



HEM *formation*

Humane Endeavour for Moral Awakening



1 Attitude

2 Fearless

3 Confidence

4 Creativity

5 Optimism

6 Humanity



*All the powers in the universe are already ours.
It is we who have put our hands before our eyes
and cry that it is dark.*

उतिष्ठ जागृत भारतः

Swami Vivekananda

Preface



Children have to grow happily. They are joyful, and spread happiness around. The birth of a child brings smile to the members of the family. They need to grow without any complexes and on the strength of their character. They learn their habits by observation from home and school and hence adults have a greater responsibility in formulating an



effective youth force.

India has a rich past of gurukul system of education wherein the students were trained to live Values first before they were trained with technical sessions on Archery or the Vedas. Only when the students were fully equipped with the maturity to handle themselves and handle their emotions, were they allowed to go to the next level of learning. As civilization caught on us, there had been less significance for this kind of education and we took to the westernized system of education where learning content and amassing knowledge became priority and training in Values became secondary.

There has been a corrosion of value system from our society due to the advent of science and technology, nuclear family and materialistic way of life, peer group pressure, mass media influence, the urge for modernization, lack of assertion on values in schools and shifting priorities of parents. Academic syllabus in schools merely reduced to imparting the facts and figures and student assessment reduced to gaining marks. Our youngsters are mis led, resulting difficulties in differentiating right from wrong. The youth has become very temperamental, restless, impatient and craving for comforts and wealth. Position and power are the watchwords for them today.

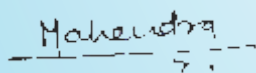
The restoration of Values in the youth would stabilize the society and spread the fragrance of love and kindness and concern for humanity. The organization believes that making monsters with knowledge of physics and chemistry and other subjects come much later, for, they have to be human beings first. Or else, the society would lose its integrity and stability. Hema Foundation, a philanthropic arm of Ram Ratna Group decided to work for imparting CULTURAL & MORAL EDUCATION to children at a very impressionable young age. It aims to cultivate better and compassionate understanding of their responsibilities towards Self, Family, Society the Nation at large, and help them become better human beings and responsible citizens.

The importance of Value Education has been long recognized but the methods to impart have not been definitive. Seeing is Believing. There is no impact quite like a visual impact. With this understanding, the Foundation has produced 48 short films on Human Values with strong meaningful messages. An interactive session between teacher and the students after viewing the documentaries shall result in self inspired resolution for accepting and adopting the Values. The all Human Values have been classified as per their age group into std 1 to std 8. more periods conducting various activities as prescribed in **Hem-Disha** (A Teacher's Guide Book) include interesting and inspiring stories, games, skits, poems, learning from illustrious personalities etc, in order to elucidate the Values into the daily practice schedule.

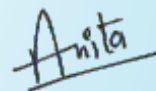
Hema Foundation is expecting is a transformation of human beings into practical, sensible and lovable individuals who care for others. This describes or justifies the title of the book as "**Hemformation**" -'Transformation like gold'. Gold gets purified each time when it comes in fire and like that the students who get in to tough situations of life, the Values brought out or learnt, must support them for a transformation. The **Hemformation**, therefore deals with those Values that are slowly to be adapted by the students across all grades with relevant stories and activities. Stories and narration of them have been the medium used in elucidating the Values, because stories have a great impact on children and it is found that they last long in their minds. For any Value to be assimilated, those Values need to penetrate in. **Hemformation** series have taken the effort to illustrate through this medium of stories from the Puranas, Upanishads and has taken life histories of illustrious people who lived in India and the world and who made humanity proud. The CBSE and NCERT have designed those Values that are necessarily to be imbibed by the students while they are at school and the book series depends on those Values for illustration. There is a subtle thread of connectivity between all these Values so that the holistic purpose of this effort is achieved.

With best regards to our teachers, love and affection to our students.

Thank You,



Mahendra Kabra
Managing Trustee



Anita Maheshwari
Trustee & Creative Director

In writing of this book

Entire concept and scaffolding of this value education material is based on pretext of world scenario today, as proudly conceived India had been the land of compassion and cohesion bereaved humanity strives for Great Indian culture, customs and traditions have been sheltering, promoting and spreading peace, cohesion and prosperity amongst all life forms on earth, rich in its values Indian soil provides bedrock of fragrance and empowered life.

Shri Mahendra Kabra, Chairman and Managing Trustee of Hema Foundation, has been the real soul behind preparation of this book along with Trustee and Creative Director, Ms. Anita Maheshwari.

Entire concept, selection of content and methodology of text flow has been aligned and corroborated with latest guidelines of National Education Policy draft 2019 and National Curriculum Framework (NCF) Delhi.

Before producing this book, research based on modus operandis of Indian academia was thoroughly researched, numerous sessions of discussions with educational authorities, principals, teachers and students were held to streamline flow of text and relevance with education system and world.

Before preparing the final draft, approach of child's mind, psychology of education and pedagogy of our classrooms was seriously corroborated and all the exercises in this book are planned in a manner that this content invokes an automatic stimulus in reader's mind and prepares ground for taking these values in life forward.

Ms. Hetal Desai, Ms. Anubha Daga and team Rajasthan Ruchi Rastogi, Vandana Singh, Ankita Ranawat and Pawan Rajput of Hema Foundation have been pivotal in editing the contents along with Subhash Medekar and Pooja Chavan in carrying out the tedious task of designing.

Also thousands of teachers and students also deserve a sincere gratitude for standing with the team of Hema Foundation that helped in formulating the basic design of this book.



Dr. Nagpal Singh
Educationist and Cognitive Psychologist
Writer



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Ram Ratna House, Oasis Complex,

P. B. Marg, Worli, Mumbai - 400 013

Tel.: 022-2494 9009 / 9142, Extn.: 108

Mob: 72280 01342 / 7710030852

E-mail: admin@hemafoundation.org

Website: www.hemafoundation.org

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An Important Read

Definition of a country is always marked by its community discourse which sought values and positivity. But, ironically things around are getting increasingly inclined towards violence, social evils and lack of respect towards world around them. People who become great statesmen, sports persons or business entrepreneurs have certain things in common. They are all vigilant about their surroundings. They all know how best to use what they have. They all believe in hard work and in doing things which are good for the society. Creation of such values in our youth is the end product of value education.

The first school a child attends is his home and parents are the first teachers. With the help of their, conduct and behavior they induce an influence on their children. They play a major role, in inculcating values in their children. Values are essential for a sound character and personality. But at times, due to their sheer negligence, a child fails to accept morally and ethically accepted values. The second major role is that of as teacher. The teachers play a very important role in the society and they are considered as nation builders, personality developers, guides, etc. But in the modern era, there are number of factors which are responsible for degradation of the status of teachers, for their poor performance and for the decline in the teaching of values. This book provides information about how parents and teachers can inculcate these values in children and contribute in nation building. Finally, the book emphasizes on teachers' role in all spheres of society.

Introduction

"The value concept is able to unify the apparently diverse interests of all the concerned with human behavior."

In our culturally plural society, education should foster universal and eternal values, oriented towards the unity and integration of our people. Such value education should help eliminate obscurantism, religious fanaticism, violence, superstition and fatalism. Apart from this combative role, value education has a profound positive content, based on our heritage, national goals, and universal perceptions. It should lay primary emphasis on this aspect.

National Policy on Education, 2005

Values enshrined in the Constitution of India point towards the principles of equality and social justice and appreciation of cultural values of each other,

dignity of all individuals, etc. Values such as equality, fraternity and justice can promote inclusivity where all members of the society feel included irrespective of their color, culture, economic or social background, caste, religion, gender or community. The culture of inclusivity is particularly relevant and important in the context of our society, nation and making education a right for all children. The aim of education, thus, can no longer be solely confined to learning of specific culture and its traditions but that of learning and appreciation of multi-culture.

- 'Education for Values in Schools – A Framework' by NCERT

At the beginning of the second decade in 21st century, the education of future citizens needs to be redressed so that a better balance is achieved between academic excellence, human values and oral perceptions. Since World War II, the world has been a witness to a continuous and steady deterioration of values in moral standards all over the world. Braun, developer of World War II rockets says "If the world's ethical standards fail to rise with the advance of our technological revolution, we shall perish". The whole country is experiencing massive erosion of values. political and economic corruption, scandals and scams, antisocial and anti-national Activities, etc., are on the rise all over the country.

When we look at the modern society we can visualize that violence, exploitation, political corruption, and corruption in public life, terrorism, arms race, and production of nuclear bombs are on the rise everyday and it clearly shows the degradation of value systems. The application of scientific and technological knowledge to the comforts of man has reduced him to a mechanical being, resulting in degeneration of the value system.

Meaning of Education

Education undoubtedly is one of the most powerful agencies in molding the character and in determining the future of individuals and nations. Thus, the whole realm of education is centered on the development of the moral aspect of man. Plato emphasized that educational effort should aim at the promotion of virtue. Herbert declared that the whole work of education, which is a long and complex training, should focus on one particular thing that could be summed up in the concept "Morality".

The University Education Commission (1964-66) summarizes the Indian concept of education as follows; "Education according to Indian tradition, is not merely a means of earning a living; nor is it only a nursery of thought or a school for citizenship. It is the initiation into a life of spirit, a training of human

souls in pursuit of truth and the practice of virtue.”

“The first duty of the education system is to teach wisdom, not trade; character, not technicalities” says Winston Churchill. Educated persons are those who can choose wisely and courageously under any circumstances. If they have the ability to differentiate between good and bad, wisdom and foolishness, virtues and vulgarities, regardless of the academic degrees they have, then they are educated. Life-centered ethics have to be dealt with, to develop the will, to live a moral good life, to keep away from evil, to develop a spirit of sacrifice and an attitude of consideration for others. Education plays key role in making people aware of value environment. Positive attitude needs to be inculcated from childhood through parents and other members of the family and teachers. There is sufficient psychological evidence that morality is learnt, and can be controlled and directed. Learning controls impulses, moral rules and principles and it is a valuable guide, to apply the principles to new situations. For Swami Vivekananda, the goal of education is “Man making”. It is making of the whole human being.

Values

“Value” comes from the Latin word “Valera” which means to be of worth, to be strong. The dictionary gives the following meaning: relative worth, utility or importance, degree of excellence, something intrinsically valuable. Value literally means something that has price, something precious, dear and worthwhile; therefore something one is ready to suffer and sacrifice for; if necessary one is ready to die for it. Values are standards, rules, criteria, attitudes, guidelines, desirable ideas/beliefs and important things, which play a crucial role in shaping the life of individuals. Values give direction and firmness to life. They identify a person, giving him a name, a face and a character. Hence they bring joy, satisfaction and peace to life.

Values are those standards or codes of conduct, which are conditioned by one’s cultural tenants, guided by conscience, according to which, one is supposed to conduct himself and shape his life pattern by integrating his beliefs, ideas and attitudes with a view to realize the cherished ideals and aims or life. High values lead to objective, fair and correct decision and action and ensure the welfare of all concerned, while low value does exactly the opposite. Values are essential for all persons, recognizing the fact that the individual is comprised of physical, intellectual, emotional, and spiritual dimensions.

Value is the relation between a person and an environmental situation, which evokes an appreciative response in the individual. The other complimentary function of value is, that it contributes to the welfare of the larger social unit

such as family, the community and the nation of which the individual is a member.

Value system contains

- A set of beliefs about nature of man
- Rules laying down what ought and what ought not to be done
- Motives that incline us to choose the right and wrong course. The following ten basic themes may also form a part of value education
 - ✦ **Think positive.**
 - ✦ **Be compassionate and do no harm.**
 - ✦ **Recognizing innate peace.**
 - ✦ **Cooperation and Collaboration.**
 - ✦ **Humility and Integrity.**
 - ✦ **Rational Introspection.**
 - ✦ **Rationality and Critical thinking.**
 - ✦ **Promotion of peace and benevolence.**
 - ✦ **Cohesion and integration.**
 - ✦ **Nature's preservation.**

It is important to remember that value education is not another subject. It performs two important functions in the curriculum. Firstly, it unifies all other subjects under a holistic vision of values. In the absence of such a holistic view the learning done in subjects tends to be fragmentary and remains superficial. Secondly, value education humanizes education.

Classification of Values

- Personal Values** : The principles and ideologies that a person follows in personal life.
- Universal Values** : Principles that all people across the planet are expected to adhere to.
- Human Values** : Principles and ideologies that are basic to human nature to make their life smooth and happy.
- Religious Values** : Person's beliefs and faiths in a particular thought which act as a guide for reasoning between good and bad.
- Civic Values** : Principles, which guide in the do's and don't's of the

citizens.

Moral Values : Principles and directives, which enables us to follow the correct and right path.

Spiritual Values : Principles, which give directives to follow a faith in some philosophical.

Need for Human Values in the Society

Education is general and value education in particular occupies a prestigious place in the modern context of the society. Education and values are inseparable. They are two sides of the same coin. Value oriented education has come into force to promote a sense of morality, aesthetic and intellectual knowledge among the students. value education has the capacity to transform a confused mind to a very young, fresh, innocent, healthy, natural and attentive mind. The transformed mind is capable of higher sensitivity and a high end level of perception. Sri Ramakrishna Pramahansa also stated that education is the process that tells us how to live life well; how to find happiness; how to make others happy; how to manage all kinds of people and happenings as well; and how to grow and succeed in the right manner.

Today there is deterioration of values in the society. The values have been neglected not only at the social level but at the national level also. In the educational programmes only mental developments have been stressed. In the modern age, the aim of education is all round development of personality. In the present educational system, provision has been made for intellectual education by giving importance to intellectual development. Thus to be successful in life, important human qualities along with intellectual development should be the aim of value education. Value education is the positive effort towards bringing about a synthesis of different values in a human being. It is the teachers' role to foster human values through their teaching in the classroom and follow those values. To the youth of today, the classroom messages are love, safety, security, belongingness and warmth. Einstein remarked once: "try not to become a man of success, but try to become a man of values."

Meaning of Value Education

Value Education, as it is generally used, refers to a wide range of learning and activities ranging from training in physical health, mental hygiene, etiquette and manners, appropriate social behavior, civic rights and duties to aesthetic

and even religious training. Value education is simply a matter of developing appropriate behaviour and habits involving inculcation of certain virtues and habits. In opposition to such a conception, it is pointed out that value education has an essentially cognitive component in it and that this should not be ignored. There are three basic institutions that influence value education – the home, religious institutions and the schools.

Today we are talking of value education, value based politics and value based society. All of us feel that the values are falling and nobody is respecting them. In an enthusiasm to point fingers at others, we do not realize that we too have contributed to this fall. But, what are these values? Values are a set of desirable behavior by following which it is good for the individual and also the society. That exactly is the reason as to why values are not taught, lectured about or professed. They are only demonstrated. Two categories of people who make maximum impact on the personality of an individual in the formative years of life which remains all through the life are the parents and the teachers. Incidentally, it is this class of people who become role models - good or bad, without their consent or knowledge. Parents, teachers, family, school, environment, friends, society and religion– all these wield a great influence on the child. Academics and Co-curricular activities both help in teaching values. Meditation, Value Based Education, Music, Self-analysis, Positive affirmations and Resolutions help in improving our character. The suggestions and words spoken by the parents and others affect the character and good conduct of a child.

- * **Values are beliefs. But they are beliefs tied inextricably to emotion.**
- * **Values are a motivational construct. They refer to the desirable goals people strive to attain.**
- * **Values transcend specific actions and situations. They are abstract goals. The abstract nature of values, distinguishes them from concepts like norms and attitudes, which usually refer to specific actions, objects, or situations.**
- * **Values guide the selection or evaluation of actions, policies, people, and events. That is, values serve as standards or criteria.**
- * **Values are ordered by importance relative to one another. Values form an Ordered system of value priorities that characterize them as individuals. This hierarchical feature of values also distinguishes them from norms and attitudes.**

Each of the ten basic values can be characterized by describing its central motivational goal:

- | | | | |
|--------------------------|--------------------|--------------|------------------|
| 1. Self motivation | 2. Knowledge | 3. Happiness | 4. Achievement |
| 5. Power | 6. Role of Parents | 7. Security | 8. Cooperation |
| 9. Culture and tradition | | 10. Empathy | 11. Universalism |

Role of Parents

Home is the first school for the child and parents are the first teachers. They not only guide the child in its progressive path but also demonstrate the appropriate behavior by their actions. It is the parents who with their conduct and behavior set an example for the children. Parents at times show a lot of concern for the children and instead of correcting, they start to pamper even for their improper behavior. It is actually detrimental to the growth of the child. Such Parents are very possessive.

Some of the parents are too strict with their children. They try to overpower their wards. They do not let the child enjoy the bliss of his innocence. They try to check him for whatever he does. Another class consists of those parents who are not much concerned about their children either due to lack of time or are not educated enough to guide their children. Whatever be the reason it certainly affects the child's behavior. The parents handling of the children should be such that it could take care of all aspects and could provide firm guidance without being too strict. Extremities on the part of the parents either lead to introvert or oversensitive behavior or it may turn a child into dominant or aggressive person. A child reflects the impressions gathered by him in the initial stages of his life. If children are not guided, they may turn into problematic and complexed individuals.

Role of Teachers

Teaching is not a job; it is an attitude. Teacher is a source of information, a guide, a mentor, a parent, a motivator, all at the same time. Teaching is the noble profession which deals with the future generation. To be an ideal teacher, one needs to be a role model. A good teacher loves his/her students. A teacher must have respect for his/her profession and remarkable quality to love his/her students unconditionally. The role of a teacher in the changing social scenario is becoming very challenging. In the earlier times teacher was the only source of information and commanded respect on this count. The society is becoming more materialistic and values appear to be pushed into the background. Consider the vedic times when a wise man or a Rishi was an icon. In the period of Mahabharata, the role models had changed. The heroes of this era were the brave warriors. Before independence of India, our role

models were Gandhiji, Patel, Bhagatsingh, Rajguru and other freedom fighters. After independence, unfortunately, the icon of the society is a rich man. The young generation desires to become rich without making efforts by stepping on an escalator. This eagerness makes them sacrifice anything, less to talk about values. The present society needs an awakening. This period of transition urgently requires the nurturing of values. It is the moral responsibility of the teacher to be the torch bearer and show the right path to coming generations.

Value system is the backbone of any society. Values may vary from one society to another and from time to time. Every society follows some values and those values are identified as global values by all. A good teacher is someone who inspires the students and promotes their talents including the creativity and independent thinking. Teachers should understand the fact that every student has certain unique qualities and talents, which should be identified and nurtured.

Role of teacher in society

Teachers role is very vital in molding the future of a country and, as such, it is considered the noblest profession. Teachers are the role models for their pupils. An educational institute should not be just confined to teaching and learning but it should be considered as a place where consciousness is aroused and illumined soul is purified and strengthened. It is the place where the seeds of discipline, devotion and commitment are planted and fostered with deliberate efforts. A constructive companionship between teachers and students has to be developed. In a nutshell, a teacher in real sense is one who himself practices the human values. He should not only preach but also practice to leave an ever lasting impression in the minds of students.

Conclusion

To conclude, this can be safely said as a general rule that value orientation is integral to all stages of upbringing, formal education, and interaction between individuals and social groups. Values are thus inseparable from life of the individual. It permeates the whole life. Since education is an essential requirement, the aims of education, content and methodology are viewed in terms of value development. Values and development are used interchangeably. Human development cannot be conceived in the absence of values.

The teacher plays a very important role in the society and they are considered

as nation builders, torch bearers, path guides, personality developers, etc. Importance should be given to religious/spiritual education so that society as a whole may flourish with desirable value system. The social, economic, cultural and human values play a very important role in the overall development of society and help in achieving the socialistic pattern of the society. It is recommended that there should be congenial conditioning or proper environment in the society which includes parents, teachers, educators as well as administrators for inculcating values i.e. moral, spiritual, religious, social, economic and cultural values, etc. among the students/youth. Promotion of human values in the society depends on the promotion of good qualities among individuals. In every tradition and in every country the place of a teacher, not only in the institution but also in society, has been glorified. According to a Japanese saying, a poor teacher tells, an average teacher teaches, a good teacher explains, an excellent teacher demonstrates and a great teacher inspires. To inspire the students, a teacher should discharge twin roles - one to mould himself and other to mould others.

In a nutshell, it can be concluded that education without vision is waste, education without value is a journey of high ridge in dark, and education without mission is an unending stampede. A nation with atomic power is not a strong nation but a nation with people with strong character is indeed a strong nation. Therefore, for the sustainable human development as well as for the social growth, there is a need of value based education, spiritual education, ethical education, as well as need based education. India has always been known for sound social values and character of its people, the impact of western values has adversely affected the mindset of people which can be rectified only by imbibing our value oriented educational system, which is of-course a big challenge. The challenge has to be met by collective introspections. In brief, the values are the guiding principles of life which are conducive for all round development of children to give direction and peace to life.

THE PLEDGE



I Commit to :

- * I am honest, truthful and reliable.
- * I am simple, calm and organized.
- * I am hardworking and dutiful.
- * I am social and philanthropic.
- * I am fearless and courageous.
- * I am patient and determined.
- * I respect parents, teachers and elders.
- * All the living beings on the earth are mine and i belong to them.
- * I am a responsible citizen for my family, society and country.



I would lead my life based on these values and would remain abide by them.

Name: _____

Signature: _____

School: _____

Date: _____

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VALUE THE VALUES TO REMAIN VALUED

PERFECT PINKY

Problems Addressed

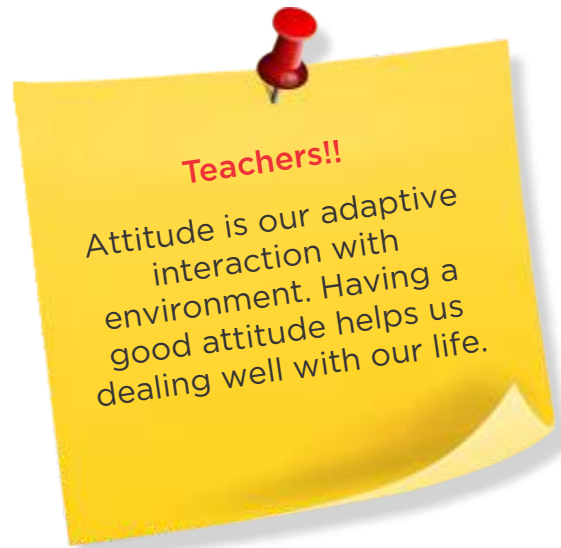
- Lack of emotional control

Resources Developed

- Discovering the mind-body relationship
- Learning to alter feelings
- Building emotional control
- Creating emotional choices
- Facilitating emotional empowerment

Outcomes Offered

- Emotional control
- Strategies for change
- Personal empowerment



You can watch the short film "JIGGYASA" on **YouTube**



Scan code to view short film

Pinky was studying drama at school. She told me about something their drama teacher, Ms. Riya, asked them to do at school.

“Look down at the ground, just in front of the toes of your shoes,” she said. “Don’t look at anyone else or talk to them.”

They let their shoulders slump forward, hung their arms loosely at their sides, then walked around for a little while without looking at anyone and without talking. After a few minutes Ms. Riya asked, “How are you feeling?” Pinky told me that nearly everyone said they felt sad.

Ms. Riya then asked them to stand in pairs, staring each other strongly in the eyes. “Put your hands on your hips,” she added. “Stand with your feet a couple of feet apart and stare.” After just a few minutes everyone said they were feeling angry toward the other person.

“Keep staring at your partner,” Ms. Riya instructed them, “but this time clench your jaws tightly together and make tight fists with your hands.” Again they felt angry; some even felt angrier than before, and some said they felt really mad at the other person.

“Now,” said Ms. Riya, “relax the muscles in your jaws and your hands, stand tall, and look the other person in the eyes, blink a couple of times and begin to smile.” It didn’t take long for one person to do this before the other person smiled back, and everyone was soon saying how much happier they felt.



“Close your eyes,” Ms. Riya continued. “Give the muscles of your shoulders and arms a bit of a wriggle, let your body stand there limply.” Soon everyone was saying how relaxed they felt.

“People think that acting is pretending to be something,” said Ms. Riya, “but all good actors know a secret that a lot of other people don’t seem to be aware of. If you change your posture



and the expression on your face, you begin to change the way you feel. You don’t have to try to pretend to be happy or sad. By taking the posture of a person who is experiencing those emotions you actually start to feel it. It is real.”

Pinky hadn’t thought about that before. She hadn’t thought that she could begin to change the way she felt by the way she stood, the way she held her body, and the expressions she put on her face. I think Ms. Riya was teaching her kids about more than drama. Pinky was learning some important things about managing her own feelings. She said to me, “I had never thought I could change the way I felt by changing what I did.”



TAKE AWAY



Not all are alike in life, many might possess abilities that others might lack, but shall we differentiate our groups on the basis of these abilities, No.. Not at all. Since a group is amalgamation of various brains and many attitudes, once shall strive for perfection but shall always skip being critical to others inabilities.

Exercise 1.1

Some situations and people are very demanding and while facing them we lose self-confidence and miss our abilities to deliver. Suggest possible steps to remain calm and composed in the following situations.

(Relax your mind, think about success, stay for exercise daily, eat well, get good sleep, take time out for breaks, spend time with loved ones, meditate, re-evaluate, grab, journal and reflect).

01



Visiting An Unknown Place

02



Talking to principal

03



Traveling Alone



Lost Way

04

Exercise 1.2

Knowing our self always helps us in taking best decisions. Also some places demand us being extra conscious for our safely. Try and suggest precautions one can have at following places.

01



Traveling Alone In Train

02



Need A Travel By Cab

03



Being Alone At Home

.....

.....

.....

04



Swimming At Pool

.....

.....

.....

05



Filling Details On Internet

.....

.....

.....

06



A Visiting Courier Fellow

.....

.....

.....

Exercise 1.3

Following are the qualities of successful and confident people who leave lasting impressions on the people whom they meet. In the blanks given below mention the names of any five such personalities whom you think possess those attributes, also mention the attribute they posses.

Captivating

True Commitment

Confident

Insightful

Uses intelligence

High Degree of
Professionals

Good Physical skills

Inner talent

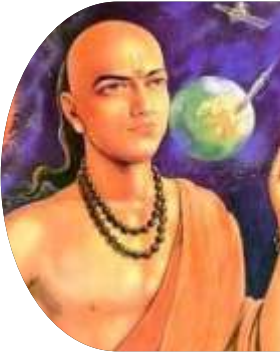
Believes in
improvement

Source & Varity

	Personality	Attributes	
1.		1.	2. 3.
2.		1.	2. 3.
3.		1.	2. 3.
4.		1.	2. 3.

5. 1. 2. 3.
6. 1. 2. 3.
7. 1. 2. 3.
8. 1. 2. 3.
9. 1. 2. 3.
10. 1. 2. 3.

You Can Learn From



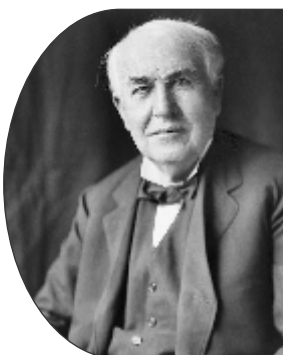
ARYA BHATT - MATHEMATICIAN (476 AD - 550 AD)

- Aryabhata was born in 476CE in Patliputra in Magadha, (modern Patna) in Bihar. He was the great mathematician-astronomer from the classical age of Indian mathematics and Indian astronomy.
- He is the man who invented “0” and helped the world solving its many issues. It is believed that Aryabhata was born in the region between Narmada and Godavari of central India.
- According to some researches and studies it was found that at some point in time, Aryabhata went to Kusumapura for advanced studies and lived there. He studied both Hindu as well as Buddhist tradition there.
- It is believed that Aryabhata might have been the head of the Nalanda University, as it had an astronomical observatory at the time. Aryabhata set up an observatory at the Sun temple in Taregana, Bihar.
- Aryabhata’s major work is comprised of Mathematics and Astronomy. Most of the Aryabhata’s work can be known from Aryabhatiya.
- His work in mathematics and astronomy is extensively referred to in Indian mathematics literature and is part of modern mathematics also.
- If we see the mathematical section of Aryabhatiya, we will see his work in arithmetic, algebra, plane trigonometry and spherical trigonometry.
- Along with these major sections of mathematics it also contains the work done by him in the continued fraction, quadratic equations, sums-of-power series and sine tables.
- The Aryabhatiya also contains description of various astronomy instruments invented by Aryabhata like the gnomon (shanku-yantra), a shadow instrument (chhaya-yantra), possibly angle-measuring devices, semicircular and circular (dhanur-yantra / chakra-yantra), a cylindrical stick yasti-yantra, an umbrella-shaped device called the chhatra-yantra, and water clocks of at least two types, bow-shaped and cylindrical.
- He also described the Motion of Solar System, details of Eclipses, Sidereal Rotation periods and Heliocentrism. It is also believed that some of the Aryabhata’s work of that time is lost.
- Aryabhata passed away in 550 CE. He was 74 years at the time. But exact locations of his last period of life and whereabouts are still unknown to the world.



DR. A. P. J. ABDUL KALAM - Former President Of India

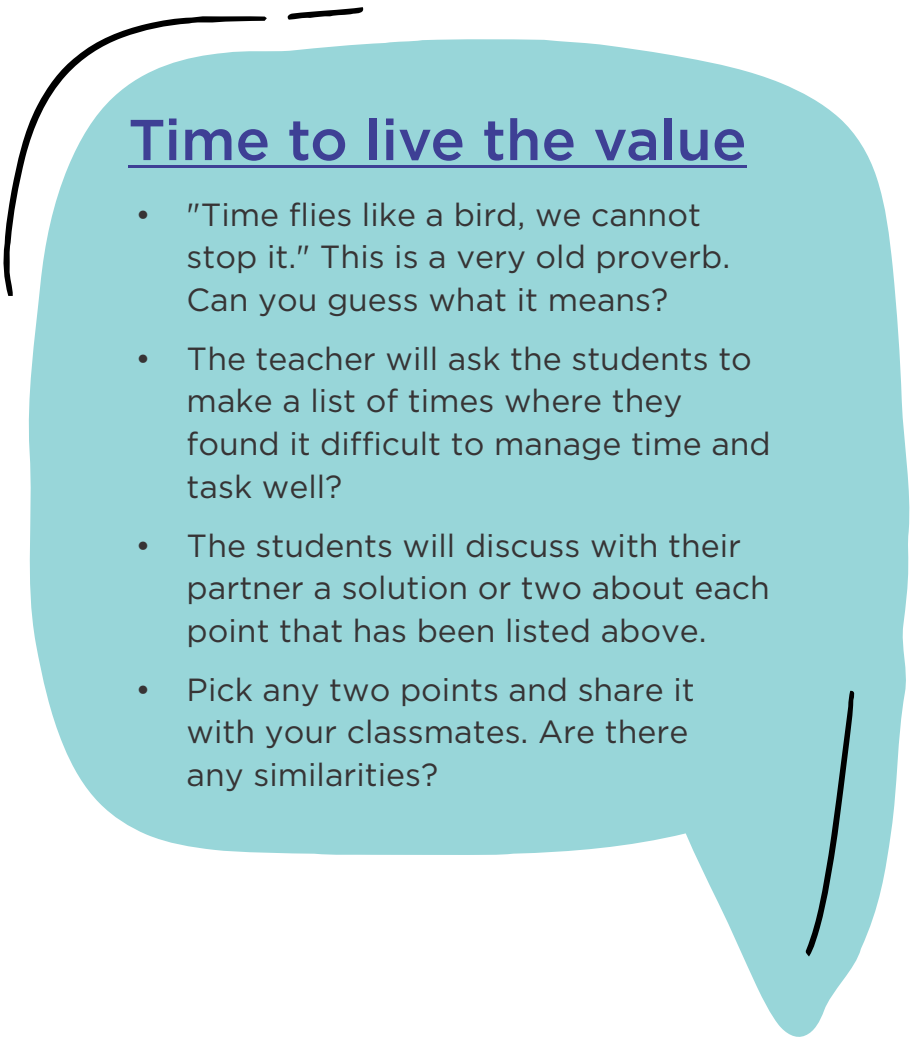
- Full name of 'Dr. A. P. J. Abdul Kalam' was 'Dr. Avul Pakir Jainulabdeen Abdul Kalam'. He was born on October 15, 1931 at Dhanushkothi in the temple town Rameshwaram in Tamil Nadu. He was born in a poor family, but he was an exceptionally brilliant child.
- Kalam passed the B.Sc. examination from Saint Joseph College, Thiruchirapalli. He joined Madras Institute of Technology (MIT).
- His further knowledge in the field got upgraded when he joined Defense Research and Development Organization (DRDO) in 1958 and Indian Space Research Organization (ISRO) in 1963.
- He is known as the Missile Man of India. The various Indian Missiles of world order like Prithvi, Trishul, Akash, Agni, etc. are mainly the result of his efforts and caliber.
- Dr. A. P. J. Abdul Kalam became the 11th President of India.
- He served the country from 2002 to 2007. For his excellence and brilliance, he was awarded the prestigious Bharat Ratna in 1998; Padma Vibhushan in 1990; and Padma Bhushan in 1981.
- Dr Kalam expired on Monday 27 July 2015. He suddenly fell unconscious when he was delivering a lecture at the Indian Institute of Management at Shillong. On 30 July 2015, the former President was laid to rest at Rameswaram's Pei Karumbu Ground with full state honours.
- He was a bachelor. He was not interested in going abroad. He wanted to serve his motherland first. He said that he thinks his first and foremost duty is to serve his motherland. He was fond of music, the Koran and the Gita.
- Ever since becoming the head of the Indian State, he had been having interaction with children all over the country.
- His advice to the youngster of the nation was to - "Dream, dream and convert these into thoughts and later into actions".



THOMAS EDISON - American Inventor and Businessman

- Thomas Alva Edison (February 11, 1847 – October 18, 1931) was an American inventor and businessman who has been described as America's greatest inventor.
- His mother taught him at home. Much of his education came from reading R.G. Parker's School of Natural Philosophy and The Cooper Union for the Advancement of Science and Art.
- Edison developed hearing problems at an early age. The cause of his deafness has been attributed to a bout of scarlet fever during childhood and recurring untreated middle-ear infections.
- Edison developed many skills when he was young. He sold candy and newspapers on trains running from Port Huron to Detroit and sold vegetables to supplement his income.

- These talents eventually led him to found 14 companies, including General Electric, which is still one of the largest publicly traded companies in the world.
- He developed many devices that greatly influenced life around the world, including the phonograph, the motion picture camera, and the long-lasting, practical electric light bulb. Dubbed "The Wizard of Menlo Park",
- He was one of the first inventors to apply the principles of mass production and large-scale teamwork to the process of invention, and because of that, he is often credited with the creation of the first industrial research laboratory.



Time to live the value

- "Time flies like a bird, we cannot stop it." This is a very old proverb. Can you guess what it means?
- The teacher will ask the students to make a list of times where they found it difficult to manage time and task well?
- The students will discuss with their partner a solution or two about each point that has been listed above.
- Pick any two points and share it with your classmates. Are there any similarities?

AWAKENING

Problems Addressed

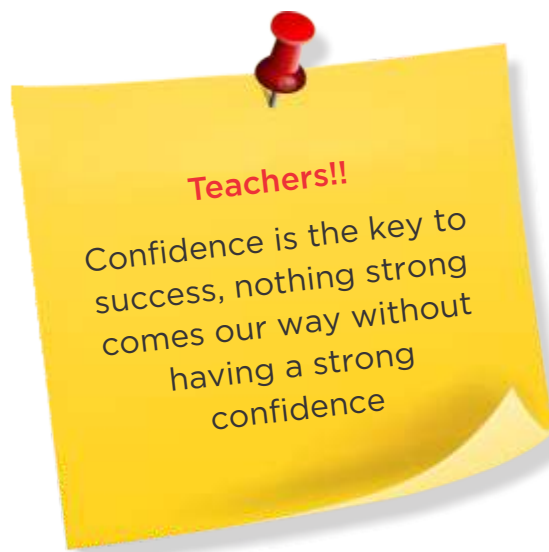
- Scaredness
- Sadness
- Being bullied
- Physical symptoms of anxiety (hair loss)

Resources Developed

- Building confidence
- Learning the language of confidence
- Doing things to create change
- Building stickability
- Learning the language of stickability

Outcomes Offered

- Confidence
- Perseverance
- Empowerment



You can watch the short film “ABHAY” on **YouTube**



Scan code to view short film



This is the story of Monisha and how she pushed Scaredness and Sadness away to make room for Confidence in her life. She decided that she would like her story to be told so that it could be used to help other children with the same kind of problem.

Monisha was having a hard time getting along with another girl in her class. They had once been friends, but something had gone wrong and this girl

started to say mean things that upset Monisha, often leaving Monisha in tears. She hated crying because the other kids would call her a baby when she did. Scaredness seemed to be like this and got Monisha so worried that some of her hair started to fall out.

The worst place to be was on the school bus. That was where she got teased the most. Scaredness made Monisha so worried about catching the bus that her mom had to start picking her up from school.

Monisha wanted to do something about how Scaredness was messing up her life and stopping her from having fun. She started watching how Scaredness worked in her life and found things started to get better. One thing she worked out was that Scaredness was most strong in the mornings. This was because Confidence was a bit lazy and liked to sleep in!

With the help of Mom, Monisha learned to remember not to walk out of the house without waking Confidence up first. This was a really smart move, and pretty soon things started to get better. It was not that people stopped being mean, although that did get better, too; it was that Scaredness and Sadness couldn't use other kids' meanness to upset Monisha so much with Confidence there to protect her.

W h a t
M o n i s h a
s t a r t e d
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n o t i c e
w a s
t h a t
w h e n
a
g i r l
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p l a y g r o u n d ,
S c a r e d n e s s ' s
t r i c k
w a s
t o



whisper in her ear, “Uh oh, she’s going to bully you,” and Monisha would feel frightened. But as Confidence started to be more awake it would talk in her other ear and say: “It’s okay. You can be strong. You can handle this.”

With Confidence around, Monisha began to discover that often there wasn’t a problem there at all. The girl actually wanted to be nice, and Scaredness was tricking her. This was not always how it was. Some girls could still say mean things sometimes, but, by listening to Confidence (“You are okay. Remind yourself of the nice things about

you.”) Monisha was able to stand up for herself.

Pretty soon Monisha felt ready to catch the bus again, but, because this took a lot of courage, she thought it was important to make some big friends so that she would feel safer. These big girls, in more senior years, all promised to say hello to Monisha when they saw her on the bus. It was great to have a whole lot of “big sisters” looking out for her. Monisha

felt so confident
gone mad at a
one of her

Monish
Scaredne
making her
schoolwork
whisperin
she’d got
and that she
trouble. It made
took longer to get her
other kids. In fact,
pushing and showing
classroom. This was
but also sometimes
harder work in English. Scaredness
that she would feel sick, or need to go to the toilet, or need to get a
drink so she could get out of the classroom for a while.



that one day she even
girl who was mean to
friends.

a figured out that
ss was also
feel worried about
. Scaredness was
g in her ear that
everything wrong
would get into
her feel bad when she
work finished than the
Scaredness was really
her around in the
especially true in maths,
when she was doing
would get her so worried

When this happened, Monisha realized she needed to wake up Confidence here in the class- room, too. She understood how anyone could doze off in some lessons. Confidence helped her to feel better about showing her work to the teacher, “Showing her will help you to learn,” said Confidence, “and I bet you made less mistakes than what Scaredness says.” She learned that most of the time Scaredness was

tricking her.

Mom had the idea that they could help to wake up Confidence by taking Monisha to a math tutor after school. Monisha thought that doing extra math was a bad idea at first, but she soon found that the extra practice helped her to feel more confident in math at school. (“See how well you are doing?” encouraged Confidence.) It was the same with cursive writing. She had been so slow at it, until she started practising at other times. One day she found she got through her work so quickly she was already doing extra work for the teacher before the other kids had finished!

Monisha realized that Confidence had introduced her to another friend called Stick ability. Stick ability (“Keep trying the more you do it, the better you become”) was what helped her to practice until she got things right. She remembered that Stick ability had helped her in the past but she didn’t know its name then. She had once thought that she would never be able to ride a two- wheeler bike without training wheels, but she had stuck at practising until one day she could do it! With Stick ability as a friend she should be able to get confident at lots of things.

One day Mom thought it was time to check Monisha’s hair and guess what? No new hair had fallen out! In fact, on another day when Mom checked her hair she found that there was new growth. Monisha felt really proud that she had worked out a way to solve her own problems.

TAKE AWAY



There are countless evidences where victories were held by the underdogs, not by the favourite ones, Why? Simple.. The underdogs were able to retains their nerves at crucial juncture of stress and demands. Underdogs were able to hold on to their confidence and abilities. Remember confidence is the key to success.

Exercise 2.1

Use your notebook to jot down ideas about the cognitive skills students need for living a healthy and functional life, whether these ideas are triggered by the stories you have just read, the cognitive behavior therapy literature, or what you see one student do that might be helpful for another. It may help to start to structure these stories of creating helpful thought processes into the following therapeutic characteristics.

1

The cognitive problems or challenges faced by the main character

The processes of thinking that would help resolve that problem

2

3

An outcome that opens up new possibilities or better equips the child for managing such situations in the future

Exercise 2.2

Self Confidence is the key to deal with undesirable situations. How would you like to deal in the following situations?

Marksheet



1. When you scored less marks?

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2. When you lost a moto?

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3. When you wore a special dress?

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4. When you were professed by your teacher?

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5. When your name was dropped from the music team?

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6. When your father scolded you before your friends?

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7. When you missed the bus?

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8. When you could not do well in the class?

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Exercise 2.3

What possible interventions you would like to suggest to get yourself protected against bully. Suggest When



1. You are being bullied by your classmates in the assembly ?

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2. You are being bullied on the school bus ?

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3. You are being bullied on the sport ground?



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4. You are being bullied on telephone ?

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5. You are being bullied as nobody in the group talks to you ?

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6. You are being bullied whenever there is result declaration ?

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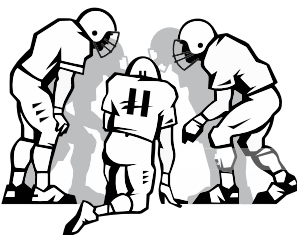
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Exercise 2.4

Teasing, name calling, quibble, or mocking are common scenes amongst students. Same times these are part of bullying but can lead into serious emotional harassment of someone if not curbed at initial stage. Following are situations where you can suggest possible interventions to avoid conflagration.



1. When a team lost?

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2. When someone scored less marks ?

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.....

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3. When someone is overweight ?

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4. When someone is underweight ?

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5. When someone leads in studies ?

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6. When somebody comes from modest family background ?

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7. When someone is poor in language ?

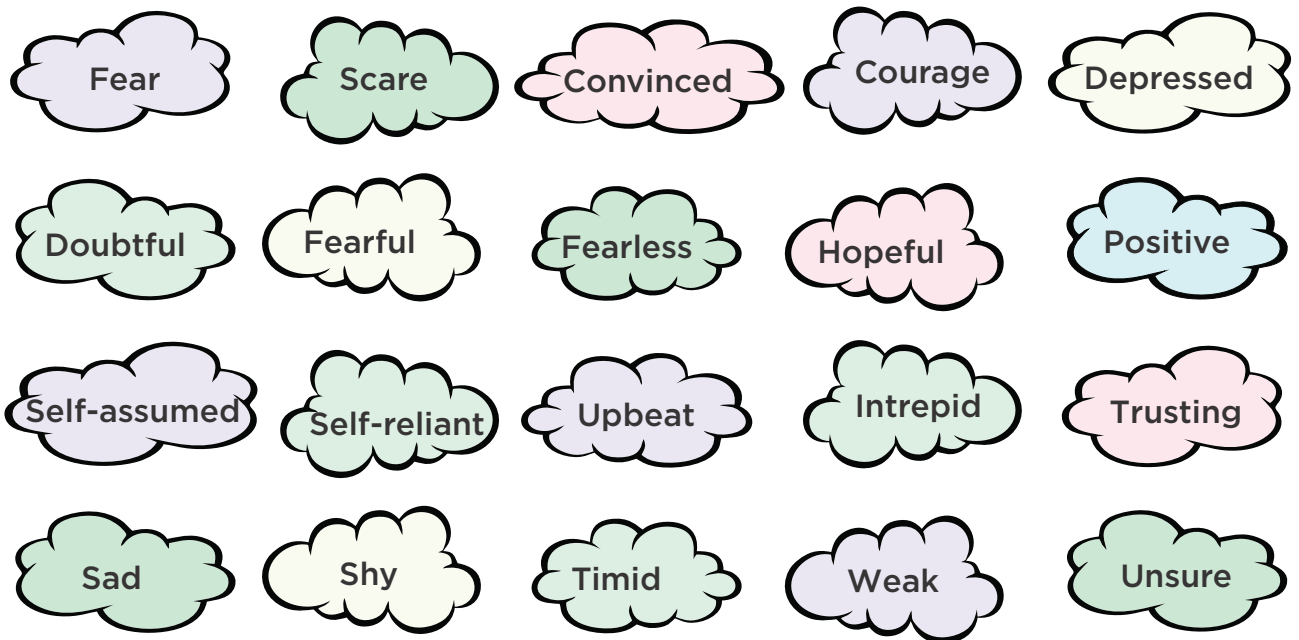
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Exercise 2.5

All institutions as per government guidelines follow some rules in academic institutions to prevent bullying. And time on time there might come some guidelines to train and educate children against the menace of bullying. Following are alternatives that might qualify of being self-confident and might lead you to either lose confidence or gain it separately in a group.



Gain confident

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Loose confident

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You Can Learn From



RANI DURGAVATI - Queen Of Gondwana (1550-1564)

- Rani Durgavati (5 October 1524 – 24 June 1564) was the ruling Queen of Gondwana from 1550 until 1564. She was born in the family of Chandel king Keerat Rai.
- She was born at the fort of Kalinjar (Banda, Uttar Pradesh). Rani Durgavati's achievements further enhanced the glory of her ancestral tradition of courage and patronage.
- Rani Durgavati's achievements further enhanced the glory of her ancestral tradition of courage. In 1542, she was married to Dalpat Shah, the eldest son of king Sangram Shah of Rajgond Dynasty.
- The Chandel and Rajgond dynasties were allied because of this marriage. This resulted in Keerat Rai gaining the help of the Gonds at the time of Muslim invasion of Sher Shah Suri.
- She gave birth to a son in 1545 A.D. who was named Vir Narayan. Dalpat Shah died in 1550 and due to young age of Vir Narayan, Durgavati took the reins of the Gond kingdom.
- Diwan Beohar Adhar Simha and Minister Man Thakur helped the Rani in looking after the administration successfully and effectively. Rani moved her capital to Chauragarh in place of Singaurgarh.
- It was a fort of strategic importance situated on the Satpura hill range.
- After the death of Sher Shah, Sujat Khan captured Malwa and was succeeded by his son Baz Bahadur in 1556.
- After ascending to the throne, he attacked Rani Durgavati but the attack was repulsed with heavy losses to his army.
- In the year 1562, Akbar vanquished the Malwa ruler Baz Bahadur and annexed Malwa under Mughal dominion. Consequently, the state boundary of Rani touched the Mughal Sultanate.
- Her martyrdom day (24 June 1564) is even today commemorated as "Balidan Diwas".
- In the year 1983, the Government of Madhya Pradesh renamed the University of Jabalpur as Rani Durgavati Vishwavidyalaya in her memory.
- Government of India issued a postal-stamp commemorating her death, on 24 June 1988.
- The train between Jabalpur Junction and Jammu Tawi is known as Durgavati Express after the name of the Queen.



KIRAN BEDI - Lieutenant Governor of Puducherry

- Kiran Bedi was born on 9th June, 1949, in Amritsar, Punjab. In 1972 she joined police services and became first Indian woman IPS officer. At present she is a retired police IPS officer.
- 1968, Kiran Bedi did BA degree from Government College of Women, Amritsar. After that she pursued Master's Degree in Political Science from Punjab University Chandigarh, and graduated as topper in her batch in 1970.
- In 1970, Kiran Bedi started her career as lecturer in Khalsa College for Women, Amritsar; but worked for two years.
- In 1988, she also obtained Bachelor of Laws from Faculty of Law, University of Delhi. Later in 1993, she completed her Ph.D in Social Sciences from Department of Social Sciences, Indian Institute of Technology Delhi.
- In May 2005, she was awarded with an honorary degree of Doctor of Law in recognition of her "humanitarian approach to prison reforms and policing"
- Kiran Bedi held the position as Director General at the Bureau of Police Research and Development.
- During her IPS duty, she served in many toughest assignments ranging from New Delhi traffic postings, Deputy Inspector General of Police in Mizoram and Advisor to the Lieutenant Governor of Chandigarh.
- She also took the responsibility as Director General of Narcotics Control Bureau, to a United Nations delegation, where she became the Civilian Police Advisor in United Nations peacekeeping operations.
- She plays an important role in the life of every Indian Women, and is perceived as a role model, support for many women and many women IPS aspirants of our country.
- "During her tenure she was awarded with numerous trophies and honors."
- Some of the worth mentioning among them are: Ramon Magsaysay Award, 1994, United Nations Medal, 2004, President's Gallantry Award, 1979 etc.



NEPOLIAN BONAPART - French Statesman and Military Leader

- Napoleon Bonaparte was the Emperor of the French and also the King of Italy as Napoleon I. His actions shaped European politics in the early 19th century.
- Bonaparte was born in Corsica. His parents were of noble Italian birth. He trained as an officer in mainland France.
- He led successful campaigns against Coalitions of enemies of the Revolution. In 1799, he staged a coup d'état to make himself First Consul.
- Five years later the French Senate declared him Emperor.
- In the first ten years of the nineteenth century, the French Empire under Napoleon waged the Napoleonic Wars.
- Every European great power joined in these wars. After a number of victories, France became very important in continental Europe. Napoleon increased his power by making many alliances.
- Napoleon spent the last six years of his life confined by the British on the island of Saint Helena. A doctor said he died of stomach cancer but some scientists think he was poisoned.
- French people remain proud of Napoleon's glory days. The Napoleonic Code reflects the modern French Constitution. Weapons and other kinds of military technology remained largely static through the Revolutionary and Napoleonic eras.
- 18th century operational mobility underwent significant change. Napoleon's biggest influence was in the conduct of warfare.
- On the world stage, Napoleon's conquest spread the ideas of the revolution. He sparked nationalist feeling across Europe. He was also known as "The Leader Of France".

Time to live the value

Caring for the citizens of tomorrow is the need of the hour. The teacher will ask the students to read newspapers or surf on internet to collect the information regarding the ratio of young and old population in the country. What are the conditions of the elderly in India? Use pi-charts to display your findings. After that, the teacher will initiate a discussion on the following:

- How can we care for our grandparents?
- What is our duty towards other elderly in our society?
- Many people in rural areas migrate to cities in search of work, often leaving their parents in villages. Suggest a solution to this problem.

Ms. TESSIE

Problems Addressed

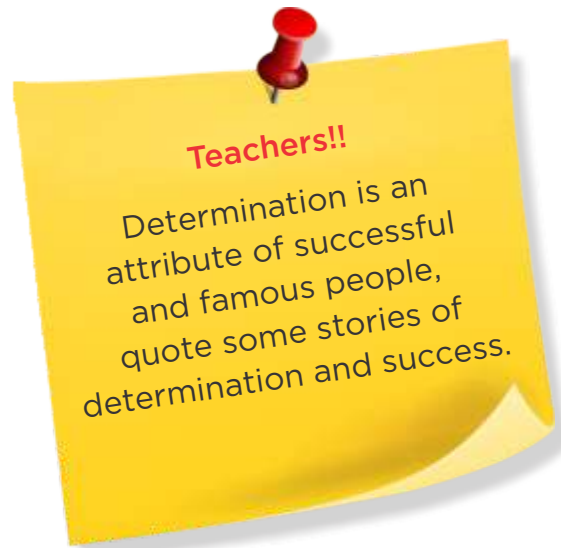
- Finding yourself in trouble
- Facing a new situation
- Feeling fear and panic
- Being stuck in a difficult place
- Feeling helpless and hopeless

Resources Developed

- Being adventurous
- Exploring new experiences
- Having fun
- Thinking ahead
- Being determined
- Exploring all the possibilities

Outcomes Offered

- Lateral thinking
- Patience
- Persistence
- Success



You can watch the short film “DAGDU” on **YouTube**



Scan code to view short film

Sometimes it is easy to find yourself in trouble when you don't expect to be. Sometimes, when we face a new situation, we don't know what to do, simply because we have never had to face it before. That's what happened to Ms. Taniya Frog. When she was small, everyone used to call her Little Tessie Tadpole. Now that she was bigger she preferred Ms. Taniya Frog.



Ms. Taniya Frog lived in a pond on a farm.

She was a rather adventurous young frog who liked to go exploring. Some described her as nosy, or a “sticky beak.” Her

mother often told her that she stuck her nose in where she shouldn't. “Mark my words,” her mother would say. “One day you will be in big trouble.” But Taniya had to explore. She just had to discover

things she didn't know.

After all, it was fun to leave her pond and go hopping around the farmyard. It was always fun to watch the comical chickens busily scratching and pecking their way around the coop. She wouldn't like to be confined like them, she thought to herself.

She had discovered that visiting the pigpen nearly always gave her the chance to catch a plump fly or two. There were so many around that the quick flick of her long tongue almost always guaranteed a meal.

One particular day, Ms. Taniya Frog (formerly known as Little Tessie Tadpole) was hopping past the dairy when she smelled the fresh

fragrance of cream. Following her nose, she found the tempting smell coming from a bucket on the floor. Wanting to taste the cream, she jumped toward the rim of the bucket but didn't leap quite high enough. She tried again, putting in all her effort. This time she overdid it, leaping right over the rim and landing in the lush cream with a soft plop.

The cream was thick and warm. It felt so much nicer than swimming in her cold pond. Even better, it tasted good to drink. She flicked out her long tongue, lapping up several rich mouthfuls. But, after playing for a while and drinking her fill, Ms. Taniya Frog thought it was time to head back to her home in the pond. This was when her trouble began.

You see, Ms. Taniya Frog hadn't thought very far ahead. She'd thought about getting into the bucket but she hadn't given any thought to getting out of the bucket. The sides were steep, her cream-covered feet were too slippery to get a grip, and she couldn't just leap over the rim. She was stuck, felt helpless, and didn't know what to do.

She could just go on swimming, she told herself.

But, although she might



enjoy herself for a while, that wouldn't fix her problem. She could wait for someone to come and rescue her, but that might be a long time and, if the farmer found her, he might not be too happy about finding a frog who had just visited the pigpen swimming in his cream. If she gave up and stopped, she might drown. Oh dear, it all felt too tough for poor little Ms. Taniya Frog.

Not knowing what to do, she did the only thing that she could do: She kept swimming. She swam round and round in the cream, doing the frog kick, as frogs tend to do. She kicked and she kicked. She kicked and she kicked. Then she kicked some more. Ms. Taniya Frog was determined that she wasn't going to give up and drown. She had to keep going, so she kicked and kicked some more. As she did, she started to notice that it was becoming harder and harder to swim through the cream. At first she thought she was just getting tired, but then she realized that the cream itself was becoming thicker. Her kicking was turning the cream into butter!

With this, her hope was restored and she swam harder and stronger, continuing to circle round and round in the bucket until the butter became so firm that she could stand on it and leap right over the rim of the bucket. Tired as she was, she joyfully bounced back to the pond. As she bathed in the pond, washing the butter off her body, Ms. Taniya Frog thought to herself, "I've always liked cream, but I love butter better."

TAKE AWAY



We might possess additional art of being extroverted, sometimes being an extrovert makes great changes in life but its necessary to keep in mind that our being extroverted doesn't push us towards unknown situations and also subject others for their inferiority.

Exercise 3.1

Sometimes we underestimate situations and outreach our limits which lend ourselves in dangers by overlooking advises and suggestions from our superiors or guides. Following are the situations of danger, caution or go. Categorize these situation on those basis.

Situation	Danger	Caution	Go
01  Unknown ringing door bell			
02  Friends call for night out			
03  Speeding thrill drive			



Swimming alone in pool



Cycling in park



Working in science lab



Invited for a party



08

Using toilets alone in multiplex



09

Changed driver of school bus



10

Playing outside on road

Exercise 3.2

There are numerous inspiring stories of legends that made them world famous due to their determining attitude, given are few examples of the same. With help of your teacher try and find out there life stories and read them for class.



J. K. Rowling



Steve Jobs



Mahatma Gandhi



Major Dhyanchand



Mahendra Singh Dhoni



Bruce Wills



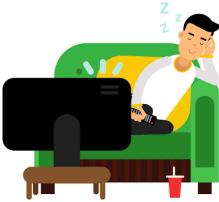
Anny frank



Walt Disney

Exercise 3.3

Depending upon the nature and possibility of dangers, identify following situations in the categorize given below:-

Activity	Dangerous	Be careful	Enjoy
 Cycling alone			
 Going for a picnic			
 Smoking offer			
 Teaching a friend			
 Bullying			

 Chasing a dog			
 Killing birds			
 Driving fast			

You Can Learn From



ANANDIBAI JOSHI - Physician

- Anandibai Gopalrao Joshi (31 March 1865–26 February 1887) was one of the earliest Indian female physicians.
- She was the first woman from the erstwhile Bombay presidency of India to study and graduate with a two-year degree in western medicine in the United States.
- As was the practice at that time and due to pressure from her mother, she was married at the age of nine to Gopalrao Joshi, a widower almost twenty years older than her.
- She proved that dreams and dedication are powerful combination and began her medical training at the age of 19. In America, her health worsened because of the cold weather and unfamiliar diet.
- She never got her enthusiasm down, although her health wasn't cooperative enough.
- Battling ill-health but determined to succeed, Joshi returned from America with eagerness to take up the role of physician in charge of the female ward at Kolhapur's Albert Edward Hospital.
- She never gave up and always stood by her dreams and aspirations till her last breath.
- She died on 26 February 1887. Tuberculosis claimed her and the 21-year-old died without a chance to practice medicine in her country.
- The entire country was shaken by her death, and grand tributes were made to her life and work.
- Anandibai Gopalrao Joshi always says that — Be grateful for challenges because... Had there been no difficulties and no thorns in the way, then [each woman and] man would have been in his primitive state and no progress made in civilization and mental culture.



BACHHENDRI PAL - Indian Mountaineer

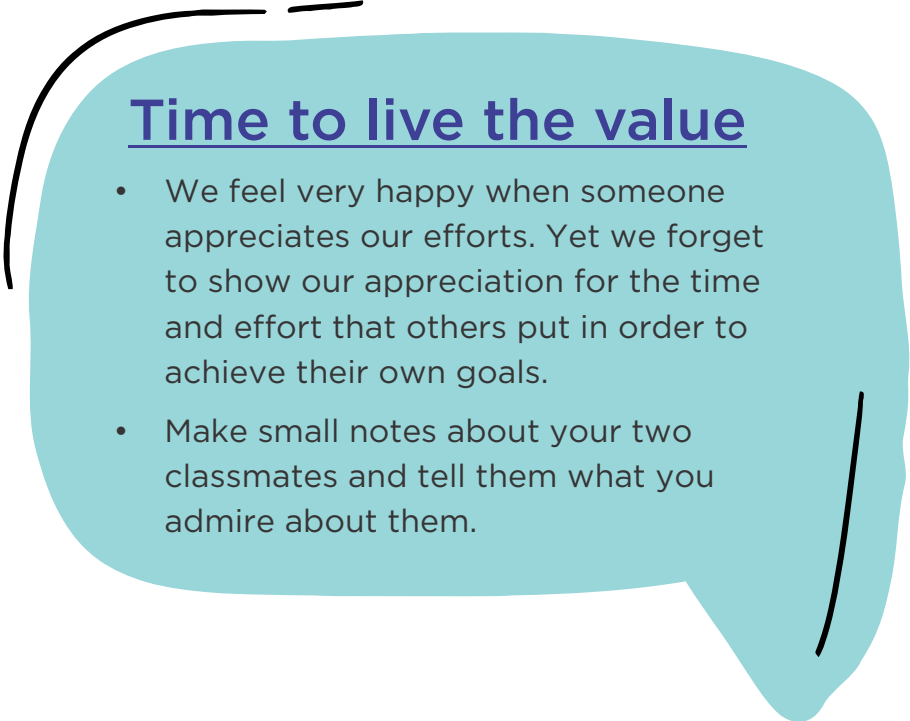
- Bachendri Pal, (born May 24, 1954, Nakuri, India), Indian mountaineer who in 1984 became the first Indian woman to reach the summit of Mount Everest.
- Pal was born into a rural working-class family in what is now Uttarakhand and was one of seven children. A gifted student, she encountered stiff opposition from her family and relatives when she decided to opt for a career as a professional mountaineer rather than as a schoolteacher.
- She soon found success in her chosen field. After summitting a number of smaller peaks, she was selected to join India's first mixed-gender team to attempt an expedition to Mount Everest.
- Beginning its ascent in early May 1984, her team almost met disaster when an avalanche buried its camp, and more than half the group was forced to abandon the ascent because of injury or fatigue.

- Pal and the remainder of the team pressed on, and she reached the summit on May 23, 1984.
- Pal achieved immediate fame, and in 1985 she returned to Mount Everest to successfully lead an all-woman team to the summit.
- She led an all-woman rafting expedition down the Ganges River in 1994, covering over 1,500 miles (2,500 km).
- In 1997 she led an all-woman team on a successful 2,500-mile (4,000-km) transit of the Himalayas, beginning in Arunachal Pradesh and concluding at the Siachen Glacier.
- She was awarded the Padma Shri, India's fourth highest civilian award, in 1984.
- She is awarded the third highest civilian award Padma Bhushan by Government of India in 2019.



STEVEN SPIELBERG - American Film Maker

- Steven Allan Spielberg (born December 18, 1946) is an American filmmaker. He is considered one of the founding pioneers of the New Hollywood era and one of the most popular directors and producers in film history.
- As a child, Spielberg faced difficulty reconciling being an orthodox Jew with the perception of him by other children he played with. "It isn't something I enjoy admitting," he once said, "but when I was seven, eight, nine years old, God forgive me, I was embarrassed because we were Orthodox Jews. I was embarrassed by the outward perception of my parents' Jewish practices.
- My dad's still-camera was broken, so I asked the scoutmaster if I could tell a story with my father's movie camera. He said yes, and I got an idea to do a Western. I made it and got my merit badge. That was how it all started."
- Based on the strength of his work, Universal signed Spielberg to do four TV films.
- Spielberg has often referred to the gruelling shoot as his professional crucible.
- Despite the film's ultimate, enormous success, it was nearly shut down due to delays and budget over-runs. But Spielberg persevered and finished the film. It was an enormous hit, winning three Academy Awards.
- In November 24, 2015, Spielberg was awarded the Presidential Medal of Freedom from President Barack Obama in a ceremony at the White House.
- On May 26, 2016, Spielberg was awarded an Honorary Doctor of Arts by Harvard University.
- Spielberg has directed fourteen Oscar winning and nominated performances.



Time to live the value

- We feel very happy when someone appreciates our efforts. Yet we forget to show our appreciation for the time and effort that others put in order to achieve their own goals.
- Make small notes about your two classmates and tell them what you admire about them.

A CREATIVE FARMER

Problems Addressed

- Fear and panic
- Being stuck in a difficult place
- Feeling helpless and hopeless

Resources Developed

- Using what is available
- Looking for alternative solutions
- Doing what you can in the circumstances
- Accepting progress in small increments

Outcomes Offered

- Lateral thinking
- Patience
- Persistence
- Success



You can watch the short film "Best out of waste" on 



Once upon a time there was a farmer who had a small farm not far from a country village. He owned very little, but from this small farm he was able to support his family. Of the few things that he did own, one was an old oxen. For years the old oxen had helped him plow his field, carry his produce into the village, and, harnessed to a cart, drive his family to church every Sunday.

The village where the farmer lived, liked to celebrate all the annual festivals, and for the coming New Year decided to have a fireworks display. Nobody stopped to think about how this might affect an old oxen in a nearby paddock.

The oxen was standing in his paddock, head drooped towards the ground, eyes closed, slumbering peacefully on New Year's Eve when suddenly the sky exploded with weird flashes of light and cannon-like bangs that could have heralded the start of a war. The poor oxen, thinking the world was coming to an end, fled in terror, blindly running across the paddock. As it happened, there was an old well in the paddock. It was dry and unused, having failed to continue its supply of water many years ago. Normally the oxen would have avoided it with great care. But in the pitch black of the night and overwhelmed by terror, the oxen stumbled and fell down the narrow well. Fortunately, he landed unharmed at the bottom.

The next day the farmer was surprised to find his oxen missing and began to search around his property. It wasn't long before he heard a

faint, echoing bray coming from the depth of the well and to his dismay found his oxen at the bottom. There was no way he could safely climb down the old well to get to the oxen. There wasn't a long enough ladder in the village to reach the bottom and, even if he had been able to get down, how would he get the oxen out? He called his farmer friends to help. They thought of rigging up a winch to lower the farmer down to the oxen, but the walls of the well were too old and crumbling. It was too risky. Even if they had lowered someone down, how could he attach a harness to lift the oxen out, in such a small space?

The farmers stood around the well peering down, scratching their heads. "It's hopeless," said one. "Impossible," said another. "He is just going to die a slow, miserable death down there," said a third. "Best put him out of his misery." Said the fourth, So the farmers picked up some shovels and started to throw soil down the well to bury the oxen.

At the bottom of the well, the oxen felt this weird stuff, like dry rain, falling on his back; he gave himself a shake and the soil fell around his hooves. The oxen stomped around a little and the soil hardened underneath his hooves. More soil fell on his back. He shook it off and again stamped around some more. He was surprised to find that, after doing this for a while, the bottom of the well had risen



an inch or two. He was looking at the wall a little higher than he had been before. The more soil the farmers shovelled in, the more the oxen shook it off and trampled it firm under his hooves and the higher he rose up toward the surface, bit by bit. Yes, as you have guessed, the oxen eventually made his way to the top and was saved.

TAKE AWAY



What is creativity? Can it be learnt? Well Yes.. creativity is an art that can be learnt by being original, creativity gives multiple set of solutions for any situation or problem, creativity never lets us in disdain, it always brings innovative solutions.

Exercise 4.1

Do you justify the act of farmer firing crackers?

Exercise 4.2

When not in use we discard things, state your opinions if those things come alive what will be their first reaction?



1. A wornout dress

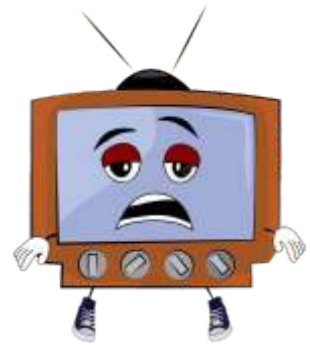
2. An exhausted TV

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3. A hard working old man



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4. An overused fan

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5. A retired AC



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Exercise 4.3

Animals also have life. Various people and organizations have been working for animals rights and lives. Try to draw their logo in the given space.

1. WWF



Draw the picture

2. PETA



Draw the picture

3. Humane society international



Draw the picture

4. Animals welfare associations



Draw the picture

5. Animals welfare board of India



Draw the picture

Exercise 4.4

How smartly friend of farmer brings out solution to the fallen oxen in well, sometimes situations appear quite tough but with simple solutions, what according to you are attributes one needs to process to overcome hardship or tough times of life ?

You Can Learn From



Nala and Neel - Engineers Constructed Rama Setu

- In Hindu epic Ramayana, Nal, the monkey is credited as the engineer of the Rama Setu, a bridge which was built across the ocean between Rameswaram (India) and Lanka, so that the monkey army of the god Rama can pass over to Lanka.
- The bridge is also known as Nala Setu. Another monkey Nila was a chieftain in the army of Ram. He was the commander-in-chief of the monkey army under the monkey king Sugriva who lead the army in the battle against the demon king Ravana of Lanka.
- Nil is described as the son of Agni, the fire-god, and as the "foremost among the monkeys in effulgence, reputation, and prowess."
- Ravana, the King of Lanka, had Kidnapped Sita, the wife of Lord Ram as revenge for his sister Sooparnakha, who wanted to marry Ram.
- Lord Ram and Lakshman along with monkey army of Sugriva and Hanuman decided to rescue her. On their way to Lanka, there was the vast ocean. Lord Ram ordered the Ocean to give him a way, but the ocean pleaded to him that he had the limitations and was bound to stay at his position.
- Ocean suggested him to pray Lord Shiva for a solution. Lord Ram made a Shivlinga of mud and sand. Lord Shiva appeared before him and suggested him to built Raam Setu.
- Nal had the expertise of an architect. He had the power to make stones float. A bridge across the ocean to Lanka was constructed under the supervision of Nal who volunteered for the task. They started dropping the stones in the Ocean.
- The stones dropped by Nal and Nil kept floating, but they drift in the sea and do not form a continuous structure, Hanuman suggested that to make the stones stick together, the name of Ram should be written on the stone before throwing it in the ocean.
- The remedy worked, and Lord Ram along with his entire army easily crossed the ocean and reached Lanka.
- Rama Setu was buit by Nal ans Nil for RAM and Army to rescue Sita who was hostage by Ravan.
- Mystery of Floating Stones, in Ramayan it is mentioned that the bridge was built by Stones and these stone starts floating on water by touch of Nal and Nil.



NEK CHAND - Self Taught Artist

- Nek Chand Saini (15 December 1924 – 12 June 2015) was a self-taught Indian artist, known for building the Rock Garden of Chandigarh, an eighteen-acre sculpture garden in the city of Chandigarh.
- In his spare time, Chand began collecting materials from demolition sites around the city. He recycled these materials into his own vision of the divine kingdom of Sukrani, choosing a gorge in a forest near Sukhna Lake for his work.
- Chand's work was illegal, but he was able to hide it for eighteen years before it was discovered by the authorities in 1975. By this time, it had grown into a 13-acre (5.3 ha) complex of interlinked courtyards, each filled with hundreds of pottery-covered concrete sculptures of dancers, musicians, and animals. Made from recycled materials.
- Chand built up the mass with a cement and sand mix before adding a final coating of smoothly burnished pure cement combined with waste materials such as broken glass, bangles, crockery, mosaic and iron-foundry slag.
- His work was in serious danger of being demolished, but he was able to get public opinion on his side, and in 1986 the park was inaugurated as a public space.
- The Rock Garden is still made out of recycled materials; and with the government's help, Chand was able to set up collection centres around the city for waste, especially rags and broken ceramics.
- The garden is visited by over five thousand people daily, the second most popular location in India (after the Taj Mahal) with a total of more than twelve million visitors since its inception.
- Nek Chand Saini was awarded the Padma Shri by Government of India in 1984.



ROTHY'S - Consumer Goods

- Rothy's is a San Francisco-based direct-to-consumer shoe company founded in 2012 by Stephen Hawthornthwaite and Roth Martin and launched in 2016.
- Rothy's shoes are made from 100% recycled plastic water bottles and post-consumer recycled materials. As of 2019, the company had repurposed 41 million water bottles in the making of their products.
- During the manufacturing process, the water bottles are hot washed and sterilized. Chips of plastic are melted down into pellets, stretched into fibers, and given air treatment until they entwine.
- The soft yarn produced is then loaded onto knitting machines which knit the upper part of the shoe in 14 to 24 minutes, depending on the design. They are then sewn to the sole by hand, paired with recycled foam and recycled rubber soles.
- He states that he drew inspiration from companies like Patagonia in making shoes using sustainable materials.
- Rothy's was recognized as one of the "100 Best Inventions of 2019" by Time.

Time to live the value

- In school whether doing academics or in extra curricular activities, students have certain goals. Every student makes a list of at least 5 goals that they want to achieve before the end of the academic year in their notebook.
- What are things that they need to do in order to achieve their aims?

SENSIBLE WOLF

Problems Addressed

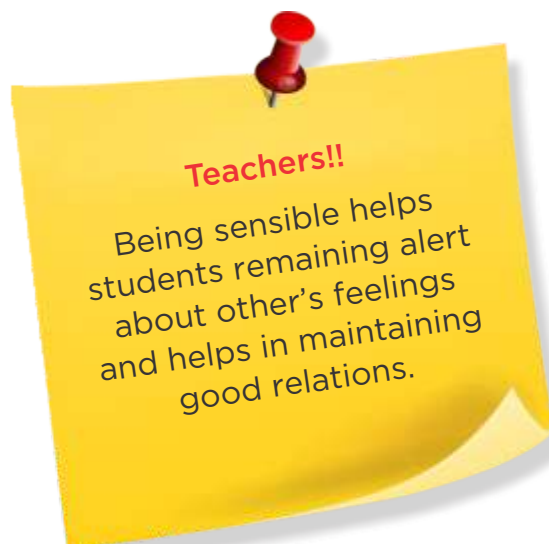
- Feelings of inner conflict
- Struggling between others and self
- Kindness versus greed
- Love versus hatred

Resources Developed

- Developing awareness of the conflict
- Separating out the struggle
- Nurturing what you want to grow
- Building responsibility

Outcomes Offered

- Nurturing yourself
- Nurturing positive values
- Finding resolutions for inner conflict



You can watch the short film “NAZARIYA” on **YouTube**



Scan code to view short film

A grandfather sat down on a rock in the sunshine beside a babbling stream with his grandson. “Tell me a story,” asked the grandson.

“This is a story about two wolves,” said the grandfather. “As we grow up it sometimes feels like there are two wolves inside us struggling to take control. You might imagine the first wolf with soft gray hair, a kindly look in its eyes, and maybe even a gentle smile on its mouth. It is a wolf that hardly ever bares its teeth and is willing to stand back to let the little ones feed. We might call this the wolf of peace, love, and kindness, for the wolf thinks that, if we all live peacefully with each other, every animal and every human will be a lot happier.

“For this wolf, love is what matters more than anything else. You see, it knows that without love our world of animals and humans would cease to exist. It is because a mother loves her baby that she cares for it, feeds it, clothes it, shelters it, and protects it from danger. We arrive in the world as an act of love and we grow through the love that parents show us. We long to be loved and our lives are nurtured and enriched when we love and are loved in return.”



“The wolf, too, seems to know that kindness is part of that love. When we are kind to others they are likely, though not always to show kindness back to us. Smile at someone and there is a good chance they will smile back. Go out of your way to be helpful and the one you help is more likely to help you when you need it. Wolves are a bit like humans and live in groups. They mix with each other and, generally, feel better when they are mixing in a warm, harmonious way.”

“But,” continued the grandfather, “let’s imagine that there is another wolf in the pack who doesn’t think the same way. This wolf has a really mean, nasty face. It pulls back its lips at times to bare its teeth

threateningly towards other animals. When it does they usually feel fear rather than love and respect, for this is the wolf of fear, greed, and hatred. Maybe it is frightened or afraid, and that's why it's always on guard. Unfortunately, it hasn't



learned that by being so angry or aggressive to others, by thinking of who or what it hates rather than who or what it loves, it builds a lot of bad feelings in itself and among the other wolves. This wolf is out for

number one, whereas the wolf of peace, love, and kindness is looking out for others' happiness and well-being as well as its own."

"As you can imagine, two such wolves in a pack might be in a struggle to see which one gets its way. The wolf of peace, love, and kindness wants to share those values with everyone, but the wolf of fear, greed, and hatred cares only for itself. It feels bad in itself and leaves the others around it feeling bad."

"Let us continue to imagine," said the grandfather, "that two such wolves are in a struggle inside you."

The little boy looked up at his grandfather, wide-eyed. "Which one will win?" he asked eagerly. The grandfather looked down, kindness in his eyes, softness in his voice, and answered, "Whichever one you feed."

TAKE AWAY



Being sensitive to others is the virtue that many might not possess in their life, but this rare quality makes us stand firmly in our surrounding, care naturally follows sensibility. Being sensitive for life, being sensitive for nature and being sensitive towards society, in all helps us spread laughter around us.

Exercise 5.1

Our life is an exchanged value of services or goods someone has shared or given, despite of being heavily dependent on others, we sometimes isolate ourselves from humanity. Describe the changes our life would experience if followings refuse to share their products with us.

1. Trees refuse to produce oxygen

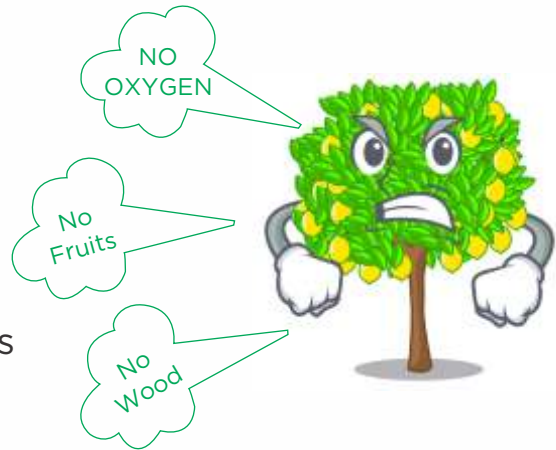
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2. Trees refuse to share their fruits

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3. Trees refuse to share their woods

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4. Animals refuse to share their products

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5. Insects refuse to pollinate flowers

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6. Wind refuses to blow

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7. Clouds refuse to bring rain

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8. Rivers refuse to flow

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9. Earth refuses to rotate and revolve around sun

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10. Sun refuses to share its light

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Conclusion:

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Exercise 5.2

Always like two faces of coins there are two perspectives of any act. In the following situations try to narrate the positive and negative perspectives.

1. Accusing coach of lost team for poor coaching.

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2. Blamed for less marks on tough paper.

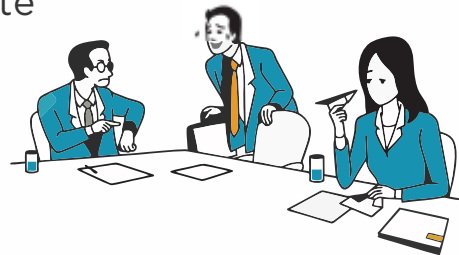
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3. Cursing the traffic jam for reaching late in conference.

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4. Shouting at clerk for issuing tickets late.

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5. Cursing the class table for stumbling while crossing it.

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Exercise 5.3

Good or bad are observations perceived by people from our behaviour, how would you feel when encountered with these situations and also suggest possible alternatives of their behaviour.

1. A nagging friend.

Positive

Negative



2. A crying baby for lost ball.

Positive

Negative

3. A screaming adult.

Positive

Negative





4. An angry teacher.

Positive

Negative

5. Shouting coach.

Positive

Negative



6. Tensed parents.

Positive

Negative

7. Gloomy friends.

Positive

Negative



Exercise 5.4

We often accuse situations when met with undesired results, that doesn't even solve our purpose of improving in future as well. In the following situations what would you like to suggest to those who are confused in their perceptions.

1. She couldn't qualify for music team of school.

Suggestions

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.....



2. She failed in scoring position in national talent search exam.

Suggestions

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3. She missed her train by 20 minutes.

Suggestions

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.....



4. She forgot her mobile in market.

Suggestions

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5. She got her dress torn on trekking.

Suggestions

.....

.....



You Can Learn From



SWAMI VIVEKANANDA - Philosopher And Monk

- Born as Narendranath Dutta on 12th January 1863 in the holy and divine place of Kolkata, Swami Vivekananda was a great Indian saint. He was a figure with “high thinking and simple living”.
- He was a great pious leader, a philosopher, and also a devout personality with great principles. His eminent philosophical works comprise of “Modern Vedanta” and “Raj Yoga”.
- He was a principal disciple of “Ramkrishna Paramhansa” and was an initiator of Ramkrishna Math and Ramkrishna Mission. He thus spent his whole life in the dispersion of the values embedded in the great Indian culture.
- His master had taught him that God himself is an embodiment of all living beings, therefore, to serve God by serving mankind can be. Swami Vivekananda and the Western world to its spiritual genius of the Indian Vedanta philosophy and Yoga are famous for getting familiar with.
- To educate the public, women’s emancipation and development of the poor and founded an organization named the Ramakrishna Mission. The organization is also pioneering work selflessly serve society - such as hospitals, schools, colleges etc., walk to help the earthquake victims of other disasters.
- Council of World Religions in Chicago in 1893, India has become Pratinidhi. Swamiji with his lecture proved that Hinduism is too great, it is able to accommodate all religions. They first great cultural ambassador of India to the West.
- His main role in the revival of Hinduism in India is special. His whole life was dedicated to the development of mankind and the good Loei. He believed that human service God service.
- According to him the success purity, patience, perseverance and love are essential. Through the example of his life, he loved to serve humanity with respect and humility have inspired people.
- According to him, good and pure life of others is the essence of all religions and worship. He believed that the character of the building, increasing the power of the mind and the caliber of education is a major goal.
- They are his friends and fans were inspired to self-reliant. He also said, “Have faith that you are all, my brave lads, born to do great things.”
- Swamiji’s call to the nation is: “Arise, awake; wake up yourself, and awaken others. Achieve the consummation of life before you pass off. Arise, awake, and stop not till the goal is reached.”
- Swami Vivekananda passed away in 1902.



ATAL BIHARI VAJPAYEE - Former Prime Minister Of India

- Atal Bihari Vajpayee' was born on December 25, 1924 at Shinde Cantt in Madhya Pradesh.
- Atalji's early education took place in the local school. Later he graduated from Victoria College in Gwalior.
- Thereafter he passed the masters degree in political science in the first class from D.A.V. College, Kanpur. Thereafter, he took admission in the University for studies of Law.
- While Atalji was just a student, he aligned himself to the Rashtriya Swayam Sewak Sangh (R.S.S.) and later become its "Pracharak".
- He was the founder member of the 'Jansangh' then political party founded by R.S.S. After entering the politics of the country, he climbed up step by step and was the spotless meticulous statesman of the Indian politics.
- He also took part in 'Quit India' movement and went to jail for 24 days. He specialized in the field of journalism and gained fame. Atalji wrote several books.
- Atalji was a skilled speaker. His manner of speaking was very infrequent. On April 6, 1980 he gained the position of national president of B.J.P.
- On May 16, 1996 Atalji was sworn in as the country's 10th Prime Minister. But this time he had to resign due to less numbers. On March 19, 1998 he was re-sworn in as Prime Minister of the country. On October 13, 1999 Atalji was sworn in as Prime Minister for the third time.
- Atalji was not only a politician but also a recognized writer and person. His open nature made him great. He was the first Prime Minister of India who was regarded as non-controversial heart-throb of the country.
- Atalji had reached at the highest place of politics, where the person does not need any political party sticker. His proximity was a matter of pride for any party or person.



HELEN KELLER - American Author, Political Activist And Lecturer

- Helen Adams Keller was an American author, political activist and lecturer. She was the first deaf – blind person to earn a Bachelor of Arts degree.
- After graduating from Radcliffe, she went on to become one of the most influential people in the 20th Century. She worked for the rights of persons with disabilities, women and under privileged sections of society.
- Helen Keller was born a normal child in Tuscumbia, Alabama on June 27, 1880. She lost her hearing and sight at 19 months of age to what is now diagnosed as scarlet fever.
- Five years later, her parents, on Alexander Graham Bell's advice,

applied to hire a teacher from the Perkins Institute for the Blind, in Boston.

- Anne Mansfield Sullivan was able to bring about an extraordinary transformation in Helen's isolated world. She taught Helen to understand and communicate with the world around her.
- Anne Sullivan taught Helen to read and write in Braille and hand signals of the deaf mute, which she could understand by touch. Her efforts to speak later on in life, were not as successful, when she went on to become a public figure, but she was able to make herself be understood.
- Helen Keller started attending the Perkins Institute for the Blind in May, 1888. Helen entered The Cambridge School for Young Ladies before gaining admittance to Radcliffe in 1900. She became the first deaf blind person to earn a Bachelor of Arts degree, at the age of 24 in 1904.
- Helen Keller was determined to communicate with others and she learned to speak. She spent much of her life giving lectures and speeches. She learned to read lips with her finger tips, so she could 'listen' to other people's speeches.
- She was known for her strong support for people with disabilities. She travelled to over 25 countries, giving lectures and motivational speeches about deaf people's conditions.
- She was a woman's rights activist, a political activist, a social activist and a pacifist. She also helped set up several foundations for the various causes she believed in, like the Helen Keller International organisation, along with George A Kessler, and it is devoted to research in vision, health and nutrition.
- She also helped to found the American Civil Liberties Union (ACLU). Helen Keller wrote a total of 12 published books and several articles.
- She was nominated for the Nobel Peace Prize, in 1953. She was awarded the Presidential Medal of Freedom in 1964.

Time to live the value

Discuss: The teacher will discuss with the students that educating for a sustainable future is so much about long term final objective as is about the process of learning to make decisions that consider the long term economy, ecology and equity of all communities.

The teacher will then divide the class into groups of five and discuss pollution and the harmful effects of them.

- Each group studies one type of pollution - air, water, noise or land.
- Each group finds out causes, effects and solution. The groups make presentation on the findings.
- Each group also prepares a banner or placard on the prevention of noise pollution. The placards can be displayed at traffic signals near the school, residential colonies and hospitals.

KINDNESS IS CONTAGIOUS

Problems Addressed

- Feeling helpless
- Feeling powerless
- Seeing what you can't do
- Having goals too high or too distant

Resources Developed

- Appreciating what you have
- Caring for others
- Looking for solutions
- Sharing what you have
- Believing in your abilities
- Building resources step-by-step

Outcomes Offered

- The joy of caring
- Discovery of your own abilities
- The values of community
- The rewards of kindness



You can watch the short film "MANAVTA" on **YouTube**



Scan code to view short film



You know, sometimes when you are a kid, it is easy to feel pretty helpless or powerless. Indeed, if you stop and think about it, there are so many things that you can't do. You can't stay up as late as your bigger brother or sister. You can't play sports as well as your football or basketball heroes.

You can't do some of the stunts that other kids do at the skate park. You can't get the results at school that your parents seem to expect that you should. Sometimes it is hard to see that you even have the potential to develop any of these abilities. How could you ever get to be a league football player when you fumble every time you try to pick

up the ball? What you want to achieve may seem such a long way in the future that it feels you will never reach it.

Well, I once heard an inspiring story—a true story, I believe—about a boy named Tarun. It shows there are little things kids can do that make a big difference. One night Tarun was doing what a lot of other 13-year-old kids would be doing he was watching TV. On the news he saw a story about some homeless people sleeping out in the cold on the streets, in a downtown area of Nagpur where he lived. Tarun had never really stopped to think how fortunate he was to live in a fairly well-to-do suburb of the same city. The story of the homeless people touched his heart and he began to wonder what he could do to help these people.

It might have been easy for Tarun to forget about it. There are so many sad stories that you see on TV at times. This could have been just another that he ignored.

Tarun also might have thought, well, what can I do about it? I'm just a kid, but he didn't. Instead he began to wonder how he might help and that led him to remember there were some spare, unused blankets in their garage. So he went to his father and asked if he could take them to

the people downtown who had no homes to go to for the night.

Tarun's father might have thought the request a bit strange. It is easy for us to want to hang on to the things that we have, easy for adults to think that they've worked hard to get what they own, so why should they give it away? I guess it is much the same as a kid thinking, It took a long time to save up my pocket money to help buy this new bike, so why should I lend it to a friend who needs to get home in a hurry?



Now, Tarun's dad was a kind-hearted guy. He drove Tarun downtown to hand out their few surplus blankets to some of the people on the streets. I guess when it came time to curl up and sleep that night the people were pretty happy for the added warmth of the new blankets.

Tarun was happy, too. He felt good about giving out the blankets. He felt an inner warmth, almost like he had been wrapped up in an emotional blanket himself. But he realized there was a risk— it might feel so good that you'd want to do it again.

The next day Tarun went to his local grocery store and other public places in his neighbourhood where there were notice boards. He put up signs asking for people to donate any spare blankets or food they didn't need. The result was surprising. Kindness was contagious. Tarun found so many people were willing to help that within a week he had filled his dad's garage with food and blankets. What Tarun had started with his kindness grew and spread throughout the community. It wasn't long before people's generosity over-flowed from his dad's garage and Tarun and his dad had to look for a bigger building to house all the gifts being donated. Would you believe there are now a number of special warehouses throughout Nagpur that stock food and blankets to feed and warm the homeless? They are all called "Tarun's Place."

TAKE AWAY

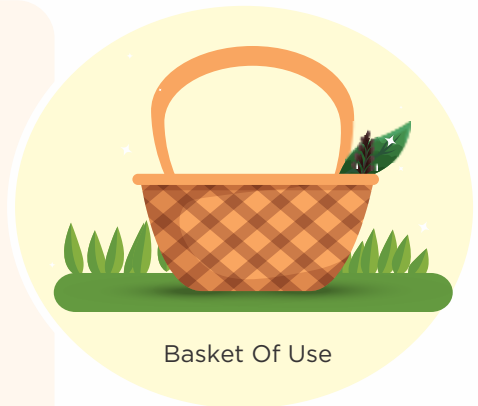


Ever thought why some people hold such a large fan fair? Why life of few becomes example for millions? Why few names dominate the global sphere of literature and academia? It's all because of their attitude towards life, it's all because empathy they hold for life, it's because they are kind to others. Remember Kindness fortifies our well-wishers around us.

Exercise 6.1

“Detoxification” (A process to purify by getting rid of unwanted things or emotions in life) of mind, there are various thoughts, stereotypes or biases. one shall cease to hold, given are some feelings based on your observations basket them in relevant groups.

1. People are selfish
2. No body cares, don't help by - standards
3. No body helps without reason
4. An enemy is always an enemy
5. All the animals are dangerous
6. I would never die
7. I have first right over things
8. Strangers are always dangerous
9. People are selfish by nature
10. No body wants to use used items
11. All are blessed in their life
12. Poverty is in human mind



Basket Of Use



Basket Of No-Use

Exercise 6.2

As our society is a combination of various differences and preferences and sometimes these differences distinguish humans as superior or inferior giving marks of differentiation. How from the following situations an act of kindness can fill the gap of these, verify...

Act of kindness



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Exercise 6.3

“Neki ki Deevaar”, a famous philanthropic idea that helped millions across the globe in which people who had access shared their things with people who had less by offering them at a wall where anyone who needed anything could take things away without knowing who kept it there. Suggest some things or items that you might have already used in your house which you would/ could share with needy.

Kindness is contagious. Do you believe in this? Yes or No, give five sentences in favour or against the notion.

In favour of notion.



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Against the notion.



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You Can Learn From



KING SHIBI - King In Hindu Mythology

- Shibi Chakravarti was the son of Ushinara, a famous king of the Lunar dynasty. He was contemporary to Suryavanshi King Trayarunya who was the ancestor of Lord Rama.
- King Shibi was renowned for his liberal beliefs and selflessness and is said to have saved Agni from Indra by offering up his own flesh.
- The Dove chased by the hawk fell on the lap of Shibi. The Dove agreed to accept Shibi's flesh equal to weight of the Dove. Finally Shibi has to sit on the pan himself to save the dove.
- Shibi was the greatest for observing Dharma. Children, you just saw how kind King Shibi was. He was ready to sacrifice his own life just to save the life of a pigeon.
- That is why even the Gods had to descend from the heavens to bless him. We should learn to be kind and helpful to others.
- Shibi once slew his own son to satisfy a Brahmana, who saw his folly and resurrected the boy back to life.
- Narada mentions that Shibi had conquered the entire world single-handedly and performed Ashwamedha Yagnas and was extremely charitable.



KAILASH SATYARTHI - Social Reformer

- Kailash Satyarthi was born on 11 January 1954, in Vidisha, a small town in Madhya Pradesh, a state in India. Even as a child he was a very compassionate individual.
- He noticed that some children did not go to school like he did and instead worked under harsh conditions to earn money.
- Disturbed by the inequalities he witnessed, he decided to do something about it. He asked his classmates to donate textbooks and money to the underprivileged so that the poor kids too got a chance to study.
- Kailash Satyarthi is a renowned Indian child rights activist and the winner of Nobel Peace Prize in 2014. He is the founder of the Bachpan Bachao Andolan (BBA), an organization dedicated towards the eradication of child labour and rehabilitation of the rescued former child workers.
- Satyarthi has been working as a children's rights activist from the past many years and has liberated over 80,000 child labourers since 1980. Even as a child he was moved by the plight of other children who were made to work by their parents, and wanted to do something for them.
- He studied to become an electrical engineer but this profession gave him no satisfaction. While in his mid twenties, he ditched a lucrative engineering career to work for the welfare of child labourers.

- He formed the Bachpan Bachao Andolan (BBA)—literally meaning, ‘Save Childhood Movement’—in order to create awareness about this widespread evil and to rescue children from the clutches of bonded labour.
- He has been honored with several awards for his relentless humanitarian work, including the Nobel Peace Prize for 2014.



MARTIN LUTER KING - American Minister

- Martin Luther King Jr. was an African-American leader in the U.S. He lost his life while performing a peaceful protest for the betterment of blacks in America.
- His real name was Michael King Jr. He completed his studies and attained a Ph.D. After that, he joined the American Civil Right Movement.
- Martin Luther King was an American activist, minister, and humanitarian and dedicated his whole life for his community and is the strongest voice of the community.
- He had worked for several other causes and actively participated in many protests and boycotts.
- He was a peaceful man that has faith in Christian beliefs and non-violence.
- For his work in the field of civil rights, the Nobel Committee awarded him the Nobel Peace Prize.
- He was very famous among the community. King and his fellow companies and peaceful protesters forced the government several times to bend their laws.
- Kings' life also made a seismic impact on the life and thinking of the blacks.
- It was due to his contribution that the African-American got their civil rights.

Time to live the value

Charity

Students are organized in groups of 8 to 10. Each group can choose any charity organization. This could be an old-age home, an orphanage, a school for street children, a hospital, shelter homes, a cancer research or any rehabilitation organization.

Once the groups have decided on a particular charity, the teacher helps them prepare a guideline for tasks and asks the groups to name themselves appropriately.

Examples of activities for the groups are as follows:

Taking care of the Homeless: Children collect old school or other bags that have been discarded but are in a usable condition. Utility items like toothpaste, soap, vest, socks, slippers, book, biscuits and t-shirts can be packed in them. These can then be distributed in refugee camps/shelters for homeless people.



HEMFORMATION

Humane **E**ndeavour for **M**oral **A**wakening

Values are the breathers of an amiably functioning society. Harmony benevolence, and compassions are the very cornerstones of a flourishing and vibrant society, all citizens shall contribute to the cumulative prosperity and well-being of our nation.

Real wealth of a nation lies in the prosperity of its citizens which in turn is direct function of valued perspective, hence a society augmented with values will always lead a prosper life for it's citizens.

Everybody who contributes to the census also contributes to the state of society at micro level; hence valued acts of every individual are requisite of collective well-being of country.

Humanity in moderns times is passing through a very transient time, where sustenance of life variably transform rapidly with every passing moment, its very pertinent for life to have some values to subscribe able to stand challenges paused by uncertainty, and values can provide a permanent scaffolding to a society to stand any change.

United we fight and divided we fall.



**VALUE
THE VALUES
TO REMAIN
VALUED**



HEMA FOUNDATION
The philanthropic arm of
Ram Ratna Group of Industries.

HEMA Foundation

Ram Ratna House, Oasis Complex, P. B. Marg, Worli, Mumbai - 400 013 | **Tel.:** 022-2494 9009 / 9142.

Extn.: 108 **Mob:** 72280 01342 / 7710030852 | **E-mail:** admin@hemafoundation.org

Website: www.hemafoundation.org

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