

# DEVA MATHA COLLEGE KURAVILANGAD

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Affiliated to Mahatma Gandhi University, Kottayam*



## VALUE EDUCATION

## SYLLABUS

## **IMPORTANCE OF VALUE EDUCATION**

Values are the beliefs about what is right, what is wrong and what is important in life. These values are gained from different sources. Value education is important to give for any individual. The good values have to be inculcated in the individual's mind right from their childhood. In this context, the educational institutions play a major role in giving value education to the children from their school age itself. Values' education is a term used to name several things, and there is much academic controversy surrounding it. Some regard it as all aspects of the process by which teachers (and other adults) transmit values to pupils. Others see it as an activity that can take place in any organization during which people are assisted by others, who may be older, in a position of authority or are more experienced, to make explicit those values underlying their own behavior, to assess the effectiveness of these values and associated behavior for their own and others' long term well-being and to reflect on and acquire other values and behavior which they recognize as being more effective for long term well-being of self and others. This means that values education can take place at home, as well as in schools, colleges, universities, offender institutions and voluntary youth organizations. There are two main approaches to values education.

### **Meaning and Definition**

The German Philosopher Friedrich Nietzsche first used the word 'Values' in 1880. Until then the word value was used as a verb meaning to value as esteem something or as a singular noun meaning the measure of something for example, the value of money, food or labour. Nietzsche used the word 'Values' in plural to denote moral beliefs and attitudes that were personal and subjective. In modern democratic society, this concept of values has changed. The word 'Values' has come to be used in plurals for over a century. As the world is becoming more civilized, education is becoming more or less materialistic and old value traditions are being slowly given up. It is an imperative need in the present context of things that the whole of educational system should be restructured to include value education in the process of education.

### **Objectives of Value Education**

- To improve the integral growth of human beings.
- To create attitudes and improvement towards sustainable lifestyle.

- To increase awareness about our national history our cultural heritage, constitutional rights, national integration, community development and environment.
- To create and develop awareness about the values and their significance and role.
- To know about various living and non-living organisms and their interaction with environment.

### **Explicit values education**

Explicit values education is associated with those different pedagogies, methods or programmes that teachers or educators use in order to create learning experiences for students when it comes to value questions.

### **Implicit values education**

Implicit values 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. This discussion on implicit and explicit raises the philosophical problem of whether or not an unintentional action can be called education.

## **CATEGORIES OF VALUES**

**Personal Values:** Personal values mean the desires of individual whatever they are in the social relationship. Some of the personal values are excellence, honesty, self-confidence, self-motivation, punctuality, ambition, courage, creativity, imagination etc.

**Social Values:** Individual cannot live in the world without having interaction with others. People want social values like love, affection, friendship, peer group, reference group, imparity, hospitality, courageous, service, justice, freedom, patience, forgiveness, coordination, sympathy, tolerance etc. Social values are more important for healthy, good environment for every organization.

**Moral Values:** Moral values impart respecting others and ourselves, respecting the right of others, keeping promises avoiding unnecessary problems with others avoiding cheating and dishonesty, showing gratitude to others and encourage them to work.

**Spiritual values:** The ultimate ethical value is called spiritual value. Spiritual values are piety, meditation, yoga, self-discipline, control, purity, and devotion to God etc. Spiritual values highlight the principles of self-restraint. Self-discipline contentment, reduction of wants, freedom from general greed and austerity.

**Universal Values:** It is universal values that indicate the essence of the human condition. It is through Universal Values that we link ourselves with humanity and the cosmos. Universal Values can be experienced as life, joy, brotherhood, love, compassion, service, bliss, truth and eternity.

**Cultural Values:** Cultural values are concerned with right and wrong, good and bad, customs and behavior. Cultural values are reflected in language, ethics, social hierarchy, aesthetics, education, law, economics, philosophy and social institutions of every kind.

## 1. Topic: Honesty

Honesty refers to the quality of being honest, truthful and sincere. An honest man is fearless and courageous. He does not bow his head before others. He can face any situation in life with courage and confidence. Thus, honesty is the best policy. Honesty means truthfulness. It is concerned with accepting one's potentialities and limitations and admitting the truth on all occasions. Honesty demands upright thinking and brings respectability. Rabindranath Tagore observes, "A teacher can never truly teach, unless he is still learning himself. A lamp can never light another lamp unless it continues to burn its own flame". Hence to be competent in any profession one has to develop knowledge thirst to keep in pace with the emerging trends, specifically in his field of specialization.

Three things cannot be long hidden: the sun, the moon, and the truth.

- Buddha

I am the Way, the Truth, and the Life

- Jesus Christ

- **Objective:** To stimulate thinking about the importance of being truthful. How lies and truancy can lead to crime. Being prepared to reconsider existing views.

Oh what a tangled web we weave when first we practise to deceive

Sir Walter Scott

### Discuss the topic

- Have you ever got into a tangle of lies when you did not tell the truth?
- Is telling the truth easier than telling a lie?
- Why should we tell the truth?
- When have you found telling the truth easy?
- When have you found it difficult?

- What other good values might you need in order to tell the truth?

## 2. TOPIC: MINIMALISM

In this world of pomp and luxury things are surplus, available and hyper-competitive. Minimalism is about avoiding the unnecessary, it's about simplicity, utility, and elegance. It's all about "LESS IS MORE" in terms of embracing the most of fewer things. The most common misconception is that minimalists "suffer" and "sacrifice" while having less things and less interesting experiences. It is marked by clarity, purpose, and intentionality. At its core, being a minimalist means intentionally promoting the things we most value and removing everything that distracts us from it. What is minimalism? If we had to sum it up in a single sentence, we would say, Minimalism is a tool to rid yourself of life's excess in favour of focusing on what's important—so you can find happiness, fulfilment, and freedom.

"Simplicity, clarity, singleness: These are the attributes that give our lives power and vividness and joy as they are also the marks of great art." —Richard Holloway

"Minimalism is not a lack of something. It's simply the perfect amount of something."

- Nicholas Burroughs

- **Objective:** To develop an appropriate attitude, skills, and capacities to lead a life of a minimalist. Being prepared to reconsider existing views.

I make myself rich by making my wants few.

Henry David Thoreau.

### Discuss the topic

- Is Minimalism opposed to being Modern?
- Suggest some incidents in your life in which you were Minimalist?
- Suggest some incidents in which you regret that you should have been more Minimalistic.
- What should be done to improve Minimalism in society?
- Can you discover your passion as a minimalist?

### 3. TOPIC: EMOTIONAL INTELLIGENCE

There are various parameters of gauging a person's intelligence. Some of them include Intelligence Quotient, Spiritual Intelligence, Emotional Intelligence etc... The term EI was introduced in 1990 by Mayer and Salovey. It is described as a set of skills that involve the ability to monitor ones' own and other's feelings/emotions, to discriminate among them, so as to use that information to guide one's thinking and action. Thus, it integrates emotions and intelligence. Simplistically speaking, it is the ability to channelize emotions for constructive purposes. It must be known that emotional intelligence is not the opposite of intelligence. It is not the triumph of heart over head, rather, the unique intersection of both.

There is an old-fashioned word for the body of skills that emotional intelligence represent: character. – Daniel Goleman

Emotional Intelligence is the single most important influencing variable in personal achievement, career success, leadership and life satisfaction. – Darwin Nelson and Gary Low

- **Objective:** To develop an appropriate Emotional Intelligence that heightens personal achievement and success in life.

#### DISCUSSION TOPICS

- Why it is said that we should be Emotionally Intelligent (consequences of not being emotionally intelligent can be stressed).
- Emotional intelligence and Post Truth society. (POST TRUTH - relating to a situation in which people are more likely to accept an argument based on their emotions and beliefs, rather than one based on facts. Discussions may lead to manipulation of emotions by politicians, religious fanatics without bringing any names. Suggests how a small section of people gains power by emotional manipulation. Being emotionally intelligent helps avoid these traps.)
- How is Emotional Intelligence different from Spiritual Intelligence and Intelligence Quotient?
- How will you help your friend by discussing some steps to inculcate Emotional Intelligence?
- Enumerate an instance of stress and tension and discuss some of the techniques used to tackle them.

#### RESOURCE VIDEOS

1. WHAT IS EMOTIONAL INTELLIGENCE (EI) - DANIEL GOLEMAN <https://youtu.be/Y7m9eNoB3NU>
2. EI V/S IQ – DANIEL GOLEMAN <https://youtu.be/7ngIFlmRRPQ>

#### 4. TOPIC: CARING FOR NEEDY AND ELDERLY

Care for Needy and Elderly refers to the development of a temperament of knowledge and understanding of the senior citizens. A responsible society consider the psycho-social issues faced by the elderly due to damage, ageing and Illness. In the current social scenario, it has become a trend to isolate and segregate the Needy and Elderly from the mainstream society. Caring for Needy and Elderly investigates in understanding that old age is part of the ashramas of one's life and the caring for the needy tends to create socially responsible citizens.

“You give but little when you give of your possessions. It is when you give of yourself that you truly give.” – Kahlil Gibran

“To care for those who once cared for us is one of the highest honours”

- Tis Walker

- **Objective:** To develop an appropriate attitude, skills, capacities, and towards Needy and Elderly persons. Being prepared to reconsider existing views.

Never worry about numbers. Help one person at a time and always start with the person nearest to you.

Mother Theresa

#### Discuss the topic

- Have you ever lent a helping hand for the poor, needy, the afflicted and Elderly?
- Is turning a blind eye towards a need for helping the needy is easier?
- Why should we Care for the Needy and Elderly?
- When have you found Caring for the Needy and Elderly easy?
- When have you found Caring for the Needy and Elderly difficult?
- What other good values might you need to Care for the Needy and Elderly?
- Does Caring for the Needy and Elderly gratify you?
- How will you handle an Emergency when you need to lend a helping hand?
- Can you suggest any Innovative methods to care for the Needy and Elderly?

## 5. TOPIC: EMPATHY AND COMPASSION

Empathy is about understanding another person's condition from their perspective. Simply put, empathy means putting yourself in their shoes & feel what they must be feeling in the circumstances they are faced with. It is sometimes confused with sympathy but is different from it in that sympathy is instinctive and largely involves cognitive aspect. For example, seeing a poor man at raining winter night you would think to do something for him, but may not necessarily do anything. You can sympathize with his situation by expressing pity or remorse. Empathizing with the person means that you can view the situation from his perspective and have knowledge of his circumstances and hardships. Empathy is stronger attitude than sympathy, hence it's better indicator of behaviour. Empathy leads to action. Compassion is the Sympathetic consciousness of others' distress together with a desire to alleviate it. Both Empathy and Compassion go hand in hand, they aim at maintaining a fervour of social commitment.

In Separateness lies the world's greatest misery; in compassion lies the World's true strength. – Buddha

The simplest acts of kindness are by far more powerful than a thousand heads bowing in Prayer. – Mahatma Gandhi

- **Objective:** To foster of empathy and compassion. Being prepared to reconsider existing views.

Could a greater miracle take place than for us to look through each other's eyes for an instant.  
– Henry David Thoreau.

### DISCUSSION TOPICS

- Why should one be compassionate and empathetic? (Discussions may lead to consequences of not being compassionate – e.g.
- Suggest some incidents in your life in which you showed Empathy?
- Suggest some incidents in which you regret that you should have been more Empathetic.
- What should be done to improve Empathy and Compassion in society? (Give importance to student's opinions and reactions to these opinions)
- What were your feelings when someone was empathetic and sympathetic to you in your daily life?

### RESOURCE VIDEOS

1. EMPATHY – SIMON SINEK <https://youtu.be/pi86Nr9Mdms>
2. COMPASSION - JOAN HALIFAX <https://youtu.be/dQijruP9c4>



## 6. TOPIC: PUNCTUALITY

Punctuality gives children the head start they need in life and plays a very vital role in increasing their academic and professional success. Professionals and adults embrace punctuality not just because it's an admirable trait, but also because it lets them live a brand-new life that's worth emulating. While children need punctuality as it gives them stability, security, and self-confidence. Late-coming is also usually symptomatic of more serious underlying issues, such as a lack of self-confidence. Therefore, an effective time management is essential in making life successful.

- It shows integrity
- You will be seen as dependable
- It will build your self-confidence
- It sharpens your discipline

“The two most powerful warriors are patience and time.” —Leo Tolstoy

“Punctuality is the thief of time.”

- Oscar Wilde

- **Objective:** To be punctual in life and take timely efforts in making life successful.

“Better three hours soon than a minute late”.

- William Shakespeare

### Discuss the topic

- Identify the parameters of being punctual.
- Suggest some techniques to multi-task and manage your time effectively?
- Suggest some incidents in your life in which you failed to utilize time valuably?
- Suggest some incidents in which you regret that you should have been more Punctual.
- What should be done to improve being Punctual in society?
- How does planning play an important role in making life successful.

## 7. RESPONSIBILITY

A developed sense of personal responsibility allows you to build a better life. Here's how it can help you unlock your potential. In fact, self-responsibility is “*the accountability of individuals for their actions.*” Simply put, it's when a person is not only responsible but also answerable or accountable for something within their control. A responsible person doesn't have to play the victim. Instead, they *are* the victor. Each person is responsible for taking ownership of their actions in a way that values building safe and positive classrooms. Student accountability encourages student learning, and helps improve academic performance and achievements.

You are what you consistently do. Your habits shape your character.

— Jon Butcher, author of Mindvalley's Lifebook Quest

Responsibilities:

- attending classes on time and regularly.
- being prepared for classes with all necessary supplies.
- taking good care of school property.
- completing all homework assignments.
- organizing their time well.
- respecting themselves and others.
- reading on a regular basis.
- doing their best.

Participation:

- participating in classroom activities.
- contributing to discussions and group activities.
- asking questions when they don't understand.
- participating in community and recreation programs.

Attitude:

- understanding parents' values, expectations and culture.
- maintaining good physical health, exercising, eating right, and getting enough sleep.
- listening carefully to teachers and parents.
- developing positive attitudes; being cooperative and considerate.
- welcoming challenges.
- helping others.

**Discuss the topic**

1. Personal responsibility — what comes to mind when you hear this phrase?
2. Why should you practice self-responsibility?
3. How Can You Develop Personal Responsibility?
4. What Is an Example of a Responsibility?
5. Why Is Personal Responsibility Important?
6. What Are 5 Responsible Behaviors?