



HEM *formation*

Humane Endeavour for Moral Awakening



1 Inner-Harmony

2 Self Discipline

3 Faith

4 Gratitude

5 Kindness

6 Habit



*All the powers in the universe are already ours.
It is we who have put our hands before our eyes
and cry that it is dark.*

उतिष्ठ जागृत भारतः

Swami Vivekananda

Preface



Children have to grow happily. They are joyful, and spread happiness around. The birth of a child brings smile to the members of the family. They need to grow without any complexes and on the strength of their character. They learn their habits by observation from home and school and hence adults have a greater responsibility in formulating an



effective youth force.

India has a rich past of gurukul system of education wherein the students were trained to live Values first before they were trained with technical sessions on Archery or the Vedas. Only when the students were fully equipped with the maturity to handle themselves and handle their emotions, were they allowed to go to the next level of learning. As civilization caught on us, there had been less significance for this kind of education and we took to the westernized system of education where learning content and amassing knowledge became priority and training in Values became secondary.

There has been a corrosion of value system from our society due to the advent of science and technology, nuclear family and materialistic way of life, peer group pressure, mass media influence, the urge for modernization, lack of assertion on values in schools and shifting priorities of parents. Academic syllabus in schools merely reduced to imparting the facts and figures and student assessment reduced to gaining marks. Our youngsters are mis led, resulting difficulties in differentiating right from wrong. The youth has become very temperamental, restless, impatient and craving for comforts and wealth. Position and power are the watchwords for them today.

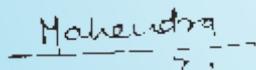
The restoration of Values in the youth would stabilize the society and spread the fragrance of love and kindness and concern for humanity. The organization believes that making monsters with knowledge of physics and chemistry and other subjects come much later, for, they have to be human beings first. Or else, the society would lose its integrity and stability. Hema Foundation, a philanthropic arm of Ram Ratna Group decided to work for imparting CULTURAL & MORAL EDUCATION to children at a very impressionable young age. It aims to cultivate better and compassionate understanding of their responsibilities towards Self, Family, Society the Nation at large, and help them become better human beings and responsible citizens.

The importance of Value Education has been long recognized but the methods to impart have not been definitive. Seeing is Believing. There is no impact quite like a visual impact. With this understanding, the Foundation has produced 48 short films on Human Values with strong meaningful messages. An interactive session between teacher and the students after viewing the documentaries shall results in self inspired resolution for accepting and adopting the Values. The all Human Values have been classified as per their age group into std 1 to std 8. more periods conducting various activities as prescribed in *Hem-Disha* (A Teacher’s Guide Book) include interesting and inspiring stories, games, skits, poems, learning from illustrious personalities etc, in order to elucidate the Values into the daily practice schedule.

Hema Foundation is expecting is a transformation of human beings into practical, sensible and lovable individuals who care for others. This describes or justifies the title of the book as “*Hemformation*” -‘Transformation like gold’. Gold gets purified each time when it comes in fire and like that the students who get in to tough situations of life, the Values brought out or learnt, must support them for a transformation. The *Hemformation*, therefore deals with those Values that are slowly to be adapted by the students across all grades with relevant stories and activities. Stories and narration of them have been the medium used in elucidating the Values, because stories have a great impact on children and it is found that they last long in their minds. For any Value to be assimilated, those Values need to penetrate in. *Hemformation* series have taken the effort to illustrate through this medium of stories from the Puranas, Upanishads and has taken life histories of illustrious people who lived in India and the world and who made humanity proud. The CBSE and NCERT have designed those Values that are necessarily to be imbibed by the students while they are at school and the book series depends on those Values for illustration. There is a subtle thread of connectivity between all these Values so that the holistic purpose of this effort is achieved.

With best regards to our teachers, love and affection to our students.

Thank You,



Mahendra Kabra
Managing Trustee



Anita Maheshwari
Trustee & Creative Director

In writing of this book

Entire concept and scaffolding of this value education material is based on pretext of world scenario today, as proudly conceived India had been the land of compassion and cohesion bereaved humanity strives for Great Indian culture, customs and traditions have been sheltering, promoting and spreading peace, cohesion and prosperity amongst all life forms on earth, rich in its values Indian soil provides bedrock of fragrance and empowered life.

Shri Mahendra Kabra, Chairman and Managing Trustee of Hema Foundation, has been the real soul behind preparation of this book along with Trustee and Creative Director, Ms. Anita Maheshwari.

Entire concept, selection of content and methodology of text flow has been aligned and corroborated with latest guidelines of National Education Policy draft 2019 and National Curriculum Framework (NCF) Delhi.

Before producing this book, research based on modus operandis of Indian academia was thoroughly researched, numerous sessions of discussions with educational authorities, principals, teachers and students were held to streamline flow of text and relevance with education system and world.

Before preparing the final draft, approach of child's mind, psychology of education and pedagogy of our classrooms was seriously corroborated and all the exercises in this book are planned in a manner that this content invokes an automatic stimulus in reader's mind and prepares ground for taking these values in life forward.

Ms. Hetal Desai, Ms. Anubha Daga and team Rajasthan Ruchi Rastogi, Vandana Singh, Ankita Ranawat and Pawan Rajput of Hema Foundation have been pivotal in editing the contents along with Subhash Medekar and Pooja Chavan in carrying out the tedious task of designing.

Also thousands of teachers and students also deserve a sincere gratitude for standing with the team of Hema Foundation that helped in formulating the basic design of this book.



Dr. Nagpal Singh
Educationist and Cognitive Psychologist
Writer



All rights reserved under the copyright act. No part of this publication may be reproduced, transcribed, transmitted, stored in a retrieval system or translated into any language or computer language, in any form or by any means, electronic, mechanical, magnetic, optical, chemical, manual, photocopy or otherwise without the prior permission of the copyright owner, Any person who does any unauthorized act in relation to this publication may be liable to criminal prosecution and civil claims for damages..

First Edition: 25 June 2019

Publisher:

HEMA Foundation
Ram Ratna House, Oasis Complex,
P. B. Marg, Worli, Mumbai - 400 013
Tel.: 022-2494 9009 / 9142, Extn.: 108
Mob: 72280 01342 / 7710030852
E-mail: admin@hemafoundation.org
Website: www.hemafoundation.org

All rights reserved ©

Printer :

Cooperation amount : ₹ 150/- Only.

“This book is meant for educational and learning purposes. The author(s) of the book has/have taken all reasonable care to ensure that the contents of the book do not violate any copyright or other intellectual property rights of any person in any manner whatsoever. In the event the author(s) has/have been unable to track any source and if any copyright has been inadvertently infringed, please notify the publisher in writing for any corrective action.”

An Important Read

Definition of a country is always marked by its community discourse which sought values and positivity. But, ironically things around are getting increasingly inclined towards violence, social evils and lack of respect towards world around them. People who become great statesmen, sports persons or business entrepreneurs have certain things in common. They are all vigilant about their surroundings. They all know how best to use what they have. They all believe in hard work and in doing things which are good for the society. Creation of such values in our youth is the end product of value education.

The first school a child attends is his home and parents are the first teachers. With the help of their, conduct and behavior they induce an influence on their children. They play a major role, in inculcating values in their children. Values are essential for a sound character and personality. But at times, due to their sheer negligence, a child fails to accept morally and ethically accepted values. The second major role is that of as teacher. The teachers play a very important role in the society and they are considered as nation builders, personality developers, guides, etc. But in the modern era, there are number of factors which are responsible for degradation of the status of teachers, for their poor performance and for the decline in the teaching of values. This book provides information about how parents and teachers can inculcate these values in children and contribute in nation building. Finally, the book emphasizes on teachers' role in all spheres of society.

Introduction

“The value concept is able to unify the apparently diverse interests of all the concerned with human behavior.”

In our culturally plural society, education should foster universal and eternal values, oriented towards the unity and integration of our people. Such value education should help eliminate obscurantism, religious fanaticism, violence, superstition and fatalism. Apart from this combative role, value education has a profound positive content, based on our heritage, national goals, and universal perceptions. It should lay primary emphasis on this aspect.

National Policy on Education, 2005

Values enshrined in the Constitution of India point towards the principles of equality and social justice and appreciation of cultural values of each other,

dignity of all individuals, etc. Values such as equality, fraternity and justice can promote inclusivity where all members of the society feel included irrespective of their color, culture, economic or social background, caste, religion, gender or community. The culture of inclusivity is particularly relevant and important in the context of our society, nation and making education a right for all children. The aim of education, thus, can no longer be solely confined to learning of specific culture and its traditions but that of learning and appreciation of multi-culture.

- 'Education for Values in Schools – A Framework' by NCERT

At the beginning of the second decade in 21st century, the education of future citizens needs to be redressed so that a better balance is achieved between academic excellence, human values and oral perceptions. Since World War II, the world has been a witness to a continuous and steady deterioration of values in moral standards all over the world. Braun, developer of World War II rockets says "If the world's ethical standards fail to rise with the advance of our technological revolution, we shall perish". The whole country is experiencing massive erosion of values. political and economic corruption, scandals and scams, antisocial and anti-national Activities, etc., are on the rise all over the country.

When we look at the modern society we can visualize that violence, exploitation, political corruption, and corruption in public life, terrorism, arms race, and production of nuclear bombs are on the rise everyday and it clearly shows the degradation of value systems. The application of scientific and technological knowledge to the comforts of man has reduced him to a mechanical being, resulting in degeneration of the value system.

Meaning of Education

Education undoubtedly is one of the most powerful agencies in molding the character and in determining the future of individuals and nations. Thus, the whole realm of education is centered on the development of the moral aspect of man. Plato emphasized that educational effort should aim at the promotion of virtue. Herbert declared that the whole work of education, which is a long and complex training, should focus on one particular thing that could be summed up in the concept "Morality".

The University Education Commission (1964-66) summarizes the Indian concept of education as follows; "Education according to Indian tradition, is not merely a means of earning a living; nor is it only a nursery of thought or a school for citizenship. It is the initiation into a life of spirit, a training of human

souls in pursuit of truth and the practice of virtue.”

“The first duty of the education system is to teach wisdom, not trade; character, not technicalities” says Winston Churchill. Educated persons are those who can choose wisely and courageously under any circumstances. If they have the ability to differentiate between good and bad, wisdom and foolishness, virtues and vulgarities, regardless of the academic degrees they have, then they are educated. Life-centered ethics have to be dealt with, to develop the will, to live a moral good life, to keep away from evil, to develop a spirit of sacrifice and an attitude of consideration for others. Education plays key role in making people aware of value environment. Positive attitude needs to be inculcated from childhood through parents and other members of the family and teachers. There is sufficient psychological evidence that morality is learnt, and can be controlled and directed. Learning controls impulses, moral rules and principles and it is a valuable guide, to apply the principles to new situations. For Swami Vivekananda, the goal of education is “Man making”. It is making of the whole human being.

Values

“Value” comes from the Latin word “Valera” which means to be of worth, to be strong. The dictionary gives the following meaning: relative worth, utility or importance, degree of excellence, something intrinsically valuable. Value literally means something that has price, something precious, dear and worthwhile; therefore something one is ready to suffer and sacrifice for; if necessary one is ready to die for it. Values are standards, rules, criteria, attitudes, guidelines, desirable ideas/beliefs and important things, which play a crucial role in shaping the life of individuals. Values give direction and firmness to life. They identify a person, giving him a name, a face and a character. Hence they bring joy, satisfaction and peace to life.

Values are those standards or codes of conduct, which are conditioned by one’s cultural tenants, guided by conscience, according to which, one is supposed to conduct himself and shape his life pattern by integrating his beliefs, ideas and attitudes with a view to realize the cherished ideals and aims or life. High values lead to objective, fair and correct decision and action and ensure the welfare of all concerned, while low value does exactly the opposite. Values are essential for all persons, recognizing the fact that the individual is comprised of physical, intellectual, emotional, and spiritual dimensions.

Value is the relation between a person and an environmental situation, which evokes an appreciative response in the individual. The other complimentary function of value is, that it contributes to the welfare of the larger social unit

such as family, the community and the nation of which the individual is a member.

Value system contains

- A set of beliefs about nature of man
- Rules laying down what ought and what ought not to be done
- Motives that incline us to choose the right and wrong course. The following ten basic themes may also form a part of value education
 - ✦ **Think positive.**
 - ✦ **Be compassionate and do no harm.**
 - ✦ **Recognizing innate peace.**
 - ✦ **Cooperation and Collaboration.**
 - ✦ **Humility and Integrity.**
 - ✦ **Rational Introspection.**
 - ✦ **Rationality and Critical thinking.**
 - ✦ **Promotion of peace and benevolence.**
 - ✦ **Cohesion and integration.**
 - ✦ **Nature's preservation.**

It is important to remember that value education is not another subject. It performs two important functions in the curriculum. Firstly, it unifies all other subjects under a holistic vision of values. In the absence of such a holistic view the learning done in subjects tends to be fragmentary and remains superficial. Secondly, value education humanizes education.

Classification of Values

- Personal Values** : The principles and ideologies that a person follows in personal life.
- Universal Values** : Principles that all people across the planet are expected to adhere to.
- Human Values** : Principles and ideologies that are basic to human nature to make their life smooth and happy.
- Religious Values** : Person's beliefs and faiths in a particular thought which act as a guide for reasoning between good and bad.
- Civic Values** : Principles, which guide in the do's and don't's of the

citizens.

Moral Values : Principles and directives, which enables us to follow the correct and right path.

Spiritual Values : Principles, which give directives to follow a faith in some philosophical.

Need for Human Values in the Society

Education is general and value education in particular occupies a prestigious place in the modern context of the society. Education and values are inseparable. They are two sides of the same coin. Value oriented education has come into force to promote a sense of morality, aesthetic and intellectual knowledge among the students. value education has the capacity to transform a confused mind to a very young, fresh, innocent, healthy, natural and attentive mind. The transformed mind is capable of higher sensitivity and a high end level of perception. Sri Ramakrishna Pramahansa also stated that education is the process that tells us how to live life well; how to find happiness; how to make others happy; how to manage all kinds of people and happenings as well; and how to grow and succeed in the right manner.

Today there is deterioration of values in the society. The values have been neglected not only at the social level but at the national level also. In the educational programmes only mental developments have been stressed. In the modern age, the aim of education is all round development of personality. In the present educational system, provision has been made for intellectual education by giving importance to intellectual development. Thus to be successful in life, important human qualities along with intellectual development should be the aim of value education. Value education is the positive effort towards bringing about a synthesis of different values in a human being. It is the teachers' role to foster human values through their teaching in the classroom and follow those values. To the youth of today, the classroom messages are love, safety, security, belongingness and warmth. Einstein remarked once: "try not to become a man of success, but try to become a man of values."

Meaning of Value Education

Value Education, as it is generally used, refers to a wide range of learning and activities ranging from training in physical health, mental hygiene, etiquette and manners, appropriate social behavior, civic rights and duties to aesthetic

and even religious training. Value education is simply a matter of developing appropriate behaviour and habits involving inculcation of certain virtues and habits. In opposition to such a conception, it is pointed out that value education has an essentially cognitive component in it and that this should not be ignored. There are three basic institutions that influence value education – the home, religious institutions and the schools.

Today we are talking of value education, value based politics and value based society. All of us feel that the values are falling and nobody is respecting them. In an enthusiasm to point fingers at others, we do not realize that we too have contributed to this fall. But, what are these values? Values are a set of desirable behavior by following which it is good for the individual and also the society. That exactly is the reason as to why values are not taught, lectured about or professed. They are only demonstrated. Two categories of people who make maximum impact on the personality of an individual in the formative years of life which remains all through the life are the parents and the teachers. Incidentally, it is this class of people who become role models - good or bad, without their consent or knowledge. Parents, teachers, family, school, environment, friends, society and religion- all these wield a great influence on the child. Academics and Co-curricular activities both help in teaching values. Meditation, Value Based Education, Music, Self-analysis, Positive affirmations and Resolutions help in improving our character. The suggestions and words spoken by the parents and others affect the character and good conduct of a child.

- * **Values are beliefs. But they are beliefs tied inextricably to emotion.**
- * **Values are a motivational construct. They refer to the desirable goals people strive to attain.**
- * **Values transcend specific actions and situations. They are abstract goals. The abstract nature of values, distinguishes them from concepts like norms and attitudes, which usually refer to specific actions, objects, or situations.**
- * **Values guide the selection or evaluation of actions, policies, people, and events. That is, values serve as standards or criteria.**
- * **Values are ordered by importance relative to one another. Values form an Ordered system of value priorities that characterize them as individuals. This hierarchical feature of values also distinguishes them from norms and attitudes.**

Each of the ten basic values can be characterized by describing its central motivational goal:

- | | | | |
|--------------------------|--------------------|--------------|------------------|
| 1. Self motivation | 2. Knowledge | 3. Happiness | 4. Achievement |
| 5. Power | 6. Role of Parents | 7. Security | 8. Cooperation |
| 9. Culture and tradition | | 10. Empathy | 11. Universalism |

Role of Parents

Home is the first school for the child and parents are the first teachers. They not only guide the child in its progressive path but also demonstrate the appropriate behavior by their actions. It is the parents who with their conduct and behavior set an example for the children. Parents at times show a lot of concern for the children and instead of correcting, they start to pamper even for their improper behavior. It is actually detrimental to the growth of the child. Such Parents are very possessive.

Some of the parents are too strict with their children. They try to overpower their wards. They do not let the child enjoy the bliss of his innocence. They try to check him for whatever he does. Another class consists of those parents who are not much concerned about their children either due to lack of time or are not educated enough to guide their children. Whatever be the reason it certainly affects the child's behavior. The parents handling of the children should be such that it could take care of all aspects and could provide firm guidance without being too strict. Extremities on the part of the parents either lead to introvert or oversensitive behavior or it may turn a child into dominant or aggressive person. A child reflects the impressions gathered by him in the initial stages of his life. If children are not guided, they may turn into problematic and complexed individuals.

Role of Teachers

Teaching is not a job; it is an attitude. Teacher is a source of information, a guide, a mentor, a parent, a motivator, all at the same time. Teaching is the noble profession which deals with the future generation. To be an ideal teacher, one needs to be a role model. A good teacher loves his/her students. A teacher must have respect for his/her profession and remarkable quality to love his/her students unconditionally. The role of a teacher in the changing social scenario is becoming very challenging. In the earlier times teacher was the only source of information and commanded respect on this count. The society is becoming more materialistic and values appear to be pushed into the background. Consider the vedic times when a wise man or a Rishi was an icon. In the period of Mahabharata, the role models had changed. The heroes of this era were the brave warriors. Before independence of India, our role

models were Gandhiji, Patel, Bhagatsingh, Rajguru and other freedom fighters. After independence, unfortunately, the icon of the society is a rich man. The young generation desires to become rich without making efforts by stepping on an escalator. This eagerness makes them sacrifice anything, less to talk about values. The present society needs an awakening. This period of transition urgently requires the nurturing of values. It is the moral responsibility of the teacher to be the torch bearer and show the right path to coming generations.

Value system is the backbone of any society. Values may vary from one society to another and from time to time. Every society follows some values and those values are identified as global values by all. A good teacher is someone who inspires the students and promotes their talents including the creativity and independent thinking. Teachers should understand the fact that every student has certain unique qualities and talents, which should be identified and nurtured.

Role of teacher in society

Teachers role is very vital in molding the future of a country and, as such, it is considered the noblest profession. Teachers are the role models for their pupils. An educational institute should not be just confined to teaching and learning but it should be considered as a place where consciousness is aroused and illumined soul is purified and strengthened. It is the place where the seeds of discipline, devotion and commitment are planted and fostered with deliberate efforts. A constructive companionship between teachers and students has to be developed. In a nutshell, a teacher in real sense is one who himself practices the human values. He should not only preach but also practice to leave an ever lasting impression in the minds of students.

Conclusion

To conclude, this can be safely said as a general rule that value orientation is integral to all stages of upbringing, formal education, and interaction between individuals and social groups. Values are thus inseparable from life of the individual. It permeates the whole life. Since education is an essential requirement, the aims of education, content and methodology are viewed in terms of value development. Values and development are used interchangeably. Human development cannot be conceived in the absence of values.

The teacher plays a very important role in the society and they are considered

as nation builders, a torch bearers, path guides, personality developers, etc. Importance should be given to religious/spiritual education so that society as a whole may flourish with desirable value system. The social, economic, cultural and human values play a very important role in the overall development of society and help in achieving the socialistic pattern of the society. It is recommended that there should be congenial conditioning or proper environment in the society which includes parents, teachers, educators as well as administrators for inculcating values i.e. moral, spiritual, religious, social, economic and cultural values, etc. among the students/youth. Promotion of human values in the society depends on the promotion of good qualities among individuals. In every tradition and in every country the place of a teacher, not only in the institution but also in society, has been glorified. According to a Japanese saying, a poor teacher tells, an average teacher teaches, a good teacher explains, an excellent teacher demonstrates and a great teacher inspires. To inspire the students, a teacher should discharge twin roles - one to mould himself and other to mould others.

In a nutshell, it can be concluded that education without vision is waste, education without value is a journey of high ridge in dark , and education without mission is an unending stampede. A nation with atomic power is not a strong nation but a nation with people with strong character is indeed a strong nation. Therefore, for the sustainable human development as well as for the social growth, there is a need of value based education, spiritual education, ethical education, as well as need based education. India has always been known for sound social values and character of its people, the impact of western values has adversely affected the mindset of people which can be rectified only by imbibing our value oriented educational system, which is of-course a big challenge. The challenge has to be met by collective introspections. In brief, the values are the guiding principles of life which are conducive for all round development of children to give direction and peace to life.

THE PLEDGE



I Commit to :

- * I am honest, truthful and reliable.
- * I am simple, calm and organized.
- * I am hardworking and dutiful.
- * I am social and philanthropic.
- * I am fearless and courageous.
- * I am patient and determined.
- * I respect parents, teachers and elders.
- * All the living beings on the earth are mine and i belong to them.
- * I am a responsible citizen for my family, society and country.



I would lead my life based on these values and would remain abide by them.

Name: _____

Signature: _____

School: _____

Date: _____

CONTENTS

An Important Read 3-11

The Pledge 12

Steps	Story	Value	Movie	Pages
1	Too big! Too small!	Inner-Harmony	Athani Ki Khushi	14-29
2	Fat King Thin Dog	Self Discipline	Anushasan	30-44
3	Everything Looks New	Faith	Aastha	45-62
4	Rani's First Day At School	Gratitude	Anubhuti	63-72
5	Smile Please	Kindness	Paropkar	73-85
6	I Want That One!	Habit	Aadat	86-99



VALUE THE VALUES TO REMAIN VALUED

TOO BIG! TOO SMALL!

Problems Addressed

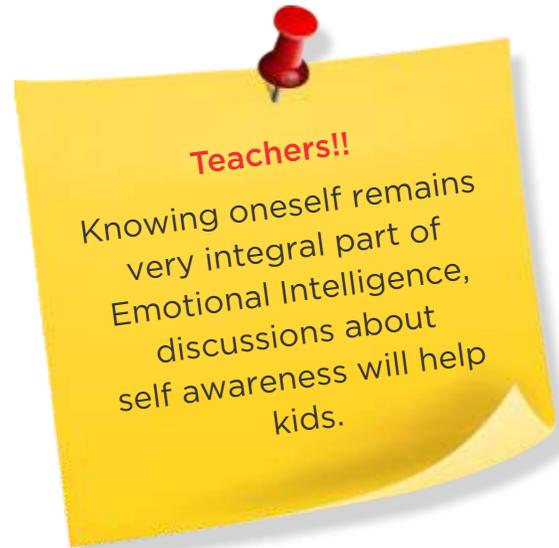
- Differences in a group
- Choices and selections
- Comparing yourself to others

Resources Developed

- Being sensitive to others
- Developing skills to acquire patience
- Empathy
- Harmony of a group

Outcomes Offered

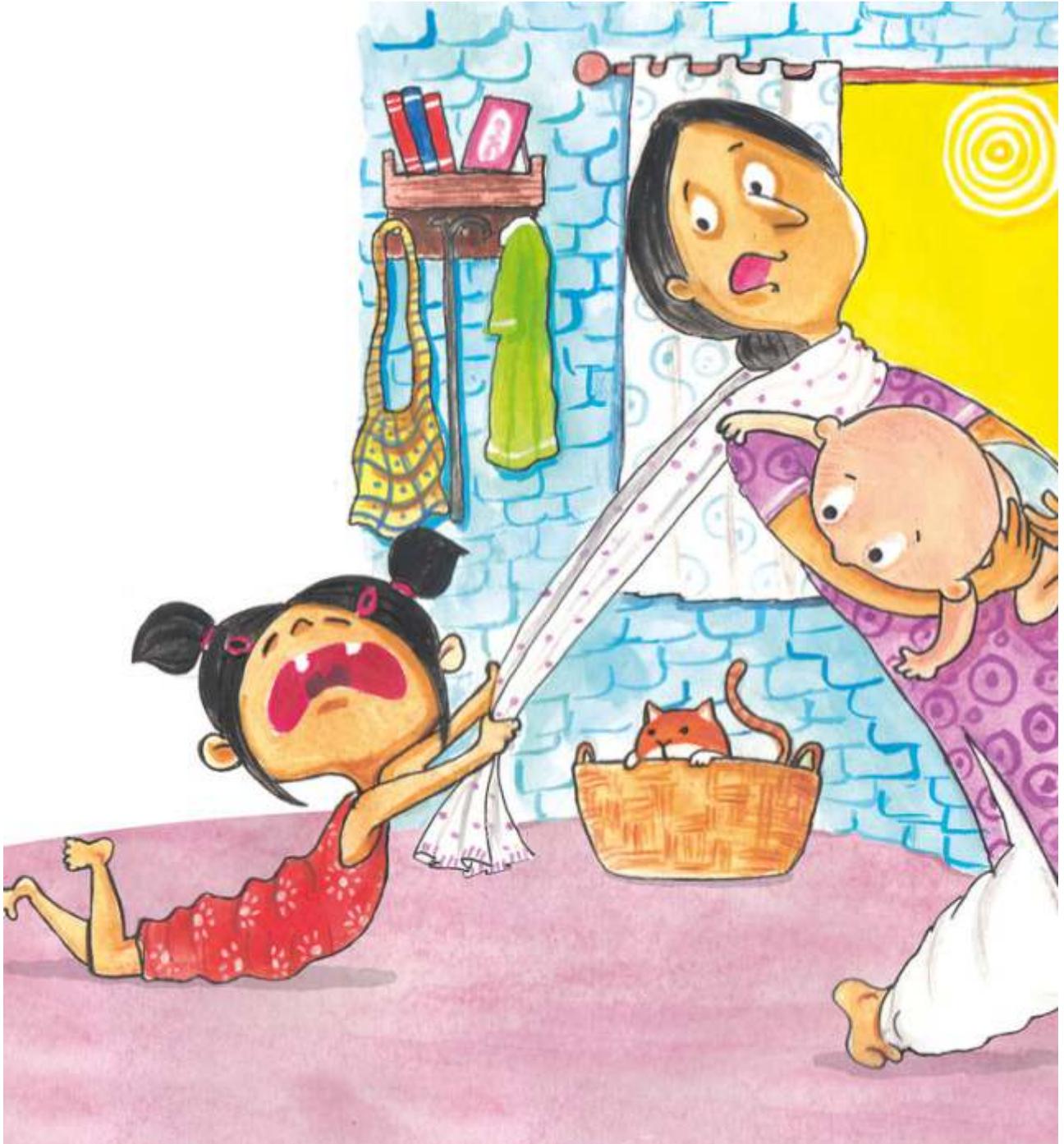
- Group management
- Leading habits
- Acceptance of others



You can watch the short film "Athani Ki Khushi" on [YouTube](#)



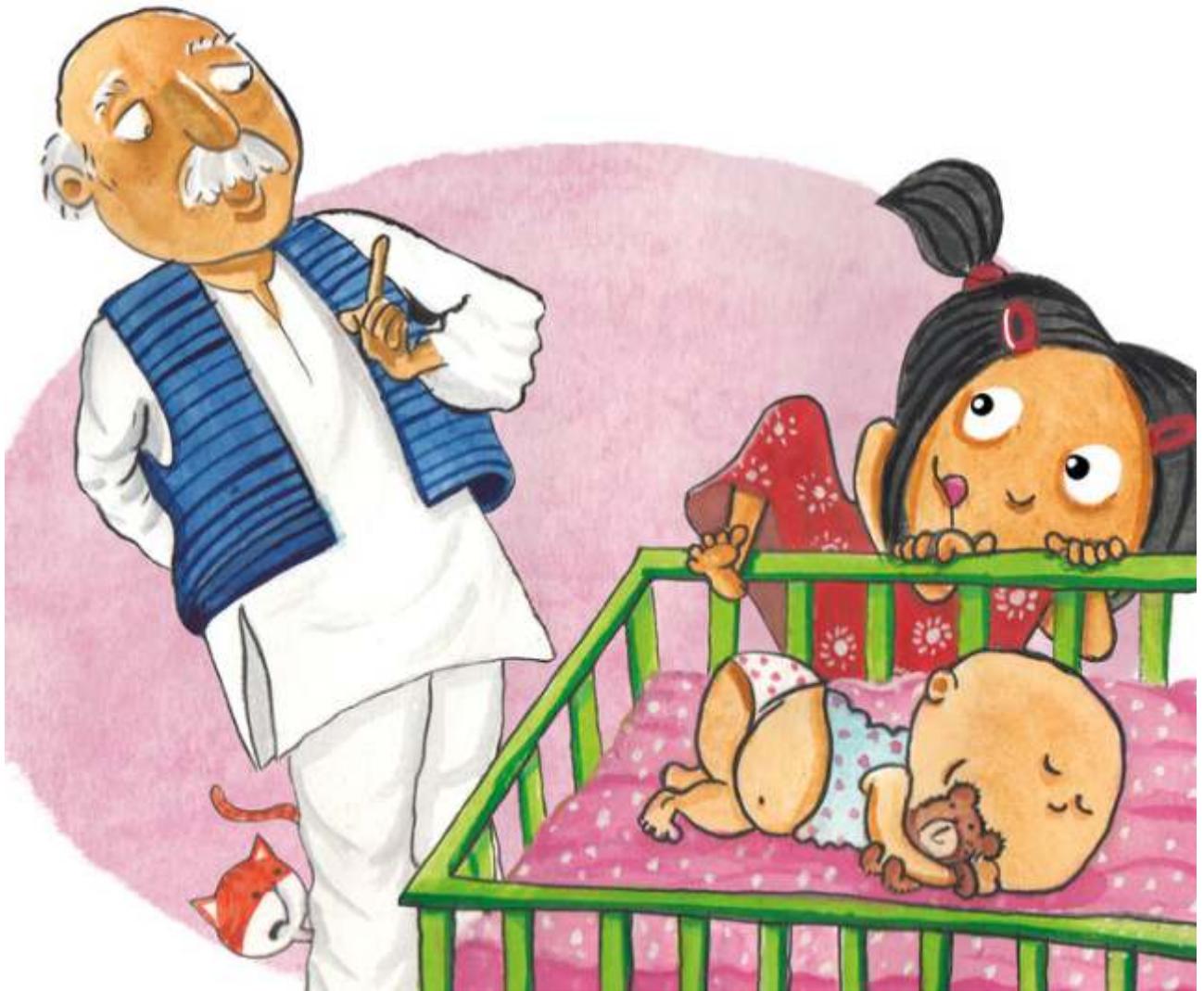
Scan code to view short film



“I can’t lift you up, Shanu!” says Ammi.
“You are too **big!**”



“You can’t walk to school alone, Shanu!” says Abbu.
“**YOU** are too small!”



“You can’t sleep in the baby’s cot, Shanu!” says Dadu.
“You are too **big!**”



“You can’t carry the baby to the park, Shanu!” says Dadi.
“**YOU** are too small!”



Shanu is puzzled.

Too big! Too small!

How can she be
too **big** and
too small all at once?



Too **big**
to wear her old
pink frock.

Too small to make dosas
at the stove.



Too **big**
to climb up on
Dadu's back?

Too small to carry the baby
on hers?



“What am I
the right size for?”
Shanu wonders.

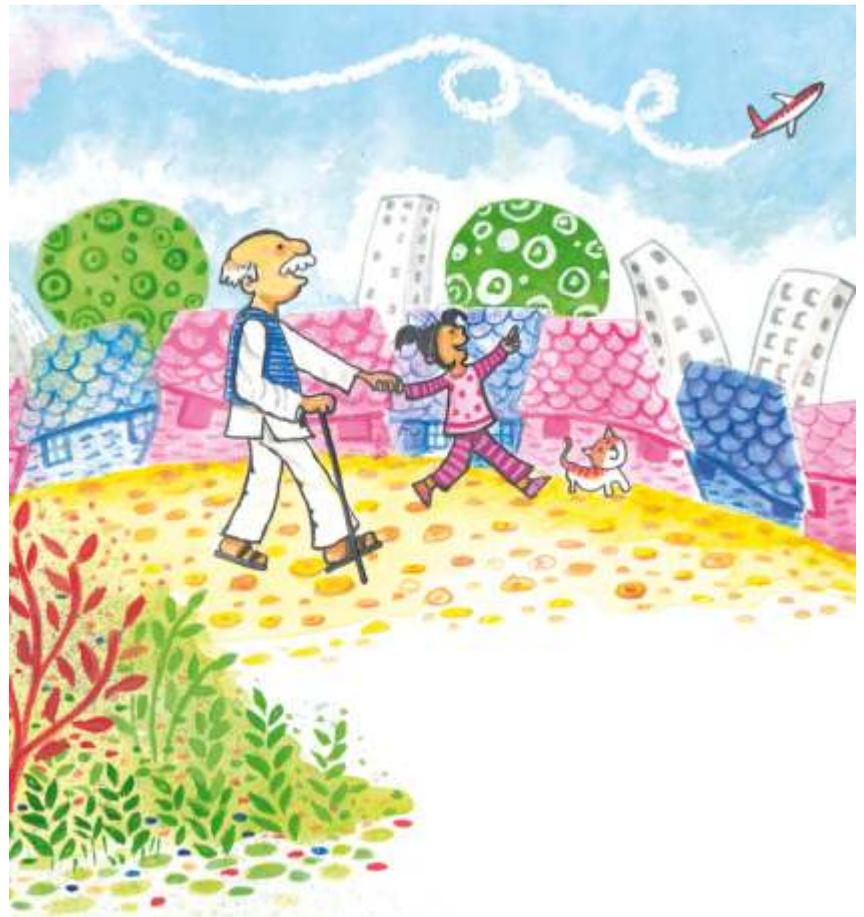


Ammi smiles and
says, “Why, you are
just **big** enough to
go to big school.”



“And you are just small enough for me to carry you on my shoulders,” says Abbu.

“You are just big enough to take me for my morning walks,” says Dadu.





“And you are just small enough for me to tell stories to,” says Dadi.

“And you will always, always be the perfect size... for this!” all say, and give her a warm, wonderful hug.



TAKE AWAY



Our family members will always help us, guide us and ensure our happiness as they have larger knowledge and experiences from us, sometimes our opinion or judgement might appear superior but never shall we ignore the advises of our senior family members.

Exercise 1.1

Choose correct option for these

1. Friend



Green

Red

2. Stranger



Green

Red

3. Balls



Green

Red

4. Insects

		
---	---	---

5. Sun

		
---	---	---

Exercise 1.2

Draw the following

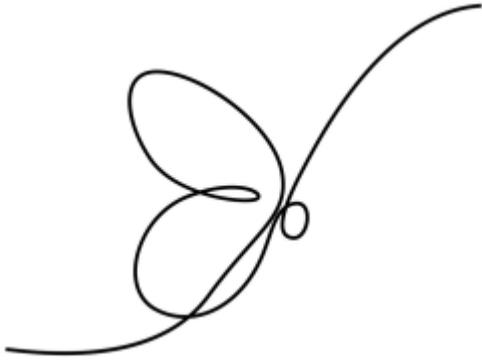
1. Cute puppy



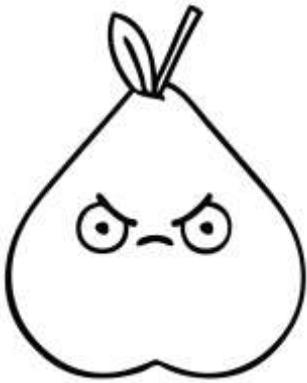
2. Blind man



3. Butterfly



4. Angry fruit



5. Ice cream



You Can Learn From



TENALI RAMA

Tenali Ramakrishna was an Indian poet, scholar, thinker and special advisor in the court.

- Ramakrishna was born in a village called Garlapadu in Andhra State during the early part of sixteenth century.
- Tenali Rama is an Indian historical comedy drama based on the life legendary Telugu poet Tenali Ramakrishna.
- "Be happy Now"- happiness is nowhere in the future, can you be happy yesterday or tomorrow? So, Do it now - what makes you happy - says Tenali Ram to his dear friend.
- "Be Content with what you have" Chasing behind desires will unable to enjoy what you already you have.
- ITA Awards for Best Children show.



RAJ KAPOOR

The 'Greatest showman and supremely talented artist of Hindi cinema.

- His first job in the business was as a clapper boy.
- He became youngest director at the age of 24.
- His real life inspired scenes in his movies.
- He often made films based on common man's life and hardship but always showed the protagonist to be happy and positive.
- He also known as Charlie Chaplin of Hindi cinema.



SIR CHARLIE CHAPLIN

Best known for his tragicomic character. He was writer, producer, director as well as actor.

- He was perfectionist.
- A Russian named a minor planet after him.
- There's an annual Charlie Chaplin film festival.
- His former home in Switzerland converted into museum.
- Thieves robbed Chaplin's body from the grave and held it for ransom.

Time to live the value

Activity:

Let's sing together (I am polite)

We say "Thank you"

We do not interrupt or never tease.

We listen when elders talk to us.

We say "Please"

We don't argue, we don't fuss.

We share our things and take our turn.

Polite words are not very hard to learn.

It's really very easy, when you find polite words that teach you **JUST BEING KIND**

FAT KING THIN DOG

Problems Addressed

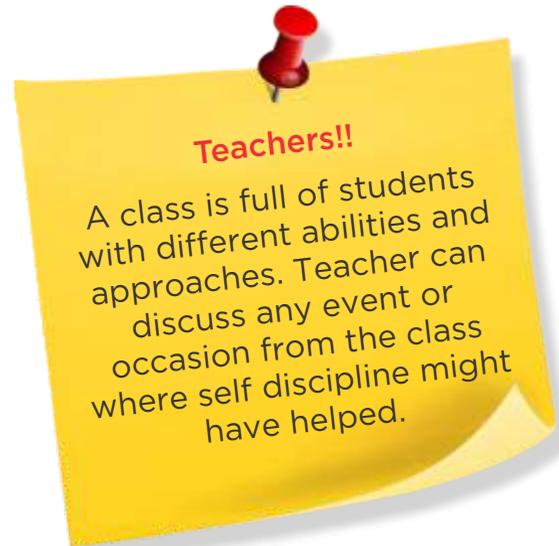
- Approach towards life
- Self-Regulation
- Doing your best

Resources Developed

- Listening
- Consistency
- Seeking help
- Making friends

Outcomes Offered

- Being yourself
- Valuing instructions
- Being self-accepting



You can watch the short film "Anushasan" on 

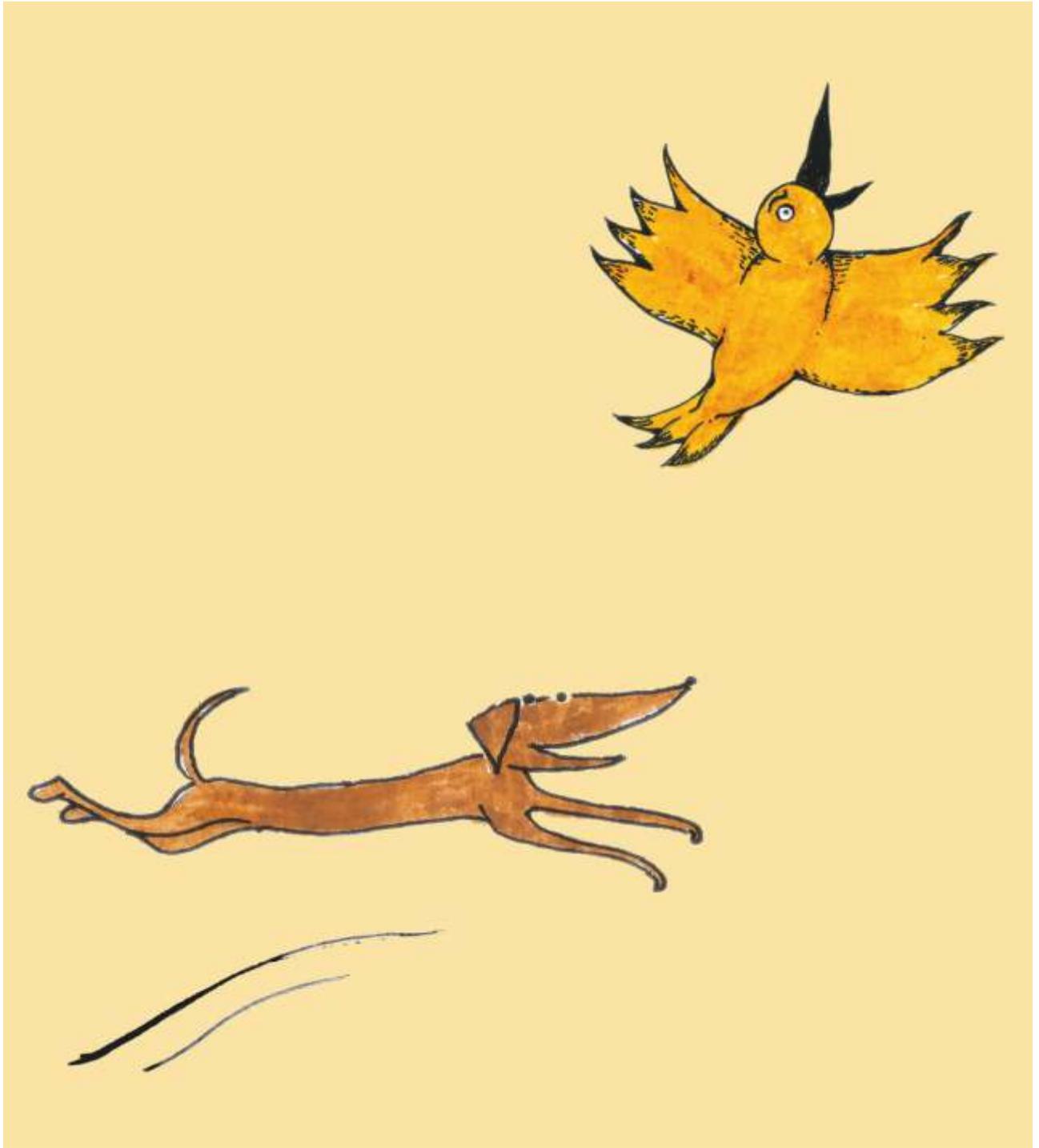




This is a fat king.



The fat king has a thin dog.
The fat king and his thin dog go for a walk.



The dog sees a bird. The dog runs after the bird.



The king runs after the dog.



They run and run. They run and run for many days.



The king catches the dog.



Now the fat king is thin.



TAKE AWAY

Discipline is the most important virtue that always keeps happy and ready to deal with situations that are not that good. Good health is always a place where a good brain resides. Hence keeping us healthy is very important.

Exercise 2.1

Describe them as good and bad

1. Fast food



Good



Bad

2. Eating contaminated food



Good



Bad

3. Obesity



Good



Bad

4. Lean and pale



Good



Bad

5. Crying



Good



Bad

6. Tantrums



Good



Bad

7. Obstinate



Good



Bad

8. Dirty



Good



Bad

Exercise 2.2

Draw the followings

1. Exercising



2. Yoga



3. Tooth brush and paste



4. Washing hands



5. Butterfly



You Can Learn From



EKALAVYA

- Ekalavya was hurt when he was rejected by Dronacharya on the basis of his caste, Ekalavya still didn't give up on his resolute will to master archery.
- Ekalavya collected the mud on which his Guru walked, as a symbolic gesture of his knowledge and foot, made a statue of Drona under a big old well grown tree, accepting the statue as his guru and practiced in front of it every single day.
- He began a disciplined program of self-study over many years. Eventually, Ekalavya became an archer of exceptional prowess, greater than Drona's best pupil, Arjuna.
- One day when Drona and his students were going out into the forest, Arjuna saw a dog that was unable to bark due to an amazing construction of arrows in and all around his mouth. This construction was harmless to the dog, but prevented the dog from barking.
- Drona was amazed, but also distressed, being promised Arjuna that he would make him the greatest archer in the world. Drona and his students investigated, and came upon Ekalavya. Upon seeing Drona, Ekalavya came and bowed to him.



P T USHA

- It was on May 20, 1964, when a girl was born in Kerala who went on to become the best sprinter of not only India, but also of Asia.
- The name of this girl is Pilavulakandi Thekkeparambi Usha. It was her phenomenal performance in various national and international meets which made her an exceptional woman athlete.
- She began her wonderful career in the 1982 Asian Games held in New Delhi where she bagged two gold medals in the 100-metre and 200-metre races. She kept the Indian flag high by winning 4 gold, 1 silver in the Track and Field events.
- In the 1986 Asia held in Seoul, she achieved the distinction of winning the maximum number of gold medals by a single athlete. She WON 3 GOLD, 3 SILVER and 1 BRONZE medals
- The Government of India has honored the sprint queen by awarding her the Arjuna Award and the Padma Shri.



ARNOLD ALOIS SCHWARZENEGGER

- Born July 30, 1947) is an Austrian-American actor, filmmaker, businessman, author, and former politician and professional bodybuilder.
- He served as the 38th Governor of California from 2003 to 2011. As of 2020, he is the most recent Republican governor of California.
- Schwarzenegger began lifting weights at the age of 15, and went on to win the Mr. Universe title at age 20 before winning the Mr. Olympia contest seven times.
- The Arnold Sports Festival, considered the second most important bodybuilding event after Mr. Olympia, is named after him.
- He is widely regarded as one of the greatest bodybuilders of all time, as well as the sport's most charismatic and famous ambassador.

Time to live the value

Activity 1:

Before and After

- Ask the students to observe their class before and after the recess. Discuss the differences with them. Encourage them to clean up the class after the break time. Students may be asked to clean the class (Desk, Cupboard etc.) using duster and water.
- Take students on a walk around the school after break. Ask them the ways through which cleanliness can be maintained after lunch break.

EVERYTHING LOOKS NEW!

Problems Addressed

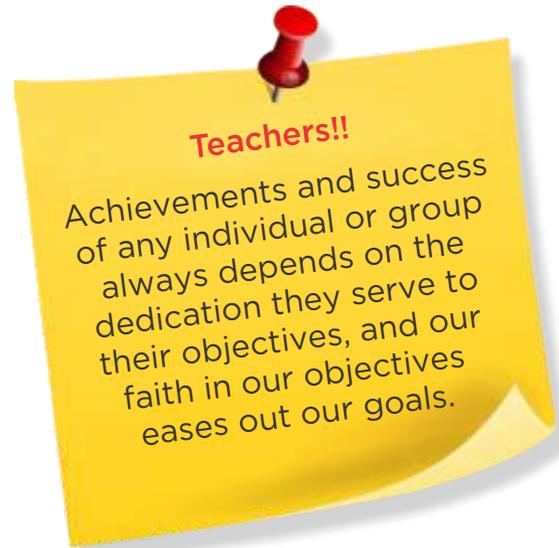
- Group and diversity
- Valuing dissent
- Synergy of group

Resources Developed

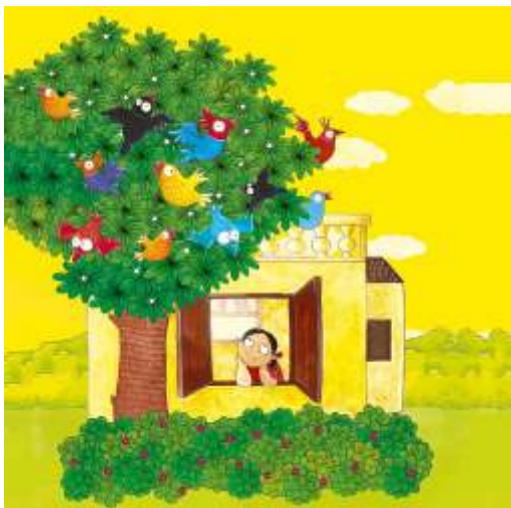
- Listening to helpful advice
- Attention development
- Seeking help

Outcomes Offered

- Identifying group values
- Dedication
- Consistency



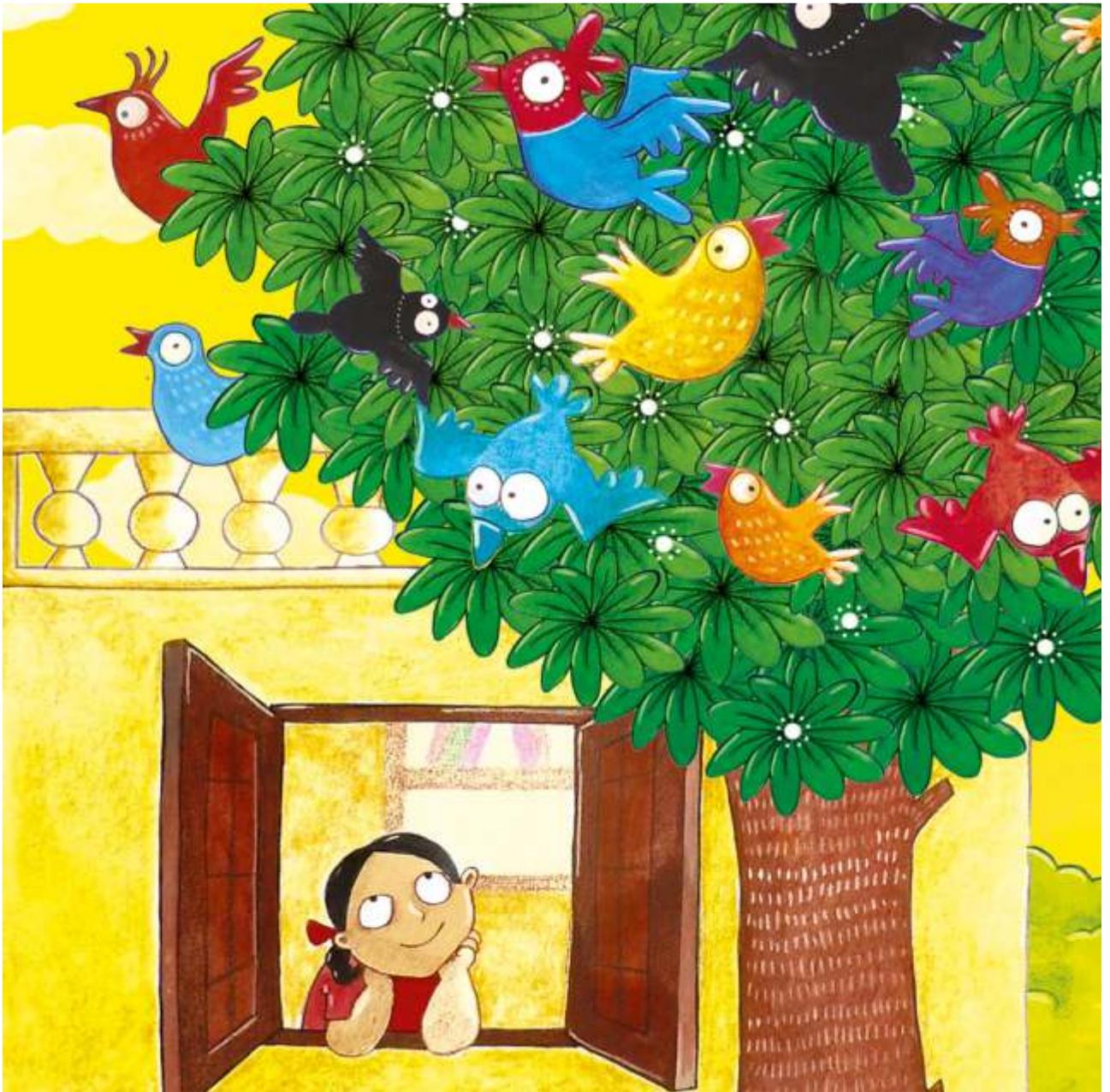
You can watch the short film "Aastha" on 



Scan code to view short film



Today is Vasant Panchami. My parents say it is the first day of spring. Spring is the season between winter and summer. It is called Vasant Ritu in Sanskrit.



In many parts of India, people pray to the goddess of learning, music and art on this day. Many birds are sitting on the tree near my house. I think they are singing to me.



The leaves on the tree are new and shiny. Just like my new frock. Amma is also wearing a yellow sari - such a pretty colour 'basanti', and such a pretty name!



Grandpa wants me to plant a tree.

“But why?” I ask.

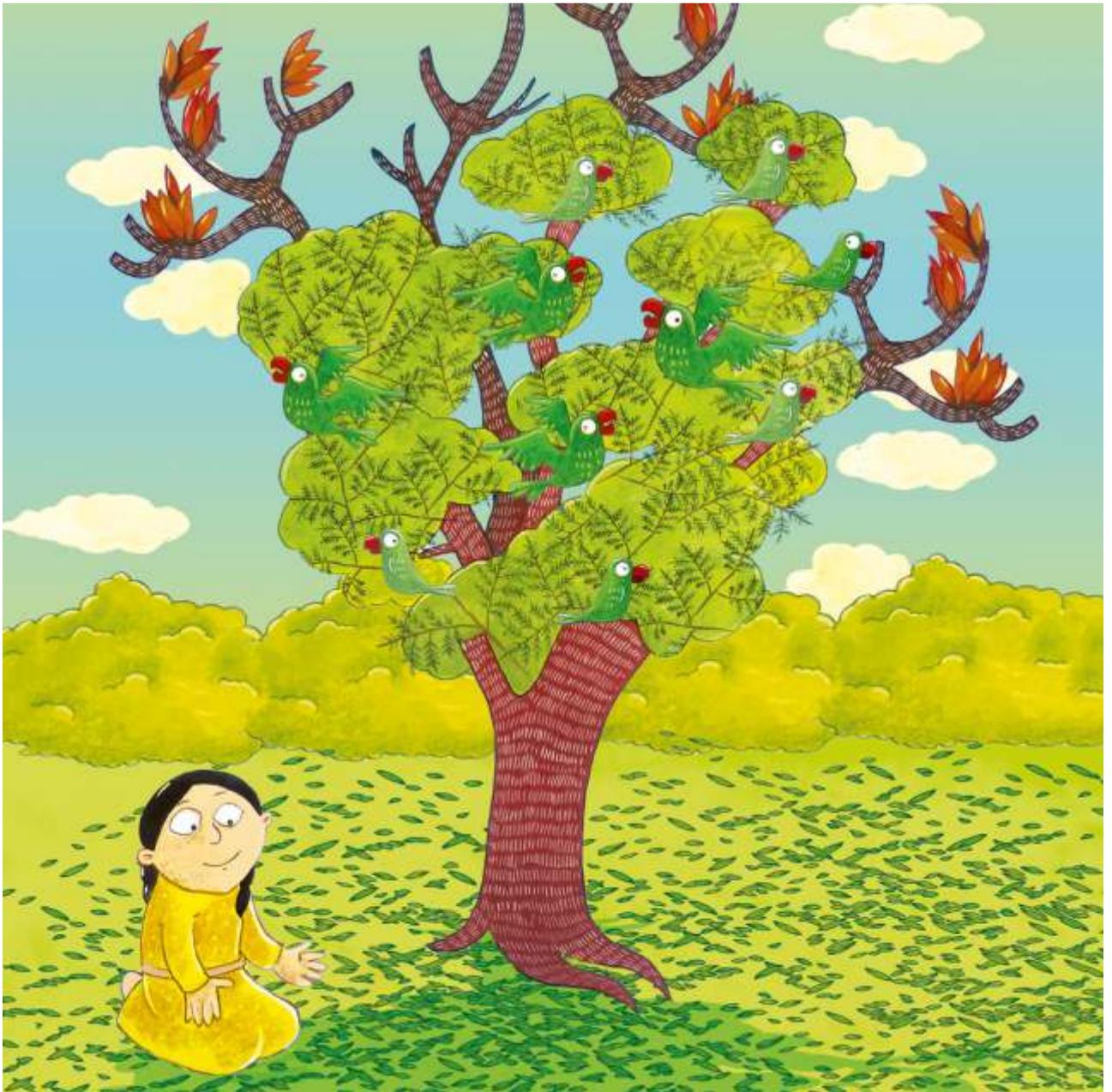
“So that you will have a friend to grow up with, Meenu,” he says. “Spring is a good season to start something new.”



We go to the garden. Grandpa and I dig a hole in the ground and plant a sapling. “How tall will it grow?” I ask him.



"Wait and watch, dear Meenu!" he says. The squirrels are chasing each other. Tingu, the cat, chases a squirrel. And I want to chase Tingu.



The garden is full of flowers.
I like the yellow roses the best and
Grandpa likes the white jasmine.
There is a carpet of leaves under some trees.



Many trees have flowers.
I like spring!
Everything looks so pretty in spring!



Tomorrow is Holi. School is closed for two days. We have made a huge Holika with twigs, and pieces of wood. Some of us went to the forest and brought tesu flowers. Manu put the flowers in a tank of water. The water has turned a bright orange!



Tomorrow we will play Holi with the orange water.
We will get gujia and puris to eat. Spring is such a happy season.
It is not cold, it is not hot, and it is not wet.
I can play all the time!



TAKE AWAY

Every society has some unique customs and traditions which ultimately become their symbols of unity, these customs and traditions have been faiths and beliefs our elders been practising for several years. Its our responsibility to keep our identity prosper further by reposing our faith in our traditions and cultures.

Exercise 3.1

Choose whether you should be the following always or never.

1. Respect parents

	ALWAYS	NEVER
---	---------------	--------------

2. Respect elders

	ALWAYS	NEVER
---	---------------	--------------

3. Discipline

	ALWAYS	NEVER
---	---------------	--------------

4. Eating healthy food

	ALWAYS	NEVER
---	---------------	--------------

5. Being regular

	<table><tr><td data-bbox="550 278 873 364">ALWAYS</td><td data-bbox="979 278 1303 364">NEVER</td></tr></table>	ALWAYS	NEVER
ALWAYS	NEVER		

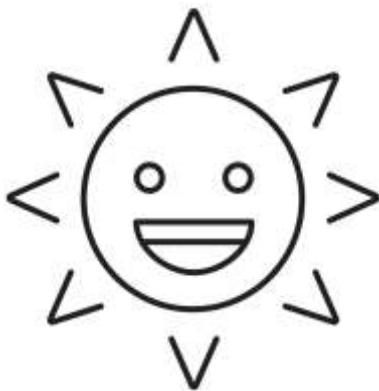
6. Walking in queue

	<table><tr><td data-bbox="550 711 873 798">ALWAYS</td><td data-bbox="979 711 1303 798">NEVER</td></tr></table>	ALWAYS	NEVER
ALWAYS	NEVER		

Exercise 3.2

Draw the followings

1. Smiling sun



2. Smiling moon



3. Drum



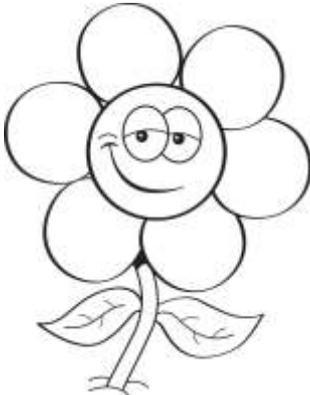
4. Guitar



5. Happy plant



6. Happy flower



You Can Learn From



BHAKT PRAHLAD

- A saintly boy known for his piety and bhakti to God Vishnu

- King Hiranyakashyapa acquired a boon that he would not die either during the day or night, in house or outside, neither by man nor by animal, so because of this power he lived recklessly and ruthlessly, he had a son called Prahlada.
- He would chant Vishnu's name all the time during all his activities. His father was very angry with his devotion to GOD, and hence he continued to harass him to change his ways.
- Once his father threw him in boiling oil but Prahlada came out unscathed. Then he was thrown from a cliff into a fire. But each time God save Prahlada from any hurt.
- Holika the sister of Hiranyakashyapa was blessed that she could not be hurt by fire. Prahlada was put on the lap of Holika when she sat on a pyre, by Lord's blessings Prahlada was left unscathed. This event is celebrated as HOLI.
- One day father Hiranyakashyapu asked Prahlada - can you show me where is God? He said - everywhere, he was standing near pillar - he asked - also in this pillar, Prahlada replied YES.
- King got angry, broke the pillar and Lord Vishnu emerged in Narasimha Avatar, he placed the King on his lap and killed him. Prahlada become King and was known for his generosity and kindness.



Acharya Shri Mahapragya - Tenth head of Jain Svetamber

- Acharya Shri Mahapragya (14 june 1920 - 9 may 2010) was the tenth head of Svetamber Terapanth order of Jainism.
- Acharya Mahapragya was a saint, yogi, spiritual leader, philosopher, author, orator and poet.
- He began his life of religious reflection and development as a Jain monk at the age of ten.
- Acharya Mahapragya played a major role in anuvrat movement launched by his guru Acharya Tulsi in 1949.
- He developed Preksha meditation system and developed 'science of living' education system for the character development of students.



DALAI LAMA - Spiritual Leader

- The Tibetan spiritual leader, the Dalai Lama was born in a small village of Taktser Northeast Tibet in 1935 in a peasant family. His parent's main livelihood was agriculture.
- His Holiness began his monastic education at the age of six. The curriculum was derived from the Nalanda tradition. The major subjects included logic, fine arts, Sanskrit grammar and medicine.
- But the greatest emphasis was given to Buddhist philosophy. He was a steadfast follower of non-violence. He began a permanent exile in India, settling at Dharamshala in Himachal Pradesh.
- In 1950 communist China invaded the country. Dalai Lama was forced to flee as the uprising was crushed by Chinese troops.
- Dalai Lama was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems.

Time to live the value

Activity:

Taking a cleanliness pledge - Earth is our home

- I promise to throw my trash in the dustbin.
- I will not waste water, and close the taps to stop wastage.
- Young or old we need to care, because Earth is our home to share.

RANI'S FIRST DAY AT SCHOOL

Problems Addressed

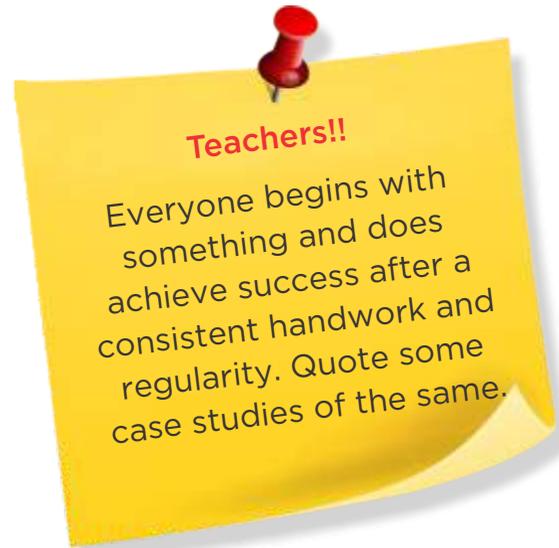
- Hard work and consistency
- Being steadfast
- Frustrations and irritations

Resources Developed

- Listening to helpful advice
- Developing patience
- Self control
- Liking the dissents

Outcomes Offered

- Self discipline
- Being sensitive to others
- Being self-accepting

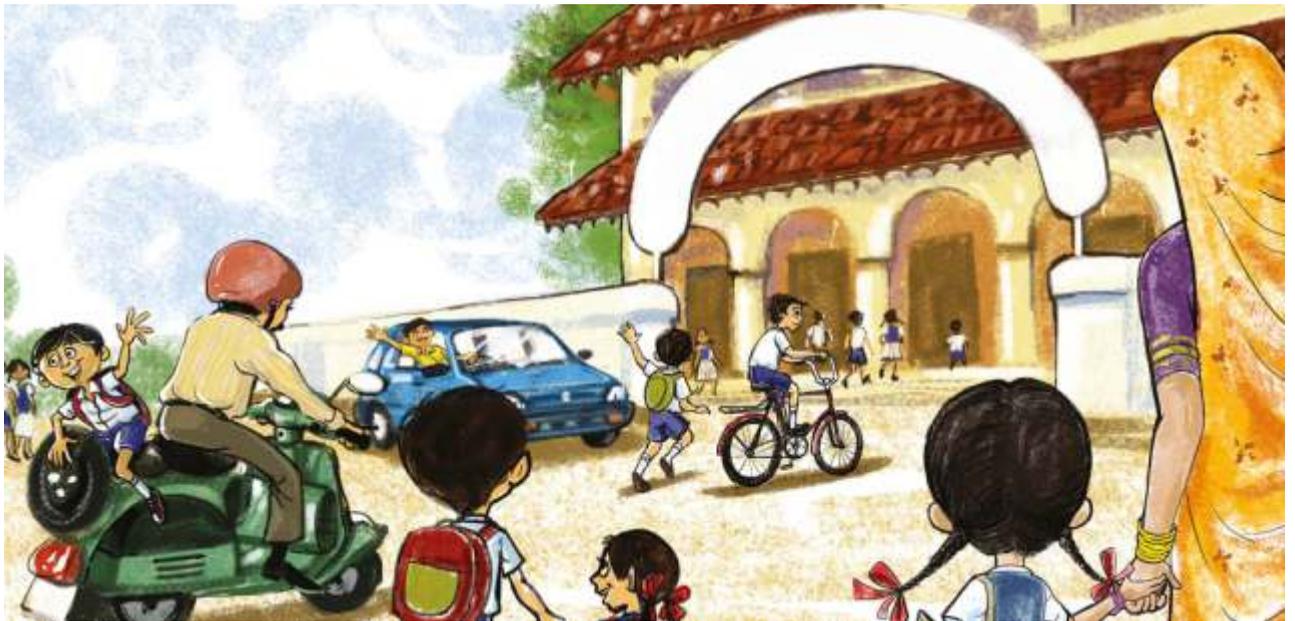


You can watch the short film "Anubhuti" on [YouTube](#)





It is my first day at school. Mummy is holding my hand and walking with me. "I am grown up now," I say. "Let's go, let's go!" Mummy holds my hand very tight.



There are many children near the school. They come by bus. They come by car. They come by rickshaw. They cycle. They walk, like me.



We reach the gate. Mummy let goes off my hand. She stays at the gate. I have to go inside alone. There are many new faces all around me.



I take one step. I take another step. I look back. Mummy gets smaller as I walk away. Will she disappear? I run back to her. I don't feel so grown up. I hold her hand. "Don't go away," I say.



Everyone is inside now. I am the only one outside. The teacher comes out. She smiles at me. I smile back. Mummy says, "Rani, I will be here when you come out." I let go of her hand. She waves to me.



I run inside. Mummy will be there after school!

TAKE AWAY



There are many situations in our life where we have to face strange people or situations, and if we don't handle them effectively we might lose our grip and control over them, therefore we shall stay prepared for some unknown situations or events.

Exercise 4.1

When doing first time, opt for the options given after the image.

1. Cycling faster



With help

Without help

2. Crossing the road



With help

Without help

3. Playing with puppy



With help

Without help

4. Spotting a snake



With help

Without help

5. Playing in farm



With help

Without help

6. Going to school



With help

Without help

Exercise 4.2

Draw the following

1. Laughing school bell



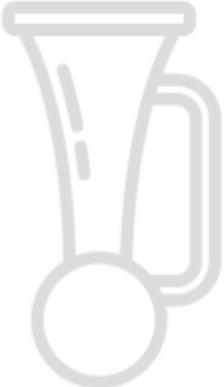
2. Laughing watch



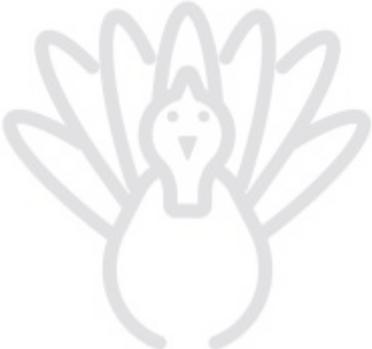
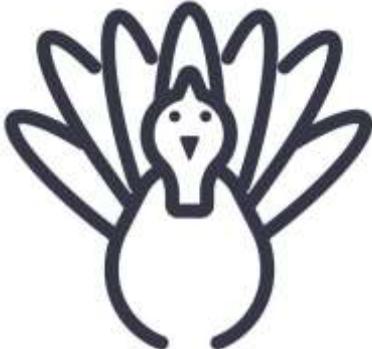
3. Angry ball



4. Honking car



5. Dancing peacock



You Can Learn From



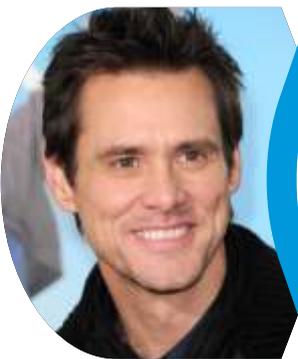
DHRUV - North pole star, God of the star

- Dhruv means - Constant , immovable, fixed.
- Dhruv was born a son of the King Uttanpad and his wife Suniti. The King also had another son Uttama, born to his second Queen Suruchi.
- Dhruv at five years of age was sitting on his father's lap at the King's throne. Suruchi forcefully removed him from his father's lap. When Dhruv protested Suruchi berated saying only GOD can allow you this privilege.
- Dhruv was determined to hear of his fate from the Lord himself. Narada gave one mantra. Om Namah Bhagvate Vasudevay'
- Dhruv started meditation without food and water for six month. Lord Vishnu was pleased by tapasya and Saptarshi gave Dhruv the most revered seat of star.



GEETA PHOGAT - Olympic Athlete, Freestyle Wrestler

- Geeta was born on 15th December 1988 at Bhiwani, Haryana.
- Geeta grew up in a conservative family where it was considered that male child bring glory to the family as compared to daughters .
- His father Mahavir a former wrestler himself , made Geeta fight male wrestler as she was honing skills as there were no girls who took up wrestling as a sport in a village.
- Tough training : wake up at 3.30 am , practise in the Akhada for 3 hours, Go to School, again 2/3 hours training at Akhada.
- She WON India's first Gold medal in wrestling in commonwealth games in 2010, also , qualified for Olympic summer Games.



JIM CARREY - American Canadian actor

- Jim Carrey was born on January 17, 1962 is a Canadian American actor, comedian, writer and artist. He is known for his energetic performance.
- At the age of 12 Jim's father lost his job and his mom Kathleen Carrey became sick. He understand that his parents needed his LOVE very much and he become desperate to making their live better.
- Jim took on classes of acting and also become famous for his uncanny celebrity impressions and rubber facial expressions.
- Jim became a humorist because he was desperate to make his ailing mother laugh as relief to her pain.
- Jim known as Hollywood's king of comedy had many idols in his life, but it was his father who inspired him to become a comedian.

Time to live the value

Activity:

Self evaluation (Discussion)

Write Yes or No

- I throw the banana peel on the floor ()
- I never touch a glass of hot milk ()
- I talk to strangers ()
- I do not run up and down the stairs ()
- I push my friend while waiting for the school bus to grab the front window seat ()
- I cross the road from a zebra crossing ()
- I do not play with sharp objects ()
- I never put my hands out of a moving vehicle ()
- I know my mother's mobile number ()
- I do not put my finger in the electrical socket ()

SMILE PLEASE!

Problems Addressed

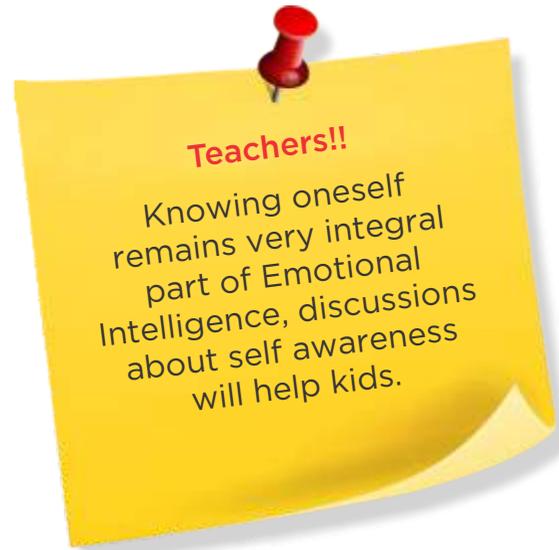
- Lack of self-worth
- Self-denigration
- Comparing yourself to others

Resources Developed

- Listening to helpful advice
- Using your unique skills
- Helping others
- Making friends

Outcomes Offered

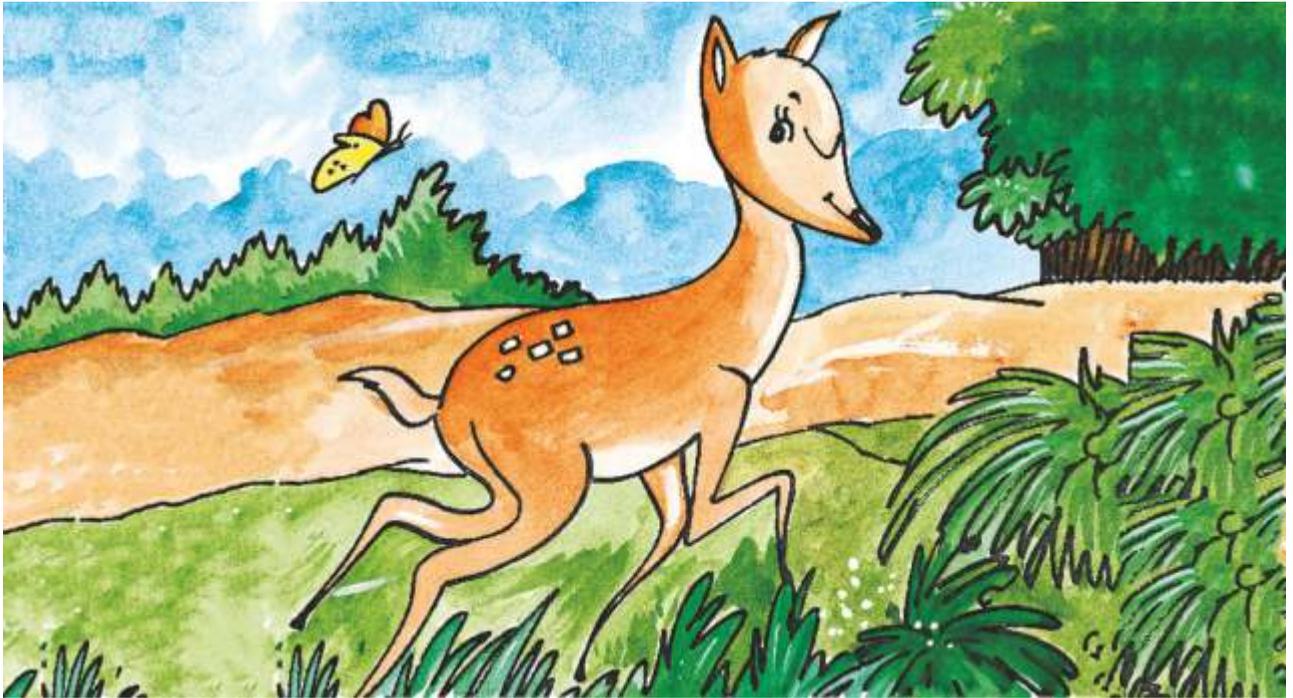
- Being yourself
- Valuing your resources
- Being self-accepting



You can watch the short film "Paropkar" on 



Scan code to view short film



A fawn was racing in the forest



He was ahead of the rabbit.



He was ahead of the elephant.



He leapt and cleared the stream.



He ran past the crumbling wall.



There was a large boulder on the grassy plain. He stumbled and fell down.



He burst into tears.



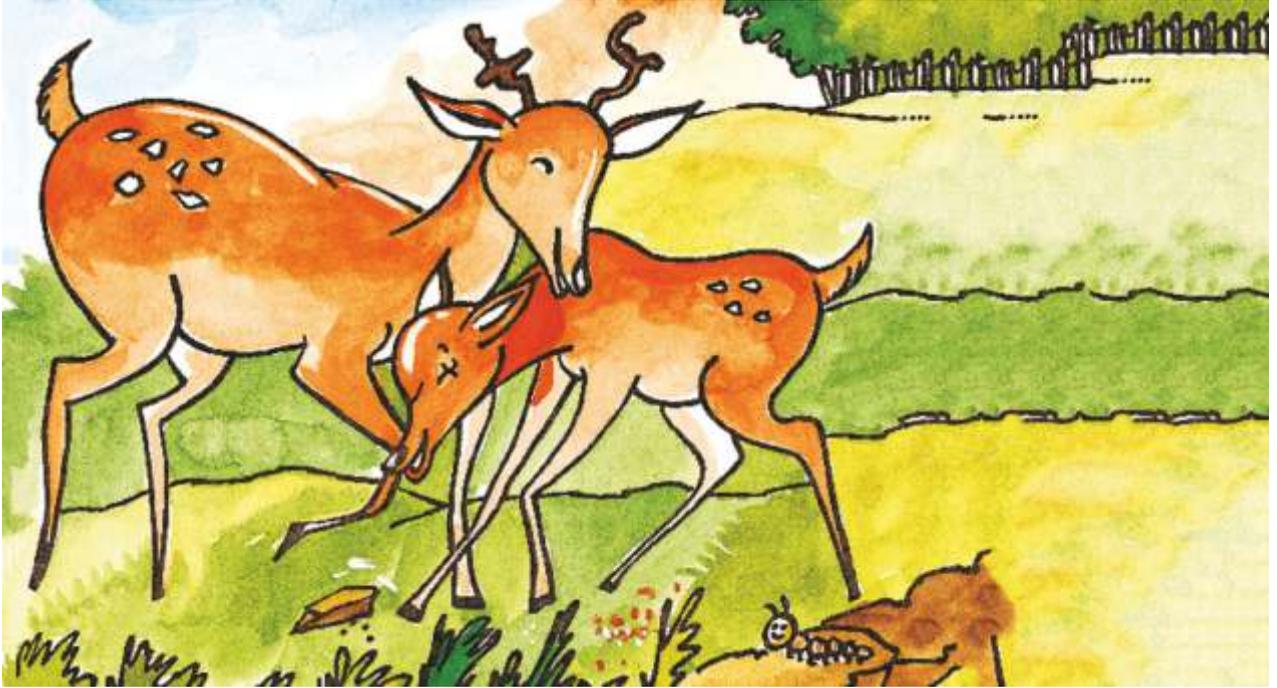
The monkey massaged his leg. Tears flowed from the fawn's eyes.



Brother Bear picked him up. The fawn didn't stop crying.



His mother came. She said, "Look, we'll beat up this bad boulder!"



Brother Bear picked him up. The fawn didn't stop crying.



TAKE AWAY

Every day is different, every moment holds difference, we must prepare ourselves for the changes waiting to surprise us in the time. And the best reply to the changes is to deal with them with ease and sense of calmness.

Exercise 5.1

Put the appropriate smiley for these

1. Playing with sharp objects



Right



Wrong

2. Stoning an animal



Right



Wrong

3. Teasing friends



Right



Wrong

4. Eating too much



Right



Wrong

5. Helping a friend



Right

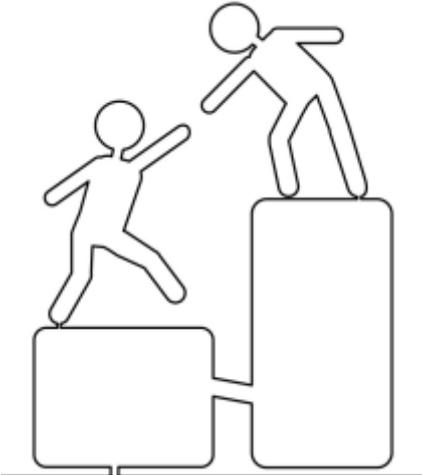


Wrong

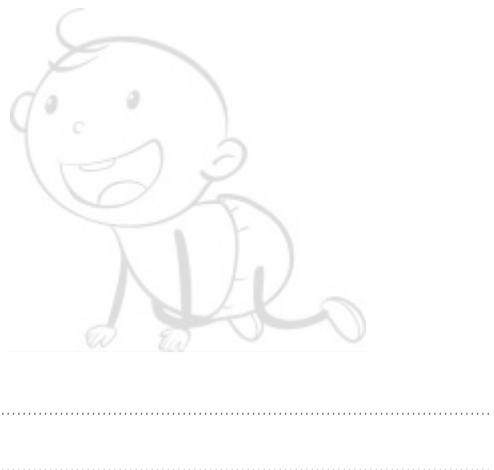
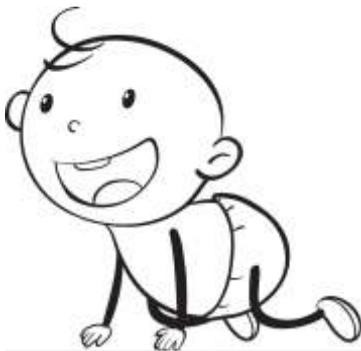
Exercise 5.2

Draw the following next to space given.

1. Help



2. Laughter



3. Sorrow



.....
.....

4. Pain



.....
.....

5. Crying



.....
.....

6. Sick



.....

.....

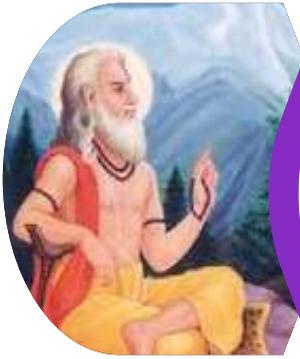
7. Happy



.....

.....

You Can Learn From



MAHARSHI DADHICHI

- Dadhichi, also known as Dadhyancha or Dadhyanga, is a central character in Hinduism.
- Dadhichi is primarily known for sacrificing his life so the Devas, or benevolent celestial beings, could make the weapon called "vajra" from his bones.
- After being driven out from Svarga, or heaven, by the serpent king Vritra, the Devas needed a powerful weapon to aid their fight.
- By making use of the vajra, made from the sage Dadhichi's bones, the Devas defeated the Asura and reclaimed heaven.
- Dadhichi is believed to have written the "Narayana Kavacham", a famous hymn in southern India, sung for power and peace.



AZIM PREMJI

- Azim Hashim Premji (born 24 July 1945) is an Indian business tycoon, investor, engineer, and philanthropist, who is the chairman of Wipro Limited.
- He is informally known as the Czar of the Indian IT Industry. Under his chairmanship Wipro within four decades of diversification became global leaders in the software industry In 2010,
- He has twice been listed among the 100 most influential people by TIME Magazine, once in 2004 and more recently in 2011.
- He is currently the tenth richest person in India with an estimated net worth of US\$7.2 billion as of October 2019.
- In 2013, he agreed to give away at least half of his wealth by signing The Giving Pledge. Premji started with a \$2.2 billion donation to the Azim Premji Foundation, focused on education in India.



BILL GATES

- Entrepreneur Bill Gates founded the world's largest software business, Microsoft, with Paul Allen, and subsequently became one of the richest men in the world.
- Born in Seattle, Washington, in 1955, famed entrepreneur Bill Gates began to show an interest in computer programming at age 13.
- Microsoft. In the process, Gates became one of the richest men in the world. In February 2014, Gates announced that he was stepping down as Microsoft's chairman.
- Bill Gates and his wife Melinda Gates were awarded the Order of the Aztec Eagle in November 2006 for their philanthropic work around the world in the areas of health and education.
- Gates received the 2010 Bower Award for Business Leadership from The Franklin Institute for his achievements at Microsoft and his philanthropic work.

Time to live the value

Activity:

- Make friendship bands for your friends.
- Ask each child to imitate one of his/her friends. Other students will guess the name of the child. (Dumb-charades)

I WANT THAT ONE!

Problems Addressed

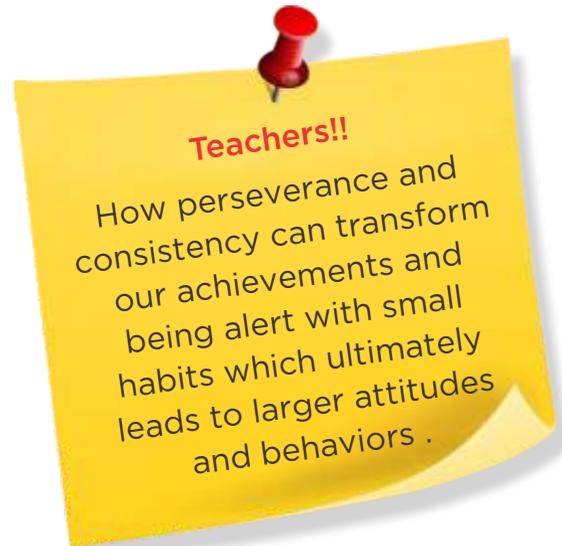
- Habit formation
- Consistency
- Valuing smaller changes

Resources Developed

- focus
- Rational discerning
- Logical reasoning
- Influencing a group

Outcomes Offered

- Cohesion in a group
- Critical thinking
- Acceptance of others



You can watch the short film “Aadat” on [YouTube](#)



Scan code to view short film



It was a holiday for Amma. She was reading a book. Anil had a holiday too. He wanted to do.... SOMETHING!

“Amma, I want to see what is in that blue box!” said Anil.

“Later, Anil,” said Amma.



Anil put a stool over a chair. He climbed up to get the box down.

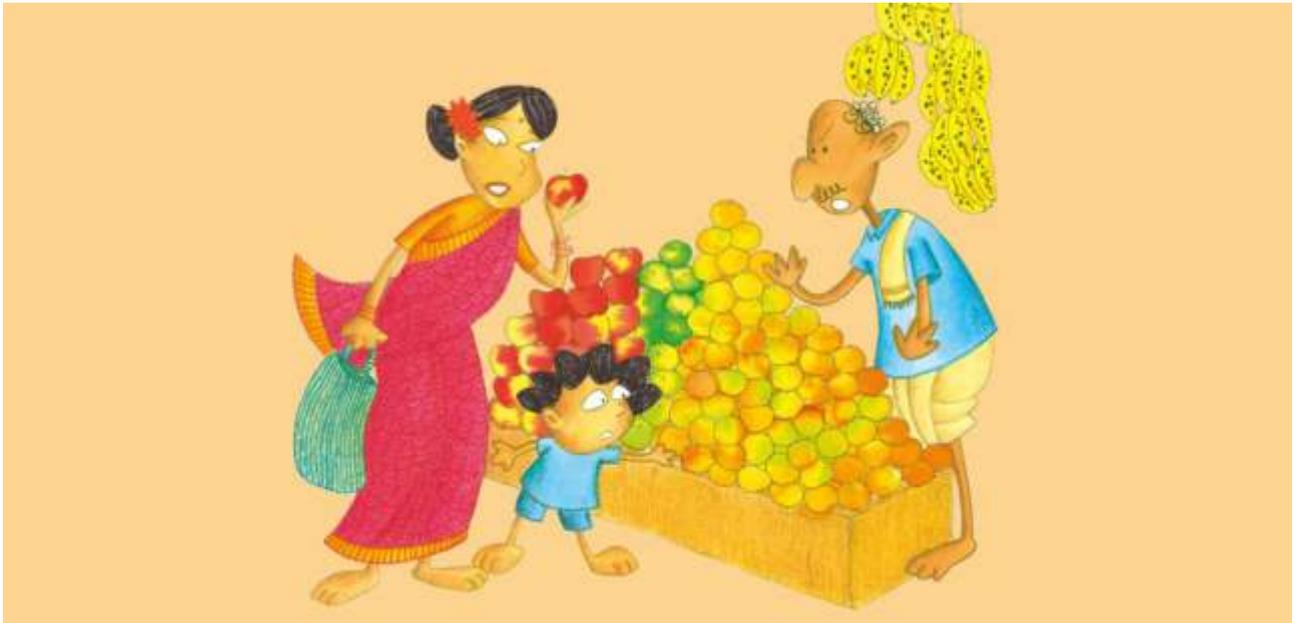
“No, no! Not that one! All the boxes on top of that will fall on our heads, Anil!” said Amma.



Anil was very angry. He was angry with his mother.



“Come, let’s go to the market and get you something,” said Amma.



Anil was very angry even after they went to the market.
“I want that one!” he said, pointing at an orange.
“No, no, not that one! The fruits will all fall down!” said the shopkeeper.



“I want that book!” said Anil.
“No, no, not that one!” said the shopkeeper. “Take this one.”



“I want that one!” shouted Anil, almost pulling out a samosa from a high stack of samosas.

“No, no, not that one!” warned the shopkeeper.

“All my samosas will fall to the ground!”



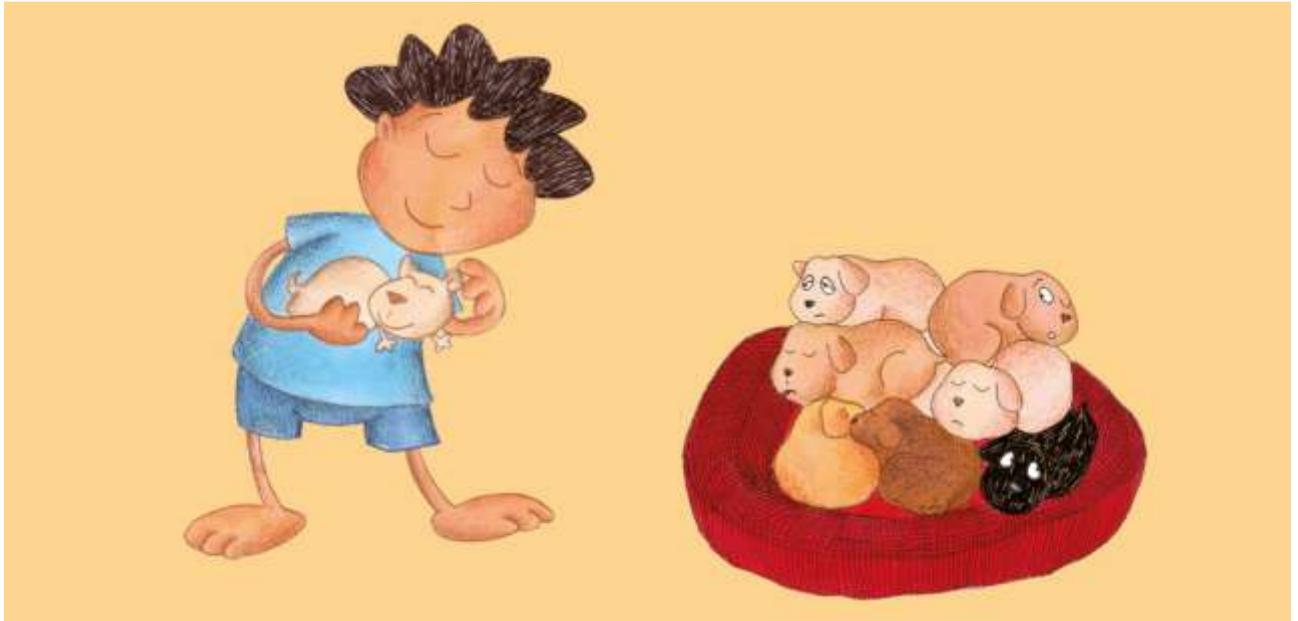
“I want that one!” said Anil loudly. He was now in a very, very bad mood. “No, no, not that one!” said the flower seller. “Don’t touch them! They will wilt.”



By now, Anil was crying loudly. Everyone was looking at Anil.



“I want that one! The black one!” said Amma loudly.
Anil stopped crying suddenly.
“Amma, no, no! Not that one!” said Anil.



“Let’s take this brown one!” said Anil. Then Anil gently lifted the brown puppy on top of a pile of puppies.

“Amma, I am very angry with you! All the puppies would have fallen down!” Amma smiled. Anil was smiling too. He was not angry at all now.



TAKE AWAY

Mahatma Gandhi has said, “ Earth has enough to fulfill the needs of its people but can’t fulfill the greed of one.” Same is the way applied here. Markets hold million of the objects we like but having them all in your cupboard is not possible for all. Therefore one must always rely best on need not greed.

Exercise 6.1

How do the following help us ?



1. Green grocer

.....

.....

2. Fruit vendor

.....

.....



3. Air pilot

.....

.....

4. Railway driver

.....

.....



STOP



5. Traffic man

.....

.....

6. Doctor

.....

.....



7. Farmer

.....

.....

8. Electrician

.....

.....





9. Teacher

.....

.....

10. Police man

.....

.....



Exercise 6.2

Draw the following.

1. Smiling child



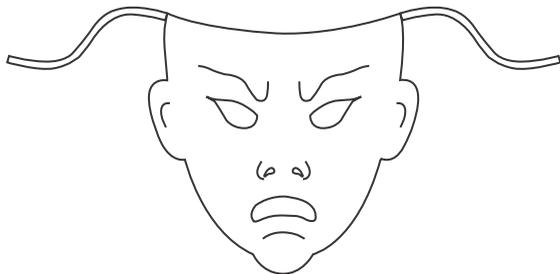
2. Sad child



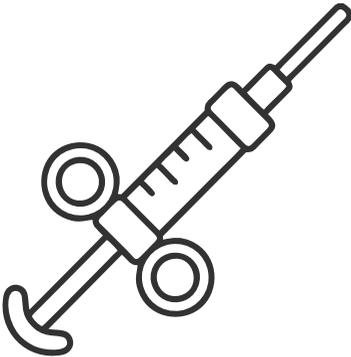
3. Crying face



4. Angry man



5. Color syringing



6. Angry teacher



You Can Learn From



NARAD MUNI

- A Vedic sage famous as a travelling musician and storyteller

- He is referred as the king of all sages or rishies meaning Rishiraj
- He was gifted with the boon of knowledge past, present and future
- He is depicted carrying a khartal and Tambura - regarded as the masters of ancient musical instruments.
- He is presented as a sage with devotion to Lord Vishnu
- Narda is described as both wise and mischievous in humorous tale, but as a pure soul he glorified Vishnu by devotional song , singing the name " Narayan - Narayan".



J. R. D. TATA

Principle: One must forever strive for excellence or even perfection, in any task however small and never be satisfied with the second Best

- J R D Tata was born in France to a french mother and an Indian father.
- He was named Jehangir which meant conqueror of the world.
- His entire childhood was in France and drafted in french Army as Sipahi Segment.
- He was the first to get a flying license and he completed for the fastest flight from London to India.
- He join House of Tata as an apprentice and he firmly believed that the pursuit of excellence requires the Best Leadership.



THOMAS JEFFERSON

(1743-1826) The third President of United States penned one of the greatest documents of the modern world in the declaration of independence.

Thomas Jefferson has a career highlight and interesting habits about him

- He was addicted to learning.
- He didn't like being rewritten.
- He recorded everything.
- He had a pet mocking bird.
- He helped found the University of Virginia.

Time to live the value

Main Idea:

Eco-buddies are people who take steps to protect their environment.

Objectives:

- To understand the importance of protecting the environment.
- To explore the ways in which we can become eco-buddies.
- To understand and check the practices that are harmful for the environment.
- To understand that pollution causes diseases which can be / can't be prevented.

Activity:

Encourage the child to give the leftover food to animals and birds.



HEMFORMATION

Humane Endeavour for Moral Awakening

Values are the breathers of an amiably functioning society. Harmony benevolence, and compassions are the very cornerstones of a flourishing and vibrant society, all citizens shall contribute to the cumulative prosperity and well-being of our nation.

Real wealth of a nation lies in the prosperity of its citizens which in turn is direct function of valued perspective, hence a society augmented with values will always lead a prosper life for it's citizens.

Everybody who contributes to the census also contributes to the state of society at micro level; hence valued acts of every individual are requisite of collective well-being of country.

Humanity in moderns times is passing through a very transient time, where sustenance of life variably transform rapidly with every passing moment, its very pertinent for life to have some values to subscribe able to stand challenges paused by uncertainty, and values can provide a permanent scaffolding to a society to stand any change.

United we fight and divided we fall.



VALUE
THE VALUES
TO REMAIN
VALUED



HEMA FOUNDATION
The philanthropic arm of
Ram Ratna Group of Industries.

HEMA Foundation

Ram Ratna House, Oasis Complex, P. B. Marg, Worli, Mumbai - 400 013 | Tel.: 022-2494 9009 / 9142.

Extn.: 108 Mob: 72280 01342 / 7710030852 | E-mail: admin@hemafoundation.org

Website: www.hemafoundation.org

Download
Hema Foundation
Mobile App!



Follow us on:   