

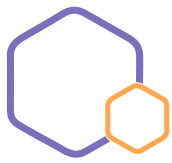


Monthly Bulletin

AUGUST 2022

Partners In Spirit





FRIENDSHIP: AN INVALUABLE TREASURE OF LIFE



Dr. Chinu Agrawal

Ph.D in Psychology, International affiliate,
American Psychological Association,
Child and Adolescent Psychotherapist,
Certified from Albert Ellis Institute, New York,
"With inputs from Assistant Psychologist Aashi Jain"
Trustee – HEMA Foundation and Director Feeling Minds



"A friend is one who knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow." – by William Shakespeare

Friendships are a boon to our existence which makes life more fulfilling and desirable. As it is famously said by Dr. APJ Abdul Kalam, "One best book is equal to hundred good friends, but one good friend is equal to a library." The notion of friendship starts from a very early age. As we go out in the world, we want to feel belonged and friendship paves our way into this adaptation and connectivity to the world in general. As we grow up, we spend more time with our peers, making a resemblance with them. They become an important part of our lives and their presence and absence start to affect us, especially in our growing years. It can feel quite excruciating for a child when their friends get angry, are not talking or playing with them or teasing them. All these things can make a long-lasting impact on a child's mind to the extent of disintegrating their trust and belief in the concept of friendship, making it difficult for them to make friends ahead in life. Hence, we need to carefully navigate and teach the concept of friendship to children, guiding them through the journey. We all are bound by a conventional mechanism of associating our self-esteem with the number of friends we have and we try our best to maintain this score by constantly trying to make friends starting from school. So, when we are rejected by our peers, it can be perilous and harrowing for our self-confidence and esteem. We need to understand that friendship is not something which can be forced. We can't make others like us or accept us as friends, with intimidation or coercion. We all are individuals and we all have our own personal choices. Sometimes it takes time for others to understand us. However,

what we do is directly jump to negative conclusions and generate doubts about our worth, likeability, persona and appearance. We forget that everybody is different and has their own choice and reasons to choose their friends. We can't blame ourselves for our idiosyncratic choices, we can only accept that neither we are going to like everybody nor everybody is going to like us and this should not stop us from making friends or initiating friendships. With the advancement of modern technology, computer, laptops, smartphones and various gadgets invading our life, we are drifting off into a world of the internet and social media, which is creating a big gulf between human connection, constantly moving us further away from personal relationships. Today, we update even small things about our life on various platforms and keep a track of likes and comments. This poses a further threat to our interpersonal relationships, especially in the younger generation as they keep on constantly comparing our own lives with the social fabricated lives of our virtual friends. Research says that this generates a feeling of isolation, sadness and jealousy in our minds, distancing us from each other. This absence of friends brings emptiness and loneliness in life, giving rise to a variety of mental health problems such as depression and anxiety. Now let us see how we can remedy this big gulf. We need to understand the difference between the virtual and the real. In the modern world, we are becoming more invested in the lives of our virtual friends. We don't realise that the problems we face in our lives are not virtual, they are real and we need the support and help of real friends in those tough and tumultuous times. Research suggests that having good friendships increase our self-confidence and their support builds resilience in us to face difficult situations in life. Hence, it becomes necessary for us to be available and in





connection with the social milieu to abridge the distance, kindling physically and emotionally proximal relationships. From adolescents to adults, everyone should monitor themselves as to how much time they spend on social media, viewing and sharing a limited amount of personal information altogether, and spending more time with their friends in the real world than on a digital platform. Human nature makes us accustomed to an individual life yet social isolation is something unbearable and painful. Friendship acts like a soothing balm to the ailment of loneliness and apathy. A plethora of psychological research has found that people who have good, meaningful and long-lasting friendships feel more contented and happier in their life. It was also found that a good and proficient friendship has several health benefits, including long life which is free from serious heart conditions and mental illness. One who possesses a good and true friend is truly wealthy in life. With friends, the happiness of the heart multiplies and the sorrows of the mind is easily relieved. One of the most prominent instances of friendship which is visible in our Indian culture is the friendship of Shri Krishna and Sudama. Sudama led a life of poverty with the bare minimum to survive whereas Shri Krishna was the king of Dwarka, acquainted with all the riches. They met and became friends as children in the ashram they were enrolled in and even after years of seeing each other, Shri Krishna ran desperately to his childhood friend Sudama who came barefoot to meet him. While shedding a stream of unconditional love, he not only accepted the raw fruit offered to him by Sudama but also consumed them with delight. This tells us the deep routes of a childhood friendship which even after a decade produced the same affinity, attachment and intimacy. In present times, pride and ego restrain us from extending a hand of friendship to those around us. They are the sole reason age-old friendships are thwarted to a disgruntled end. With growing industry and materialistic way of life, our tolerance capacity is decreasing and we are getting angry, giving intense reactions and judgement even on small mistakes, spoiling our friendships. This lack of forgiveness and rigidity takes a toll on our friendships, proving fatal to our mental health. Hence, it becomes necessary for us to make efforts and cherish our friendships with utmost vigilance. Making friends is an effortless process and is like an art. Sometimes people themselves are attracted to us and we become friends with them without making any special efforts. Our thoughts, thinking, temperament, interests and hobbies meet and we enjoy spending time with them. Gradually the intimacy grows and they become an integral part of our lives. At the same time, this is not the case with everyone. Ultimately, it is our choice to decide whom to be friends with. Sometimes, we might make a wrong choice which teaches us a valuable life lesson. At other times, a wrong choice can result in heavy personal losses. Peer

pressure is one of the most common things we encounter on our journey to making friends. Sometimes, this pressure takes the form of a condition and criteria for us to be accepted in that friendship circle. These days, drug use is perceived to be "normal" among youth and is on the rise and the criteria of some friendships are placed along these lines where we have to endure such usage to be a part of the group. Any kind of such conditions act as a warning sign for us and we have to be cautious about initiating this kind of friendship which comes at a personal cost to our health, values and virtues. There are no conditions in true friendship and if such is the case, it is okay to avoid and maintain a distance from these kinds of friendships. The friendships that we make at the cost of our values don't last long and can bring us to the verge of ruin, leaving us remorseful and bitter in the end. From the very beginning, it is preferable to refuse any preconceptions and demands from such misconceived cultures. It is true that genuine friends are a rare commodity in this world full of pretence. Hence, keeping a framework of the kind of friends we want in mind is necessary to continue and preserve friendships. We often have high expectations from our friends and when these expectations are not fulfilled, we are the first to feel bad and unpleasant. Therefore, the principle of "Batting Average" should be kept in mind, which says that even the best batsman cannot score a century in every match, so to certify their merit we count in the average of all their battings. Similarly, when it comes to our friends, we should not just see where they lacked but also the times when they came through and excelled in friendship. So, instead of measuring what and how much they do for us, it is more important to keep in mind what we can do for them, as friendship is a two-way street. We can control only what we give and not what we get and what others give us is their choice alone. If we try to take it by force, suffocation starts arising in the relationship and an atmosphere of distress and fabrication is bred. Respecting other people's liberty, individuality and personal choices are essential for a cordial and harmonious relationship. It is often seen that when we make a mistake, we find it to be trivial and designate a reason for it, whereas when someone else does a mistake, we don't see reason, and are quick to blame them, withholding any kind of forgiveness. We should give a similar exemption and benefit of the doubt to others that we give to ourselves. This makes our relationships more flexible and long-lasting. Friendship is a priceless gift and one of our strongest suits. We need to invest and cherish this. Celebrate the joys and happiness of our friends and be with them in their difficult times. This is the essence of true friendship.

Gillian Jones, a famous poet wrote: Do not forget your friends at all, for they pick you up when you fall. Do not expect to just take and hold Give friendship back, it is pure gold.





Dr. Vijayam Ravi

Ph.D, Academic Director,
HEMA Foundation, Mumbai



Responsibility follows rights. Educators, as a part of their teaching, encourage students to learn about their constitutional rights and raise their voice when they are denied. This is a very important part of the teaching learning process. However, I am yet to see schools that instil the responsibilities that come with rights. Lack of mention of the responsibility or dutifulness along with the rights they enjoy, imply that the rights become mandatory for them and responsibility is a choice. We are heading to a world in the near future, where quite a few jobs are going to disappear and nearly 21 million new jobs are going to surface, as per some research studies. These new jobs are not yet existing but will appear in future. Some of them are related to technology and some of them are low on technology. Whatever they are, there is an underlying requirement in all these jobs and that is dutifulness-or responsibility. This simply means that educators of today have to prepare the youth for a future that would be housed with several jobs that are not even heard of and may require specific skillsets and values. In short, they have to prepare students for the 22nd century world. How would they do it, when they are not equipped to do it. Never ever were the teachers prepared totally. They learnt the art at job. But, preparing the youth for a world where new jobs exist, technology dominates, values disintegrate or disappear, is a daunting task. That, hence is the duty of the present educator. A question may be asked by all of us, 'We are not yet through the 21st century, we may not be there at all by then, why worry about 22nd century that is yet to come'. I would like to draw the attention of all the educators and parents, this one single point "This is what we believed till 2020-When the Pandemic came into our

lives as an uninvited guest and we all were thrown out of gear-there was absolutely no preparedness -the havoc around causing misery and penury, and we were unprepared, our kids were thrown out in the air." Should this happen to our kids in classrooms or their kids in future? Can't we imagine or visualize a world of tomorrow and be prepared for it? Let us be dutiful towards our kids who are just waiting to enter the world-Remember we are all dealing with Digital natives-the Alpha generation!

Let us all give voice to values collectively, let us all together flex our moral muscle to touch the lives of our kids and youth. God be with you always!

NEP - Nuggets: Page 8, Para 5

2.2. "Attaining foundational literacy and numeracy for all children will thus become an urgent national mission, with immediate measures to be taken on many fronts and with clear goals that will be attained in the short term (including that every student will attain foundational literacy and numeracy by Grade 3). The highest priority of the education system will be to achieve universal foundational literacy and numeracy in primary school by 2025."





विनयः (Humility)



Dr. Gauri Mahulikar

Academic Director

Chinmaya International Foundation



A Sanskrit subhashita says, “knowledge(vidyā) gives humility (Vinaya), humility begets capability (yogyatā), which helps earn wealth that urges one to follow dharma and be happy”. Another subhashita says, “विद्या विनयेन शोभते” Knowledge shines only with humility.

What actually is humility?

Humility is when one refrains from considering oneself as important or greater than any other being. Humility takes one a long way towards achieving one's goals. When we are humble we are not denying our strength but we are honest about our weaknesses and we accept the shortcomings and move forward without being arrogant or proud about our gains or strengths. Humility helps us to control our ego and helps us to be open to learning regardless of how much we already know.

Humility should not be considered a weakness. Humility is a positive quality which enables a person to be open to new ideas, learn new things and achieve one's goals.

“Beginning of all knowledge comes from humility” - Srila. Swami Prabhupada

Vinaya has many shades of meanings; sense of propriety, decorum, decency, polite conduct, good breeding and manners, and modesty. The etymological meaning is discipline, instruction in one's duties. In Buddhism, it refers to the rules of discipline meant for monks (Vinayapitaka)

That teaches one to respect the parents, elders, and teachers. This quality helps one control his sense-organs, control his anger or hatred, and spread love and kindness. Training of this quality begins in our homes and schools

This quality of humility is seen more in practice than in the precepts.

“The moment you think you have it, you have lost it”.

As mentioned in the quote above, the moment a person thinks that he is humble, he has just lost it. This is rightly said, as humility is the real reflection of the soul, the first step towards gaining knowledge. One cannot learn unless one is humble enough to realize the opportunities that are open and will help in gaining knowledge. Humility helps to prepare the mind to receive all the knowledge without the ego blurring one's vision towards true knowledge.





HEMA FOUNDATION AND IDF "AZADI KA AMRIT MAHOTSAV" EVENT AT MUMBAI CENTRAL RAILWAY STATION



HEMA Foundation joined hands with Indian Development Foundation (IDF) as Indian Railway (Western Railway Division) organised an event keeping in view the Azadi ka Amrit Mahotsav. The program was held at Mumbai Central Railway Station.

Shri Mahendra Kabra, Managing Trustee, HEMA Foundation graced the event by his presence.

Students from colleges articulated and performed 3 different street plays creating awareness on cleanliness. Around 30 students took part in this event.

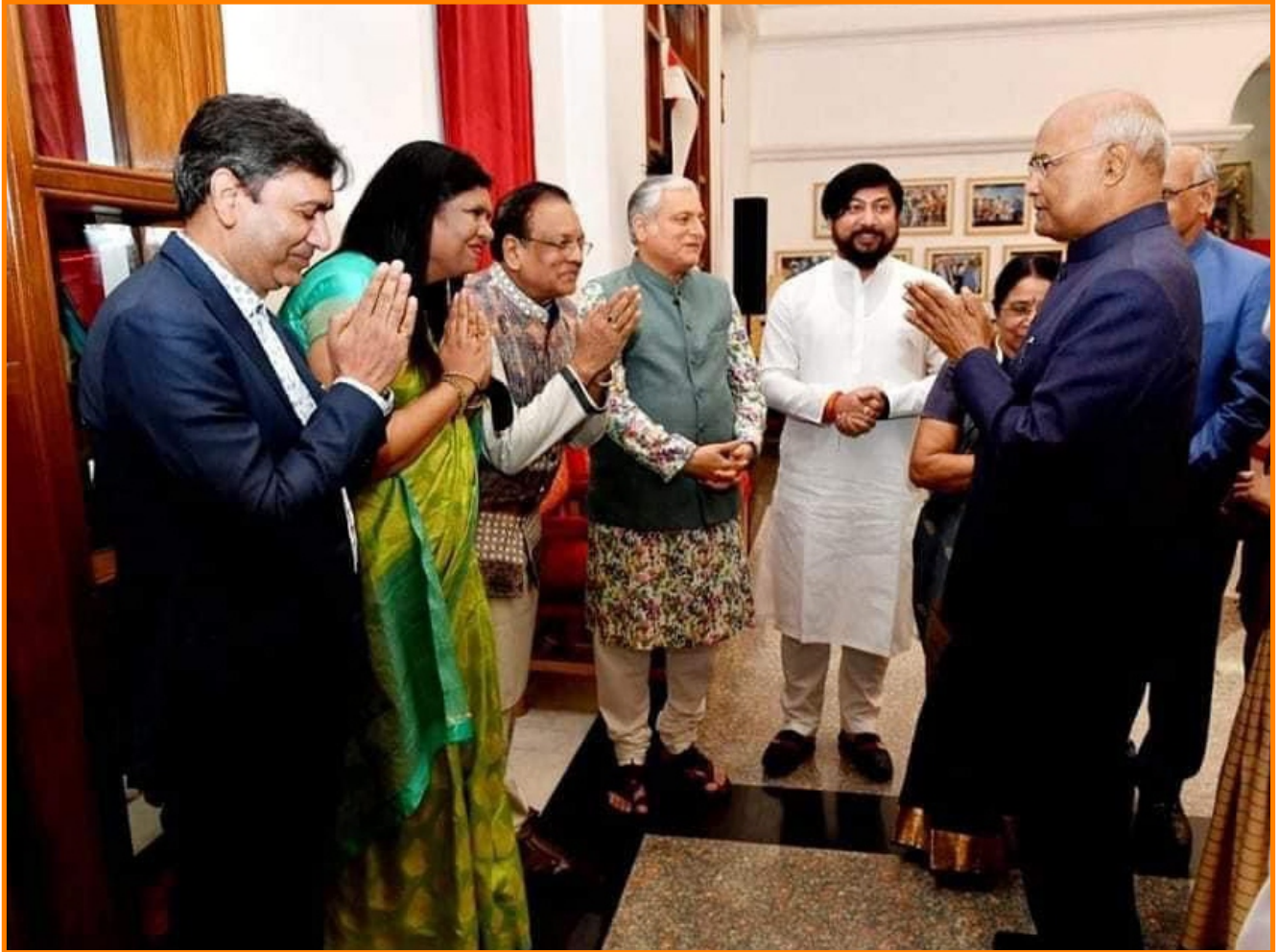
5 musical events were also showcased with active participation from IDF, NSS students from 3 colleges viz; Thakur Ramnarayn College, Dahisar, Mumbai; Calia College of Arts, Commerce & Science, Andheri; Smt Kamaladevi Gauridutt Mittal College of Arts & Commerce, Malad.

Mumbai Central Station, Railway Master, Shri Mukesh Singh, expressed gratitude. All the rail passengers were amazed by the performances by students and also actively engaged in Azadi Ka Amrit Mahotsav.





HEMA FOUNDATION AT RASHTRAPATI BHAVAN



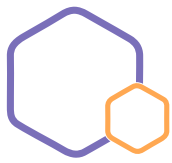
Honourable Shri Ram Nath Kovind Ji , Former President of India, showered his praise upon HEMA Foundation's work in the area of Value Education during the recent visit to Rashtrapati Bhawan, New Delhi.

HEMA Foundation is working relentlessly in the area of MORAL VALUE Education on a National Level.

Since HEMA Foundation has a strong legacy of designing and developing contents related to Moral Value Education, as a part of social project, we got an opportunity to collaborate with Dharmaj .

Our project involved creating a stage play on the 14 Honourable Presidents of India, since independence. It was unique stage play - a journey from Viceroy to Rashtrapati Bhawan.





FEEDBACK OF TEACHERS



NEHA BIRENDRA YADAV

Vivekanand English High school, Kurla

हेमा फाउंडेशन द्वारा मूल्यों के लिए किया गया यह कार्य अद्वितीय है। वर्तमान समय में बच्चों को मूल्यों की जानकारी होना समय की जरूरत है, जिसे हेमा फाउंडेशन बखूबी निभा रहा है। एक शिक्षक होने के नाते इस कार्य में सहभागी होने का मौका दिए जाने के कारण मैं हेमा फाउंडेशन की आभारी हूँ। धन्यवाद

BHAGYASHRI NIBHANDHE

Mahesh Vidyalaya English Medium School Pune

The app inspired me and I learn new skills new activity Every week and the values like fearless, courage etc. Hem-virtues learning experience is also amazing and the app is superb



WAHEEDA RIYAZ AHMAD SHAIKH

School Name..T.M.C.Urdu School no 32. Huzuri Thane.

I imbibe lots of good virtues to understand others and my students in a better manner. Teachers should be the Aacharya for the children.. As a teacher I would love to take responsibility to inculcate the values among my students and nurture my little kids with democratic teaching.



REENA RODRIGUES

B.k Birla Public School,kalyan

I like the way Hema Foundation inculcate different values in each and every one's life to become better citizen and a good human being.





FEEDBACK OF STUDENTS



HIMANSHI CHOROTIYA

D Y Patil University School of Pharmacy, Nerul

HEMA Virtues has given me a lot of confidence and its activities are fun. It taught me various values which will help me to grow as an individual. I thank all and wish HEMA Foundation all the best.

CHINMAYEE ALANDKAR

Dhruv Global School, Pune



It exhibits moral values and intrinsic ideas to the students, especially to the new generation who sometimes lacks the guidance and support.



RAJ PANDEY

Prabudha Vina Vandini Gyanpeeth, Dadra

I loved doing the course and activities of Hema Foundation. The videos and the activities teach us values and morals which help us become good human beings. Hema Foundation is doing a great work in shaping the minds of future generation.

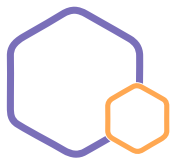
RAGHUVIR SHARMA

Ram Ratna Vidya Mandir School, Uttan



The value education activity has made me more confident and fearless and now I am able to solve any practicals. Thank you HEMA Foundation





HEM VIRTUES NATIONAL AWARD 2021 – 2022 AT B K BIRLA SCHOOL, KALYAN



SCHOOL LEVEL AWARD CEREMONY

B K Birla School, Kalyan bags the prestigious HEM Ratna Award for amazing work in Moral Value Education through www.hemvirtues.com

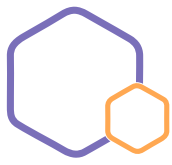
We at HEMA Foundation witnessed the zeal and passion of Principal, Teachers and Students who received various categories of awards under the HEM Virtues National Award 2021-2022, a first of its kind award and reward program to recognise the efforts of schools in the area of Value Education.

The school level award program was held at Birla School, Kalyan.

Gratitude to Dr Naresh Chandra, Director, B K Birla College of Arts, Science & Commerce (Autonomous), Smt Ranjana Jangra, Principal, B K Birla School, Smt Ruchita Chauhan, Vice Principal and Smt Kirti, Value Education Co-ordinator for gracing the occasion.

Shri V V Sarkate, Education Officer, KDMC, was the Chief Guest for the award program who inspired and motivated the students to imbibe value education and stressed upon the need to implement HEMA Foundation's module of Value Education across 600 plus schools under Kalyan Dombivli region.





HEM VIRTUES NATIONAL AWARD 2021 – 2022 at TMC School No 98, DIVA



SCHOOL LEVEL AWARD CEREMONY

Municipal Corporation School from Diva in Thane District hosts the HEM Virtues Award 2021 – 2022

Ms. Kalpana Shimpi, Principal of Thane Municipal Corporation School No 98 from Diva, in Thane District recently hosted HEMA Foundation's HEM Virtues Award Ceremony 2021- 2022.

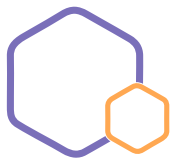
The school has done some really great work in Moral Value Education through active participation in our e-portal www.hemvirtues.com

Gratitude for their warm welcome to the team from HEMA Foundation . The school organised an amazing program which was put together by the school students in such a short time. We at HEMA Foundation also extend our appreciation to Shri Babaji Phaphale, Ex President Thane & Palghar Pathpedi, Smt. Sangeetaji Chitnis, TMC Prabhag Principal and Smt. Aavantika Nikam, TMC President of Administration for their words of encouragement and motivation.

More than 23 trophies were bagged by students and teachers. The School also won the prestigious HEM Value Excellence Award for the Value 'Courage'.

Let's all come together for the mission of social development through Value Education.





AZADI KA AMRIT MAHOTSAV AT TMC SCHOOL NO 77 - MUMBRA



Mumbra School celebrates Azadi Ka Amrit Mahotsav in a joint event with HEMA Foundation's Award ceremony

“Jai Hind....Jai Bharat.” The corridors of this Mumbra school echoed the sounds of patriotism as we at HEMA Foundation were awestruck with the amazing reception and the grand program organised by the School.

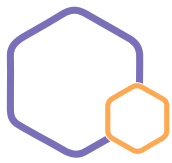
It was an amazing experience to visit Mumbra – Thane Municipal Corporation School No 77 and get a first-hand experience of enthusiasm, zeal and patriotism displayed by municipal corporation school students under the dynamic leadership of Head Master Zayed Ali Sir.

It was a momentous occasion for us to share the dais with Smt Anagha Kadam Madam, Dy Municipal Commissioner - Thane Municipal Corporation. Smt Anagha Kadam showered her praise for the amazing work of social development through value education done by HEMA Foundation. She also committed to offer full co-operation for taking up this initiative across all Municipal Schools of Thane.

Smt Anagha Kadam Madam, Dy Municipal Commissioner - Thane Municipal Corporation lauded the efforts of Head Master Zayed Ali Sir to paint the school wall with the exact replica of express train and naming the same as Pragati Express which symbolises the progress made by TMC School No 77 in the field of Education. This simple and effective initiative has created a lot of interest and eagerness in school students.

HEMA Foundation's initiative of running Value Education program in this school in Mumbra will always be treasured as an emerging model.





HEM VIRTUES NATIONAL AWARD 2021 – 2022

SCHOOL LEVEL AWARD CEREMONY



**VIVEKANAND ENGLISH HIGH SCHOOL,
KURLA**



PRELUDE PUBLIC SCHOOL, AGRA



RAM RATNA VIDYA MANDIR, UTTAN



**MAHESH VIDYALAYA ENGLISH MEDIUM,
PUNE**



DON BOSCO SCHOOL MIRA ROAD



SEVEN SQUARE ACADEMY , MIRA ROAD





HEM VIRTUES NATIONAL AWARD 2021 – 2022

SCHOOL LEVEL AWARD CEREMONY



**MKES ENGLISH MEDIUM SCHOOL,
MALAD**



**NIVARA VIDYALAY,
GOREGAON**



**SCD BARFIWALA,
MUMBAI**



GUNDAVILI MUNICIPAL PUBLIC SCHOOL



**D Y PATIL UNIVERSITY –
SCHOOL OF PHARMACY**



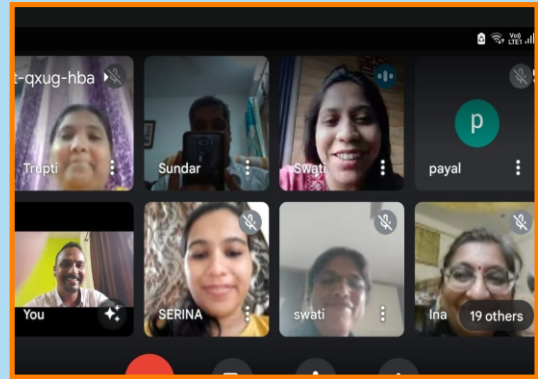


HEM VIRTUES ORIENTATION PROGRAM

TEACHER ORIENTATION PROGRAM



**DAYANAND STS MISSION SCHOOL,
MALAD**

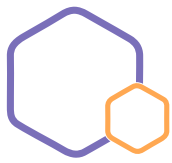


THE DON BOSCO SCHOOL



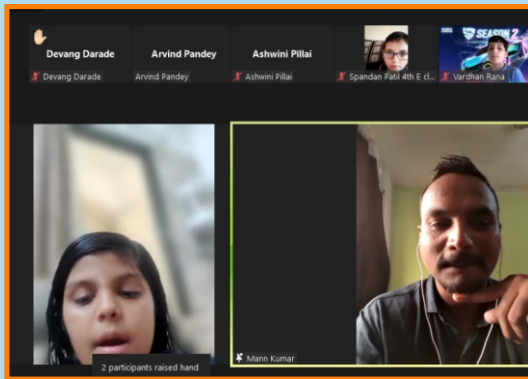
SWAMI VIVEKANANDA ENGLISH MEDIUM





HEM VIRTUES ORIENTATION PROGRAM

STUDENT ORIENTATION PROGRAM



B K BIRLA PUBLIC SCHOOL



SHREE J R SHAH BRIGHT DAY SCHOOL



SHRI T R INTER COLLEGE , AGRA

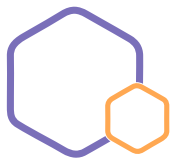


SANSKAR PUBLIC SCHOOL



SHREE J R SHAH BRIGHT DAY SCHOOL





UPCOMING EVENT



HEM - Virtues
A Learning Revolution

Dutifulness



SPEAKER

Dr. Vijayam Ravi
Academic Director,
HF

Legitimately Dutiful

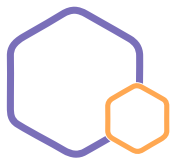
You're Invited to Join us for a **webinar on ZOOM**

Wednesday,
24th Aug. 2022 | **Time: 5:00 PM**
Mumbai, Kolkata, New Delhi

<https://www.facebook.com/Hemafoundation2014> <https://youtube.com/c/HemaFoundation>

Partners In Spirit





VALUE OF THE MONTH



कर्तव्यनिष्ठा (THE LESSON OF DUTIFULNESS)

Do Your Duty That Is Your Beauty



When we start being careless about our duties, then trouble starts. This story is about an officer of the electricity department who wastes electricity and neglects his duty for which he takes a salary. But how one day this carelessness overtakes him. Watch our movie "Kartavyanistha" - "Be dutiful in life".

PSYCHOLOGICAL EXPRESSION



☞ Do you feel people take advantage of you?

☞ Do you feel you have a difficulty in saying "No" to people?

☞ Do you feel people do not do their duties diligently?

☞ What exactly is "Dutifulness" ?

☞ Is Dutifulness a virtue after all?

☞ Does it benefit us Psychologically in any way?

Login to www.hemvirtues.com to know more about the moral value of Dutifulness.

Dr. Chinu Agrawal

VALUE INTEGRATION WITH ACADEMIC SUBJECTS



Science: Life processes are the series of actions, such as movement, respiration, sensitivity, growth, reproduction, excretion and nutrition that are essential for a living being to sustain. All these are interdependent processes and they all dutifully allow us to function. In case any one shirks their responsibility our system collapse



Math: Zero is the smallest whole number. When we include zero in natural numbers it has brought many properties and usefulness in the number system-It gives value in a higher version when it appears on the right side of any number, thus assuming a greater responsibility. Zero gets the significance when it does its work dutifully



English: Sentences are statements about something or someone. Each one sentence type is performing a particular job. Each sentence serves a different purpose. There are declarative sentences, warning sentences, commanding sentences, exclamatory sentences -and all have a particular job to do. When they fail in their job, communication is stuck and confusion prevails.

Dr. Vijayam Ravi

HEALING FROM REAL STORIES



VIDURA - Prime minister of the Kuru kingdom

The willingness to perform the duty automatically gives a person the power to follow the ideal. That is why you should not escape from your duty, but try your best to fulfill them with all your heart. Then whether it is towards your family, friends or your country...treat them with utmost sincerity.



Officer of Indian Army - **Captain Vikram Batra**

During the war, when Captain Vikram Batra captured 5140 peak and called the code message of his victory through radio, "Dill Maange More", his name was covered not only in the army but in the entire country of India. What can be a better example of Dutifulness than this?



GEORGE WASHINGTON - 1st of U.S.A President

George Washington became the President of America for two consecutive terms. George himself left the presidency after his two terms, and it was his decision that no person could serve the presidency for more than two terms. A rule book has been set for the coming generations so that can be followed and by understanding and changing them according to the needs, we become dutiful towards the people of the country.

Anita Maheshwari

PERIOD - 01

INTRODUCTION OF VALUE | PRE ASSESSMENT | BEFORE MOVIE MCQ | MOVIE | AFTER MOVIE MCQ

PERIOD - 02

HEALING FROM REAL STORY | VALUE INTEGRATION SUBJECT SCIENCE | MCQ | VALUE INTEGRATION MCQ SUBJECT MATHS

Partners In Spirit






LET LESSON BE THE MISSION



Brave women like Avanti Bai fought more battles than men to save their land and sacrificed lives to save the soil of the country from someone else's slavery because, her duty was above all.



Dr. Prakash Amte, who lives amidst the dense forest in the Naxal-affected area of Maharashtra, gives medical treatment as well as education to the tribals.



Nirmaljit Singh Sekhon, a flying officer of the Indian Air Force, set out single-handedly to face 6 fighter jets of the Pakistani Air Force during the Indo-Pakistan War of 1971 and saved Srinagar Airbase even if he had to lose his life in all this.

Manoj Joshi

LEADERS IN ACTION



Dr Pritpal Kaur Batra , a 2016 batch Indian Police Service Officer, posted in remote eastern border district of Tuensang in Nagaland, conducts free coaching classes for UPSC and state service aspirants. She also buys books and study materials for all the aspirants from her own money. This service to mankind has gone beyond the call of her duty.



Subrata Pati, a history Teacher, moved from Kolkata to his native village , Ahanda , due to Covid-19 Lockdown. As schools were closed he decided to take online classes through his mobile phone. Being in a remote village, network issues interfered his flow. Still as a part of his duty towards his students, Subrata Pati conducted the classes brilliantly from the top of the Neem tree as the signal strength was good at the top

Subrata Pati



Sanjay Kumar Alang, District Collector of Bilaspur during an annual inspection of city's Central Jail , came across a young playful girl sitting with a group of women inmates. Sanjay Kumar Alang was so touched by this sight that he helped her getting admission in an International School. This diligent dutifulness resulted in making the girl's world a cleaner, better and safe place to live.

Dr. Narayan AB. Iyer

FUN AND LEARN



HEM Virtues

HEM Virtues

HEM Virtues

Rajeev Bhargava

RESOLUTIONS

1. I will always be conscious of my duties.
2. I will perform my duties on time.
3. Along with the family, I will also perform my duties towards the society and the country.

Mahendra Kabra

VIDEO TUTORIALS



MCQ TASK



HEM Virtues
HEM अध्येष
is Monthly Bulletin from
HEMA Foundation

THE DUTIFULNESS OF CHILDREN IS THE FOUNDATION OF ALL VIRTUES



THE CHIEF RECOMMENDATION IS MODESTY. THEN DUTIFUL CONDUCT TOWARD PARENTS, THEN AFFECTION FOR KINDRED.



HEM अध्येष
| Morning Mantra |
| Day's Importance |
| Day's Challenge - |
| Quiz Format |
| Pledge for the Day

PERIOD - 03

HEALING FROM REAL STORY | MCQ | VALUE INTEGRATION SUBJECT ENGLISH | LEADERS IN ACTION | MCQ

PERIOD - 04

HEALING FROM REAL STORY | MCQ | LET THE LESSON BE THE MISSION | MCQ | RESOLUTION

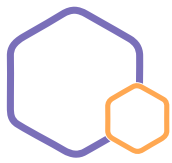


हर घर विरंगा

Our Portal : www.hemvirtues.com







HEM VIRTUES ANNUAL CALENDAR

University Certified
COURSES on VALUE EDUCATION
 Capacity Building in Students accordance with
 National Education Policy (NEP)

5 Components of Capacity Building	(Grade 3,4,5) Value (Film Name)	(Grade 6,7,8) Value (Film Name)	(Grade 9, 10, 11, 12) Value (Film Name)
Cognitive Capacity (Critical Thinking & Problem Solving)	Safety	Creativity (Best out of Waste)	Curiosity (Jigyasa) Dutifulness (Kartavya nishtha)
Social Capacity	Cultural Value (Sanskriti) Love & Respect (The Real God)	Respect for Nation (Ek Choti Pahal)	Faith (Aastha) Unity (Team Work)
Ethical Capacity	Nature's Love (Name Plate)	Kindness (Paropkar)	Humanity (Manavta) Honesty (Sukoon Imandari Mein)
Emotional Capacity	Fearless (Abhay) Confidence (Dagdu)	Gratitude (Anubhuti) Courage (Sahas)	Determination (Sacchi Lagan) Self-Strength (Acceptance)
Life Skills	Cleanliness (Swachhata)	Hope (Aashaye)	Inner Harmony (Atthani Ki Khushi) Self Regulation (Value of Time)

Note: Teachers will be eligible for certification from university and HF jointly after participation in all webinars and attending Value Educator Workshop.

MONTH OF WEBINAR	VALUE	MOVIE	LEARNING
13 & 27 Jul 2022	Gratitude	Anubhuti	Self-realisation is your best teacher that never lets you down.
10 & 24 Aug 2022	Dutifulness	Kartavya nishtha	Dedication towards work brings success.
14 & 28 Sep 2022	Faith	Aastha	Belief never lets you distract from your goals.
12 & 19 Oct 2022	Sensible	Safety	Dedication towards work brings success.
09 & 23 Nov 2022	Humanity	Manavta	Humanity makes us responsible for the world by keeping basic moral values prioritized.
14 & 28 Dec 2022	Unity	Team Work	Cooperation and collaboration are the cornerstones of unity.
11 & 25 Jan 2023	Self Strength	Acceptance	Self-strength educates us about areas which we can foster to achieve heights.

HEMRatna 1

HEMValue National Excellence 4

HEMValue Excellence 14

HEMShr For Principals

HEMSarthi For Teachers

HEMChampions For Students

HEM Virtues AWARD on 25th June

FUN & LEARN - WIN FABULOUS PRIZES

- HEM Number Contest 16th Oct 2022
- HEM Quiz Game 18th Dec 2022
- HEM Word Game 23rd April 2023
- HEM Mega Contest 18th June 2023

e-Bike

Laptop Tablet

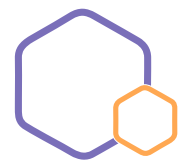
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Mr. Mahendra Kabra

Managing Trustee, HEMA Foundation

Dear Students, Dutifulness is one of the most important virtues. You all students are the bright future of our country. If you do your duty well today, our country will see a better future. As students it's very important to be conscious of duties. It's also very important to perform those duties on time. You can perform duties towards your family, towards society and also thereby do your duties for the betterment of the country. Do visit www.hemvirtues.com and complete the course on "Dutifulness" and know how you can improve your overall personality by being dutiful.



Mrs. Anita Maheshwari

**Trustee and Creative Director,
HEMA Foundation**

When we speak of Dutifulness, one of the greatest examples that comes to my mind is of Captain Vikram Batra. Rejecting a high paying job offer from the Merchant Navy in Hong Kong, Vikram Batra chose to offer his service to our nation. His astonishing achievement during the Kargil War of 1999 and the victory call of "Yeh Dil Maange More" will always be remembered by every Indian. Captain Vikram Batra was awarded the Param Vir Chakra, India's highest military honour posthumously on 15 August 1999. Do watch and share your thoughts in the YouTube Comment Box <https://www.youtube.com/watch?v=gsUbfEsYcOU>

