of law, achievement of peace and realization of equal opportunities for all. In addition, the topic also included new perspectives on the development and regulation of digital rights, with a special emphasis on the right to the Internet.



The topic was of great importance as the world has become a global village and values such as upholding of human rights are shared globally. Human rights education promotes values, beliefs and attitudes that encourage all individuals to uphold their own rights and also those of others. It develops an understanding of everyone's common responsibility to make human Rights a reality in each community. In our Natalija's point of view, human rights are standards that allow all people to live with **dignity, freedom, equality, justice, and peace**. Every person has these rights simply because they are human beings.

They are guaranteed to everyone without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth, or other status.



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Human rights are essential for the full development of individuals and communities. She further quoted that Human rights are like armour: they protect you; they are like rules, because they tell you how you can behave; and they are like judges, because you can appeal to them. They are abstract like emotions; and like emotions, they belong to everyone and they exist no matter what happens. They are like nature because they can be violated; and like spirit because they cannot be destroyed. Like time, they treat us all in the same way rich and poor, old and young, white and black, tall and short. They offer us respect, and they charge us to treat others with respect. Like goodness, truth and justice, we may sometimes disagree about their definition, but we recognise them when we see them. After the whole discussion about human rights with the delegates, trainer divided the delegates in four groups to start debate between different groups. Among them, the first two groups spoke in the favour and against of **"Why should women work?"**.

Similarly, the other two groups continued their debate on "Free access of internet throughout the world without any discrimination". All the four groups presented their ideas and insights about their respective topics and at the end of session, Chairman, Mr. Kamran Zafar and Vice Chairman, Muhammad Ahmad judged the teams on the basis of the facts and ideas they presented. All the four groups were also given equal chance to defend their stances and then the winner groups were announced at the end of the session. Delegates got a better idea that **Human rights are universal**, which means that they apply equally to all people everywhere in the world, and with no time limit. Every individual is entitled to enjoy his or her rights without distinction of "race" or ethnic background, colour, sex, sexual orientation, disability, language, religion, political or other opinion, national or social origin, birth or other status.

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The universality of human rights does not in any way threaten the rich diversity of individuals or of different cultures. Universality is not synonymous with uniformity. Diversity requires a world where everyone is equal, and deserving respect equally. Human rights serve as minimum standards applying to all human beings; each state and society is free to define and apply higher and more specific standards. After that the delegates were served with the delicious Maldivian lunch. After lunch, we planned some fun team building activities with the delegates such as Volley ball, Pass the water etc for developing different skills in delegates while creating an atmosphere of harmony and amicability. The sole purpose of which is to promote peace, global friendship and a sense of harmony among youth from all around the world. The day ended in the loud laughters of young change makers, who came to join us from different parts of the world to bring change in the world.



SESSION
1

Development in Science and Technology

"Robots could take over 20 million manufacturing jobs around the world by 2030" as claimed by economist and scarier than that it is also claimed by researchers that "As a result of robotization, tens of millions of jobs will be lost, especially in poorer local economies that rely on lower-skilled workers. This will therefore translate to an increase in income inequality". After listening to all these concerns from our delegates, Ms. Silia, our young trainer from France, started talking about "Development of Science and Technology".



Her session was quite interactive and started with the video of the interview of Sophia, after that she asked various questions from the delegates who were having thoughts in their minds that artificial intelligence is a threat to human jobs and these created robots will soon take over the world. Conversely, Silia presented some of the latest researches, which made her session more interesting. She explained how science brought ease to the life of a common man by giving a set of examples like the vast improvements made in the field of medicine which have served to lengthen our life expectancy and to reduce the rate of infant mortality, the discovery of mechanization, better seeds, better techniques of irrigation and pest control, has worked to increase productivity levels on farms.

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Transportation, railway, modern ocean liner, jet plane, and motor vehicle have made our lives more comfortable and provided great possibilities for modern commercial development and industrialization. The invention of the computer has assisted the process of calculation in laboratories. Technology has made communication much simpler in recent times. Science has brought about ground breaking solutions to numerous deadly diseases. Man is able to explore the space extensively because of the wide-scale development in technology. Our life has become healthier and longer. Modern hygiene, sanitation, medicine and surgery are conquering more and more physical and mental ills day by day. We now know and experience the joys of good health and longevity. In her thought provoking session, Silia explained how technology is assisting in creating more jobs over the period of time as we will certainly need more human resources to manage the whole latest technology. So, we should be confident instead of being scared of the future which surely will be the era of technology.

After the session, delegates enjoyed the tea break and joined again for another amazing session from one of our renowned trainers, **Mr. Kaiser Riyadh**, who came all the way from Bangladesh to train and polish the ideas of our young change makers. So far, he has conducted over **100** Self-help & Self-development sessions in Bangladesh, Nepal, Malaysia, Indonesia, Turkey, India, Thailand, Cambodia, USA & UK and inspired around **12,000** youths globally.

He was selected & invited to attend many international conferences & seminars on SDGs and other pressing global issues, where he conducted self-help session on Happiness, Inner Peace and Personal Growth. Riyadh discussed about the "Entrepreneurial Mindset for Growth and Success". Riyadh quoted that "Entrepreneurs throughout modern economic history...have been disproportionately responsible for truly radical innovations the airplane, the railroad, the automobile,

electric service, the telegraph and telephone, the computer, air conditioning, and so on that not only fundamentally transformed Consumers' lives, but also became platforms for many other industries that, in combination, have fundamentally changed entire economies." ~ Robert Litan and Carl Schramm.



He further explained the delegates that how entrepreneurship injects the economy with a fresh batch of higher productivity firms, increases competition among existing businesses, and pushes out less-productive ones. Delegates were really impressed by the style of delivery and collection of fun activities of the session. The session comprised of various questions which made our delegates even more intrigued and attentive. Riyadh further explained, how economies rely on constant improvement and fierce competition and they can not grow without innovation, especially transformative or "disruptive" innovation. And these types of innovations depend heavily on the contributions of entrepreneurs. Riyadh's exciting theory about "respond not react" won the hearts of our young change makers and they really enjoyed the whole session.

AWARD DISTRIBUTION CEREMONY

Lastly, the day arrived, appreciations and thanksgiving were on their way to make YPF delegates feel proud of.

All management, YPF team escorted Mr. Kamran Zafar (Chairman / CEO MAPS) and Mr. Muhammad Ahmad (Vice Chairman MAPS) to the conference room. In the closing ceremony, MAPS team was joined by President of the Maafushi Island, who presented awards to the Chairman and Vice Chairman of MAPS and team also presented our Traditional AJRAK and TOPI to the president as sevensers from Pakistan. Ending speeches were delivered by Mr. Kamran and Mr. Ahmad, they were so grateful to all participants for joining and making YPF a successful event. In the end, few of the delegates presented their thank you note to such amazing management.



AWARD DISTRIBUTION CEREMONY

The day ended with cherish moments and all of the delegates were awarded with Certificate of AMBASSADOR FOR CHANGE and Shields. Official photographs were captured to keep the memory save and delegates recorded their videos about their journey with MAPS.



AWARD DISTRIBUTION CEREMONY



It was truly an emotional moment for everyone in the conference room. But we believe that MAPS will keep sharing opportunities for youth in future and we will continue to make different in our societies by offering opportunities to the young generation for personal and social development.

AWARD DISTRIBUTION

CEREMONY



OUTCOMES

OF YPF-III MALDIVES

- Establishment of global youth network for providing support in projects and conduction of annual activities for youth development and capacity building.
- Execution of educational learning programs to promote development in science and technology.
- Delegates devised sustainable solutions to eliminate ongoing crisis mainly due to COVID-19.
- Global youth were taught about entrepreneurship and its organic and progressive outcome so that the delegates can contribute towards economic prosperity by utilizing their entrepreneurial skills.
- Delegates were enlightened about cultural and social values and in this way people to people relationship was strengthened worldwide.
- To enable Youth belonging to different countries to present their ideas and projects to the governments to bring reform in different sectors.
- Delegates will be able to implement their projects in their home countries.
- Alumni YPF-Maldives will be given opportunities to participate in educational seminars and youth exchange programs.