



Monthly Bulletin

March 2022
Inaugural Issue

Partners In Spirit





**शील विनय आदर्श श्रेष्ठता, तार बिना झंकार नहीं है।
शिक्षा क्या स्वर साध सकेगी, यदि नैतिक आधार नहीं है ॥**

Founded on 25th June, 2016 in the fond memory of Mrs. Hema Kabra, HEMA Foundation the philanthropic arm of RR Kabel (RR Global) is working relentlessly in the area of VALUE EDUCATION.



We believe that Value Education is the only subject wherein an individual is tested daily. Value education is a way of life. The pace of industrialization and technological advancement have enriched humanity with luxury and resources. Technology has overtaken our lives by making things easily available over a click of a button. However, as the world is moving ahead in great pace, it becomes responsibility of every individual, teachers, educators, parents and students to keep moral values at the core of all these developments.

We extend support to educators, school administrators and teachers through our learning materials that contains and illustrates a clear picture to carry out Moral Value Education in schools. Keeping in view the visual treat of learning, we have created 48 short films based on 48 Values as prescribed by NCERT. In the Academic years 2020 & 2021, we introduced 16 Values with their activities and practicals through HEM Virtues our e-portal for dissemination of Value Education. Some of the Values imparted are Fearless, Curiosity, Nature's Love, Confidence, Hope, Cleanliness, Cultural Values, Kindness, Inner Harmony, Courage, Respect for Nation, Honesty, Love & Respect, Creativity, Determination and Value of Time. HEMA Foundation is engaged in Value Integration with academic subjects as recommended by NEP 2020 that will serve as a boon to the teaching fraternity.

2.69 lakh students | 5228 Teachers | 4697 Schools from across India are registered with HEMA Foundation through our e-portal www.hemvirtues.com which offers a complete course on Moral Values for students. At the same time, we focus on Skill Development by equipping teachers with ready to use teaching modules on Value Education through our e-portal. We have also initiated and signed MOUs with many Universities and educational institutions across India for conducting Value Educator Programs for Teachers, Psychologists and Educators.

We have also created quality learning and teaching materials viz; HEM Disha , HEM Harmonize , HEMformation which acts as course materials for teachers and students. All the registered schools receive HEM Sampark – Topical Assembly Module, early in the morning between 5 to 6 am. To keep the learning curve always up and at the same time exciting and engaging for students, we conduct various competitions and quiz contents through the year.

In order to ensure that we are blessed with last mile connectivity , we work hand in hand with our partners in spirit - Feeling Minds, Indian Development Foundation, Vidya Bharati, Bharat Vikas Parishad, Sanskriti Samvardhan Pratishthan, MAA Foundation, Geeta Pariwar, ABMYS, Diaspora Times, Sewa, Vidya Pracharak Mandal, JPS, Keshav Srushti, Ekal Vidyalaya, Sewa Sahyog, Ehasas Foundation, Swayam Education Foundation, Bharatiya Vidya Bhawan and many more like minded organisations and individuals.

Thank You and warm regards,

Mahendra

Mahendra Kabra
Managing Trustee

Anita

Anita Maheshwari
Trustee & Creative Director

VALUES AS FOUNDATION OF HUMAN BEHAVIOUR



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



Why do we do what we do?

We have often seen two people in the same situation behave differently sometimes. For e.g., when a building is on fire, we can see one person saving his own life while the other person putting his own life at risk and rescuing others. All though there are many factors responsible for human behaviour like age, health, family background etc, "values" are emerging as the most important of these. The beliefs that the person holds true even in an adverse situation form his values. Human values are called as the "compass" that guide people's behaviour. (Shwartz, 1992)

Values basically guide our preferences and help us choose our course of action in a given situation. Values come from various sources, the foremost being the family in which we grow up. Values are imbibed by observational learning in the early years of life called as imprint stage.

Thus, parents play a very important role as they are child's first "value models". Parents have to be conscious of how they are behaving when children are around. If parents are caring and nurturing towards other people, pets and animals, guests and visitors, elderly, helpers in the house, children will pick up

similar behaviour and act kindly towards others. They will eventually grow up with the belief that "others should always be treated kindly". This becomes an important value for them and they try to practice it after. They not only prefer to be kind to other human beings, but they also do not like when others show harsh and rude behaviour. This will again depend on their own "values". Do they have the value of "courage"? If yes, inspite of the risk of being put down or confronted they will act on this value of courage and rescue the victims. Besides parents, teachers, peers and other people in the environment, culture, media also play a significant role in Value Modelling.

Thus, it is a joint responsibility of the entire ecosystem to decide what kind of generations we want to raise? Partaking of this responsibility we at HEMA Foundation are contributing to the field of Value Education with the aim of bringing values to every child. You can visit www.hemafoundation.org to know more about us and partner with us in this noble cause.

VOICE OF VALUES



Dr. Vijayam Ravi

Ph.D, Academic Director,
HEMA Foundation, Mumbai



Ethical dimensions of human character are always considered to be of supreme interest and importance in daily life, work life and personal life. Display of universal human values like kindness, compassion, truth, tolerance and love that comprise of all other subsets of values, become the ambit of discussions in school classrooms while educators address the students and will further continue to be discussed as long as education exists. There is no ambiguity about the simple fact that values define a human being and preference or choice of values become the signature of the individual. High intellectual strategic decision-making skill is not required to embrace human values, rather we need simple intentions to follow values. For voicing the values, one has to simply flex the moral muscle and look into the eyes of people who pose challenges. Righteousness in the hearts of individuals need to be inculcated in the school life of children as that brings radiance to the personality. This radiant personality makes the society brighten up the culture of the society and nation and the world becomes a garden of value-oriented individuals. In such a world, we do not have to worry about anything. Everything falls in place. So, that single word of righteousness has to start with the little child in classrooms and educators have that single responsibility. Value education is not a school subject alone, it permeates into the arena of higher education too through the recent NEP-2020. Addressing challenges and facing adversities with

confidence and competence, our children and youth need that resilience, equanimity and calmness. Such a generation is our hope and future and towards that we at HEMA Foundation, would be keenly engaged with your cooperation and collaboration.

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 NEP2020

"4th Chapter - Clause 28 - Students will be taught at a young age the importance of "doing what's right and will be given a logical framework for making ethical decisions. In later years, this would then be expanded along themes of cheating, violence, plagiarism, littering, tolerance, equality, empathy, etc., with a view to enabling children to embrace moral/ethical values in conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work."

HAPPINESS MANTRA



Dr. Narayan AB. Iyer

CEO, Indian Development Foundation (IDF)



Kitaro Nishida rightly said, "If my heart can become pure and simple, like that of a child, I think there probably can be no greater happiness than this."

- See the goodness in the world
- Help the needy
- Be a good learner
- Accept the truth

Encourage children to become what they want and not what the parents want. As parents, spend quality time with them. Limit their social media usage. Values such as forgiveness, gratitude, sharing and caring, adjustability, and co-operation should be imparted by teachers and parents. Involve your child in sports. Encourage a good sleep schedule.

Happiness is after all a choice. Let's be happy and spread happiness.

Dr. Narayan AB. Iyer,
CEO, Indian Development Foundation (IDF)

In the words of Swami Vivekananda, let every child understand that all power is within you, you can do anything and everything.

Here are some of the Happiness Mantras

- Be positive
- Have clear thoughts
- Believe in purposeful life
- Be Humble
- Always express gratitude
- Have passion

SCHOOLS ONCE AGAIN ON THE WINGS OF VALUES.

Over the last two years, our world has witnessed a sea change. Pandemic has forced humanity to think that there is a limit to everything. But then, the only things that reflected in abundance were the qualities of moral values. The period of pandemic tested the level of moral values that each one of us, as humans, have within us. This is one area where humanity flourished. Unconditional kindness, compassion, service-oriented behaviour and many other moral values emerged as a ray of hope.



When we look at education sector's response to pandemic, it was amazingly positive. Each one of them right from the staffs, students with support of the management sprang back well in time to adjust to the new normal. Today, when we look back at times when pandemic was at its peak, every component of the school system worked well in tandem displaying a greater team spirit and resilience than ever.

Now that schools are opening once again, it becomes a prerogative of we educators, teachers and staff to ensure that the schools must take their wings to fly on values once again and the moral values are propagated and perpetuated. Time has proven that Value education is the only test which a human must clear every single day in his or her life. These set of values forms the foundation for leading a successful and happy life.

Even the NEP 2020, Chapter 4 – Point 4.4 titled “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”. This statement itself highlights the need for and importance of Value Education.

This is where we are HEMA Foundation, through 48 short films on 48 different moral values, are engaged in value integration with academic subjects as recommended by NEP 2020 that will serve as a boon to the teaching fraternity. We also have made this

learning module more in-depth by adding the psychological aspect of each moral value and backing it up by adding the experiential learning program for each value. In addition to this, we have covered 144 real life stories in the form of short videos with an objective to inspire and motivate our students who thereby shall aim to imbibe the moral values over a period of time.

This monthly bulletin from HEMA Foundation is an effort towards showcasing the amazing amount of work done by our schools and institutions in the field of Value Education. This bulletin in its digital avatar shall always aim to serve the purpose of spreading the message across to the educationists thereby giving voice to values.

For HEMA Foundation

STUDENT ORIENTATION PROGRAM

Chote Kadam....Badhte Kadam.....

Now that students are back to school, it was indeed a wonderful experience to witness students engaging in activities related to Moral Values. We at HEMA Foundation feel so pleased and elated with the response of Students, Teachers, Principals and School authorities towards our Value Education Program.

A complete course on Value Education through Short Films, Activities, Surveys etc has been designed in a ready to use format and our Project Coordinators are ensuring last mile reach by going to schools across India for conducting such wonderful orientation programs.

It's a blessing for us at HEMA Foundation to be of service to the student fraternity through Moral Value Education courses.



TMC SCHOOL NO.115 , (Kalwa)



ST. MEHTA SCHOOL (Ghatkopar)



THE DON BOSCO SCHOOL , (Bhayandar)



TMC SCHOOL NO.130 , (Thane)



PRATHMIK VIDYALAY (Bichpuri Agra)



TMC SCHOOL NO.112 , (Thane)



TMC SCHOOL NO.95 , (Thane)



GURUKUL ENGLISH HIGH SCHOOL , (Malad)



TMC SCHOOL NO.112 , (Thane)



TMC SCHOOL NO.98 , (Thane)

CREATING PATHWAYS AND GAINING MORE INROADS FOR SPREADING THE CAUSE OF MORAL VALUE EDUCATION WITH SUPPORT FROM DR MUNJAPARA MAHENDRABHAI, HONORABLE MINISTER OF STATE FOR WOMEN & CHILD DEVELOPMENT



A very fruitful and long meeting with Dr Munjapara Mahendrabhai, Minister of State for Women and Child Development, New Delhi, today. The members from Board of Trustees of HEMA Foundation - Mr Mahendra Kabra, Mrs Anita Maheshwari and Dr Chinu Agrawal expressed gratitude as they felt blessed and honoured to spend so much time with a learned person like him.

Honorable Minister took keen interest in child development initiatives of HEMA Foundation and Feeling Minds® and in the area of Value Education and Emotional Education.

With the blessings and support of all our well-wishers, our work is going to reach out to many more schools, upto 75000 now with the collaboration of the Government of India.

RECENT PAST EVENTS

HEM MANTHAN

THE IDEAS CHURNING PLATFORM ON MORAL VALUES

HEM Manthan is a panel discussion session conducted every month during the first 6 months of the calendar year. These sessions are delivered by eminent resource persons from HEMA Foundation who interact and moderate the session with panelists from the education sector.

HEM Manthan discussions are a much sought-after event attended by educators, principals, teachers and parents. All participants eagerly await to receive some very amazing food for thought as a part of the deliberations between our highly knowledgeable resource persons who moderate the session with the esteemed and eminent panelists.




VALUE OF HONESTY IN TODAY'S COMPETITIVE WORLD

MODERATOR
Dr. Chinu Agrawal
 Psychologist & Psychotherapist,
 Director, Feeling Minds
 Trustee, HEMA Foundation

PANELIST

MR. AMIT MEHTA
 CEO,
 MAA Foundation, Yepi

MRS. LEENA NAIR
 Principal, New Era Senior
 Secondary School,
 Vadodra

DR. RAKESH SOMANI
 Principal, D. Y. Patil University
 School of Pharmacy,
 Navi Mumbai.

zoom
MEETING ID: 873 4259 1515
<https://us02zoom.us/j/87342591515>
 Password not required

YOU ARE INVITED TO JOIN US FOR A WEBINAR ON ZOOM
WEDNESDAY
19th JAN 2022 | TIME- 5:00 PM
 Mumbai, Kolkata, New Delhi




FIRST 3000 PARTICIPANTS CAN JOIN ON ZOOM

PARTNERS IN SPIRIT

MAHENDRA KABRA
 Managing Trustee

ANITA MAHESHWARI
 Trustee and Creative Director

DR. CHINU AGRAWAL
 Trustee and Advisor

Digital Learning and Value Adoption

MODERATOR
Dr. Vijayam Ravi
 Academic Director,
 HEMA Foundation

PANELIST

Dr. Kunal Anand
 Principal,
 Delhi Public School,
 Udhampur, J&K

Ms. Rita Aggrawal
 Senior Consultant,
 Psychologist & Columnist
 The Hivavada

Ms Sudha Shanbhag
 Principal
 Children's Academy,
 Malegaon

zoom
You're Invited to Join us for a webinar on ZOOM
Wednesday, 16th Feb. 2022 Time: 5:00 PM
 Mumbai, Kolkata, New Delhi
Meeting ID: 953 5593 3601
 Password not required

PARTNERS IN SPIRIT

Mahendra Kabra
 Managing Trustee,
 HEMA Foundation

Anita Maheshwari
 Trustee & Creative Director,
 HEMA Foundation

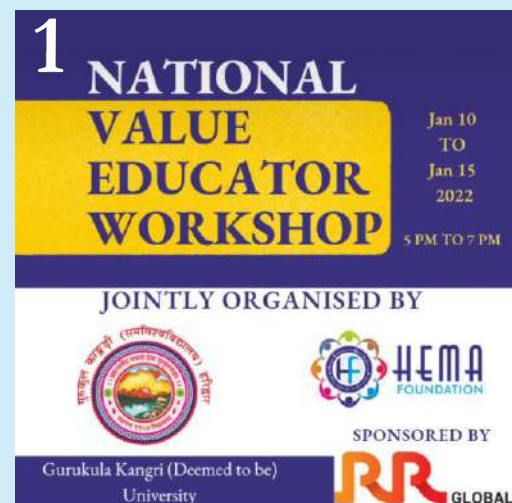
Dr. Chinu Agrawal
 Psychologist and Psychotherapist,
 Director - Feeling Minds,
 Trustee - HEMA Foundation

RECENT PAST EVENTS VALUE EDUCATORS IN THE MAKING

The year 2022 kickstarted with a giant stride in the field of value education. The need of the hour was to work relentlessly towards adding skills for teachers and psychologists, thereby empowering them to also become successful value educators. Keeping in view this thought, an igniting moment in the field of moral value education was witnessed in January 2022. HEMA Foundation conducted the 1st National Value Educator workshop which was jointly organized Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand

In February 2022 HEMA Foundation conducted two Value Educator workshops respectively in association with Smt Kapila Khandvala College of Education, (KKCOE), Mumbai and with DAV College of Education for Women, Amritsar.

Currently close to 400 + Value Educators from all the above 3 workshops have successfully cleared the value educator test designed and developed by HEMA Foundation and are aiming high to contribute their learnings and do effective implementation at grassroot level in the field of value education by implementing HEMA Foundation's learning modules in their respective schools.



UPCOMING EVENTS

HEMA FOUNDATION **HEM - मंथन**
OPEN MINDS | OPEN DOORS

ART OF QUESTIONING

MODERATOR
Dr. Seema Negi
Director Principal,
Sanjeevani World School,
Associate Director (Academics),
HEMA Foundation

PANELIST

Dr. Gunmeet Bindra
Director Principal,
Delhi Public School, Ropara

Mrs. Kalyani Chaudhuri
Principal,
Bilabong High International School,
Tiruch

Dr. Anita Verma
Mentor, Educator and
Counselor, Jamshedpur

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

Wednesday, 16th March 2022 | **Time : 5:00 PM**
Humbal, Kolkata, New Delhi

zoom Meeting ID: 835 6759 4879
Password: not required

Partners in Spirit

Mahendra Kabra
Managing Trustee,
HEMA Foundation

Anita Maheshwari
Trustee & Creative Director,
HEMA Foundation

Dr. Chini Agrawal
Psychologist and Psychotherapist,
Director - Fixing Minds,
Trustee - HEMA Foundation

HEM Manthan March 2022 (Take the Creative Design)
In the second series, out of 6 editions till date HEM Manthan has covered 2 editions. One each in January and February 2022.

For the month of March 2022, which is the 3rd edition, we will be deliberating on the topic '**Art of Questioning**' which will be moderated by **Dr Seema Negi, Associate Director (Academics), HEMA Foundation**. The same will be conducted on **16th March 2022 from 5 pm to 6 pm via zoom**.

Join Zoom Meeting

<https://us06web.zoom.us/j/83567594879>

Meeting ID: 835 6759 4879

The session will be attended by Educators, Principals, Teachers and Parents. For sure your knowledge and expertise will definely add immense value to the HEM Manthan session on "Art of Questioning". All participants shall be eagerly awaiting to receive some very amazing food for thought as a part of the deliberations with our esteemed panelists, including your kind self.



Mr. Mahendra Kabra

Managing Trustee, HEMA Foundation

Mr. Mahendra Kabra's vision has always been to impart CULTURAL & MORAL EDUCATION in children and enlighten them about the key roles played by parents and society in shaping them into fine individuals. It aims to cultivate a better and compassionate understanding of their responsibilities towards Self, Family, Society, the nation at large, and help them become better human beings.



Mrs. Anita Maheshwari

**Trustee and Creative Director,
HEMA Foundation**

Mrs. Anita Maheshwari aims to set forth value education through HEMA Foundation and develop an all round and well-balanced personality of children and also develop all dimensions of human intellect so that children can make the nation cohesive, socially responsible, culturally rich nation.

VALUE EDUCATORS ARE SOCIETY CREATORS

VALUE EDUCATOR WORKSHOP

As a part of our mission towards Value Education, we at HEMA Foundation have signed an MOU with Gurukula Kangri (Deemed to be University), Haridwar for jointly organizing national level VALUE EDUCATOR Workshops , conducted on a regular basis.

Value Educator Workshop covers in detail the following topics.

Topics covered by respective faculties
1) Key Elements of Values. Social Emotional Learning competencies. Role of Parents in Integrating values for life - Dr. Chinu Agrawal, Psychologist, Psychotherapist, Trustee, HEMA Foundation, Director, Feeling Minds.
2) Healing through Real Stories - Mrs. Anita Maheshwari, Trustee & Creative Director, HEMA Foundation.
3) Value Integration with Academics - Dr. Vijayam Ravi, Academic Director, HEMA Foundation.
4) Experiential Pedagogy - Dr. Seema Negi, Associate Director (Academics), HEMA Foundation.

Inviting Teachers, Psychologists, Counsellors, B. Ed Students to participate and enhance your skills in the area of MORAL VALUE Education.

Enroll your school free of cost in www.hemvirtues.com

**For a complete e-learning course on Moral Value Education
(FOR STUDENTS, TEACHERS & EDUCATIONAL INSTITUTIONS)**

- Overall, 48 short films developed on 48 values prescribed by NCERT
- Currently e-learning module covers 16 Moral Values in value education course format
- Register and avail Student Orientation sessions and Teachers Training Sessions
- Post registration students also earn certificates after completion of each moral value
- Schools, Principals Teachers & Students also receive award for best performance during our annual celebrations HEMOTSAV held on 25th June every year.

Student Orientation Program

HEM Virtues Model of Value Education as per all School Board's Framework:

We extend support to educators, school administrators and teachers through our learning materials that contains and illustrates a clear picture to carry out Value Education in schools.

As a part of our constant endeavor to offer knowledge and technology support to your Institution for optimum implementation of Value Education at your esteemed schools, we request your kind self to organize an Orientation Program of 90 minutes duration for your students.

Student Orientation can be conducted one session per month grade - wise as follows:

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

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

You respective school can schedule the Orientation program between Monday to Friday
Our Value Educator will co-ordinate with your team in this regard as per your advise.

Current user base in www.hemvirtues.com

268663 Students | 5178 Teachers | 4594 Schools | 16 Moral Value Course

CONTENT DESIGNED AND DEVELOPED FOR EDUCATION FRATERNITY



A workable framework in the form of a e-portal that contains a clear picture of how to carry out Value Education in schools.



A Teachers guidebook in which each subject, every life value has been presented with great simplicity and interest through many activities



A Value Integration with academics covers values that are slowly to be adapted by the students across all grades with relevant stories and activities.



A daily topical assembly module covering Morning Mantra | Day's importance | Day's Challenge - Quiz Format | Pledge for the Day

HEMA Foundation is the philanthropic arm of R R Kabel (RR Global)

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 as a part of our CSR initiatives without causing any financial burden to academic institutions.

For more information and FREE registration of your educational Institute do connect with us at:
Mobile - +91 7228001342 Email - admin@hemafoundation.org