

Each month a specific ethical theme is taught in all Friendship schools, but also shared and discussed with all Friendship staff and beneficiaries. We are delighted to share it with you!

January | Compassion - সমবেদনা

Compassion is to feel the suffering of others and feel motivated to relieve that suffering. This is not only an action but the desire of helping is what makes compassion so important.



"Be kind, for everyone you meet is fighting a harder battle." – Plato, Philosopher and Mathematician in Classical Greece

"Realization leads to responsibility." – Runa Khan, Founder and Executive Director of Friendship

February | Confidence - আস্থা

Confidence is when you believe something to be certain and true. When you have confidence in a person, you trust that she will do what she says. When you have confidence in yourself, you know that you can do something, even if other people say it is not possible.



"No one can make you feel inferior without your consent." – Eleanor Roosevelt, First Lady of the United States (1933-1945)

March | Courage - সাহস

Courage is often a measure of self-esteem and will. It is a feeling that can only come from within. No matter what the fear may be, if courage can be found any fear can be faced. If someone is faced with a calamity, courage can help to overcome the hardship.



"Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." – Sir Winston Churchill, Prime minister of the United Kingdom (1940-1945)

April | Rights - অধিকার

Rights are based on core principles like dignity, fairness, equality and respect. We are all equally entitled to our human rights without discrimination. Everyone has the right to food, clothing, shelter, healthcare, education, religion, freedom of speech and freedom of thought.



"The rights of every man are diminished when the rights of one man are threatened." - John F. Kennedy, American Politician and President of the United States (1961-1963).

May | Empathy - সহানুভূতি

Empathy is the ability to feel as another person, to share, to understand the needs, concerns and emotions of others. Being empathetic means: to see the world through the feelings and eyes of those who are different from us – the hungry child or the woman who lost everything in a storm.



"No one cares how much you know, until they know how much you care." – Theodore Roosevelt, President of the United States (1901-1909)

June | Honesty - সততা

Honesty is the best policy in life even if it does not bring immediate gain. An honest person is respected by all, above a person who only has money. Honesty is more than simply speaking the truth. It is exemplified in a person's actions and in his deeds



"Honesty and transparency make you vulnerable. Be honest and transparent anyway." – Mother Theresa, Roman Catholic Religious Sister and Nobel Peace Prize winner 1979

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July | Patience - ধৈর্য

Patience is the key to success, contentment and virtue. This is because patience helps us to make good decisions, suspend judgement and



prevents us from giving up. Patience enables us to attain goals by overcoming hurdles. Patience is the key to cultivating resilience in times of disaster.

“Patience is not just about waiting for something, it’s about how you wait, or your attitude while waiting” – Joyce Meyer, Author and Speaker

August | Justice - ন্যায়বিচার

Justice is a concept involving the fair, moral, and impartial behaviour of every individual. Fairness is protection of rights and punishment of wrongs. Justice places standard of goodness over all people and demands that they pay attention to this standard. Justice transcends caste or creed.



“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.” – Elie wiesel, American Professor and Political Activist

September | Tolerance and Non-violence -

সহনশীলতা এবং অহিংসা

Tolerance is the first element needed if man or society is to grow together as a whole. It is the appreciation of diversity. Being tolerant to each other and caring for each other despite our differences is what makes us human. Non-Violence is the personal practice of being harmless to others under every condition.



“At the center of non-violence stands the principle of love.” – Martin Luther King Jr., American Pastor, Activist, humanitarian and Leader in the African-American Civil Rights Movement.

October | Dignity - মর্যাদা

Every human being has the right to a dignified life. A dignified life gives the opportunity to help fulfil one’s potential. Dignity means having the



freedom to make decisions on one’s life and be met with respect for this right. Dignity should be the basic guiding principle for all actions. Our own dignity is interdependent with the dignity of others.

“People can live in poverty, but people cannot live without Dignity and hope.” – Runa Khan, Founder and Executive Director, Friendship.

November | Humility - নম্রতা

Humility is a deep virtue. Humility is the quality of being humble and putting the needs of others before your own. A humble person is always ready to accept other people’s advice and learn from their experience. Only in the practice of humility can we become truly great.



“Never mistake a person’s humility for weakness, for the humbler you can be, the greater is your strength.” – Runa Khan, Founder and Executive Director of Friendship.

December | Commitment - প্রতিশ্রুতি

Commitment is giving a part of ourselves to what we do and doing it wholeheartedly. It is the willingness and intention to give your time and energy to something that you believe in. Commitment lies in one’s thoughts and words and it is visible only through actions. It is what transforms a promise into reality.



“Commitment is an act, not a word.” – Jean Paul Sartre, French philosopher, playwright, novelist screenwriter, political activist, biographer, and literary critic.