

VALUE EDUCATION
2019-2020
ACADEMIC YEAR REPORT

Introduction

Value education in another word can be describe as character education or moral education. It is an education where learner's learn value from educators and implement them in future to lead a better life, the life of humanity where religion has no importance, the thing that value most is your character.

Value education starts from home and it continues throughout the life, but value education in colleges plays a major part in a man's life so it should be taught in each and every college to add values to the young minds for their better tomorrow. So, here in our college we have 'Value Education Program' which really is an activity-oriented program unlike other subjects. Students get the opportunity to learn and understand different values and how it should be applied in their lives.

1. Value Education

The first value education class for the academic year 2019-20 started with an activity to prepare stories which convey the importance of values in one's life. It was on 26th June 2019. The fun part in the story preparation was the students should assume that the characters in the story as their classmates itself. The details are as follows:



Divide the whole students in your class into small groups and tell them to prepare a story which convey some values. The interesting part in the story writing comes next. The story must be prepared by assuming the members in the group as each character. So that you can relate the good values in a particular member in your group and make stories with some morals. Through this activity you can have fun in your class and at the same time you could make others understand the importance of value education or values in one's life.



2. Honesty

The second value education was on 18th July 2019, about the value 'Honesty'. The students were asked to describe the good qualities of their friends by pointing out some incidents in which they have reacted in an impressive way. The details are as follows:



Honesty is defined as fairness and straightforwardness of conduct. Synonyms include sincerity, integrity and trustworthiness. They're all good qualities to find in a person and certainly worthwhile to learn. After all, honesty is the best policy, right? It's true. However, teaching that concept to youngsters can be a challenge. There's a fine balance between preaching and teaching when it comes to basic morals and behaviors. That's where useful and creative classroom resources can come in handy.

Today in this week we have an exciting activity to reveal your honesty. Divide the class into different groups. Prepare the lots that contain the names of all the groups. After that anyone from each group can come forward and take a lot. Here comes your activity, the person who take the lot must describe any qualities, beautiful memories, incidents etc. of all the members in the group that you have selected through lot. So that this activity helps the speaker and the listener in creating a positive environment in the classroom. Moreover, this helps in enhancing the self-confidence of the students. Finally, be honest and sincere when you speak something and this motivates others through your words.



3. Forgiveness

The third value education was on 7th August 2019, about the value 'Forgiveness'. The students were given an activity to find out the common issues they face in their life with others and tell classmates how to forgive others in such situations by explain its solution. The details are as follows:



“Forgiveness does not change the past, but it does change the future”. Forgiveness means to forget someone’s bad deed or mistake, and don’t punish him/her on that bad deed or mistake, or on bad behavior. For example, we fight or try to take revenge which means we do the same bad deed which the other did. There will be no difference between that person and us. Secondly if we forgive someone then we are at higher place. There will be no damage to our self-respect, instead we become more respectable. This why we say “Forgiveness is next to Godliness”.

Today we have an activity to learn forgiveness, which is one among the universal values. This is a wonderful activity, which check how efficient and creative you are in forgiving others. Divide the class into small groups and each group can come up with some common issues between others, which we find it difficult to forgive. It can be between our friends, parents, teachers or even with strangers. Along with the issues they should suggest a solution for that, which means how to react in those situations and forgive others. So, the group presents the best relevant problem and the way in which to forgive others will be awarded.



4. Self-Esteem

The fourth value education was on 4th September 2019, about the value 'Self-Esteem'. The students were given a group activity to share the positive elements in them, with others and thereby to increase the self-esteem of each student. The details are as follows:



We all experience moments of self-doubt and uncertainty. Even the most confident and happy people have moments where they think, “I’m such a failure.” Self-esteem is both recognition of self-worth and a healthy love of the self. It is the ability to know the self and to take actions which preserve, improve, and foster the self and one’s relationships with others.

Self-esteem can play a significant role in your motivation and success throughout your life. Low self-esteem may hold you back from succeeding at school or work because you don't believe yourself to be capable of success. By contrast, having a healthy self-esteem can help you achieve because you navigate life with a positive, assertive attitude and believe you can accomplish your goals.

Today we have a group activity, each group should prepare a chart showing the following things: -

1. 5 things that made me feel peaceful today
2. I felt proud of myself when
3. 3 unique things about me are
4. 5 things or people I feel thankful for are
5. I'm excited for



5. Human Dignity

The fifth value education was on 20th November 2019, about the value 'Human Dignity'. The students were given an opportunity to talk about their views regarding the value "Human Dignity" in front of the class. The details are as follows:



Dignity is the right of a person to be valued and respected for their own sake, and to be treated ethically. Human dignity is the recognition that human beings possess, a special value intrinsic to their humanity and as such are worthy of respect simply because they are human beings. The idea of human dignity is central to any reflection on the nature of human worth, and has become a key concept in international and national law, in medical ethics, and in much philosophical and political theory. However, the idea is a complex one that also takes on many different forms.

Today we have an activity to learn and understand the importance of the value “Human Dignity”. The leaders of value education have to show a video which convey the message about the importance of the value. After watching the video form different groups and each group has to talk about the importance of the value ‘Human Dignity’.

E.g.: <https://youtu.be/FtEbwNHBWzE>



6. Anti-Narcotics Awareness Class

The sixth value education was on 18th December 2019, about the value ‘Anti-Narcotics’. The details are as follows:



The word “addiction” is often treated nonchalantly. Individuals may claim they’re addicted to TV, shopping or video games. And while these matters can consume a people in very real way, there are thousands more who have addictions to illicit drugs and other substances that are jeopardizing their lives on a much deeper level. What may start off as a casual use of substances can turn into a dependence — when the brain only functions in the presence of that drug and compels a person to use it. By considering the danger which is hidden in the usage of drugs and the continuous shocking news regarding college students get addicted to such things, as part of ‘Value Education’ program on 18th December 2019 we had a detailed presentation and discussion on Anti-Narcotics. The classes were taken by faculty members of

each departments in all the classes. The section clearly explains about the damages that the drugs makes in a human being physically, mentally and emotionally. The students had discussions about the legal troubles and the consequences which the drugs bring to their life. It was really a fruitful section to all the students.



7. Conservation of Nature

The seventh value education was on 29th January 2020, about the value 'Nature Conservation'. The students were given an activity to prepare posters about 'Conservation of Nature'. The details are as follows:



Australia fires: Storms wreak damage but bushfires 'far from over' (BBC News)

We consider nature as our mother because we come from the nature and it feeds as by providing all our needs. Without nature we cannot survive and it is our obligation to keep it save, but the bushfire occurred in Australia remind us that we are not fulfilling our responsibility to protect our mother nature. At least 24 million acres of Australia have burned in one of the country's worst fire seasons on record.

The fires have now killed at least 28 people and destroyed some 2,000 homes. The blazes turned skies orange and made breathing the air in Sydney as bad as smoking 19 cigarettes. An estimated 1 billion animals have been lost.

The severity of the widespread fires is a symptom of global warming, and the blazes may even contribute to it — at least in the short term. Australia’s bushfires have released 400 megatons of carbon dioxide into the atmosphere, according to the European Union’s Copernicus Atmosphere Monitoring Service. The bushfire still continuous even though rainstorm bought some relief to the continent.

So, today in our value education hour we have an activity to prepare posters about ‘Nature Conservation’. Form different groups and prepare attractive posters which creates awareness among the students. Bring necessary materials in advance to make posters. After making posters take the pictures of the posters and mail it on the address simi.john@mariancollege.org so that best posters will be selected. Try to watch the videos on YouTube using the links given below which shows the intensity of the bushfire occurred in Australia.

<https://youtu.be/8Mk5P6I-KBI>

https://youtu.be/J_4V0ujlaU

<https://youtu.be/8Mk5P6I-KBI>



Conclusion

The college is a model of the world so the goal of value-based education in colleges is to nourish the learners with moral values, virtues etc. and based on which their actions will reflect their behavior. So, by educating the youth with value education, we are creating a better world for tomorrow to live in.

Value education is not a kind of separate subject that teacher has to teach just as they teach their regular subject. The education itself holds values so the teacher needs to teach the students to implement them in their real life to behave in a polite as well as responsible manner. Value education doesn't expect higher grades from students. It just wants to develop positive attitude in them.

VALUE EDUCATION

2018-2019

ACADEMIC YEAR REPORT

HUMAN VALUES AND PROFESSIONAL ETHICS

(VALUE EDUCATION REPORT)

Marian College Kuttikkanam

(Autonomous)

ACTIVITY – I

Value Education – 1st August 2018

God of Small Things



The little things? The little moments? They aren't LITTLE

“Enjoy the little things in life because one day you'll look back and realize they were the big things.”

Classroom Activity

Let us tell our students to shake hands or smile at each other.

Let us discuss

What are the little things you enjoy in life?

What is more important- Focus on one goal or enjoy the little things in life?

While goals and dreams are certainly beneficial, an insatiable desire to have more can leave you feeling like you are less than. Constantly striving to get further will cause you to feel as though you are falling behind. This type of mindset takes the focus off of what you have or what you have done and puts it on a place of lack. However, a grateful heart will allow you to see the good in what is currently going on in your life. Oftentimes when we reminisce, it is the seemingly small, everyday moments that have truly made up the fabric of our lives. The ability to appreciate the small things can upgrade our life in a big way. Appreciating the little things in life involves focusing our attention on what is pleasurable, nurturing, and sustaining in our lives and away from those events that are annoying, frustrating, or hurtful. It means practicing gratitude for those everyday things that are easy to take for granted or miss altogether.

Here are five simple ways enjoying the small things can make you grateful:

- **Keep Track**

Intentionally notice the things you are grateful for and keep a record of them.

- **Thank someone**

When someone does something for you, big or small, recognize it.

- **Compliment someone**

Give a sincere compliment to a friend, family member or even a stranger.

- **Appreciate yourself**

Don't forget to extend the attitude of thankfulness to yourself. Compliment yourself as well.

- **Live in the Moment**

Our lives are created by millions of small “now” moments all strung together. You are alive, you are breathing, mostly likely at this very moment you are safe, and those are just the basics. There is a lot more to be thankful for.

Just as each day has its joys, each day also has its struggles. When our lives are missing gratitude for the small things, these struggles can hit us harder. A positive and thankful mindset, however, will build up our resilience for when we are faced with the daily disappointments.

“We have thousands of opportunities every day to be grateful: for having good weather, to have slept well last night, to be able to get up, to be healthy, to have enough to eat. . . There’s opportunity upon opportunity to be grateful; that’s what life is.” – David Steindl-Rast



Enjoy these little things:

- Share your meal
- Write happy notes in your classroom

- Pick flowers for your classroom table
- Give a smile to a stranger
- Five minutes of deep breathing
- Thank God for this moment
- Wish everyone who you see today
- Hug your parents
- Revisit your old photo album
- Keep a gratitude journal
- Unplug yourself for a day(a 24-hour break from your mobile phone)

Video

<https://youtu.be/mj6cRdlUiJU> (It is a beautiful day....Feel the beauty)

<https://youtu.be/Qzfh0q0ybKk> (Enjoy the little things)

ACTIVITY - II
Value Education – 28th November
Theme - Rebuilding Kerala

You don't quit after you get beat. You pick yourself up, and you start rebuilding to accomplish your goals.

Activity- Group discussion and presentation

Listen to the experience of students from your class whose families got affected in the flood and the measures they have undertaken to come out of the tragedy.

Discuss and prioritize the areas to rebuild Kerala

Define the role of youth in rebuilding Kerala

ACTIVITY – III

Value Education – 5th December

Theme – Failure is the key to Success

Learn more from failure than success. Don't let it stop you. Failure Builds Characters



We all experience failures in our life. Failure is the key to success, each mistake teaches us something.

Fear of failure holds so many people back from pursuing the things they truly would like to accomplish. Imagine how different life would be if we could overcome this fear

What was your responds towards failures. Did you take it as positive or negative?

What are possible steps one can take to overcome the fear of failure?

Activity: Group Discussion and Presentation

Share an experience of failure happened in your life. What was your response to failure, positive or negative, how did you overcome such a situation?

ACTIVITY – IV
Value Education – 7th February 2018

WORLD CANCER DAY



I AM AND I WILL.....

The **Day** aims to save millions of preventable deaths each year through education, raising awareness and by pressing governments and individuals across the **world** to take action. World Cancer Day 2019: 'I Am and I Will.' Monday, February 4th is World Cancer Day, when organizations and people around the world unite to raise awareness about cancer and work to make it a global health priority.

Please find the following links for conducting class activity.

<https://www.youtube.com/watch?v=QomoNyfkqvg>

<https://www.youtube.com/watch?v=tDrUI4GhRWo>

ACTIVITY – V

Value Education – 24th January 2018

Celebrating the legacyHeralding the future

Advance Republic day wishes to all Marianites...

Let's celebrate the day with unbridled enthusiasm and patriotism.....

<https://www.youtube.com/watch?v=CwA7hNRXu5s>

Discussion topic:

“A SWOT analysis of Governance” on this Republic Day

Points to explore.....

<p><u>Strength</u></p> <ul style="list-style-type: none"> • Unity in diversity • Constantly growing talents • Financial inclusion • Demographic dividend • Rich in natural resources • Enormous supply of cheap labour • Attractive FDI • Diversification in economy • Positive growth forecasts. 	<p><u>Weakness</u></p> <ul style="list-style-type: none"> • Religious intolerance • Political Corruption • Dowry practices • Black money • ‘Chalta hain’ attitude of people • Reservation education
<p><u>Opportunities</u></p> <ul style="list-style-type: none"> • Skilled youth • Tourism 	<p><u>Threats</u></p> <ul style="list-style-type: none"> • Religious inequality • Regional inequalities

<ul style="list-style-type: none"> • Vast export market to explore • Growing recognition of 'made in India' in global market. • Growing number of overseas investments. • Infrastructure development...etc 	<ul style="list-style-type: none"> • Terrorism threats • Inadequate environmental safety norms. • Large informal sectors. • Volatility in crude oil prices...etc
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India has come a long way since January 26, 1950, when the country became a republic in true sense with the adoption of the Constitution and the declaration of India as a democratic country. As the country celebrates another Republic Day, we look at its strengths, weaknesses, opportunities and threats and the accomplishments and failures of the Indian government in the last one year.

Strengths

India is the eleventh largest economy in the world in terms of nominal GDP and third largest in terms of purchasing power parity. This speaks volumes about the potential growth of the Indian economy and the bright future that beholds the country.

With more than 50% of the 1.22 billion Indians under the age of 25, India is set to be the youngest country by 2020. And India will stand to make more money through the taxes of the working population, which is on the rise.

The strengths of the nation are plenty, including a huge English speaking population and a rapid growth of the IT and BPO sectors, which help in attracting foreign businesses to India.

These are some of the areas in which India has a competitive edge over other non-English speaking nations. India has the potential to grow and outshine other neighboring countries but inefficiencies in the system are preventing it from doing so.

Weaknesses

Corruption is a viral disease that has impeded India's progress in many ways, and it is one of the reasons why multinational corporations are not keen on setting up businesses in India. The

coal allocation scam, also known as Coalgate, which has been in the limelight for the past few years, reflects the inefficiencies in the Indian political and economic systems.

Such scams are not only detrimental to the Indian economy but they are also detrimental to India's international image. Despite the promises made by the Indian government, huge inequality among the citizens of India still exists. Lack of proper infrastructure is yet another weakness of India, which needs to be addressed to stop capable citizens and multinational corporations from leaving India.

Opportunities

Majority of the people in India are below the age of 25 and this is a huge incentive for organizations to enter the Indian market. Not only does India provide a vast pool of manpower but it also provides a huge consumer market, given India's population of 1.22 billion.

There is immense scope for infrastructure development, including the construction of roads, railways, airports and buildings. As such, Indian and foreign firms have the opportunity to earn revenue through upcoming infrastructure projects and at the same time, enhance India's economy.

India is blessed with geographic beauty and rich cultural heritage; however, the government has not used these resources in an optimum manner. There is scope for developing heritage sites into ideal tourist spots, which will help boost the Indian economy further.

Threats

External threats cannot be contained; however, their impact can be reduced with the implementation of effective regulations. The price of crude oil is volatile and this can have a negative impact on the growth of the Indian economy if proper measures are not taken.

In addition, India faces threat from the environment too due to the lack of adequate irrigation facilities, farmers in India have to depend on the monsoon season for high crop yields.

Sadly, the climate today has become unpredictable. And this affects the livelihood of many Indian farmers, whose farms are not driven by technology. The Indian government can save the lives of farmers and the citizens of the country, who depend on the grains, vegetables and

fruits produced by farmers for survival, by investing in farming technologies and implementing them in farmlands nationwide.

India, just like any other country, has a set of strengths, weaknesses, opportunities and threats. To make a mark in this competitive world, India has to tap on its strengths, make the most of its opportunities, work hard to eliminate its weaknesses, and come up with effective policies to address the threats.

ACTIVITY – VI

Value Education – 5th September 2018

Thank Your Teachers on this Teachers' Day



Watch this Video: <https://www.youtube.com/watch?v=MRWCIO7oTZ8>

It is important to respect and thank your teachers who made you what you are today. They are moulding you for the future. The respect and thankfulness to the teachers will bounce back as blessings through your entire life. We know every year September 5 is celebrated as teacher's day. So on this teachers' day, let's put an extra effort to thank your teachers.

Activity

Value education representatives, with the help of all the students, have to prepare a small card thanking your teachers and should give to your teachers.

ACTIVITY – VII

Value Education – 10th October 2018

Get inspired to be successful



Watch this video: https://www.youtube.com/watch?v=Dk20-E0yx_s

There is a saying “Life is 10% what happens to us and 90% how you react to it”. So to be successful, you need to make your habits right. Get inspired to find out the right habits and follow it.

Activity

Students have to share the right habits they are possessing and will acquire, to be successful in their life. Also they can share about their ambitions.

ACTIVITY – VIII

Value Education – 17th July 2018

Keep it clean: Dealing with cleanliness in classroom



Watch the video : <https://youtu.be/wgelZdHQnyE>

It is important to keep and maintain a clean tidy classroom environment. It creates a hygienic environment. There will be pleasant and conducive surroundings if your environment is neat and tidy.

Tips to maintain cleanliness in classroom

1. Stack extra chairs to a corner.
2. Pick up all trash and rubbish
3. Tidy up all classroom materials and put them where they belong
4. Wipe top of the desk and boards
5. Keep your desks clean

ACTIVITY

1. Value education representatives should prepare small chart writing these quotes:
 - a. Before You Leave Take A Minute To Clean
 - b. If You See A Mess, Pitch In And Clean It.
2. A cleaning activity involving everyone should be performed in class so that the class is clean.

ACTIVITY – IX

Value Education – 24th July 2018

Report: Programme on Commemorating Birth anniversary of

Bal Gangadhar Tilak, Chandra Shekhar Azad

And commemorate the death anniversary of Swami Vivekananda

Venue: Auditorium, Marian College

Organized by: Department of Economics and NSS Unit Marian College



Balangadharma Tilak was one of the most prominent and influential freedom fighters who played an important role in the making of Modern India. To honor and celebrate the birthday of Balangadharma Tilak,, Chandra Shekhar Azad and to commemorate the death anniversary of Swami Vivekananda a colorful event took place in the auditorium on Tuesday, July 24th. The event, hosted by the Economics department along with NSS unit of Marian College Kuttikanam, was attended by NSS students and many other students.

The grand show commenced with a prayer song “showers of blessings” led by Anulakshmi Prakash. Rev Dr Roy Abraham the principal had delivered the welcome address, he shared his childhood experiences on celebrating the Independence day, along with his classmates. Thereupon students from the second year of the Economics department, Ebin Alex and Anitta. P. Stalin expressed an informative message portraying Tilak’s efforts towards freedom struggle. He had not even kept aside a single fiber of his life for anyone, but he dedicated his life completely for the nation. He had been imprisoned for many years for the deeds he did for the nation. He was considered as the “Uncrowned King” of India. The famous words “Swaraj is my birthright and I shall have it” spoken by Balangadharma Tilak, showed the people how

independent and courageous he was. The captivating speeches enlightened the audience of the courageous actions Tilak took against the British.

Dawn Roy of second year Economics gave a presentation of “life and contribution of Balangagadhara Tilak”. The struggles and hardships that Tilak came across and how he overcame them, left the audience in awe. Shortly after the video Mrs. Suzanna Oommen spoke about Swami Vivekananda. Swami Vivekananda was a Hindu spiritual leader and reformer in India who attempted to combine Indian spirituality with Western material progress. Later Dr. Binu Thomas spoke of the Indian revolutionary, Chandra Shekhar Azad who organized and led a band of militant youth and sacrificed his life for the Indian independence.

Christy Tom of 3rd B.A Economics thanked the principal for spending his time to make the event a grand success. She expressed her gratitude to all the teachers and the students involved, in setting up the program. She mentioned her sincere gratitude towards Mr Santo Cherian (NSS) coordinator without whom the event would not be a grand success. The 45 minute event was motivational and inspirational for all the students. An event as small as this was also full of knowledge and a great experience for many.



ACTIVITY – X

POSTER MAKING COMPETITION: DEEP INTO NATURE

VENUE: III BBA

Date: 24/7/2018

Theme: Deep into Nature

Organized by: Department of Economics

The Department of Economics of Marian College Kuttikanam had organised a poster making competition on the occasion of the World Environmental Day celebrations on 24th July 2018. The program was held at old III BBA class room under the supervision of Ms Meenu P Thomas, Ms Jyothylakshmi B of Department of Mathematics Mrs Keerthy Elza Tes Maria of Department of Communicative English. Candidate's registration started at 3:30 pm followed by the welcome speech of Ms Divina Maria Alex of II BA Economics. Ms Caroline Tom of III BA Economics had given the guidelines regarding the competition. There were a total of 18 candidates present with their own stationery. They started creating creative and amazing posters on the topic 'DEEP INTO NATURE'. Instructions were also given during the competition. The competition came to an end at 5:00 pm.



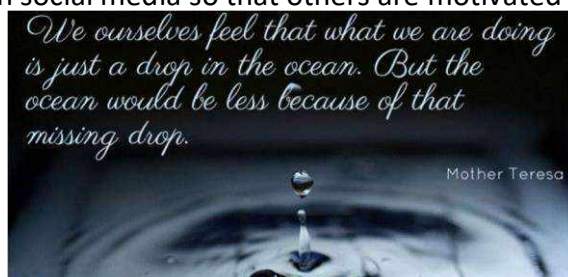


“Great Satisfaction comes from sharing with others”

Food is a basic need of humanity. Our society is suffering from a shortage of food and this shortage is caused mainly due to the wastage of excessive food that we consume daily. There are a lot of people among us, who does not even get one at a time food a day. And we may not even realise that, even though he or she is among one of us. The food we eat is the hard work of many people. The value of food can only be understood only if we did not get it at the time we need it. So, let us gather and support the needy. Donation of the excessive food without any wastage would be the best thing for the needy. Lets take steps to make the world a better place



- ❑ Make a discussion in class on the topic – **the importance and action plans for not wasting food**
- ❑ Plan and fix a date, place and responsible persons for “#share-a-meal” as a class initiative.
- ❑ Upload the photos in social media so that others are motivated to take such actions.



Value Education – 9th January 2018

One evening a Cherokee elder was telling his grandson the story of the battle that goes on inside people. He said: "The battle, my son, is about the two wolves that live inside us all."

One is unhappiness. It is fear, worry, anger, jealousy, sorrow, self-pity and resentment. The other is happiness. It is joy, love, hope, serenity, kindness, truth and compassion.

The grandson thought about it for a minute and then asked: "Grandfather, which wolf wins?" The elder replied: "The one you feed."

Of all the strategies for creating a happier life for ourselves, there is none more important than to simply choose happiness – to make the firm decision that: "Today, whatever happens, I choose to be happy."

Happiness doesn't happen by chance. Either consciously or unconsciously, happy people choose to be happy. It is based upon our decisions. Our success and happiness lies in ourselves. Resolve to happy, and joy and you can form an invincible host against difficulties. Stay positive every moment and have a smile on your face. Be open to criticism and learn to surround yourself with happy, warm and genuine people. Happiness is also said to be a way to have positive attitude towards life. We can be the happiest person by doing good deeds towards others or treating others the way that makes you and them happy as well. Forget the past. Live on the present and prepare for the future.

IF YOU WANT TO BE HAPPY, BE...

Class Activity:

In class, Share real life instances and testimonies about choosing happiness over sadness.

May your life story inspire others to stay positive and be happy

Personal Activity:

If you wish to choose happiness in any moment, focus on gratitude, on counting your blessings. Make a mental list of all the things in your life to be thankful for ...your health, the use of your legs, your friends, the fact that your eyes work.

For next 30 days, List and write down 10 blessing every day in a diary or note book.

Keep going until the impulse to complain has left you.

ACTIVITY – XIII

Value Education – 22nd June 2016

ALCOHOLISM: A TREATABLE DISEASE

Alcoholism is a type of alcohol use disorder – a condition where an individual is unable to control use of alcohol, is preoccupied with it, or continues to use it even when it causes problems in their life. This results in unsafe levels of alcohol use, including heavy, frequent use or binge drinking large amounts of alcohol in a short period of time (usually generalized as two hours).

Alcoholism is not the only type of alcohol use disorder, but it is the most severe form. Still, any type of alcohol use disorder is cause for concern, as even a mild disorder can eventually develop into alcoholism if there is no intervention.

Activity- Group discussion and presentation

Listen to the experiences.

Discuss the symptoms

Define the role of youth.

Discuss about diseases and addiction

ACTIVITY – XIV

Value Education – 22nd February 2017

CONFIDENCE

Confidence can be described as a belief in one's self and one's ability to succeed. Striking a healthy balance between too much and too little confidence can be challenging. Too much and you can come off as cocky and stumble into unforeseen obstacles when you overestimate your own abilities or fail to complete projects on deadline because you underestimate the time and effort they require. At the same time, having too little confidence can prevent you from taking risks and seizing opportunities—in school, at work, in your social life, and beyond. Projecting just enough confidence helps you gain credibility, make a good lasting first impression, deal with pressure and meet personal and professional challenges head on.

Activity- Group discussion and presentation

Listen to the experiences.

ACTIVITY – XV

Value Education – 15th February 2017

Peace within Me & “the Other”

- Peace starts within me, when we love, consider, and forgive ourselves and “the other”.
- God says ‘Love your neighbour as yourself.’
- ‘Forgiveness is not always easy, but there is no peace without forgiveness.’
- ‘Forgiveness is the attribute of the strong.’ - Mahatma Gandhi
- ‘if he repents, forgive him. And if he sins against you seven times a day, and returns to you seven times, saying, ‘I repent,’ forgive him.’ Luke 17:3-4
- Points to discuss:
 - How can we maintain peace in our life?
 - How do we keep peace with ‘the other’?
 - What are the advantages of peace?
 - What will we get if we forgive ‘the other’?

ACTIVITY – XVI

Value Education – 25th January 2017

The Dignity of Family Life

“You don't choose your family. They are God's gift to you, as you are to them.”

Desmond Tutu

- ▶ The family is the community in which from, childhood, one can learn moral values, to begin to honor God, and make use of freedom in good manner. Family life is a initiation into life of society.
- ▶ *“Let marriage be held in honor among all, and let the marriage bed be undefiled,”* (Heb. 13:4)
- ▶ *“What therefore God has joined together, let not man put asunder.”* (Matt. 19:6-7)
- ▶ The Family is the School of Love, only by strengthening our families can we hope to have a prosperous, safe, and healthy society. Family values are spiritual, social, and political beliefs that hold the nuclear family to be the essential ethical and moral unit of society. In today’s world we need to have family values which we have to teach our children.

Discuss in the group of four members:

- ▶ Find out the values in your family.
- ▶ Find out your role in developing a good family atmosphere.
- ▶ Name the most important value required for a healthy family.
- ▶ Watch the video and give your inference.

ACTIVITY – XVII

Value Education – 15th March 2016

Motivation

Motivation is the reason for people's actions, willingness and goals. Motivation is derived from the word *motive* in the English language which is defined as a need that requires satisfaction. These needs could also be wants or desires that are acquired through influence of culture, society, lifestyle, etc. or generally innate. Motivation is one's direction to behaviour, or what causes a person to want to repeat a behaviour, a set of force that acts behind the motives. An individual's motivation may be inspired by others or events (extrinsic motivation) or it may come from within the individual (intrinsic motivation). Motivation has been considered as one of the most important reasons that inspires a person to move forward in life. Motivation results from the interaction of both conscious and unconscious factors. Mastering motivation to allow sustained and deliberate practice is central to high levels of achievement e.g. in the worlds of elite sport, medicine or music.

Discuss in the group of four members:

- Share Experiences