



**HEM उद्घोष**  
Giving Voice to Human Values

**Monthly Bulletin**  
**MAY 2022**

**Partners In Spirit**



# अच्छी परवरिश



## Dr. Chinu Agrawal

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



मेरी सहेली मिनाक्षी बंगलरू में रहती है। उसकी दोनों बेटियों को मैंने बचपन से देखा है। दोनों विदेश में पढ़कर भारत लौटी हैं। पर जब मिलती है तो दोनों हाथ जोड़कर बड़ी शालीनता से नमस्ते करती हैं। मैंने मिनाक्षी से खुश होकर कहा तुमने अपनी बेटियों की बहुत अच्छी परवरिश की है। उसकी आंखों में पानी आ गया और उसने कहा तुम जैसी मनोवैज्ञानिक से यह सुनकर मेरा तो जीवन ही सफल हो गया। आखिर एक मां को इससे बड़ा क्या पुरस्कार मिलेगा ? उसकी बात ने मुझे सोच में डाल दिया। सच में हम अपने बच्चों की परवरिश को लेकर कितने आशंकित रहते हैं और हर अभिभावक के मन में यह आशा रहती है कि क्या हम अपने बच्चे को ठीक से बड़ा कर पा रहे हैं या नहीं ? मनोवैज्ञानिक शोध के आधार पर इस लेख में ऐसे कुछ लक्षण प्रस्तुत हैं जिनकी मदद से हम अपनी सही परवरिश का अंदाजा लगा सकते हैं।

माता-पिता के स्नेह, अनुशासन के सही अनुपात में अनुभव करने वाले बच्चे प्रायः

**1. आत्मविश्वास से परिपूर्ण होते हैं।** पढ़ाई-लिखाई के अलावा वे सांस्कृतिक कार्यक्रमों, खेलकूद में भी बढ़-चढ़कर हिस्सा लेते हैं। अपने गुणों को पहचानते हैं और उनका भरपूर उपयोग करते हैं। साथ ही अपनी कमियों को स्वीकार कर उनको सुधारते हैं। ऐसा नहीं है कि उन्हें कभी घबराहट नहीं होती, बल्कि वे अपने डरो का सामना करते हैं।

**2. आत्मनिर्भर:-** सही परवरिश से बच्चे अपने काम खुद करना सीख जाते हैं। इस वजह से जब भी पढ़ाई-लिखाई या कामकाज के कारण घर से बाहर जाते हैं तो उन्हें कठिनाई नहीं होती है। घर का काम, बाजार का काम, बैंक का काम आदि आसानी से सीख जाते हैं और स्वयं के बलबूते पर किसी भी परिस्थिति में निर्वाह कर लेते हैं।

**3. वे भावात्मक रूप से परिपक्व होते हैं।** जल्दी किसी बात पर उत्तेजित या क्रोधित नहीं होते। अपनी और दूसरों की भावनाओं को पहचानते हैं। अपनी भावनाओं को संयमित तरीके से व्यक्त कर पाते हैं।

**4. दूसरों के प्रति संवेदनशील होते हैं और उनकी परेशानियों को समझते हैं।** वे सब की मदद करने के लिए तत्पर होते हैं और अपनी वजह से किसी और को परेशान करने से बचते हैं।

**5. Assertive:-** स्पष्टवक्ता वे दूसरों के सामने अपना दृष्टिकोण स्पष्ट रूप से

रख पाते हैं। उन्हें इस बात से परेशानी नहीं होती कि लोग उनके बारे में क्या सोचेंगे ? सही निर्णय लेने से और सच्ची बात करने से वह कतराते नहीं।

**6. रिश्तों में वे खुद भी सुरक्षित महसूस करते हैं और दूसरे लोगों को भी उनके साथ सुरक्षा का भाव अनुभव होता है।** माता-पिता से मिला नियमित भावात्मक आधार उनके आगे आने वाले सारे रिश्तों की नींव रखता है। प्रसिद्ध मनोवैज्ञानिक डॉक्टर जान वोल्बो का कहना है की बचपन में असुरक्षित महसूस करने वाले बच्चे आगे चलकर किसी भी रिश्ते में सुखी नहीं हो पाते।

**7. मिलनसार:-** वे दूसरों से मिलने-जुलने से खुश होते हैं और हर तरह के लोगों से जल्दी ही घुल मिल जाते हैं। उन्हें बातचीत करना अच्छा लगता है और वे जल्दी ही दूसरों का मन जीतने में कामयाब हो जाते हैं। दूसरों को भी उनसे मिलकर खुशी होती है। सबसे शालीनता से, आदरपूर्वक व्यवहार करते हैं और मृदुभाषी होते हैं।

**8. हसमुख स्वभाव के धनी होते हैं।** उन्हें चिड़चिड़ापन नहीं होता है। खूब हंसाते और हंसाते हैं। ज्यादातर खुश रहते हैं और माहौल को खुशनुमा बना देते हैं। हर परिस्थिति में कुछ ना कुछ अच्छाई ढूंढ लेते हैं।

**9. वे आशावान होते हैं।** विकट संकट के समय में भी अपना धैर्य नहीं खोते। हिम्मत रखते हैं और जल्दी से हार नहीं मानते। जीवन के उतार-चढ़ाव को स्वीकार कर उनका सामना करते हैं। यह अपेक्षा नहीं रखते कि जीवन हमेशा आसान ही होना चाहिए। ऐसे बच्चों को माता-पिता बचपन से ही जीवन की कठिनाइयों के लिए तैयार करते हैं। और उनके लिए रास्ता बनाने की जगह उन्हें रास्ते पर चलने लायक बनाते हैं।

**10. जिम्मेदार:-** सफल परवरिश का नतीजा होता है कि बच्चे बड़े होकर जिम्मेदार नागरिक बनते हैं। वे अपने मानसिक और शारीरिक स्वास्थ्य का स्वयं ध्यान रखते हैं। नियमित रूप से सोना, खाना-पीना, व्यायाम करते हैं। परिवार और समाज के प्रति भी अपने कर्तव्यों का निर्वहन सुचारू रूप से और प्रसन्नता से करते हैं। अपने कामकाज को भी समय से पूरा करते हैं और उन्हें भरोसेमंद समझा जाता है। अनेक जिम्मेदारी के काम उनको सौंपे जाते हैं। वे जोश से परिपूर्ण होते हैं।

उपरोक्त लक्षणों से यह साफ है कि अच्छी परवरिश का बच्चों के मानस पटल और उनके स्वभाव पर अमित और आजीवन असर पड़ता है।



### Dr. Vijayam Ravi

Ph.D, Academic Director,  
HEMA Foundation, Mumbai



Our attitudes and actions are moulded as per our value systems. Values in life are preferred choices. Comprehending our signature values right when we are young, can to a large extent influence our behaviours and attitudes. Friendships, relations and several events in life are all dependant on this value cultivation. When we encounter different challenges in life, when we become clueless as to how to take decisions, the values that we hold dear to us always throw a ray of hope. The roles, responsibilities that we assume in our life are primarily, a result of our disposition towards a particular value system. Career life and personal life need to be an integrated cycle where our value dimensions help us take a balanced view. For some, helping others is their primary role in life, while to some others, exercising a good personal relations could be a priority and some others learning and acquiring knowledge could be a motivation to live. In all these cases, there is a fundamental reason for any behaviour and that originates from the inner core of their system and mostly this could be their value orientations. Identifying what gives us pleasure, pain, satisfaction and elated feeling could prove to be a brilliant exercise in continuing with those values that cause all of these emotions. Feeling of happiness and pain are two sides of the same coin and it may be a wrong idea to negate a value that gives only pain. As such no value stands for pain, but those experiences created in oneself and others could be the reason for such a pain. It is obviously an ideal practice to cultivate things that gives an individual a positive feeling, while those painful experiences serve as deterrent to such behaviour patterns for us in future. Creating a

preference over all those values that guide us, thus help us form our signature values-those values that define us! Why should we do all this? Because, creating or formulating a set of values is our choice for living a full life with a purpose. After all, we are human beings and happiness is our quotient to achieve and maintain! 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!

### Nuggets from NEP 2020

On service environment and culture:

" 5.9. The first requirement in this direction will be to ensure decent and pleasant service conditions at schools. Adequate and safe infrastructure, including working toilets, clean drinking water, clean and attractive spaces, electricity, computing devices, internet, libraries, and sports and recreational resources will be provided to all schools to ensure that teachers and students, including children of all genders and children with disabilities, receive a safe, inclusive, and effective learning environment and are comfortable and inspired to teach and learn in their schools. In-service training will have inputs on safety, health and environment at workplace in schools to ensure that all teachers are sensitized to these requirements".



**Dr. Gauri Mahulikar**

Academic Director  
Chinmaya International Foundation



### **Ksamā - forbearance/forgiving/tolerance**

नरस्याभरणं रूपं रूपस्याभरणं गुणः। गुणस्याभरणं ज्ञानं ज्ञानस्याभरणं क्षमा।। goes a saying. When there is ksama (forbearance), it is deemed as the highest of all virtues. Bhūmāta, Mother Earth personifies this virtue. She gives us all the wealth, allows us to lead happy lives, puts up with all the follies that we commit against her and continues to bestow us with all the vasus (wealth).

When a little bit of this noble quality is integrated into our personality, it yields benefits for sure. Though it is very challenging, it is worth a sincere attempt. We will end up discovering our personality better than before when we push ourselves beyond our comfort zones.

Let's go a little further to get the basics right. What is our understanding of this virtue of ksama? How does it translate in our minds? Words like patience, resilience, fortitude, forgiveness, tolerance might flash in your thoughts as you hear the word ksama. What do these tell us? How does it boil down to? It just tells us to consider others with empathy, just as we would expect others to be forgiving and patient with us. This is quite doable. Now if we revisit the first two paragraphs, we find a lot more appreciation of the meaning.

Let us take a look at a few more subhāsitas to embellish our understanding of ksamā.

क्षमा बलमशक्तानां शक्तानां भ्रूणं क्षमा।क्षमा वशीकृतिर्लोके क्षमया किं न सिद्ध्यति? Forbearance is a quality of the meek, ornament of the mighty, it encompasses everything, what cannot be accomplished by ksamā? Moreover, it is also described as the weapon of the mighty which shields them from the wicked: क्षमा खड्गः करे यस्य दर्जुनः किं करिष्यति? These lines are echoed in the words of Gurudev :“Forgiveness... is the fragrance which the crushed Tulsi leaves on the fingers that crushed them, in a thoughtless act”

Many srifes, clashes and conflicts could be resolved with this virtue. We must learn to forget and forgive in order to lead a healthy life; physically and mentally!

Some breaks are long enough. Like the one that's around the corner. Summer Vacation brings with it a lot of opportunity for children to explore the unexplored. A host of activities that try to vie the attention of parents. This rush to do something meaningful and fruitful during summer vacation addresses two major areas. Firstly, keeps the child engaged and, in the process, help the child acquire some life lessons or skills.

Moral Values is one such area, which offers a holistic development for the child. When we speak of specific moral values like Courage, Respect for Nation, Honesty, Love & Respect, Creativity, Determination and Self-Regulation, these are the 7 set of values that can act as a guiding force to the child at any point of the life's journey. These moral values also lay a strong foundation for one's own personality development.

In the current NEP - National Education Policy 2020 there has been a great amount of emphasis given to moral values. Schools from across various boards are exploring a model for implementation as suggested by NEP 2020.

This is where all the resource materials designed and developed by HEMA Foundation in an audio-visual format comes handy. This ready to use certificate program on Value Education are being delivered to Students through our ongoing online summer camp which will run batch wise from 20th April to 10th June, 2022.

### Student Orientation Program Grade wise Module

The values chosen here for respective grades are in sync with Daniel Goleman Emotional Intelligence Theory wherein currently the 5 aspects are covered through respective values - Self Awareness , Self Regulation, Social Skill , Motivation & Empathy.

### Suggested COURSES on MORAL VALUES in sync with Daniel Goleman's Theory

5 Components of Emotional Quotient	Primary (Grade 3,4,5) Value (Film Name)	Secondary (Grade 6,7,8) Value (Film Name)	Higher Secondary (Grade 9, 10, 11,12) Value (Film Name)
Self-Awareness	Fearless (Abhay)	Hope (Aashaye)	Honesty (Sukoon Imandari Mein)
Self-Regulation	Confidence (Dagdu)	Self Regulation (Value of Time)	Determination (Sacchi Lagan)
Motivation	Creativity (Best out of Waste)	Curiosity (Jigyasa)	Nature's Love (Name Plate)
Empathy	Love & Respect (The Real God)	Kindness (Paropkar)	Inner Harmony (Atthanni Ki Khushi)
Social Skills	Cultural Value (Sanskriti)	Respect for Nation (Ek Choti Pahal)	Cleanliness (Swachhata)

The above Orientation will be carried/conducted as follows:

1. Introduction of Value
2. Pre-assessment
3. Short film
4. Interaction
5. Role model Study
6. Test by way of Poll
7. E-portal Learning
8. Resolution
9. Course Assignment

**CERTIFICATION**



We at HEMA Foundation have invested a huge amount of funds on designing and developing the short films and other course materials and activities book related to Value Education for convenience of the students and schools.

- **Short Films** - We have has created 48 short films lasting for 20-22 minutes on 48 values prescribed by NCERT.
- **Pedagogy** - The Value Education course module covers 3 areas of every value – Psychological aspect, Value Integration with Academic subjects and Experiential Learning lessons.
- **Research Tools** - We have also experienced through our research tools that there is a significant increase in the moral value quotient of students after undergoing the Value Education course. All our films on respective values are backed by pre and post value survey,
- **Real Life Story** – For each value we have covered 3 Real Life stories, one each from ancient, contemporary, and global nature. So that the students look upon them as role models.
- **NEP 2020, Chapter 4** – Point 4.4 “Holistic development of learners” mentions that “specific set of skills and values across domains will be identified for integration and incorporation at each stage of learning”. Our value education courses are a boon for educators.

We invite your school to connect with us for organising a FREE ONLINE SUMMER CAMP on Moral Values . For more details do write to us at [admin@hemafoundation.org](mailto:admin@hemafoundation.org) .

Contact Details - Mrs. Hetal Desai , Associate Director @ 96199 16613

Mr. N Sundar Iyer, Chief Communications Officer @ 98195 40279.

# STUDENT ORIENTATION PROGRAM



SEVEN ELEVEN SCHOLASTIC SCHOOL, MUMBAI



LIFELINE PUBLIC SCHOOL, AGRA



J R SHAH BRIGHT DAY SCHOOL, VADODARA



SRD PUBLIC SCHOOL, AGRA



RATANMUNI INTERCOLLEGE, AGRA



GUJARAT BHAVAN, VASHI, NAVI MUMBAI



ANAND NAGAR ENGLISH SCHOOL, DAHISAR

## FEEDBACK OF STUDENTS



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.

**JIYA SATISH PAWAR**

**STD - 10<sup>th</sup>**

Mahesh Vidyalaya English Medium School.  
Kothrud Pune



HEMA Foundation has taught me many values like Courage, Respect for Nation, Honesty etc. The activities are easy and fun. Thank you.

**SNEHA SUNIL BHALERAO**

**STD - 9<sup>th</sup>**

Nivara Vidyalaya  
Goregaon



It is a great initiative and helped me learn a lot. I will make sure to complete and learn all values

**ABHISHEK J. VISHWAKARMA**

**STD - 7<sup>th</sup>**

Anand nagar municipal english school



I learned with interest because it is in the form of short films which is very helpful. Thank you HEMA Foundation

**KAVERI VISHNU SUBHE**

**STD - 7<sup>th</sup>**

Shri Saraswati High School



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

**SIMRAN KISHORE MISHRA**

**STD - 8<sup>th</sup>**

Shree D J Doshi Gurukul English Medium High School, Mumbai



## FEEDBACK OF TEACHERS



HEMA Foundation provides value and quality education to children which will be helpful for them to build their careers in a better manner and in their real-life situations. Also, shape a child's life properly

**SONALISH BEHERA**

Sanskar public school  
Rahani, Dhenkanal, Odisha



Thank you so much for your valuable project. It will help schools to improve their understanding and practices in providing value education. It encourages students to take part in various online competitions, quizzes, etc it is a helpful app for students as well as teachers. Thank you for your experience and presentation

**MRS. STEPHIE ROSTAN  
DIAS.**

Anand Nagar English  
Mumbai Public School  
Dahisar (E)



It is a good initiative for the Welfare of society. Children learn more through experiential learning

**AMBIKA BHARGAVA**

Dr MPS World School  
Agra, Uttar Pradesh



HEM virtues activity performed in our school helped in developing moral values in children. It is based on real-life and enhances discipline in day-to-day life.

**JYOTI KAWATRA**

S.R.S Public school  
Rohtak (Haryana)



HEMA Foundation is one of the most prestigious institutions to impart values and morals to every child. It is molding every child's future with Holistic

**KAVERI GADDAMWAR**

Seven Square Academy  
Mira road

### **2ND NATIONAL VALUE EDUCATOR WORKSHOP BY HEMA FOUNDATION AND GURUKULA KANGRI (DEEMED TO BE UNIVERSITY) RECEIVED OVERWHELMING PARTICIPATION FROM EDUCATORS FRATERNITY.**

More than 500 Plus Teachers and Counsellors registered for 6 Day National value educator workshop conducted by HEMA Foundation and Gurukula Kangri (Deemed to be University) . It was an immersive learning experience for Teachers, Counsellors and Educators from across India who attended this 6 Day Online National Value Educator Workshop.

Feeling Minds, APSA - Association of Progressive Schools of Agra and IDF – Indian Development Foundation joined as the partners in spirit for this 2nd National Value Educator workshop, to extend their support towards the cause of value education and spread the message effectively to the educators across India.

The Inaugural Session held on 25th April 2022 was presided by Chief Guest , Prof Roop Kishore Shastri , Honourable Vice Chancellor , Gurukula Kangri (Deemed to be University) and the Guest Of Honour, Prof Hrushikesh Senapaty, Former Director, NCERT.

Prof Shastri welcomed this wonderful initiative of HEMA Foundation which focuses on developing future generations of country with such dedication. The youths, students who form the backbone of society when exposed to moral values shall lead a rightful path.

Prof Senapaty shared the highlights of NEP 2020 which puts a great amount of effort to connect children to Indian culture and value system. NEP 2020 believes that when students remain connected to the roots, they can play a greater role and contribute significantly towards nation building.

The 6 Day Value Educator Workshop faculty comprised of eminent thought leaders from the field of Value Education viz; Mrs Anita Maheshwari, Trustee and Creative Director, HEMA Foundation; Dr. Chinu Agrawal, renowned Psychologist and Psychotherapist, Trustee - HEMA Foundation and Director - Feeling Minds; Dr. Vijayam Ravi, Academic Director, HEMA Foundation; Dr. Seema Negi, Associate Director (Academics), HEMA Foundation and Director Principal, Sanjeevani World School, Prof. Rakesh Kumar (Jain), Department of Psychology, Gurukula Kangri (Deemed to be University) and Prof. Dharmendra Shastri, Department of Veda, Gurukula Kangri (Deemed to be University)

The deliberations through the 6 Day workshop offered thought provoking insights on effective ways to implement value education in schools covering various in-depth teaching and engaging modules.

The framework of this workshop covered in detail topics like key elements of values, social emotional learning competencies, role of parents in integrating values for life, values in Vedas, value integration with academics, experiential pedagogy, how to live with values, healing through real life stories. Teachers and counsellors were provided with ready to use course materials on value education and a dedicated value education e-learning module [www.hemvirtues.com](http://www.hemvirtues.com).

The felicitation ceremony held after completion of the 6 Day workshop on 30th April 2022 was presided by Prof Rakesh Kumar Jain, HOD, Department of Psychology, Gurukula Kangri (Deemed to be University) . Prof Jain stated "Children, Parents, Teachers and Society can all come together and become change agent and work towards making our society a values-filled society"

Mahendra Kabra, Managing Trustee, expressed sincere gratitude to all the esteemed dignitaries who were present and shared HEMA Foundation herculean initiatives and efforts to spread the knowledge of value education and instil thoughts in the minds of children for taking care of developing self, developing the societies by becoming a well aware and responsible citizen and thereby contribute to nation development. Mr Kabra quoted that "It's a matter of great pride for us that we are partnering with Gurukula Kangri (Deemed to be University) towards this cause of nation development through value education."

Anita Maheshwari, Trustee and Creative Director, HEMA Foundation shared about the idea behind formation of HEMA Foundation and said that "every human is well recognized through his knowledge and social behavior and both elements are crucial for holistic development. If knowledge is the key to success, then value systems are the steps for growth. This is the area where teachers and counselors can work effectively and help students gain holistic development through value education"

Dr Chinu Agrawal, Trustee, HEMA Foundation and Director, Feeling Minds expressed gratitude to the educators community as in just 4 months' time the 2nd national level Value Educator workshop in association with Gurukula Kangri (Deemed to be University) received such large scale positive response and active participation. Dr Chinu Agrawal expressed "Teachers focus on syllabus, exams , evaluation, results and in midst of all these, teaching moral values becomes a bit tough for teachers. On the other hand, parents are stressed due to many factors like nuclear family, both parents working and so on. Under such situations values can be a torch which can enlighten our path and help us decide on right course of action".

Dr Vijayam Ravi, Academic Director, HEMA Foundation shared with the Teachers that "this workshop is adding a feather to your cap and the learnings from this workshop will be worth a lifetime for all the participating teachers and counselors".

Dr Seema Negi, Associate Director (Academics), HEMA Foundation shared that "experiential learning through our value educator workshop, shall be helpful in effectively implementing and taking forward this module across schools in India.

Dr Sushil Gupta, President, Association of Progressive Schools of Agra, lauded the efforts of HEMA Foundation and at the same time offered extensive support to the workshop by taking the lead of spreading the word to all educators through the association's forum. Dr Gupta an eminent educator from Agra expressed his gratitude and showered words of appreciation for relentless work done by Dr Chinu Agrawal , Smt Anita Maheshwari and Shri Mahendra Kabra in the field of Value Education. Dr Gupta earnestly calls himself and all educators from Agra the "green crusaders" as all of them have taken a pledge to wish students and teachers every day by saying Green Morning, Green Afternoon and Green Evening and created a unique and positive way of giving affirmations to nature to spread greenery.

Dr Narayan Iyer , CEO, Indian Development Foundation, the Partners in Spirit for the 2nd National Value Educator Workshop . Sir touched upon the aspect of role of teachers in shaping and moulding young mind and inspired the participants to continue doing their amazing work and also include Value Education as a part of their agenda towards nation development.

Towards the end all the participating Teachers and counselors expressed their gratitude towards the Trustees of HEMA Foundation for conducting such knowledge based intense workshop as a CSR initiative without causing any financial burden to all the educational institutions. Each and every participant left with a positive note and a transformed mind with the required tools and techniques for effectively implementing value education in schools.

## PAST EVENTS

### **BUILDING MORAL VALUES THROUGH MATH PUZZLES AND GAMES, AN INNOVATIVE APPROACH BY HEMA FOUNDATION.**

Overwhelming participation by students, teachers and parents through 1024 entries collectively for the mega quiz organised on 1st May by HEMA Foundation based on internationally popular Number Games viz; – KEN KEN , Game 24 and Futoshiki.

Numbers has its own place in the minds and hearts of children. There are some who love it and some who shy away from it. In pursuit of our mission towards value education and to instil love for numbers in children the online math game quiz was organised.

These number quizzes encourages students in developing moral values like curiosity, courage, creativity , focus, concentration , perseverance, collaboration , self-determination, hope and much more.

Participating in these activities also help in developing skills like – problem solving and logical thinking in a very fun and entertaining way.

- The winner was declared though the system based on minimum time taken for completing all the levels of each game.
- Plus, a 10 marks bonus for students who have accomplished 2 values and 5 marks bonus for students who have accomplished 1 value from HEM Virtues. ( [www.hemvirtues.com](http://www.hemvirtues.com) )



Teachers and Parents are also encouraged to participate in such math puzzle games.

More than 225 exciting prizes are up for grabs by the winners who participated in the game competition.

HEMA Foundation will also be training all the students of its Partner Schools through online Summer Camp which will cover more detailed engagement with each moral value through short films, videos, surveys and certification. All the participating students will be trained on playing such though provoking games and quizzes on a regular basis.

HEMA Foundation has designed and developed [www.hemvirtues.com](http://www.hemvirtues.com) a holistic e-portal on Moral Value education which will be used extensively by registered students for completing fun learning courses on moral values and enable themselves to earn values specific certificates.

As a part of our contribution towards nation building through student engagement programs, we at HEMA Foundation collaborate with schools to deliver Training to the Students and Teachers on Value Education through our HEM Virtues platform as a part of our CSR initiatives without causing any financial burden to academic institutions.



हेमोत्सव 2022

JUNE 25<sup>th</sup>, 2022



# HEM *Virtues* AWARD 2021-2022

## Awards

- HEMRatna Award (School)
- HEMValue National Excellence Award (Schools)
- HEMValue Excellence Award (Schools)
- HEMShri Award (Principals)
- HEMSarathi Award (Teachers)
- HEMChampions Award (Students)
- HEMPillar Awards

The winners name will be declared on 25th June 2022  
on our Foundation Day

Follow us on:    

## UPCOMING EVENTS

### Have your school sent nomination for the HEM Virtues Award 2022 ???

We invite your esteemed school to join this noble initiative of HEMA Foundation and participate in the HEM Virtues activities as a part of Value Education. This will make your School, Principal, Teachers and Students eligible for the annual HEM Virtues awards which will be declared during the HEMOTSAV on 25th June 2022.

There are seven values that we have chosen for this year namely; Courage, Respect for Nation, Honesty, Respect and Love, Creativity, Determination and Self-Regulation.

Awards are planned for this year in a manner to facilitate maximum schools who are actively engaged will be getting the maximum awards. We invite your school to engage and win fabulous prizes and cash awards through various categories and get recognized at the national level.

### Process for Nominating your School : ( Last Date for Submission – 5th June, 2022)

1. This contest does not require any financial commitment or payment on part of schools
2. The schools will have to register through [www.hemvirtues.com](http://www.hemvirtues.com) for your school, students and teachers respectively.
3. Students to carry on with the respective activities and tasks for each Values, creating proof of all the activities and documenting them in [www.hemvirtues.com](http://www.hemvirtues.com) as per the instructions given, upload them.
4. Upload your School Nomination in the given link - [www.hemvirtues.com](http://www.hemvirtues.com)
5. There you go - win the awards and participate in the award function.
6. Assessment criteria for HEM Virtues Award is given in the annexure.
7. Entries will be evaluated by an esteemed panel of jury appointed by HEMA Foundation.

### Awards and its categories:

HEM Ratna -1	HEM Value National Excellence - 4	Hem Value Excellence Award - 14	HEM Shri -150	HEM Sarthi - 300	HEM Champions
Cash Prize 51,000 /-	Cash Price Rs 31,000/- per winner	Cash Price Rs 11,000/- (2 Awards per value covering 7 Values )	150 Principals	300 Teachers	For Students Platinum (7 Values) Diamond (6 Values) Gold (5 Values) Silver (3 Values) Bronze (2 Values)

If you have missed out the previous values and movies and tasks of HEM Virtues, do not worry-they are all available at [www.hemvirtues.com](http://www.hemvirtues.com) for you to watch them at your convenience and never forget to upload the documents as proof.

Kindly remember that you can get in touch with us for any of your queries.

WhatsApp Number - 7228001342 . Email - [admin@hemafoundation.org](mailto:admin@hemafoundation.org)

**Mrs. Hetal Desai, Associate Director, 96199 16613**

**Mr. N Sundar Iyer, Chief Communications Officer , 98195 40279**



## SCIENTIFIC TEMPER



**MODERATOR**

**Dr. Seema Negi**

Director Principal,  
Sanjeevani World School,  
Associate Director (Academics),  
HEMA Foundation

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

**Wednesday,**  
18th May 2022

**Time : 5:00 PM**  
Mumbai, Kolkata, New Delhi



Meeting ID: 831 4697 5590  
Password not required

### Partners In Spirit



**Mahendra Kabra**  
Managing Trustee,  
HEMA Foundation

**Anita Maheshwari**  
Trustee & Creative Director,  
HEMA Foundation

**Dr. Chinu Agrawal**  
Psychologist and Psychotherapist,  
Director - Feeling Minds,  
Trustee - HEMA Foundation





**Mr. Mahendra Kabra**

**Managing Trustee, HEMA Foundation**

"Channelise your focus on any task or work you do with great determination, dedication, focus and passion. Be it any games, sports or even studies. Just log in to [www.hemvirtues.com](http://www.hemvirtues.com) and explore the moral value of "determination" and how this moral value can help you develop your personality. "



**Mrs. Anita Maheshwari**

**Trustee and Creative Director,  
HEMA Foundation**

"Some people are unable to handle the situations even when faced with the slightest problem. But there also are such people who become stronger when faced with adversity and tough situations. Their perseverance and determination give courage to fight the situation. The story I want you all to watch is of Karoly Takacs who joined the Army because of pure determination and wanting to bring a gold medal for his country in Shooting . Do watch this Healing from Real Story video of Determination - <https://www.youtube.com/watch?v=ORuUmu6Wxos&t=133s>