



MARIAN COLLEGE KUTTIKANAM
(AUTONOMOUS)

VALUE EDUCATION
2019-2020 ACADEMIC YEAR REPORT



Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)
FOURTH CYCLE OF ASSESSMENT

Introduction

Value education in other words can be described 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 a '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 of 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 are 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 conveys 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.



Students on value education section



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 a 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.





Class discussion about memories in life

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 explaining 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 not 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 a higher place. There will be no damage to our self-



respect, instead we become more respectable. This is 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, and 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.

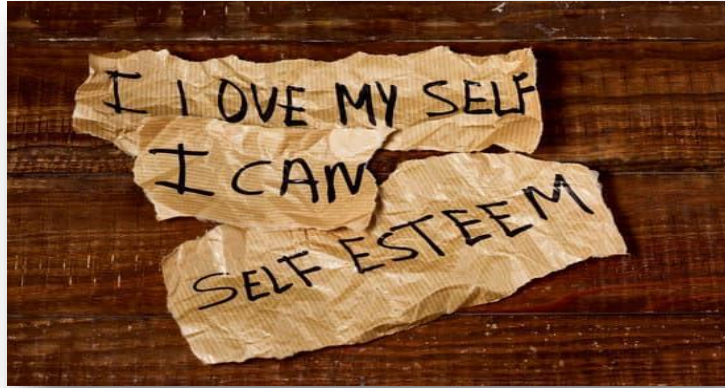


Discussion on topic “Forgiveness is next to Godliness”.



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





Group discussion on Self-Esteem

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 conveys the message about the importance of the value. After watching the video from different groups, each group has to talk about the importance of the value 'Human Dignity'.

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

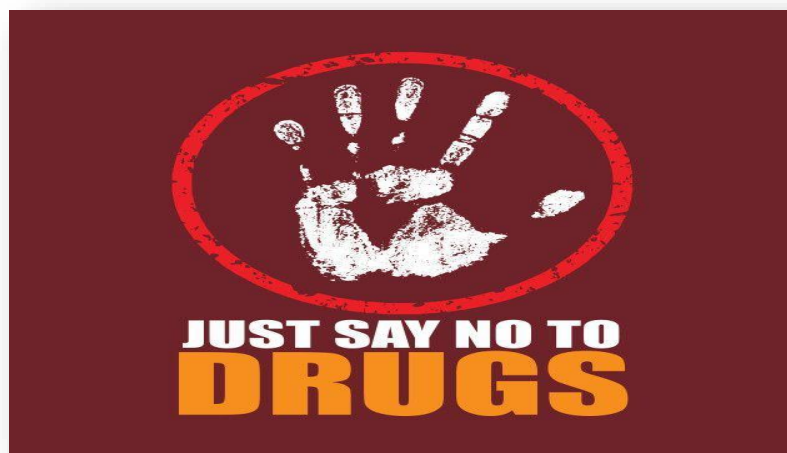


Session on Human dignity



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 people in a 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

Anti-Narcotic awareness program



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 getting addicted to such things, as part of the ‘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 department in all the classes. The section clearly explains about the damages that the drugs make 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 for all the students.



7. Nature Conservation

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 nature and it feeds us by providing all our needs. Without nature we cannot survive and it is our obligation to keep it safe, but the bushfire that occurred in Australia reminds 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 is still continuous even though the rainstorm brought some relief to the continent.

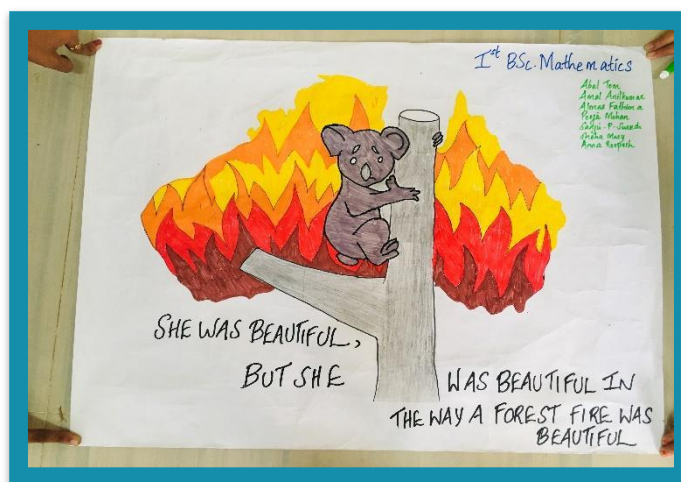


So, today in our value education hour we have an activity to prepare posters about 'Nature Conservation'. Form different groups and prepare attractive posters which creates awareness among the students. Bring necessary materials in advance to make posters. After making posters, take the pictures of the posters and mail it to 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>



Exhibiting posters on nature conservation

