



St. Mary's College (Autonomous)

(Re-accredited with 'A+' Grade by NAAC)

Thoothukudi – 628001, Tamil Nadu



ABILITY ENHANCEMENT COURSE

Semester I VALUE EDUCATION

(Course Material for All I Year Under Graduate Programmes)

Compilation of Different Chapters from Books on Value Education

SEMESTER - I			
Ability Enhancement Course -Value Education			
Code : 21UAVE11	Hrs/Week : 2	Hrs / Semester: 30	Credits : 2

Unit I: Introduction to Value Education

Concept of Values -Types of Values- Approaches to values - Benefits of Value Education- Characteristics of Values

Unit II: Human Values

Human Values -Sources of Human Values - Love -Compassion - Gratitude - Courage - Optimism - Forgiveness- the need and urgency to reinforce Human Values

Unit III: Social Values

Role of family and society in teaching values - Role of educational institutions in inculcating values-Three general functions of education for society-Self-Reflection- Our society's needs - Social Responsibilities of a student

Unit IV: Spiritual Values

Spiritual Values - Spiritual Development -Moral Development - Importance of Spiritual Values - Cultivation of Spiritual Values -Five most common spiritual values -Spiritual Resources

Unit V: Values for Life Enrichment

Goal Setting - Building relationship - Friendship - Love relationship - Family relationship - Professional relationship Interpersonal Relationship -Essential Life Skills that Help in Students Future Development-Life Enrichment Skills Domain

Books for Reference:

1. Sneha M. & K. Pushpanadham Joshi. *Value Based Leadership in Education Perspective and Approaches*, Anmol Publications Pvt. Limited, 2002.
2. Venkataiah.N. *Value Education*, APH Publishing, 1998
3. Pramod KumarM.A *Handbook on Value Education*, Ramakrishna Mission Institute of Culture (RMIC) 2007
4. Jagdosh Chand.*Value Education*. Shipra Publication 2007
5. Indrani Majhi (Shit)Ganesh Das, *Value Education*, Laxmi Publication Pvt. Ltd., 2017
6. Arumugam, N. S. Mohana, Lr.Palkani, *Value Based Education*, Saras Publication 2014

Course Outcome

At the end of the course students will be able :

- To inculcate the human values to be a good human being.
- To gain deeper understanding about the social values and be responsible towards the society.
- To have greater understanding of Spirituality.
- To learn the impact of values in life enrichment and to initiate, nurture and to improve the relationship values and life skills
- To know about the concept of values including types, approaches, benefits and characteristics of values.

“Education is the most powerful weapon through which you can change the world”.

Nelson Mandela

Many advances have taken place through the use of science, technology, management and medicine... Has the society also advanced toward the desired state? There is increasing tension in individuals, division in family, terrorism in society, increasing exploitation of nature, climate change, global warming... Is education contributing positively or negatively to this? Do students develop a mindset of sustainable production and right utilisation? Is it in getting money? Is it in getting a degree? Is it in getting a job? What is success? Education has the responsibility to facilitate: Understanding “what to do” – What is valuable, as a human being and Learning “how to do”.

Knowingly or unknowingly, education at the present has become skill-based. There is almost no input on values. We are currently so focused on providing skills to do things, to prepare people for profession or jobs that in spite of tremendous achievements of science and technology, we can observe lack of mutual feelings in relationship with human beings and lack of mutual enrichment with rest-of-nature. This shows confusion in the self; deciding “What to Do” or “What is Valuable”; being easily influenced by others, and being busy in their program like Language - Clothes - Course and Job... We are not sure where we want to reach, what is our goal. Our program becomes a jumble of choices like - Complete school - Get admission to a good college - Get a degree - Get a job - and so on... So, while we progress in skills, it is difficult to find out if we are making progress or not.

As a human being, it is important to understand what to do (what is valuable for human beings), and then, how to do. Is it possible for us to decide what is valuable for us, what is meaningful, what is right, what is wrong, what is innate in us? What do we want to achieve, how do we want to live: As an individual, as a member of the family, as a member of an institution... society, as a unit of nature, can we decide these on our own right?

To understand “what to do”, we need an education system based on human values. In order to ensure this, we need to get into the details of things, for which we need a holistic perspective. To develop a holistic perspective, we need Value Education. Values have to enable us to live in peace and harmony within our own self as well as with others (human being and rest of nature).

Holistic development of the person is essential to edge in the global scenario. In today’s world, when there is a huge crisis of moral values in society, value-based education proves out to be the solution. Through value-based education, we can develop our children into people with strong character and values who know how to utilize their knowledge for the advantage of mankind.

Education is a lifelong process of development of one’s personality which starts from the school. It is a school that builds the base for everything.

Value-based education aims at training the student to face the outer world with the right attitude and values. It is a process of overall personality development of a student. It includes character development, personality development, citizenship development, and spiritual development. Personality development is essential to mould the student into

a winning personality. It can bring lots of changes in their attitude, perception and behaviour.

- It gives a positive direction to the students to shape their future and even helps them to know the purpose of their life.
- It teaches them the best way to live that can be beneficial to individuals as well as the people around them.
- Value education also helps the students to become more and more responsible and sensible.
- It helps them to understand the perspective of life in a better way and lead a successful life as a responsible citizen.
- It also helps students to develop a strong relationship with family and friends.
- It develops the character and personality of the students.
- Value education develops a positive view of life in the student's mind.

Clearly, value-based education is essential for the holistic development of a person.

Value education develops a well-balanced individual with a strong character and value.

Unit I: Introduction to Value Education

Introduction

Values are principles, fundamental convictions, and ideals which act as general guide to behaviour or as a reference point in decision making. They are beliefs about what is right and what is wrong and what is important in life. They give strength to a person's character by occupying a central place in his life. It is like the rails which keep the train on track. Without values, life will be chaotic. The moral values present a true perspective of the development of any society or nation. They tell us to what extent a society or nation has developed itself.

Definitions of Value Education

Value education is learning about self and wisdom of life in a self-exploratory, systematic and scientific way through formal education. According to **C.V.Good** value education is the aggregate of all the process by means of which a person develops abilities and other forms of behaviour of the positive values in the society in which he lives.

Morals as socio-legal-religious norms are supposed to help people behave responsibly. However, not all morals lead to responsible behaviour. Value education can show which morals are "bad" and which are "good". The supreme end of education is expert discernment in all things – the power to convey the good from the bad, the genuine from the counterfeit, and to prefer the good and the genuine to the bad and the counterfeit.

According to Mahatma Gandhi: “Pleasure without conscience; Politics without principles; Prayer without devotion; Education without character; Wealth without work; Science without humanity; And commerce without morality” are cardinal sins.

According to Hindzay (1966), “By values we mean a person's idea of what is desirable, what he actually wants.”

According to Author Roy Posner “Values drive us, motivate us, move life, move us forward — enabling progress, even evolution. Values are what enable us to take the Next Step”.

Concept of Values

Due to liberalization, industrialization and globalization rapid changes occur in almost all social sciences. The so called philosophical foundations of India are declining day by day due to social turbulence and there arise a need to reassess and update the goals and functions of formal education.

Education is of two types, namely:

1. Formal Education
2. Value Education

Formal education is materialistic: It is examination oriented; provides a degree or diploma; helps to get a job or business.

By formal education, a man gets a job in a Government Department or becomes the chairman of a company or holds a key position in politics or in the society. In the working place the value of education gives a helping hand. It makes him acceptable by all.

Value education is aimed at personality development, character building, moral development, spiritual development, mannerism, patience, forgiveness, honesty, sincerity, courage, timely decision making etc. It builds a person's overall character.

Every individual and every organization is involved in making hundreds of decisions every day. The decisions we make are a reflections of our values and beliefs, and they are always directed towards a specific purpose. That purpose is the satisfaction of our individual or collective (organizational) needs. When we use our values to make decisions, we make a deliberate choice to focus on what is important to us. When values are shared, they build internal cohesion in a group.

Types of Values

Values however are either innate or acquired.

Innate values are our inborn divine virtues such as love, peace, happiness, mercy and compassion as well as the positive moral qualities such as respect, humility, tolerance, responsibility, cooperation, honesty and simplicity.

Acquired values are those external values adopted at your "place of birth" or "place of growth" and are influenced by the immediate environment. Examples of acquired values are one's mode of dress, cultural customs, traditions, habits and tendencies.

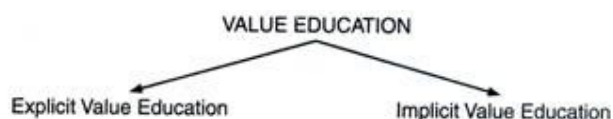
Categorization of Values

There are a number of different categories into which values can be placed.

- **Personal values:** Personal values are those you take for yourself and which constitute a critical part of your values and are apparent in attitudes, beliefs, and actions. Personal values may be prioritized, such as honesty, responsibility, loyalty and so on.
- **Social values:** Social values are those which put the rights of wider groups of people first. This may include equality, justice, liberty, freedom, and national pride. These are often instilled into us when we were young.
- **Political values:** Political values are ideological beliefs about the best way to govern a country or organization, for example through welfare, democracy and civic responsibility.
- **Economic values:** Economic values are those around money, and may include beliefs around ownership of property, contributing to the common good (taxes!), the balance of supply and demand and so on.
- **Religious values:** Religious values are spiritual in nature and include beliefs in how we should live.

There are two main approaches to value education. Some see it as inculcating or transmitting a set of values which often come from societal or religious rules or cultural ethics.

Others see it as a type of Socratic dialogue where people are gradually brought to their own realization of what is good behaviour for themselves and their community. Value education also leads to success.



Explicit value education is associated with those different pedagogies, methods or programmes that are used to create learning experiences for students when it comes to value questions.

Implicit value education on the other hand covers those aspects of the educational experience resulting in value influence learning, which can be related to the concept of hidden curriculum.

Objectives of Value Education

- a. To improve the integral growth of human beings.
- b. To create attitudes and improvement towards sustainable lifestyle.
- c. To increase awareness about our national history, our cultural heritage, constitutional rights, national integration, and community development environment.
- d. To create and develop awareness about the values and their significant roles.
- e. To know about various living and non-living organisms and their interaction with environment.

Issues to be taught in Value Education include

Human rights, Self-control, Honesty, Integrity, Sincerity, Courage, Child rights, Women rights, Democracy, National integration, Citizenship, Consumerism, Population explosion, Sustainable environment etc.

Benefits of Value Education

Value Education helps us to

- be honest
- be kind
- have friendship
- love one another
- work hard
- respect others
- be responsible
- be happy
- make timely decisions
- avoid violence

Characteristics of values

- Extremely practical-with an understanding of the strategic context not just techniques.
- Provide standards of competence and morality.
- Loaded with effective thoughts about objects, behaviours learnt early in life from family, friends, neighbourhood school, mass media, visual media and other sources within the society.
- Judgmental in that they carry an individual's ideas as to what is right, good, or desirable.
- Help in the integration and fulfillment of man's basic impulses and desires stably and consistently appropriate for his living.
- Build up societies, integrate social relations.

- Mould the ideal dimensions of personality and depth of culture.
- Influence people's behaviour and serve as criteria for evaluating the actions of others.
- Have a great role to play in the conduct of social life.

Socially shared, intensely felt values are a fundamental part of our lives. These values become part of our personalities. They are shared and reinforced by those with whom we interact.

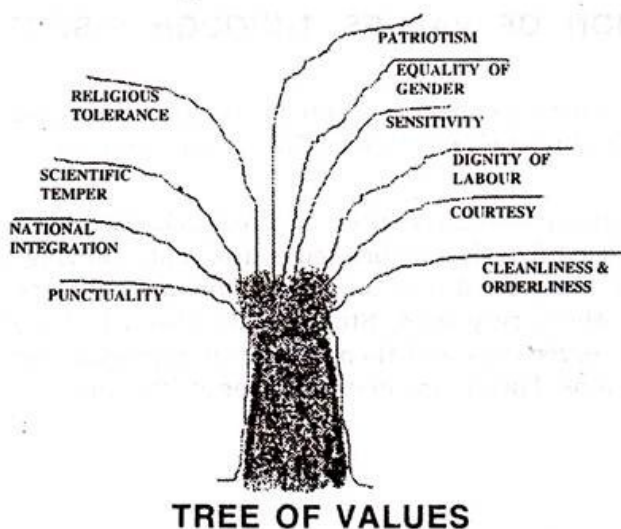
Several universal human values such as Truth, Righteous conduct, Peace, Love and Non- violence are directly associated to physical, intellectual, emotional psyche and spiritual facets of human personality. There is need and urgency to reinforce these values for a better and humane society.

GRID OF HUMAN VALUES AND SUB VALUES

Right Conduct	Peace	Truth	Love	Non-Violence
Manners	Patience	Truthfulness	Kindness	Consideration
Health Awareness	Concentration	Creativity	Friendship	Cooperation
Helpfulness	Positiveness	Honesty	Forgiveness	Global Stewardship
Responsibility	Self-Acceptance	Determination	Generosity	Loyalty
Independence	Self-Discipline	Fairness	Compassion	Active Citizenship
Perseverance	Thankfulness	Trust	Tolerance	Justice
Courage	Contentment	Reflection	Service	Respect

Equality of Gender	Punctuality	Sensitivity	Patriotism	National Integration
Courage	Dignity of Labour	Tidiness, Determination	Cleanliness, Love	Truthfulness, Co-operation

Slip of Value Housie Game



Make a list of these values in a priority-wise manner:

Viz.

1.

2.

3.

4.

5. Let the students arrange the values as per the importance given to each value by them.

6. Give reasons

7. Assignment-

a. Introduce yourself in detail.

b. What are the goals in your life?

c. How do you set your goals in your life?

d. What have been your achievements and shortcomings in your life?

Unit II: HUMAN VALUES

Human values are the basis for any practical life within society. They are strong positive feelings for the human essence of the other. Basic human values refer to those values which are at the core of being human. The values which are considered basic inherent values in humans include truth, honesty, loyalty, love, peace, etc. because they bring out the fundamental goodness of human beings and society at large. These human values have the effect of bonding, comforting, reassuring and procuring serenity. They build space for a drive, a movement towards one another, which leads to peace. In simple term, human values are described as universal and are shared by all human beings, whatever their religion, their nationality, their culture, and their personal history be. By nature, they persuade consideration for others.

Human Values

- Influences our perception of the world around us
- Represents interpretation of “right and wrong”
- Provides a way to understand humans and organizations.

Sources and dimensions of Human Values

Living in a pluralistic country with extensive diversity - modern and backward in outlook, economic disparities, democratic and feudal, socialist and capitalist, with different religious traditions and cultures - we need to challenge and enrich our values.

The main sources of human values are: -

1. Education and logical reasoning
2. Habit, culture and tradition
3. Religious belief and faith

These sources are instrumental in bringing about effective value changes. However, a true change in the societal order can be made only when it is undertaken with a holistic view of education, culture and faith which are undisputedly the driving forces of this nation building exercise.

Common human values include

- Brotherhood, friendship, empathy, compassion, and love.
- Openness, listening, welcoming, acceptance, recognition, and appreciation.
- Honesty, fairness, loyalty, sharing, and solidarity.
- Civility, respect, and consideration.

The function of these basic values enable every human to realize or maintain high human values for establishing relations of peace, yet it remains indefinable. Its understanding varies according to age (child, teen, adult), to one's education and surrounding culture.

Several universal human values such as love, compassion, gratitude, courage, optimism, forgiveness, respect, faith, truthfulness, honesty etc. are directly associated to physical, intellectual, emotional psyche and spiritual facets of human personality.

Love

Love everyone and everything. But show love to people and all other creatures. Do not try to use people. People are meant to be helpful but not to be exploited. Love is the basis of all relationships. Cleanse your heart of hatred. Be patient even with irksome people. They do not know that they are irksome. Cultivate empathy and your communication should be empathetic. Treat everyone with great regard and love.

We show love to each other through small acts of kindness and through encouraging words, as God loves us. We will let our love shine every day.

“Let all that you do be done in love” 1 Corinthians 16:14

Love is a set of emotions and behaviours characterized by intimacy, passion, and commitment. It is associated with a range of positive emotions, including happiness, excitement, life satisfaction, and euphoria but it can also result in negative emotions such as jealousy and stress.

Love is most likely influenced by both biological drives and cultural influences. While hormones and biology are important, the way we express and experience love is also influenced by our personal conceptions of love.

Types of Love

Not all forms of love are the same and psychologists have identified a number of different types of love that people may experience. These types of love include:

Friendship: This type of love involves liking someone and sharing a certain degree of intimacy.

Infatuation: This is a form of love that often involves intense feelings of attraction without a sense of commitment.

Passionate love: This type of love is marked by intense feelings of longing and attraction; it often involves an idealization of the other person and a need to maintain constant physical closeness.

Compassionate/companionate love: This form of love is marked by trust, affection, intimacy, and commitment.

Unrequited love: This form of love happens when one person loves another who does not return those feelings.

How to Practice Love

There is no single way to practice love. Some things that you can do to show love to the people whom you care about include:

- willingness to forgive
- Letting them know that you care
- Listening to what they say
- spending time with the other person
- Recognizing and acknowledging their good qualities
- Showing unconditional love

Impact of Love

Loving relationships have been linked to:

- Lower risk of heart disease
- Better health habits
- Increased longevity

- Lower stress levels
- Lower risk of diabetes

Tips for Cultivating Love

Some things that you can do to help cultivate loving relationships include:

- **Try loving-kindness meditation.** Loving-kindness meditation (LKM) is a technique often used to promote self-acceptance and reduce stress, but it has also been shown to promote a variety of positive emotions and improve interpersonal relationships. LKM involves meditating while thinking about a person you care about, concentrating on warm feelings and your desire for their well-being and happiness.
- **Communication.** Everyone's needs are different. The best way to ensure that your needs and your loved one's needs are met is to talk about them.
- **Tackle conflict in a healthy way.** Never argue.

Compassion

“You must give time to your fellow men - even if it is a little thing. Do something for others - something for which you get no pay but the privilege of doing it”- Albert Schweitzer'.

There is an old Tamil adage which says, 'Those who are wealthy give gold, those who are less wealthy give coins and those who have neither give your words of love and labour of love. Yes, compassion is the fountain that springs from the well of love. We may not have the power to relieve the suffering and pain of other people but definitely we can help in mitigating their intensity. Compassion is nothing but genuine pity or sympathy that makes a person helpful or be merciful to those who need it.

The Twentieth Century has been witness to two great compassionate souls that extended their helping hand to people with whom they had no ethnic, racial or religious connection. Their helping arms stretched across insurmountable geographic barriers and brought relief to thousands of suffering people. Though they are no more with us, their work continues and has sowed the seed for many organizations and individuals to continue their mission. They are the role models for compassionate service to mankind. They are **Albert Schweitzer and Mother Teresa**.

Albert Schweitzer was from a village called Gunbasch in Alsace, Germany. Born in a well to do family, as the son of a clergyman he studied classical western music and theology, had a comfortable life and was satisfied and contented with all that he had- family, education, hobbies and resources.

But he thought in a different way. At the age of thirty he looked around for an avenue to help suffering humanity. To that end, he pursued a medical degree to enable him serve the native population in French Equatorial Africa or Belgian Congo who did not have access to modern medicine. He finished his medical degree and also special studies in tropical medicine to suit the needs of the Africans in tropics. In the meantime, his wife trained herself as a nurse. The couple with equipment and medicines gathered by them went to a place called Lamberrene in French Equatorial Africa and established a hospital there.

The place was far away and lacked all amenities such as buildings, roads transportation, shopping, etc. A crude hospital was put up to treat the natives there who came from still far off places.

Schweitzer did not know the native language and so he appointed a native interpreter on a low salary. In fact, he was also a volunteer.

Once Schweitzer went to Europe and collected money for his mission by organising concerts. He spent his entire life for the welfare of the natives of Africa, bringing them medical relief and cure. In 1952, he was given the Nobel Prize for peace. But all that did not matter to him. He is a role model for compassionate service to humanity and his guiding principle was, “Reverence for life” without racial, religious or linguistic discrimination.

Mother Teresa is a name known to every Indian. Her photograph, a frail stooping woman in a blue bordered white sari adorns the drawing halls of many houses. She is a symbol of compassion and mercy. She has received the highest Indian civilian award Bharath Ratna and the Nobel Prize. Day in and day out this noble lady trekked the dirty slums of Calcutta, bringing love, compassion and relief to the sick and dying, the old and young. This founder of the huge organisation called the “Sisters of Charity” which runs hospitals, orphanages, homes for the destitute, old age homes and leprosy clinics all over India and other countries has made her dedicated service to humanity without consideration of nationality, caste or creed”.

Mother Teresa was born in Yugoslavia, got trained as a nurse in Dublin and came to Calcutta as a teacher at the age of nineteen. The defining moment of her life was in Calcutta where she decided to devote her life to the service of the poor. Mother Teresa is a role model for the Sisters of Charity. Every one of them owned only cotton saris, sandals, an umbrella, a sweater for cold weather and a bucket to do washing and nothing else. They bargain for a hard life of service and they are satisfied. At one time in 1917, Mother Teresa was called to Rome where she was given an award of Rs. 1.9 lakhs. She tucked the cheque in her cloth bag and brought it to India to set up home for leprosy patients. The sister who came to serve as a teacher became an angel for the poor, destitute and sick in India and served them for more than six decades.

Egg Seller – A Moral Story

Once a young lady asked the old seller, “How much are you selling the eggs for?”

The old seller replied, “\$q per 10 eggs, Madam.”

She said to him, “I will take 15 eggs for \$1 or I will leave.”

The old seller replied, “Come, take them at the price you want. Maybe this is a good beginning because I have not been able to sell even a single egg today.”

Charity Moral Story – Charity with Dignity



She took the eggs and walked away feeling she has won. She got into her fancy car and went to a posh restaurant with her friend. There, she and her friend ordered whatever they liked.

They ate a little and left a lot of what they had ordered. Then she went to pay the bill. The bill cost her \$140. She gave \$150 and asked the owner of the restaurant to keep the change.

This incident might have seemed quite normal to the owner but very painful to the egg seller. The point is that why do we always show we have the power when we buy from the needy ones? And why do we get generous to those who do not even need our generosity.

A father used to buy simple goods from poor people at high prices, even though he did not need them. Sometimes he even used to pay extra for them. The son got concerned by this act and asked him why he does so. Then the father replied, "It is a charity wrapped with dignity, my child".

Charity should begin at home, but should not stay there. Only a life lived for others is a life worthwhile. Charity sees the need, not the cause. The best way to find yourself is to lose yourself in the service of others. Sometimes give your services for nothing.

Gratitude

A short prayer called 'grace' before a meal in several homes expresses man's gratitude to God for everything that he enjoys in life and on earth. It is believed that every grain of cereal has the name of its beneficiary secretly inscribed on it. Thanking God or creator for all that we enjoy in this life is the origin for all that we mean when we say 'Thank you' to someone for a gift, a gesture or even a wish.

Jack Welch is not a writer. He was the chairman and CEO of General Electric, a mammoth in American multinational conglomerate during its peak growth. His autobiography entitled *Straight from the Gut* is one of the best sellers in the book-market. In the opening note of this book captioned 'Author's note', he says "Nearly everything I have done in my life has been accomplished with other people" and so he dedicates his book "To the hundreds and thousands of GE employees whose ideas and efforts made everything narrated in the book possible".

Gratitude is a philosophy of life that one cultivates. 'Thanksgiving' is an expression of gratitude especially to God. The fourth Thursday in November every year in the USA and the second Monday in October every year in Canada are Thanksgiving national holidays celebrated with great éclat at homes and in public.

Deborah Norville in her celebrated book *Thank you Power* says assertively that gratitude can bring every one of us more joy, more energy and of course true happiness.

Do not say, "What do I thank anyone for because no one has done anything to me". That sort of equating our sense of gratitude proportionally to the help or gift or advice we have received is ridiculous. We should cultivate gratitude as a habit and in the new science of happiness and health; the operative phrase is 'Thank you'.



William Wordsworth, the famous poet in his poem “Daffodils” says that when he was alone and depressed, ‘the daffodils fluttered and danced in his mental vision’. Yes, we have to be grateful to everything we come across in our daily life, the tired bus conductor who issues the tickets for our journey, the newspaper boy who throws the newspaper across the road at our door, the milkmaid who makes our morning a coffee possible, the motor-bike that whizzes past, the sands of the beach, the sky, the clouds, the sun and the moon.

A Chinese proverb says, “When you eat a fruit, think of the person who planted the tree”. All this is so obvious that we tend to overlook the value of gratitude.

Much research in the area of psychology has gone on in several universities. **David Patrich** of Columbia university and **Robert Emmars** of California university have conducted experiments, surveys and collected data on this aspect of gratitude, and have come to the conclusion that, “practicing gratitude, acknowledging the blessings in our lives and making it a point to recognize good things can change us positively.

People who practice gratitude,

1. Feel better about their lives
2. Are more optimistic
3. More energetic and enthusiastic
4. Are more joyful
5. Sleep better
6. Help others

In short, gratitude enhances self-esteem and helps us sharpen our focus on the most important things. **Barbara Frederick**, a psychologist says “Gratitude has the potential to change everything from its ordinary state to being a gift”. So, we can say decidedly that all that looked routine and

ordinary gets extraordinary and hallowed as acts of kindness deserving the magical phrase ‘Thank you’. **Gratitude** is a fruit of great cultivation you do not find it among gross people, says **Samuel Johnson**.

Courage

You need courage to meet the challenges of life and resilience to bounce back even in defeat. Shakespeare in his play *Julius Caesar* says:

“Cowards die many times before their death;
The valiant never taste of death but once”

Death, the necessary end will come when it comes. So why fear at all?

Courage is an attitude unrelated to physical strength. Any aggressive action borne because of physical strength is at its worst foolhardy and at its best bravado. But courage is the strength of the mind.

Quarrelling and fighting are not really the manifestations of courage. In most times a violent physical fight will end up in success for the stronger. Though even in physical conflicts courage may contribute to victory. In the Bible, the giant **Goliath** is felled by the little boy **David** with no weapon other than a sling and stone. It is David’s courage that the Bible celebrates.

Courage has been manifested in its highest degree in the lives of two ancients. **Archimedes** was the first technocrat of ancient times. He was also a scientist and a mathematician. Rome overran the city of Syracuse and the Roman General **Marullus** wanted to meet Archimedes. He sent a soldier to fetch Archimedes who at the time was working on a Mathematical problem on the tiles of his house. He was absorbed in his work.

“Come on you. The general wants you” said the soldier.

“Eh..... what..... go away? I am busy” said the scientist, absentmindedly. The soldier went near Archimedes and grabbed his elbow. Archimedes shrugged him off and said”, “I really can’t go until I have finished my problem”

The angry Roman soldier could not break the insolence of an old man. He advanced and thrust his sword into Archimedes, who fell dead on his unfinished problem.

Marullus, the Roman General genuinely grieved the death of Archimedes. He gave him a fitting funeral and an honorable burial.

The dying moments of **Socrates**, the Great Greek philosopher of Athens show us what courage is. The Athenian court by a small majority condemned Socrates to death. But the law allowed the accused to suggest an alternative punishment like exile, imprisonment, etc. So Socrates was given the option to suggest an alternate to death sentence. Socrates said, “Treat me as a public benefactor—feast me and maintain me at public expense as a winner at the Olympics. Such was his courage”. Then he offered to pay one mina (about Rs. 100/-) as fine in lieu of death penalty. The Athenian Court annoyed by his defiance confirmed the death sentence.

Crito, his friend visited him in the jail and said that he had arranged for the escape of Socrates. Socrates refused and said that he would obey the law of the land. He sent his wife away and asked the executioner to bring Hemlock the poison. He drank it and all his friends could not restrain their sorrow and anguish. Socrates said, “It is right to die with good omens. Be quiet and bear up”. So died “the most wise and just” philosopher who brought “philosophy down from heaven to earth” most courageously.

Courage is a value that enables every individual big or small to face life's situation squarely in the face. The middle class man fighting to make both ends meet, the labourer sweating it out to earn his daily bread, the housewife deserted by her husband struggling to protect her children are all people endowed with such courage. To lose heart and to brood are symptoms of cowardice.

The life of **Thomas Quasth** shows courage and an indomitable will that can succeed against all odds. Thomas Quasth is an internationally acclaimed singer. His bass baritone voice has mesmerised millions. A severely handicapped childhood, Thomas Quasth was a victim of Thalidomide toxins. He had no knee joints and his legs were stumpy. His hands did not have all fingers and he was just four and a half feet tall. Mainstream schools did not accept him. He could sing but music schools did not admit him because he could not play piano. But Quasth's passion for singing found a voice trainer - a teacher at last. In the first prestigious competition, the head of the Jury said that the Jury should close their eyes to Quasth's disabilities so that sympathy should not lead to biased decisions. He sang and the audience and jury were simply floored. Quasth won the A.R.D (National Broadcast Award) award and made national news. Today, Quasth a singer from the German city of Hanover, a classical western music maestro excels in orchestral music, Jazz and opera. His astounding range and the lyrical quality of his music are amazing according to critics. But he loves teaching music to youngsters. Quasth has proved that no disability can prevent a person from achieving his goal. It is this combative spirit that is called courage.

Life is full of obstacles and obstacles are as varied as human beings. Man should have the courage to overcome obstacles. As **Leonarda Da Vinci** has said "obstacles cannot crush me, every obstacle yields to stern resolve". The obstacles faced by Thomas Quasth appear to be insurmountable. The indomitable will to overcome them made Thomas Quasth one of the most admired singers of the century.

Optimism

Optimism is a form of positive thinking that includes the belief that you are responsible for your own happiness and that more good things will continue to happen to you in the future. Learn more about optimism, how it differs from pessimism, and more.

Ever heard the expression 'the glass is half full?' It usually refers to how optimistic people see the world. But, what does it mean?

Imagine that you are at a restaurant with a friend when the waitress brings out your drinks. You and your friend both notice that the waitress only filled your cups of soda halfway. Your friend is visibly upset and states that the cups are half empty and don't contain enough soda. You tell her that she is wrong; the cups are actually half full and contain enough soda to last for at least the first portion of your meal. Your response is to look on the positive side of the situation and is an example of optimism.

Rocks, Pebbles, and Sand: Once a professor entered the classroom with a glass jar, rocks, pebbles, and sand. The students were amused to see what he was up to. First, he started filling the rock parts into the jar until he couldn't add any more.



He asked the students if the jar was full and everybody nodded yes. He then started putting the pebbles inside the jar which went inside through the small gaps and he shakes the jar to allow the pebbles to get into those vacant spaces in between the rocks.

He asked the same question to the students and they again said that the jar was full. Finally, he poured the sand inside the jar which went through the minute gaps and got filled in the jar.

The professor explained that this is how you should set priorities in life. Rock is like your family, while pebbles are like your career while sand is like the least priorities in life and unnecessary quarrels and egos.

If you put sand on the jar first, it will get easily filled up leaving no space for rocks and pebbles.

Moral: You should identify your priorities in life and develop a good strategy to work towards fulfilling it rather than wasting your time and effort on unnecessary aspects of life.

The true happiness resides within you. Most people are searching for happiness outside of themselves. That's a fundamental mistake. Happiness is something that you are and it comes from the way you think.

Forgiveness

When someone hurts us, we get offended. We feel bad. We ask the question, 'How could they?' Then what happens?

We keep thinking about it - it goes on and on and keeps working on our mind.

There are many unpleasant feelings that we start experiencing.

On one side we are angry and on the other, we want to forget the whole thing.

We start talking about it to others. Anything that reminds us of the incident gets us talking

What does this show to you?

It shows that you are offended.

What do we mean when we talk about Forgiveness?

Forgiveness is not forgetting what happened. Forgiveness is a choice, a decision we make.

Forgiveness is to let go. It is not an occasional act, it is a constant attitude says **Martin Luther King Jr.** It is very challenging. Forgiveness does not change the past, but it enlarges the future.

To err is human, to forgive, divine says Alexander Pope.

Why should you forgive?

- You must forgive for your own sake-when you let go, you are released from painful emotions
- Forgiveness brings peace.
- Forgiveness gives freedom to you.

- Forgiveness lets you live life to the full. It cuts down preoccupation and wasted mental energy.

Don't wait till you feel like forgiving...

You don't need any reasons to forgive....

Forgiveness doesn't need worthiness....

Forgiveness needs no time....

Your fetters start cracking the moment you take the decision to forgive....

How do you forgive?

List out the person's name, spell out what they did to hurt you and the pain you experienced....

and then....

You can pray....

God, I choose to forgive _____ (name of the person) for _____ (what they did to hurt) even though it made me feel _____ (painful feelings) and release them. I thank you for setting me free from the offense and hurt. I choose to bless them instead.

After forgiving, you can tear the paper in which you have listed these things symbolically... Now, you are free from offense!

But, if we do not forgive, we are in danger of experiencing a range of hard emotions which in course of time could turn into negative personal values.

There is need and urgency to reinforce the following values for a better and humane society. They include

Respect: Respect is a feeling of deep esteem for someone or something elicited by their abilities, qualities, or achievements.

Faith: Faith is complete trust or confidence in someone or something.

Beauty: Beauty is something that has really been spoiled by human society. The way we think about something that is beautiful is judged on a purely physical response, but the true meaning of beauty is being in balance and harmony with nature. Many researchers would argue that beauty is not a human value and, although beauty is a subjective experience, when they analyse what a subject of beauty is, it becomes anything that resonates with personal meaning, not just emotion. The prominence of this Human Value is clear when people think about the things that bring meaning into their life such as family and friends, these things become beautiful in a greater sense.

Wisdom: Wisdom is also significant human value in many ways; under-appreciated in its importance, in its value in our lives and in its true meaning. Wisdom is also very often confused with words like knowledge or intelligence but the word wisdom is defined as the quality of having experience and good judgment and the resulting soundness of that action or decision.

Truthfulness

Truthfulness is to speak the truth always in all situations, however hard it may be. When you are true to yourself and others you keep your word or promise at all cost. If you are truthful, you will reject falsehood, however much people may influence you.

Honesty and Integrity

“To have integrity is to be honest”.

Integrity is closely linked to Truthfulness.

Being truthful is a prerequisite and is consistent with being honest.

There are different views that call urgent need to inculcate human values in Indian society. Numerous traditional values which have been inherited from past remain valid and true to be adapted by future citizens but many fresh values to match confronting problems is also emerging in Indian culture. Presently, negative human values are in upper side. It may be because of neglect of value education which created vagueness and indiscipline in the mind of people according to Satya Pal Ruhela.

A few areas requiring urgent attention are indicated below:

- 1. Education for Peace**
 - Communal harmony
 - Tolerance
 - National Integration
- 2. Respect for life**
 - Fundamental sacredness of life
 - Preventing loss of life
- 3. Justice**
 - Direct involvement in the cause of justice
 - Becoming agents of social change
- 4. Gender Equality**
 - Change of traditional attitudes towards women
 - Restoring them to their rightful place in society
 - Combating gender violence
- 5. Job-oriented Education**
 - Education for self-employment
 - Provision for job opportunities
- 6. Love and concern for others**
 - Concern for the underprivileged and marginalized
 - Dignity of labour
- 7. Democratic governance**
 - Equality of persons before the law
 - Respecting peoples' opinions in decision making
 - Accountability
 - Fight against corruption
- 8. Environmental concerns**
 - Responsibility in conserving our ecosystem
 - The hazards of pollution
- 9. Religious Tolerance and communal harmony**
 - Understanding the religions of India
 - Respecting others' beliefs / faith

Assignment

1. Why are Human Values important?
2. How does it help you gain Self-Respect?
3. How does it help you stay Motivated, Focused and Engaged?
4. How does it help you in Decision-Making?
5. How does it help you enjoy Life?

6. What is important to you in your life?
7. What are you most proud of?
8. When were you the happiest?
9. What sort of behaviour and actions make you angry?
10. How do you resolve anger against someone who has hurt you?

Unit III: Social Values

Social values

Social values are a set of moral principles defined by society dynamics, institutions, traditions and cultural beliefs. They are implicit guidelines that provide orientation to individuals and corporations to conduct themselves properly within a social system. They are progressively formed in the lives of people and in corporate culture. They shape society's behaviour to guarantee adequate coexistence among participants.

Ancient Chinese philosopher **Confucius** believed that every human was at the center of a number of concentric circles. In the middle was the self, around it the family, around that was society, then the nation, the world, and beyond—and everything radiated outwards. So it started with you giving love to your family members, which then would turn into families projecting love outwards into society in the form of kindness.

The pursuit of well-being and good living is an integral part of human existence. Efforts to articulate how this is achievable can be traced back to the 6th–7th B.C.E., when Homer, Aristotle, Cicero, and Virgil inquired about the means and goals of human nature that would bring people closer to happiness. Informed by the social, political, and economic transformations of their time, they proposed that bravery, conformity to the laws of the city, hard work, honesty, nobility, reason, and participation in the public affairs were values that encapsulated the good life.

Role of Family and Society in Teaching Values

Family is the basis on which values are built. Bulks of literature have shown that the family and society plays a significant role in shaping the morale of a child. There is a strong bonding between the parents and children, which determines the personality of a child. Moral values such as truthfulness, happiness, peace, justice are inculcated in children's thoughts, feelings and actions and they function as ideals and standards that govern their actions in their life. The value system practised in the family becomes habitual to the young family members if they are taught honest. The family has a great responsibility to pass on to the children many truths and values, and competencies to accomplish their place in life, whatever be the society, the culture or times. The eternal values of Truth, Right Conduct, Peace, Love and Harmlessness (Non-Violence) are transmitted on to the child first through the family. Mothers are the first teachers. From their mothers, children acquire self-knowledge, self-confidence, learn self-satisfaction, self-significance, and the capacity for self-sacrifice.

A child learns his/her behaviour by demonstrating what it sees around. Family also contributes significantly in helping a child socialize and has great influence and bearing on the progress of the child. In the joint family system, the presence of elders in the family plays an effective role in social and moral development of the children. It will also aid young generation of the family to develop human values and eliminate their negative mental tendencies when they are among elders.

Social standards and customs demarcated by a family provide the emotional and physical basis for a child. Values developed by a family are the groundwork for how children learn, grow and function in the world. These principles transmit the way of life a child lives and changes into an individual in

a culture. Philosophies passed down from generation to generation make up a family values. Customs and traditions followed and taught by the family leads a disciplined and organized life.

Building Relationship Begin at Home

Our very first relationship starts at home. Parents, grandparents, brothers and sisters are the ones with whom we spend most of our time. A good family leads to a good society and to a good nation. Therefore, building strong interpersonal relationships within the family becomes very important. Today, the cause of several problems in society is the family background and weak interpersonal bonds at home. A family that is knit in love will contribute only good to society.



In the Family:

Dutifulness

- Helping with the household chores
- Sharing the burdens of the family e.g. sorrow, sickness and economic tension
- Caring for parents in their old age

- Supporting younger brothers and sisters

Patience

- Showing acceptance of those circumstances in life which are absolutely unchangeable
- Being patient with the younger members of the family by putting up with their restless nature and responding to their many queries
- Being patient with the sick, the aged or the mentally retarded of the family

Courtesy

- Making frequent use of the words 'please' and 'Thank you'
- Being sensitive to the needs of family members during meals
- Using personal belongings of other members of the family only with permission
- Being polite on all occasions in manner and speech
- Magnanimity
- Running on errands, shopping, cooking, cleaning, washing, mending and repairing
- Exchanging experiences, ideas, advice and counsel

Tolerance

- Exercising tolerance when confronted with the behavioral patterns and temperaments of The members of the family
- Interacting harmoniously with members of the family
- Respecting the different religious beliefs and convictions of family members

Role of Educational Institutions in Inculcating Values

It is not possible for a society to survive without education. Societies survive with education; maintain their existence, development and permanence by means of educational institutions both generally and fundamentally. **Disraeli** (1834-81), the British parliamentarian who secured voting rights for the urban working classes supported the movement for education for all. He declared, "We must educate our masters". By the word masters, he meant the common people. The advent of democracy and science has made education an essential activity in the modern world and is one of the pressing needs for everyone.

Sir. Richard Livingstone (1880-1960), educationist and vice-chancellor of the Oxford University says "Man is a "self-centered and self-willed character" who has to learn to be "a member of the family, of the community, of the nation and the whole world. Unless he adopts himself to these four important sections, he will become a misfit. Sir Richard goes on to say that at four levels, the family, the community, the nation and the world, a man has to learn citizenship. It is the art of living as a good member or citizen not only adopting to them but also contributing to them.

Man has to learn discipline, self-control and team spirit to be a good citizen at all the four levels. Discipline and freedom are essential for a society to grow and prosper. This can be ensured only in democracy. A healthy blend of these qualities in an individual will be ideal and how can it be ensured? Only by an education system based on human values that builds strong character.

Three general functions of education for society are: -

1) **Protective Function:** education transmits people the values and culture of the society they are in. People are made to resemble each other through the process of socializing in order to ease collaboration and coherence according to Macdonald.

2) **Commutative Function:** education needs to change the human being in better way, desirable behaviour patterns are formed in human beings, undesirable behavior should be changed.

3) **Formative Function:** It is the function that paves the way for cultural innovation and scientific development of a society, which means improvement of new ideas. Education also aims at social improvement. Societies should not stay content with the knowledge acquired; that is, they must head for further knowledge and thus for the discovery of new worlds says Özden. The goal of education institutions is not only to teach but also to help students acquire all values necessary as a human being. One of the primary **goals of education** is to give the individual confidence and the consciousness of being an individual. The individuals who are not given that consciousness and subject to excessive socialization cannot be creative. In the excessive socialization, uploading knowledge predominates rather than knowledge generation. Lack of confidence and creativeness effects social development in a negative way according to Nickolov. In that case, the societies have to make the individuals become active members of the society by teaching them the values that they have. It is clear that without society, there will not be any biological, psychological, and sociological value. Only in society, language, religion, morals, arts, and traditions can appear and the result of which is the accepted core of a society.

Martin Luther King, Jr. was not only a transformational leader, he was also a values-based leader. Dr. King taught his followers to rise above the daily mistreatments, discriminations, and hardships that people faced and to work toward a greater good. He was an example of equality, humanitarianism, progress, pragmatism, excellence, and cooperation.

Dr. King personified the qualities of a transformational leader:

- He inspired others by his ability to frame his messages in meaningful ways,
- He connected his vision of equality and justice with his followers' personal struggles,
- He showed people that he cared about them and that he valued them, and
- He emphasized high moral and ethical values while displaying personal commitment and self-sacrifice.

Above all, through his firmly grounded values-based leadership of using non violent demonstrations to protest racial inequality he became the symbol for the Civil Rights Movement in the United States.

Dr APJ Abdul Kalam, one of India's best-known scientists and the country's former President was recognized and revered for his personal and work ethics. This is achieved by staying true to one's values, remaining consistent with one's beliefs, and never swaying from one's fundamental ideals. Leaders may change their strategy, tactics, or approach in order to better handle a given situation, but they will never change their underlying values, beliefs, and principles.

Self-Reflection

To be a values-based leader, you must be willing to look within yourself through regular self-reflection and strive for greater self-awareness.

To lead others you must be able to lead yourself first. You can do that only if you are at peace with yourself.

Self-Confidence: Accepting yourself as you are. You recognize your strengths and your weaknesses and strive for continuous improvement. With true self confidence you know that there will always be people who are more gifted, accomplished, successful and so on than you, but nevertheless you have to have self-confidence. It also helps you to recognize others merits and true potential.

Humility: Kraemer calls it the principle of genuine humility. Never forget who you are or where you come from. Genuine humility keeps life in perspective, particularly as you experience success in your career. It helps you value each person you encounter and treat everyone respectfully.

In business, social values are essential to maintain healthy relationships among co-workers and between the company and the society.

Governments and laws are normally established to preserve social values through enforcement procedures. The judiciary system and government institutions are therefore created to maintain society's proper functioning.

In today's world, it may seem our society doesn't practice many values. We have a rise in discrimination, abuse of power, greed, etc.

Our Society's Needs

- **Empathy** – Empathy is defined as understanding and sharing the feelings of another. People need to understand who others are and accept who they are. Focusing on how we can grow together should be our ultimate goal.
- **Respect** – Mutual respect is needed for all of us. This is what makes us human. Having respect for everyone, despite the differences between us, is vital in order for a society to function well.
- **Loyalty** – Loyalty is a value that binds us to a person, thing or sentiment. With loyalty, one would not betray. If we all shared loyalty, it would help us build the strength needed to stand up against something that would harm our society.
- **Honesty** – One form of honesty in society is accepting yourself. With honesty, you can admit your flaws and take the necessary steps to improve yourself. When we can admit to our flaws it can help someone else admit theirs. Ultimately, we can all help one another become better people.

Social Responsibilities of a student

- Have academic integrity and honesty.
- Attend and participate in classes, labs, and seminars by preparing well ahead and on time.
- Complete the assigned work in a timely manner with attention to the quality of work.
- Avoid making excuses.
- Communicate in a careful and respectful manner with professors, peers, and other members of the college community.
- Respect diverse ideas and opinions.
- Identify, develop, and implement a plan to achieve the educational goals.

More specifically, **social responsibility also involves:**

- Recognizing local and global interdependence
- Advocating environmental sustainability
- Engaging in and promoting rational discussion
- Advocating citizenship and volunteer to take good care of people and the earth
- In horse races, the jockey's responsibility is only to make the horse run,
- But in order to win the race, its the horse's responsibility to run faster.

Values can be contagious; if you practice them, many others will also practice the values, including our children. Hopefully more practice from all of us will leave the world a better place for future generations.

UNIT IV – SPIRITUAL VALUES

Spiritual Values

Spiritual values are the integrative values of human soul consisting of altruistic, humanistic, personal, divine, and affective values leading to the spiritual growth of a personality.

Altruistic values refer to the values that promote the spiritual growth of a personality such as Truthfulness, Kindness, Repentance, Reliance on God, Modesty, Unity, Charity, and Love.

Humanistic values refer to the values that guide our system and make us accustomed to judge and behave with ourselves and others. These values are more useful for promoting humanity with Sincerity, Justice, Goodness, Forgiveness, Courage, Power, and Wisdom.

Personal values are those values which guide an individual to be perfect and get reinforced in personal relationships such as self-restrain, selflessness, Steadfastness, Humility, Righteousness, Forbearance, and fortitude.

Divine values help us to love God and submit ourselves to God, through Piety, and Compassion.

Finally **Affective values** help to develop peace within self and live in harmony with others, showing Tenderness, Gentleness, and Contentment. A human being develops these values throughout his life as he receives a moral formation.

Spiritual Development

The spiritual development of students is shown by their:

- Ability to be reflective about their own beliefs, religious or otherwise, that inform their perspectives on life and their interest in and respect for different people's faiths, feelings and values.
- Sense of enjoyment and fascination in learning about themselves, others and the world around them
- Use of imagination and creativity in their learning
- Willingness to reflect on their experiences

Moral Development:

The moral development of students is shown by their:

- ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives
- ability to recognise legal boundaries
- ability to understand the consequences of their behaviour and actions
- ability to understand and appreciate the viewpoints of others.

Importance of Spiritual Values:

The holistic development of children is incomplete without spiritual development. Without the values of compassion, humility, goodness, and truthfulness we could not expect transcendental experience. Likewise, without the value of peace, unity, and wisdom it is impossible to get spiritual

enlightenment.

Spiritual values are not the momentary values but they are universally applicable values that affect our behaviour across many situations. They make children aware of the difference between good and bad, truth and lies, modest and immodesty, humility and arrogance, courage and cowardice, patience and impatience and its effect and so on and so forth. So, these are not specific to any situation rather they are far encompassing than we can think of. Spiritual values have the power to bloom our children and achieve their goals by means of righteous paths.

Cultivation of Spiritual Values

People belonging to various social institutions such as family members, grandparents, teachers, and peer can cultivate spiritual values in children. Children at the early stages of development spend maximum of their time with their mother. She can cultivate those values by narrating the stories from holy books explaining the value of courage shown in different legendary fights in history explaining the victory of truth, the power of courage and unity. Thus instead of letting the child sit in front of television they need to make efforts to cultivate values among children.

Parallel to the mother, the father in the family is also accountable for cultivating spiritual values among children. Children usually go out with their fathers and observe the charity given by him to poor on the streets. They learn the value of charity from such small observations.

Five most common spiritual values

Harmony

Harmony allows human beings to crave wellness for everything around them. It is a state of peace and fulfillment that allows the soul to move towards happiness. An example of harmony can be seen when an individual is dedicated to doing what makes him happy and in turn, seeks to make other people happy.



On a rainy night of New Year's Eve, a lonely little girl was saddened by the disagreements that brought upon her family members.

Little girl sadly said, "It's Chinese New Year's Eve, but it's been raining all day long. New Year is coming but everyone is not in a good mood. Brother insists on buying a new motorcycle. Dad, Mom, and Brother are quarreling about it."

Dad told to Brother, "Can't you use the old motorcycle? You just know how to spend money!"

Mom also said to Brother, "The economy is bad, why don't you just use the old one?"
 Brother angrily said, "The old motorcycle breaks down all the time, you can use it! I won't!"
 "It's your fault. You have spoiled him!", Dad said to Mom.
 Little girl asked herself, "It's New Year, but why is everyone unhappy?".
 "Kitty, can you tell me how to make everyone happy for the New Year?", asked the little girl to her cat.
 Then, outside the window, the little girl looked four old men were coming, "Dad, Mom, look! Brother, come and see, quick!"
 Mom said to the old men, "Ah, it's raining so heavily, Sirs, please come in for shelter!"
 Old man 1 said, "Haha, thank you for your kindness, Madam. But we have a rule, only one of the four of us can come in. Who do you wish to invite in?"
 The four old men then introduced themselves one by one.
 Old man 2 : "I am Wealth."
 Old man 3 : "I am Success."
 Old man 4 : "I am Well-being."

Old man 1 said with a laugh, "Haha, everyone call me Harmony."
 Dad said to the four old men, "Surely we should invite in Wealth, then we can have a comfortable life!"
 Brother said, "No, no, choose Success! I want my family to be proud of me!"
 Mom said, "Wait a moment! I think Well-being is the most important!"
 Dad exclaimed, "Wealth!"
 Brother exclaimed, "Success!"
 Mom exclaimed, "Well-being!"
 Little girl asked to her mother, "Mom, Mom, What is harmony? Why don't you invite in Harmony?"
 Dad said, "Yes, you're right ! Why don't we invite in Harmony ? New Year is here, we should be harmonious. Let's invite Mr. Harmony in, then!"
 Seeing that all of the four old men came in together, little girl's father said, "Eh? I thought you said only one of you can come in? Why did all of you come in?"
 Old man 1 replied, "Haha, we have another rule. If Harmony enters, Well-being, Success and Wealth will follow."
 Little girl happily said, "Now I understand. To be happy is to be in harmony."

Truth

Truth is the ultimate expression of divinity. To have true thoughts, both words and actions must be aligned with the rest of our lives in a coherent way, only then can we reach a greater state of consciousness. Being honest is not just talking to the truth, it is being completely transparent with our attitudes and attitudes towards life. In this way, it is said that all circumstances are lived inflexibly true, allowing the soul to rise above the plane of human consciousness, reaching spiritual height.





To live according to the spiritual value of truth isto:

- Live consistently
- Express your love.

- Share your enthusiasm.
- Take action towards your dreams.
- Dance and sing to your music.
- Count your blessings.
- Make today worth remembering.

(Moral: Honesty is the best policy)

Once there lived a poor woodcutter. He used to cut trees in the woods. One day he was cutting wood on the bank of a river

	<p style="text-align: right;">1</p> <p>His axe fell down into the river. The river was deep. He could not take his axe out. He sat on the bank and began to weep.</p>
	<p style="text-align: right;">2</p> <p>Mercury, the god of water appeared. Shee asked the reason of his weeping. The woodcutter told the whole story. Mercury dived into the water and brought a golden axe. The woodcutter refused to take it.</p>
	<p style="text-align: right;">3</p> <p>Mercury again dived and brought a silver axe. The woodcutter did not take it either.</p>
	<p style="text-align: right;">4</p> <p>Then she brought an iron axe. The woodcutter took it gladly. Mercury was much pleased. He rewarded the woodcutter with the other two axes.</p>

Charity

Spiritual progress means going beyond the limits of the ego. The ego only cares about your well-being and pleasure. To genuinely change the direction of our lives, we must change from ego to spirit. Many times, it is normal to see that in practice, one individual helps another expecting something in return. These actions are not charitable and seek love, material goods or favours in consideration. Charity means that we do not feel superior or give others what they need to feel better about our lives. Charity brings with it genuine and deep joy to do good to other people, without being very aware of what is given. This spiritual value is understood as compassion for a person alien to our reality. He tries to feel the pain of the other as if it were his own, to seek a remedy for this pain without expecting anything in return. You don't have to donate money to make a difference. The one who donates willingly and happily reaps more benefits than the one who donates under pressure or with the expectation in return. Your intention should be to lessen the other person's misery, not to gain fame or fortune.



Faith

Faith is often regarded as a faculty and not as a value. However, the mind can accept the idea of faith and turn it into a dynamic principle of life. Faith is described as the knowledge of the soul that the mind does not yet master. Everything we do in life requires having faith in something, in our capacities, in technology, in the law, in the honesty and values of other people, among others. Often our faith is limited by our past experiences and our willingness to trust others. In order for faith to be part of a person's spiritual values, we must first change the orientation of our confidence from ourselves, other people, money, or any material element, to our spirit. When you trust in the spirit, you understand life from a higher reality. Faith is the blunt affirmation that there is a higher divinity willing to contribute to our personal development and well-being. For this reason, the value of faith helps the human being to mitigate his worries, not to lose hope and face life without fear.



Do You Carry Your Umbrella?

As drought continued for what seemed an eternity, a small community of farmers was in a quandary as to what to do. Rain was important to keep their crops healthy and sustain the towns people's way of life. As the problem became more acute, a local pastor called a prayer meeting to ask for rain. Many people arrived at the church to pray for the needed rain. The pastor greeted most of them as they filed in.

As he walked to the front of the church to officially begin the meeting he noticed most people were chatting across the aisles and socializing with friends.

When he reached the front his thoughts were on quieting the attendees and starting the meeting.

His eyes scanned the crowd as he asked for quiet. He noticed an eleven year-old girl sitting quietly in the front row. Her face was beaming with excitement.

Next to her, open and ready for use, was a very colorful and extremely large umbrella, much bigger than her in fact.

The little girl's beauty and innocence made the pastor smile as he realized how much faith she possessed. No one else in the congregation had brought an umbrella.

All came to pray for rain. But the little girl had come expecting God to answer.

Hope

Hope is a spiritual value that plays a fundamental role in Religions. At the spiritual level, this value is based on the belief that the spirit of human beings is not an ephemeral element, but transcends a supernatural plane after death. Out of the Christian religion, hope is more than a spiritual value and is also understood as a personal value that gives human beings the possibility of living life with optimism, directing energy to the fulfillment of goals. It is an engine that allows us to open and build roads that lead us to what we long for. It is the possibility to dream and operate as a motor of life.

If you've ever felt despair, suffered tragedy or generally gone through the harshness of life, this is a wonderful story that will lift your spirits...

Four Candles in a Room.

The Four Candles burned slowly. Their Ambiance was so soft you could hear them speak...

The First Candle said, "I Am Peace, but these days, nobody wants to keep me lit."

Then Peace's flame slowly diminishes and goes out completely.

The Second Candle said, "I Am Faith, but these days, I am no longer indispensable."

Then Faith's flame slowly diminishes and goes out completely.

Sadly The Third Candle Speaks, "I Am Love and I haven't the strength to stay lit any longer.

People put me aside and don't understand my importance. They even forget to love those who are nearest to them." Waiting no longer, Love goes out completely.



Suddenly...A child enters the room and sees the three candles no longer burning. The child begins to cry, "Why are you not burning? You are supposed to stay lit until the end!"

Then The Fourth Candle speaks gently to the little child, "Don't be afraid, for I Am Hope, and while I still burn, we can re-light the other candles."

With Shining Eyes the child took the Candle of Hope and lit the other three candles.

Never let the Flame of Hope go out of your life. With Hope, no matter how bad things look and are...Peace, Faith and Love can Shine Brightly in our lives.

Develop Your Spiritual Resources

Nurturing and developing your spirituality may be just as important as eating a healthy diet, exercising, and building strong relationships. Taking the time to reconnect with what you find meaningful in life and returning to life's big questions can enhance your own sense of connection with something larger than yourself.

Cultivate empathy and compassion



Empathy is the ability and willingness to fully understand another person's experience and connect it to your own—for example, rather than seeing an irritable coworker as a nuisance, you may recognize that they are reacting to stress in the workplace. Compassion is the practice of responding to this realization with kindness—because you understand why the coworker is in a bad mood, you respond with extra patience and listen deeply when they complain, rather than snapping back.

Andrew Weil, author of *Spontaneous Happiness*, describes empathy and compassion as “learnable skills that can bring greater happiness into your life and improve all of your relationships.” They are important to spiritual development, he explains, because they help you get out of self-centered ways of thinking and help you make connections with others.

Ways to develop your sense of empathy and compassion:

- Listening deeply.
- Taking others' perspectives into account.
- Look for the good.
- Identify (and live by) your beliefs and values
- Practice forgiveness
- Seek transcendence through nature, art, or music
- Be good to yourself
- Make contemplative practice a part of your everyday life

Find Harmony When mind, body, and spirit are in harmony, happiness is the natural result and the absence of harmony, on the other hand, leads to discomfort, pain, depression, anxiety, and illness in general.

Find Sanctuary: Home is a haven, a natural sanctuary, a place to take full rest and recuperate. Our health is protected from unnecessary chemical overload and the deepest gratification in living a less toxic way of life at home, is that our bodies are under less stress and the quality of our lives is improved. Fresh and clean air renews and rejuvenates, our well-being. Spiritual development which is so important for one’s mental and, of course, physical well-being is possible in living in such ambience.

The benefits of adopting a contemplative practice—such as meditation, prayer and yoga, have widespread effects not just on spirituality, but on physical and emotional health as well. It is clear that spiritual development helps one to act naturally with honesty, integrity, truthfulness, and to live in a way one never would have imagined before. Taking a walk in nature where fresh air abounds, away from the hustle and bustle of the busy city, is of the utmost importance for one’s spiritual development. Getting into nature, filling you with all its brightness and splendour will allow you to feel how brilliant, extraordinary and prodigious you really are in the multilevel world.

Find The Morals! ✨



- | | | |
|----------------|--------------|--------------|
| Responsability | Perseverance | Volunteering |
| Cooperation | Resilience | Tolerance |
| Generosity | Respect | Honesty |
| Helpfulness | Moderation | Courage |

Unit V: Values for Life Enrichment

Introduction

The defining moment in one's life is the moment in which one is happy and those around are also happy. Modern man who looks for happiness in material success alone cannot discover true happiness. Man has a multiple nature. Each man is made up of several persons. We may think justice is more important than other things. We may at times feel wisdom is more important than other things. At some other time we may feel love is more important than other things.

Our educational system focuses on developing knowledge, skills, and creative talents but what about the more fundamental dimension of educating students to grow their empathy, spirituality, and desire to be good. Life enrichment activity is to balance the emphasis of professional abilities along with good character traits that uplift moral standards of influence and responsibility.

Goal Setting



To be successful, any individual, group or institution has to set a specific goal(s) and strive towards attaining that goal or those goals. Setting a goal means focusing on the target in hand for attainment. Goal setting gives direction to one's activities. The activities of a person who does not set goals for himself / herself are likely to be shabby, unsystematic and unplanned.

What Are Goals?

Goals are the targets or ends toward which we direct our effort. Goal setting and attainment has a positive effect on a student's life. Goals enhance students' self-confidence. They are important for students because they motivate them to attend classes and study for examinations whole-heartedly. Students can improve their academic performance by learning to set goals that motivate them to do well and they increase their chance for success.

Characteristics of Goals

To be both motivating and useful, the goals students set must have some important characteristics. Paul J. Meyer described the characteristics of S.M.A.R.T. goals in Attitude is everything.



1) Specific

A goal has to be written in simple and clear language rather than in general terms. A specific goal will usually answer the following three questions: What do I want to accomplish? Why do I want to accomplish? And How can I accomplish it?

The more specific students' goals are, the more motivated will they be to achieve them. If they formulate vague or unclear goals, they will be less likely to accomplish them. For example, getting a good grade this semester will be a general goal, whereas getting an A-Grade every semester will be a specific goal.

2) Measurable

There should be proper criteria set in place for measuring the progress of the goal from time to time. It will help for making necessary changes in between, if needed. For example, it would be difficult to determine whether you achieved your goal if you just wanted to "do well in a course."

3) Attainable

While the goals have to be moderately challenging for students to keep them interested while working towards them and not to make them over confident, every goal has to be within one's reach. If students plan steps wisely and establish a timeframe for achieving those steps, they can achieve almost every goal they set. They will develop the attitudes, abilities, skills, and financial capacity to reach the goals they have set. While achievable goals motivate students, impossible goals demotivate them.

4) Relevant

To set relevant/realistic goals, students must carefully evaluate their chances of achieving each goal. For this to happen, a goal must represent an objective towards which each student is both willing and able to work.

5) Time bound

Students need to set a specific time to complete their goals. For example, if a project is due by Friday, it needs to be done by Friday. Setting intermediate deadlines to complete different parts of the project is helpful. Without a deadline, many students tend to put off starting, working on, and completing their goals. Setting deadlines is also an important time management tool.

Building Relationships

One of the important aspects of Life Enrichment Skills is developing healthy Interpersonal Relationships. The lesson aims at inculcating in the minds of students the important role of

interpersonal relationships and helping students develop and maintain caring and productive relationships within the family and among friends. “The man who spends his life building walls instead of bridges has no right to complain, if he is lonely”. Individuals who are compatible with each other enter into interpersonal relationships. People must get well for a strong and healthy relationship.



Friendship

Friendship is an unconditional interpersonal relationship individuals enter into by their own sweet will and choice. Friendship can be between a man and a woman, a man and a man and a woman and woman.

“Everybody wants to ride with you in the limo' but what you need is somebody who will take the bus with you when the limo breaks down”. - Oprah Winfrey.

Modern urban life and the challenges it throws up keep us on our toes always. We have no time to exchange pleasantries like ‘Hello’, ‘How are you?’ etc. even with our neighbours. The tenor of modern life is such that we are covered with a crust that is impregnable. Our attitude to people around us is curt and businesslike. We can change this with a new approach. It may appear difficult to say ‘Hello’ to strangers but start doing it. Say “Hello” to the newspaper boy, bus conductor, auto driver and your neighbor. Hello becomes a productive word when we are dealing with clerks, policemen, officers and attendants. A ‘Hello’ with a smile can change the relationship in a big way. A sincere ‘Hello’ with a smile eases tension, lowers blood-pressure and even acts as a pain-killer. We will have no chance to say “he is a pain in....” etc., once we get to move forward with a friendly gesture, smile and words. Hello gives us immunity from social aggression by haughty people.

Establishing Relationships among Friends

Friendship enables persons involved to experience love, mutual affirmation, acceptance and freedom. It is the most sublime expression of human relationship. Since young people have entered the golden period of their lives, ‘the college days’ friendship becomes essentially important. After making a good choice of friends, they should know to love and grow with them, without limiting their personal freedom.

The following are the most significant values identified for building relationships:

a) **Dutifulness:** It implies the fulfillment of obligations or performance of functions, motivated by a sense of inner urge without fear of punishment, or hope or reward, but for love

- b) **Patience:** It is the ability to assess the situation calmly, judge rationally and act accordingly without mental or emotional perturbation. Patience accepts people for what they are and is tolerant of their weakness and faults
- c) **Courtesy:** It is a sense of being well disposed to others and it expresses itself through concrete positive gestures. Affirming words and actions are tonic to relationships. Courtesy could be rightly termed as the oil that smoothens the working of interpersonal relationships
- d) **Magnanimity:** It is greatness of mind and soul, which goes out of its way to help others through large heartedness and nobility of character. It is forgiving of insult and injury and rises above vindictiveness
- e) **Loyalty:** It is the quality of remaining faithful through thick and thin, to oneself and family, relatives and friends, employees, superiors and subordinates, community and society, state and nation irrespective of their limitations or shortcomings.
- f) **Gratitude:** It sensitizes man to the favours bestowed on him, leading him to express appreciation even for the smallest services received and urging him to work in turn for the good of his fellowmen.
- g) **Tolerance:** It enables people to adjust their relationships with each other, to work together for a common purpose. Through the spirit of accommodation, dialogue and interaction, it facilitates interpersonal relationships.

Love relationship

An interpersonal relationship characterized by intimacy, trust and respect is called love. Individuals in a romantic relationship are deeply attached to each other and share a special bond. Two partners must trust each other and have a sense of respect and mutual admiration to each other. Partners must reciprocate each other's feelings for the charm to stay in the relationship for a considerably longer period of time. "If you judge people, you have no time to love them" — Mother Teresa

One of the easiest errors we commit in our everyday life is being judgmental. The Bible says "Love thy neighbor as thyself". What it actually means is "Look man, you know your deficiencies. Yet you overlook them and admire yourself. But when it comes to your neighbour, his deficiencies alone are visible to you. You pick bones in his collar". That is a deficiency in us which we have to overcome. The parameters for your appraisal of your neighbour cannot be and should not be different from the parameters for your self-appraisal.



We can now see a few instances of true quality of love.

Abraham Lincoln, the then President of the United States of America during the civil war there, used to visit hospitals to comfort injured soldiers. Once when he made such a visit, he came to the bed of a young soldier who was seriously injured in the war. He asked the dying soldier if he

wanted anything. The soldier who could not recognize the President requested him to write a letter for him to his mother. The president agreed and wrote the letter dictated by the young dying



soldier. After he finished writing the brief letter to the soldier's mother, he wrote underneath "written for your son by Abraham Lincoln" and handed it over to the soldier. The astonished soldier asked Lincoln whether he was the President of America, Lincoln simply said, "Yes" and asked if he wanted anything else. The young soldier requested the president to hold his hand for some time. The President took his hand and sat beside him and the soldier breathed his last, holding the President's hand. Abraham Lincoln ignored all protocols, formalities and his busy schedule with the war and rule, to comfort a soldier and this is an incident that illustrates the axiom "Love knows no barriers".

David Rotn is a composer of music and song writer. He has written a song recapturing the story of a person called Manuel Garcia. In olden days, poets used to compose ballads, celebrating the lives of heroes and warriors to be sung. But Manuel Garcia is neither a hero nor a soldier or a warrior. He is an ordinary middle class youth, a hard-working householder with a wife and children. His life was well settled and even his future would go as per plan. But suddenly he became ill and the doctors said it was cancer. Cancer is not only a terminal disease mostly, but its cure also is painfully unbearable with lots of side effects. Not having any choice, Garcia underwent all sorts of surgery, chemo-therapy, etc., prescribed for cancer. He lost weight. He lost all his hair. He lost all initiative and enthusiasm for life. He became a ghost of the robust young man he was earlier. He was discharged and he was feeling desolate and lonely. When the car dropped him at his home, he was welcomed by his wife, children, friends and neighbour with a song. He was surprised to find that all of them had tonsured their heads (had clean-shaven heads) to enthuse Manuel Garcia so that he would not feel lonely. It was a great gesture of love by the family, friends and neighbours who sang "We love you Manuel and we are with you". Garcia said, "I felt lonely with my baldness and cancer but you have given me strength and long may we live with the meaning of love". The meaning of love could be expressed not only in our words but also our actions and gestures.

Love destroys all evil totally and completely. We can illustrate this from what happened in America. Though theoretically all are equal under any law including the American constitution, in practice some are more equal. The blacks in many parts of America were treated as second class citizens. Martin Luther King wanted the blacks to share lunch counters, schools, libraries, parks, hotels and public transports on an equal footing with the whites. In 1956 at Montgomery in the state of Alabama, a black lady by the name Rosa Parks refused to vacate a seat in the bus reserved for the

whites. She said that she could not stand because her legs idled. She was charged for violating the rule of law. This generated a movement led by Martin Luther King which resulted in the boycott of buses and public transport by the black population all over America. After a long battle, the American Supreme Court ruled out that segregation in public transport was unlawful. But during the movement, the blacks were persecuted by physical threats, harassment and uneven laws. Yet Martin Luther King declared, "We will not resort to violence. We will not degrade ourselves with hatred. Love will be returned for Hate". That is the essence of love. Hatred degrades humanity. Love kindles human life.

Family Relationship

Individuals related by blood or marriage are said to form a family.

Building Relationship Begin at Home

Our very first relationship starts at home. Parents, grandparents, brothers and sisters are the ones with whom we spend most of our time. A good family leads to a good society and to a good nation. Therefore, building strong interpersonal relationships within the family becomes very important. Today, the cause of several problems in society is the family background and weak interpersonal bonds at home. A family that is knit in love will contribute only good to society.

In the Family:

Dutifulness

- Helping with the household chores
- Sharing the burdens of the family e.g. sorrow, sickness and economic tension
- Caring for parents in their old age
- Supporting younger brothers and sisters

Patience

- Showing acceptance of those circumstances in life which are absolutely unchangeable
- Being patient with the younger members of the family by putting up with their restless nature and responding to their many queries
- Being patient with the sick, the aged or the mentally retarded of the family

Courtesy

- Making frequent use of the words 'please' and 'Thank you'
- Being sensitive to the needs of family members during meals
- Using personal belongings of other members of the family only with permission
- Being polite on all occasions in manner and speech
- Magnanimity
- Running on errands, shopping, cooking, cleaning, washing, mending and repairing
- Exchanging experiences, ideas, advice and counsel

Tolerance

- Exercising tolerance when confronted with the behavioral patterns and temperaments of members of the family
- Interacting harmoniously with members of the family
- Respecting the different religious beliefs and convictions of family members

Professional Relationship (Work Relationship)

Individuals working together for the same organization are said to share a professional relationship. Individuals sharing a professional relationship are called colleagues. Colleagues may or may not like each other. It is work related. This relationship is confined to the work place and does not involve the heart.



Values for good relationship

Each partner in a relationship brings values to the table and this makes up their relationship values. Thus, if both share the same values, your relationship has a good foundation. Values can influence their interests and behaviours. Trust, Love, Respect, attention, communication, and attachment are the six values that can enhance healthy relationship. Explanation: Trust is one of the most important values required to build and continue any relation. If there is a trust between people, the relationship goes on until death.

Essential Life Skills that Help in Students Future Development

1. Decision-Making Skills

It's essential to have the right *decision-making skills* to succeed in life. Hence students from a very young age must be taught to make decisions of their own. The right decision-making skills must be taught to make simple and wise decisions quickly. At home, the parents must grow this skill in kids by permitting them to choose amid their clothes, food, toys, games to start with. With the help of this simple activity done the students will develop the habit of taking decisions of their own.

2. Communication

Communication skills is one of the *essential life skills* that help in students' developing future. The students require high-touch personal interaction every day to set up healthy social-emotional skills, comprising the ability to understand and communicate with others. When the pace at which they grow these skills may depend, students require to learn how to read social cues and listen carefully. They must consider what they wish to communicate and the most effective way to share it.



3. Focus and Self Control

Students thrive on schedules, habits, and routines, which not only generate a feeling of security, however also assist students in learning self-control and concentration. It is vital to talk to students about their expectations each day. Organize your home so that you can keep your things, shoes, dresses, and personal belongings in the right places. We live in a noisy, distraction-filled globe, so quiet activities such as reading a book, completing a puzzle, enjoying sensory activities can assist your ward in slowing down and increase focus.

4. Resilience and Positive Thinking



Resilience and positive thinking are vital life skills that are very helpful for a student's future. One must not shield and overprotect the child. In fact, the students should be able enough to learn how to bounce back from failures and not take them to the heart or let it define them for life. Developing these **vital life skills** assists them to keep going, set goals, encourage themselves, and look for the silver lining even when they faced challenges.

5. Problem Solving

Problem solving skills is one of the most *important life skills* that all students need in their life. Solving real-world problems with a method such as Solution Fluency is vital for surviving and thriving in the present and future. The students will face challenges that need skills to define a problem, design an appropriate solution, and put it to effective use. Problem-solving skills assist

them to tackle each and everything. To get forward in a competing atmosphere, the students will require to be able to think critically to recognize, interpret, and come up with quick solutions.

6. Critical Thinking

ENHANCING HEALTH AND WELLNESS	
Skill Clusters	Specific Skills
Gathering Health Information	<ul style="list-style-type: none"> • Learning about nutrition—identifying personal food needs • Identifying health challenges—recognizing when to use medical/professional resources • Gathering objective information—expanding professional diagnostic judgments with quality knowledge resources • Monitoring changes in capabilities—gathering qualitative data about physical, emotional, social, and cognitive actions
Staying Physically Healthy	<ul style="list-style-type: none"> • Cooking healthily—learning food selection and preparation skills • Maintaining healthy weight—balancing calorie intake with weight goals and “setpoint” (body’s current standard) • Optimizing nutritional choices—establishing and maintaining a healthy diet • Exercising for fitness—establishing an effective physical fitness routine for age and health status • Maintaining one’s physical performance—adapting fitness routines to changes in strength and response latency (“primary” capabilities)
Staying Mentally and Emotionally Healthy	<ul style="list-style-type: none"> • Recognizing and addressing stressors strategically—improving reactions to stressors by implementing plans for managing both negative and positive stressors • Making behavioral changes—managing health challenges • Maintaining adaptive emotional strategies—recognizing evidence for the effectiveness of uses of “secondary” strategies as “primary” capabilities decrease
Coping with Illness	<ul style="list-style-type: none"> • Recognizing medical issues—making reasonable judgments about treatment of illness or injury • Objectifying beliefs about pain—influencing subjective beliefs with medical explanations of pain • Benefit finding—finding positives from stress and illness • Collaborating with professionals—taking recommendations seriously while remaining open to alternatives • Promoting support systems—reinforcing essential helping • Making behavioral changes—adjusting realistically to support treatment

	<ul style="list-style-type: none"> Managing health challenges—activating secondary strategies and resources when primary abilities are reduced invigor
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For the future in a changing world, the ability to think critically is a must. It is about thinking responsibly, independently, and productively. One of the perfect ways to build *critical thinking skills* is through rich, open-ended play. Ensure that the student has time each day to play alone or with friends. This play might comprise taking on roles, playing board games, or playing outside physical games. With the help of play, students formulate, take risks, make mistakes, try out their ideas, all vital elements in building critical thinking.

7. Self-defense

Self-defense is also one of the **essential life skills that help in students' future development**. In today's world, safety and security is the most vital and foremost priority in everyone's life. Teaching the students this vital life skill of self-defense will not only make them independent but also safe.

Life Enrichment Skills Domain

DEVELOPING IDENTITY	
Skill Clusters	Specific Skills
1.Establishing Identity	<ul style="list-style-type: none"> Differentiating self from others—recognizing similarities and differences from others Expanding self-concept—increasing awareness of multiple factors relevant to self Increasing self-esteem—increasing confidence in self Clarifying interests—discovering what is engaging Becoming consistent with personal values—refining internal congruence Striving for growth—moving toward an ideal self
2.Self-Regulating	<ul style="list-style-type: none"> Monitoring internal reactions—noticing differences in effects of experiences Generalizing self-control strategies—consciously maintaining control of personal reactions Rationalizing unavoidable conflicts of conscience—moving on from irresolvable situations Anticipating negative events—preparing to adjust affectively

	<p>through imagination</p> <ul style="list-style-type: none"> • Taking account of the influences of others—adjusting to social factors • Caring for self in stressful contexts—managing self-care in a consistent manner • Applying an assessment mindset—gaining performance insights from any feedback
3.Expanding Interpersonal Skills	<ul style="list-style-type: none"> • Enjoying social activities—engaging with others in play and recreation • Valuing others—avoiding exploitation and negative social comparisons • Exploring trust—learning who is dependable in ethical decision making • Learning from ethically ambiguous experiences—establishing values in real contexts • Being assertive—differentiating stubbornness and passivity from social effectiveness • Collaborating—working with others to achieve goals
4.Developing Motivational Control	<ul style="list-style-type: none"> • Persisting—maintaining focus despite disruption and barriers • Articulating factors in past successes—recognizing how past challenges were managed • Monitoring progress with goals—recognizing when to change methods • Being flexible in strategies—changing methods in thoughtful ways to overcome barriers • Using strengths—selecting strategies based on self-knowledge from past performances • Generalizing from past successes—predicting how to increase the probability of future performances
ENHANCING QUALITY OF ACHIEVEMENTS	
Skill Clusters	Specific Skills
1.Establishing Relationships	<ul style="list-style-type: none"> • Committing—risking choices that eliminate alternatives • Sharing responsibilities—being interdependent in the achievement of goals • Communicating honestly—keeping secrecy out of relationships • Sharing resources—cooperating in the use of time, finances, and roles • Affirming—valuing others through behavior

2.Setting Life Goals	<ul style="list-style-type: none"> • Setting educational goals—planning training or education needed for career goals • Setting financial goals—planning a balance of short and long-term responsibilities • Setting career goals—planning a career path consistent with skills and interests • Adjusting to change—reacting effectively to change and stressors • Re-setting priorities—being open to the revision of plans to meet new contingencies • Being self-efficacious—implementing in real time
3.Caring for Others	<ul style="list-style-type: none"> • Parenting—facilitating development • Leading a family—being in control of family dynamics • Facilitating achievement—guiding the learning and accomplishments of others • Minimizing waste—recycling and preserving resources for sustainability
4.Creating a Life style Consistent with One's Identity	<ul style="list-style-type: none"> • Maintaining satisfaction with work—staying focused on positive contributions • Being constructive in exchange skills—focusing on objectives beyond self • Balancing intrinsic and extrinsic life goals—avoiding extremes in valuing • Being realistic in self-efficacy predictions—accurately assessing competencies • Valuing objects for quality—making mid- to long-term choices • Valuing objects for utility—selecting objects and technology for needs • Being energized by life choices—staying focused on potential
5.Managing Social Support	<ul style="list-style-type: none"> • Maintaining contacts—assuring continuity of friendships and acquaintances • Seeking social support—finding individuals or groups who can help • Sharing conflicted feelings about needing help—being open with care givers • Valuing relationships with others—letting others know they are important

INCREASING THE EFFECTIVENESS OF COMMUNITY INVOLVEMENT	
Skill Clusters	Specific Skills
1.Joining and Belonging	<ul style="list-style-type: none"> • Recognizing quality leadership—observing a leader’s process and outcomes • Joining valued organizations—selectively seeking out groups whose values are consistent with one’s own • Collaborating with leaders—taking action in concert with group positions • Being altruistic—sublimating personal emotions into energy for others • Supporting effective leadership—using persuasion to influence other followers
2.Community Change	<ul style="list-style-type: none"> • Recognizing quality leadership—finding evidence that a leader demonstrates balanced performance • Using an assessment mindset—being open to clarification about how to perform better • Collaborating with a leader—taking on roles that will actualize a shared vision • Challenging a leader—helping a leader avoid “group think” by asking for consideration of a diversity of perspectives • Persuading others to value a leader—making balanced arguments in discussions with potential followers
3.Working on Empowerment	<ul style="list-style-type: none"> • Identifying “power” issues—gathering information on unjust treatment • Constructing advocacy models—creating strategies for just change • Perceiving benefits of performance improvements—interpreting change needs in relation to needs of others • Facilitating self-efficacy—supporting interventions that promote growth in competencies • Promoting self-determination—supporting identity and self-concept in action contexts
TRANSFORMING MEANING	
Skill Clusters	Specific Skills
1. Transforming Defensive Reactions	<ul style="list-style-type: none"> • Taking a mental time out—recovering from an emergency by stepping out of emotional states • Sublimating—redirecting emotional energy to positive ends • Reducing cognitive dissonance—using reason and “discounting” to influence interpretations • Hoping with realism—using expectations to guide satisfaction with goal attainments • Adjusting expectations—using standards flexibly as guides • Assessing goal attainment—finding satisfaction with progress

	<ul style="list-style-type: none"> • Monitoring defensiveness—recognizing positive uses of criticism • Generating alternatives—creatively moving beyond barriers
2. Mindfulness and Reflection	<ul style="list-style-type: none"> • Savoring the moment—attending intensively to present experience • Being humble—reflecting on assumptions about the world • Using humor to change perceptions—delicately reorienting reactions to negative events • Being temperate—maintaining balance in all aspects of living and relating • Minimizing influences of technology on values—recognizing how technology changes priorities
3. Wisdom and Self-Actualization	<ul style="list-style-type: none"> • Using wisdom—accessing insights from great thinkers • Acting wisely—using past and present wisdom about living a meaningful life • Acting courageously—selecting times and issues to take decisive action • Being humane—treating people and all life with respect • Being independent in life goals—developing intrinsic motivation for important life paths • Mentoring—being a positive influence for others’ independence
4. Spiritual Development	<ul style="list-style-type: none"> • Seeking the transcendent—valuing spiritual experiences • Accepting ambiguity—recognizing the impossibility of certainty • Articulating beliefs—continually constructing one’s belief system • Symbolizing—representing values and beliefs in multiple ways • Committing to universal principles—assuming that wisdom extends Beyond one’s reference group • Challenging spiritual development—searching for new levels of insight about life and beliefs

Final note: Regardless of how prepared you are, you need the confidence to know that you *can* face challenges. Despite how competent you are as young women; you can paradoxically *feel* unprepared for life. You are anxious, and may have an inflated sense of the impact missteps might have on future. Do not worry about failing and disappointing loved ones. Give opportunities to fail now, when the stakes are low. If you make a mistake, understand that the world did not end. Things will get better. In the end, you are not looking for perfection. You are just trying to make the transition from dependence to independence as gracefully as possible.



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