

“COMPASSION BRINGS HAPPINESS”

A Project on Value Education

Submitted By

AARTHI .P - 2021T01

ABINAYA. M - 2021T02

ABIRAMI .R - 2021T03

ANANDHASWATHI .A - 2021T04

AROCKIA JOSPHINE. D - 2021T05

BABY SHALINI. S - 2021T06

DHARANI .T - 2021T08

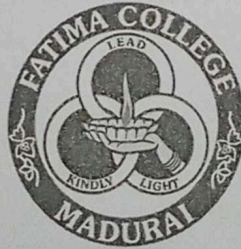
DHARSHINI .K - 2021T09

DIVYA. K - 2021T10

GOWRI .T - 2021T11

Under the Guidance of

Dr.J.SUSAI JESINTHA MERCY



RESEARCH CENTRE OF TAMIL

FATIMACOLLEGE(Autonomous)

MADURAI-625018

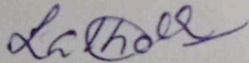
MAY,2022

Certificate

This is to certify that this project entitled "Compassion brings happiness" Submitted by, AARTHI P, ABINAYA M, ABIRAMI R, ANANDHASWATHI A, AROCKIA JOSPHINE D, BABY SHALINI S, DHARANI T, DHARSHINI K, DIVYA K, GOWRI T for the degree of Bachelor of Arts is based on the result of studies carried out by them under my guidance and supervision in the Under graduate The Research Centre Of Tamil, Fatima college (Autonomous), Madurai-18. This project work has not been submitted elsewhere for any other degree.

Date :23.05.2022

Station :Madurai



HOD Signature

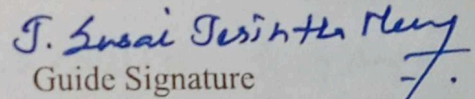
Dr. K. LATHA

HEAD & ASSOCIATE PROFESSOR

RESEARCH CENTRE OF TAMIL

FATIMA COLLEGE

MADURAI-625 018



Guide Signature

DR.J.SUSAI JESINTHA MERCY

DECLARATION

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.J.SUSAI JESINTHA MERCY, Assistant Professor, in The Research Centre of Tamil, Fatima College(Autonomous), Madurai- 18 and this work has not been submitted elsewhere for any other degree.

Date :23.05.2022

Station :Madurai

AARTHI. P - 2021T01 P. Arathi

ABINAYA .M - 2021T02 M. Abinaya

ABIRAMI . R - 2021T03 R. Abirami

ANANDHASWATHI. A -2021T04 A.Anandhaswathi

AROCKIA JOSPHINE. D- 2021T05 D. Arockia Josephine

BABY SHALINI . S -2021T06 S. Baby Shalini

DHARANI . T -2021T08

DHARSHINI. K - 2021T09 K. Dharsini

DIVYA. K - 2021T10 K. Divya

GOWRI. T - 2021T11 T. Gowri

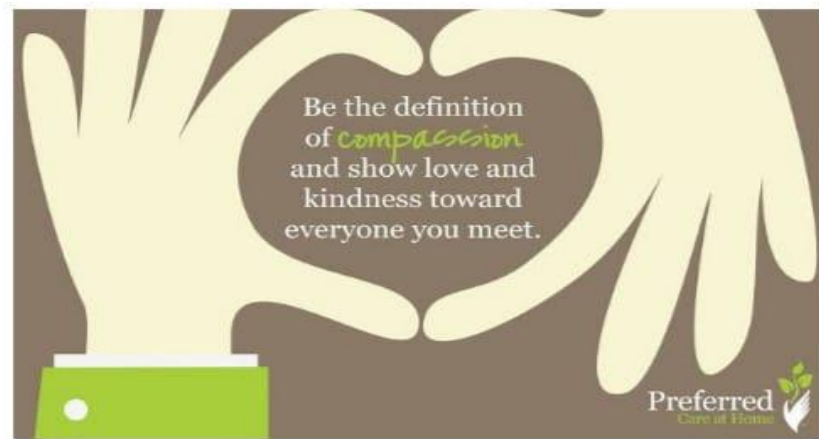
COMPASSION



Introduction:

Being aware and respectful of feelings, owning their mistakes and using them to learn, being kind to children and adults alike , actively listening to their students, showing appreciation , nurturing uniqueness, recognising their student's strengths and building their learning experience from there.

Compassion motivates people to go out of their way relieve the physical, mental, or emotional pain of others and themselves. Compassion is often regarded as being sensitive to the emotional aspects of the suffering of others. When based on notions such as fairness, justice, and interdependence. It may be considered rational in nature.



The word "Compassion" comes from *Middle English*, and derives from *old French*. Via *Ecclasiastical latin* compassio(n), from compati ('suffer with').



- ❖ Compassion involves “Feeling for another” and is a precursor to *empathy*. The “Feeling as another” capacity (as opposed to *sympathy*. The “Feeling towards another”). In common parlance active compassion is the desire to alleviate another's suffering.
- ❖ Compassion involves allowing ourselves by moved by suffering and experiencing the motivation to help alleviate and prevent it. An act of compassion is defined by its *Helpfulness*. Qualities of compassion are patience and wisdom; kindness and perseverance; warmth and resolve. It is often thought not inevitably. The key component in what manifests in the social context as *altruism*. Expression of compassion is prone to be hierarchical Paternalistic, and controlling in response
- ❖ The difference between *Sympathy* and compassion is that the former responds to others suffering with sorrow and concern whereas the latter responds with warmth and care.
- ❖ An article by the clinical psychology. Review suggest that “compassion consists of three facets; noticing, feeling and responding”. This means that compassion is a verb.

The English *noun* compassion, meaning to suffer together with. Comes from *Latin*. Its *prefix* com – comes directly from com. An archaic version of *cum* (=with): the passion segment is derived from passus. *Past participle of the deponent verb pation, patl, passus sums*. Compassion is thus related in origin. Form and meaning to the English noun patient from patients. *Present participle of the same pation*, and is akin to the *Greek* verb and to its cognate noun. Ranked a great virtue in numerous Philosophies. Compassion is considered as among the greatest of *virtue*.

SELF – COMPASSION:

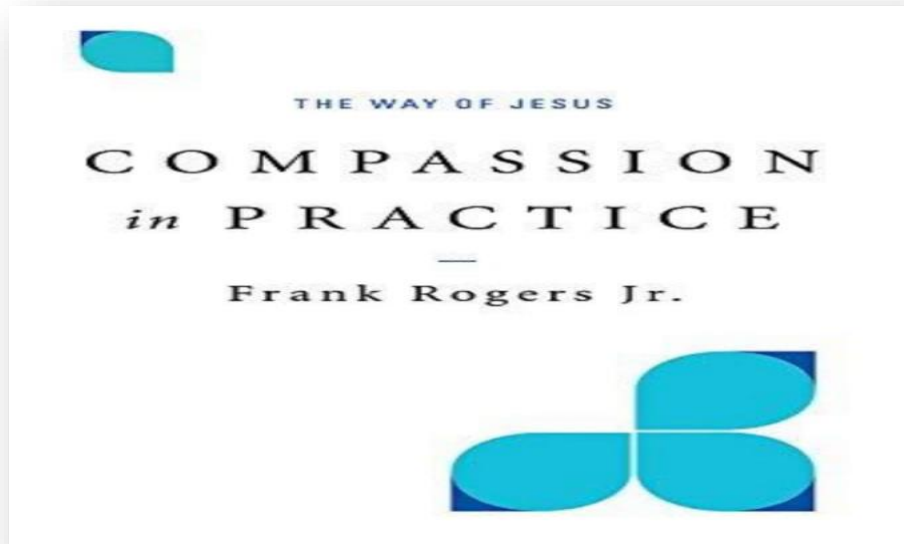
Self-compassion is a process of self kindness and accepting suffering as a quality of being human. It has positive effect on subjective happiness. *Optimism, wisdom, curiosity, agreeableness and extroversion, Kristin Neff* and three level of activities that thwart self-compassion and they are self-criticism , self-isolation and self -absorption, they equate this to flight, flight and freeze responses. It has been found that parenting practices contribute to the development of self-compassion in children. Maternal support, secure attachment and harmonious family functioning all create an environment where self-compassion can develop. On the other hand, certain developmental factors (ie. Personal fable) can hinder the development of self-compassion in children.

SELF COMPASSION



For increasing compassion in the workplace to self and others, authentic leadership centered on humanism and nourishing quality interconnectedness are considered as the key. *Judith Jordan* 's concept of self-compassion, it implies the capacity to notice. Care and respond towards the one own felt needs. The strategies of self-care involve valuing one self, thinking about one's ideations of needs compassionately and connecting with others in orders to conversely experience renewal, support and validation. Research indicates that self-compassionate individuals experience greater *psychological health* than those who lack self-compassion.

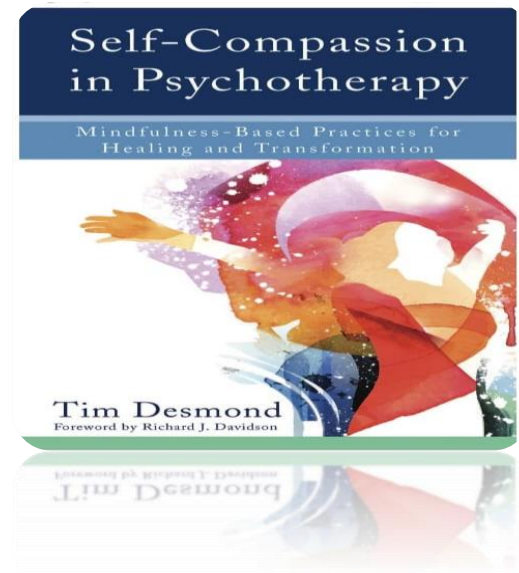
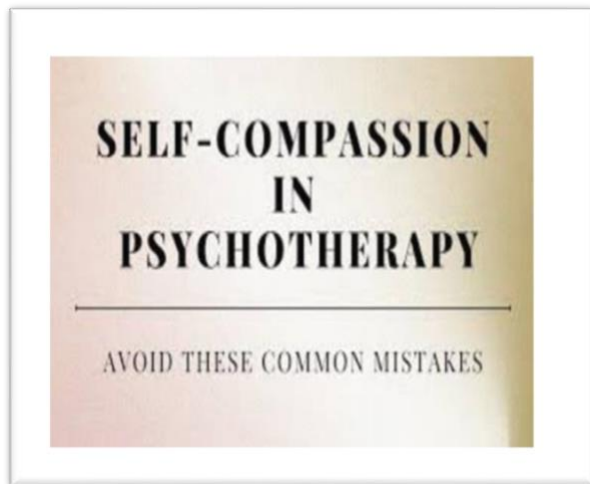
COMPASSION IN PRACTICE



Medicine:

Compassion is one of the most important attributes for physicians practicing medical services. It has been suggested that felt compassion brings about the desire to be helpful, but it does suggest that compassion is similar to other emotions by motivating behaviors to reduce the tension brought on by the emotion. Physicians generally identify their central duties as the responsibility to put the patient's interests first, including the duty not to harm, deliver proper care and maintain confidentiality. Compassion is seen in each of those duties because of its direct relation to the recognition and treatment of suffering. Physicians who use compassion understand the effects of sickness and suffering on human behavior. Compassion may be closely related to love and the emotions evoked in both. This is illustrated by the relationship between patients and physicians in medical institutions. The relationship between suffering patients and their caregivers provides evidence that compassion is a social emotion, which is highly related to the closeness and co-operation between individuals.

PSYCHOTHERAPY:



Compassion focused therapy. *Paul Gilbert*, focuses on the evolutionary *Paul Gilbert* , focuses on the evolutionary psychology behind compassion; focusing on balancing of affect regulation system.(eg. Using affiliative emotions from the care and contentment system to soothe care and contentment system to soothe and reduce painful emotion from the threat detection system).

Live a Life Worthy of the calling you have received:

Our team is not employed by chance, but through God's calling, for his purpose. Compassion Employees work at our Global Ministry Center in Colorado, throughout the US and in our field office across the world. When you join our team, you become part of a global family of over 80,000 child advocates committed to standing up for some the most vulnerable children in the world.

Compassion About us:


Compassion international is a Christian child development ministry aimed at releasing children from spiritual, economic, social and physical poverty in Jesus's name.

We are church-based: Compassion believes the Church is God's chosen instrument to bring hope to bring hope to a hurting world. We believe the strategic placement of local churches makes them best suited to address the holistic needs of the children in their communities. And only they can effectively deliver the Jesus-based teaching and whole life care that children in poverty deserve. Compassion partners with 8,000+ churches in countries around the world to deliver our holistic child Development program.


We are child-focused: Compassion's ministry is focused on the individual child and his/her development. We offer this assistance irrespective of caste, creed, class, or religion. At Compassion we believe entire communities will feel the positive impact of our presence because what happens in the life of a child ripples throughout his or her environment.

We are Christ-centered: Jesus is the core of our ministry and his life and teachings shape our programs. They reflect the spiritual commitments of our staff. And they guide how we love people, respect communities and cooperate with nations.

Compassion and Compassion international are registered trademarks of the United States government.




Compassion.
It's not just a word.
It's a way of being.
It's not just a concept.
It's love in action.
Jeff Brown



"Too many people
overvalue what they are not
and undervalue what they
are."

MALCOLM S. FORBES



If you want others to be
happy, practice
compassion. If you want
to be happy, practice
compassion.

Dalai Lama

“GRATITUDE IS THE BEST ATTITUDE”

A Project on Value Education

Submitted By

GRACY ANGEL R - 2021T12

HEMALATHA M - 2021T13

JERMAN VINONCIYA S - 2021T15

KAMALI K - 2021T16

KAVITHA M - 2021T17

KAVIYA K - 2021T18

KRISHNA PRIYA R - 2021T19

KRISHNAVENI V - 2021T20

LOGESHWARI T - 2021T21

Under the Guidance of

Dr. J.SUSAI JESINTHA MERCY



RESEARCH CENTRE OF TAMIL

FATIMACOLLEGE(Autonomous)

MADURAI-625018

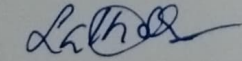
MAY,2022

Certificate

This is to certify that this project entitled "Gratitude is the best Attitude" Submitted by, GRACY ANGEL R, HEMALATHA M, JERMAN VINONCIYA S, KAMALI K, KAVITHA M, KAVIYA K, KRISHNA PRIYA R, KRISHNAVENI V, LOGESHWARI T for the degree of Bachelor of Arts is based on the result of studies carried out by them under my guidance and supervision in the Under graduate The Research Centre of Tamil, Fatima college (Autonomous), Madurai-18. This project work has not been submitted elsewhere for any other degree.

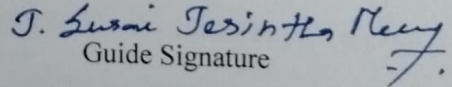
Date : 23.05.2022

Station : Madurai



HOD Signature

Dr. K. LATHA
HEAD & ASSOCIATE PROFESSOR
RESEARCH CENTRE OF TAMIL
FATIMA COLLEGE
MADURAI-625 018



Guide Signature

DR.J.SUSAI JESINTHA MERCY

DECLARATION

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.J.SUSAI JESINTHA MERCY, Assistant Professor, in the The Research Centre of Tamil, Fatima College(Autonomous), Madurai- 18 and this work has not been submitted elsewhere for any other degree.

Date : 23.05.2022

Station : Madurai

GRACY ANGEL R - 2021T12 R. Gracy angel
HEMALATHA M - 2021T13 M. Hemalatha
JERMAN VINONCIYA S - 2021T15 Jerman vinonciya
KAMALI K - 2021T16 K. Kamali
KAVITHA M - 2021T17 M. Kavitha
KAVIYA K - 2021T18 K. Kaviya
KRISHNA PRIYA R - 2021T19 R. Krishna Priya
KRISHNAVENI V - 2021T20 V. Krishnaveni
LOGESHWARI T - 2021T21 T. Logeshwari

Gratitude is the Best Attitude

Gratitude is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented.”

– Dr. Sonja Lyubomirsky

Those who are more grateful have access to a wider social network, more friends, and better relationships on average (Amin, 2014). This is likely because of the effect that being grateful has on how trustworthy, social, and appreciative we seem to others.

1. Improve our romantic relationships

A recent study found evidence that expressing gratitude to our significant others results in improved quality in the relationship. Showing our gratitude to loved ones is a great way to make them feel good, make us feel good, and make the relationship better in general!

2. Improve our friendships

Similar to the effects of gratitude on romantic relationships, expressing gratitude to our friends can improve our friendships. Those who communicate their gratitude to their friends are more likely to work through problems and concerns with their friends and have a more positive perception of their friends.

3. Increases social support

Unsurprisingly, given the other social benefits of gratitude, those who are more grateful have access to more social support. The same study that confirmed this finding reported that higher gratitude also leads to lower levels of stress and depression, suggesting that gratitude not only helps you get the social support you need to get through difficult times, but it lessens the need for social support in the first place .

Although everyone is familiar with the term gratitude, as with every expression there are a multitude of ways of interpreting its meaning, particularly in a professional context. As Dr Lyubomirsky says it can play a major role to counteract and prevent negative emotions, which

are generally toxic and rarely beneficial. Gratitude is far more complex than a quick “thank you”, in fact if expressed in a superficial or inappropriate way a thank you can actually have a far more negative impact than most would believe. In order to express gratitude, one must have a clear understanding of what the challenge comprised what its completion really entailed and the employee’s starting position. Did the employee go that famous extra mile to complete the task, go beyond what they would normally have delivered – exceed expectations? Then obviously a higher level of gratitude is appropriate, but if this was not the case it may cause confusion: this was not a major challenge and yet I was really thanked, but last year when I worked so hard to achieve XYZ no one said anything.... Many employees need to feel that their true value is being recognised, rather than receiving a perfunctory expression of appreciation for a task they did not consider challenging.

Leading by recognition

Many studies into leadership skills have highlighted the beneficial qualities of genuine recognition as a motivational factor, estimating that this may lead to as much as a 15% increase in employee engagement. Appreciation is a fundamental human need; employees want to see the sense in what they are doing and that their input is being accurately assessed and valued. For this reason, around 64% of employees would even be prepared to change job, if they thought they would receive greater recognition elsewhere – this has nothing to do with monetary incentives, but rather it is the feeling that someone is sufficiently interested in what they do to assess it and react accordingly. Bear in mind that such acts of appreciation involve no extra cost to a company, but the lack of them can cause huge monetary shortfall in terms of turnover and reduced engagement.

The happiness factor

Is there such a thing as a happy employee? The term happy is often mistakenly understood as an emotion, whereas in this context it is more a state of mind: it is not about being positive and happy all the time, but rather about accepting emotions, understanding them and letting go of frustrations, even if this means living with negative emotions. This explains why happy may be mistakenly used when really words like fulfilled, motivated and committed would be more appropriate to a professional context and yet if an employee is not happy with what they do or can no longer identify with the company culture sooner or later they will decide to make a change and look for a more positive working environment. In this ever faster moving age of digitalisation, no one can rest on their laurels without acquiring new competencies and adapting to the use of new tools, a good leader will encourage this mindset by providing support and guidance, but this will only bear fruit if it falls on open ears. This does not mean that employees are not equally peer motivated responding to the challenge of being a great team player and gaining recognition as a valued member of the team. Perhaps this can make the difference between being chosen for a more interesting project, gaining promotion or receiving additional training options, either way it is highly motivational and based on constructive positive feedback. Some studies suggest that as many as 90% of employees feel motivated by recognition to do a better job.

The importance of feedback

Companies have many different ways of expressing gratitude and recognition depending on their corporate culture, once again there is no one fits all: the “employee of the month” crown hailed in some branches would be regarded with distaste in others, so it is important to keep methods

appropriate to the context and also the employee concerned. The specific company culture and values will serve as a basis for the definition of the most appropriate approach and thus avoid generating unhealthy competition among employees. The objective is to encourage and motivate not to sow jealousy and disharmony. But it is only by taking previously determined expectations and objectives into account that one can really appreciate what has been achieved, above all it is essential to be transparent and fair. Not every company has a culture of constructive feedback, even though this has been proven to encourage knowledge sharing and higher achievement levels – learning by doing, after all only those who do nothing never make a mistake! The implementation of a No Blame Culture can be very useful in this context. Once providing feedback has become a habit rather than something to be wary of, it will be used regularly and wisely. If a company has a structured appraisal system, this regular feedback could also flow into the annual appraisal meetings, thus ensuring a view of the entire past year rather than the past couple of weeks or the bad things no one has forgotten. This in turn will ensure that appraisals are based on overall performance and are therefore both accurate and more readily accepted. Furthermore, an ongoing feedback process can help to identify potential issues at an early stage, when they can still be rectified, whereas this would probably not be possible a year later. Of course, there is a difference between providing feedback and expressing gratitude, but there is no reason why positive feedback should not be combined with gratitude.

Can gratitude “go” virtual?

The risk of remote working is that all too often empathy and appreciation are neglected in favour of working on concrete challenges and meeting deadlines. In the past, personal interaction provided ready opportunities for even brief feedback for example during a lunch or coffee break and expressions of gratitude and recognition, whereas colleagues are unlikely to use online communication tools such as Slack or zoom for this purpose. It therefore becomes all the more important to take the time to express thanks whether in the form of an email, via internal chat

or by calling the colleague concerned – the method is less important than the act itself! One

option could perhaps be to integrate a virtual wall of gratitude as part of an existing Intranet or add this element to regular team meetings. This is of course a topic, which may be included in your CSR strategy and can be closely linked to your value definition. The mere fact that the possibility to express gratitude exists should serve to encourage your employees to use it and above all enhance consciousness of this need. Once a culture of gratitude has been embedded in your overall culture everyone will automatically adopt their preferred method. Take the time to thank a colleague for their support, for an excellent piece of work or simply for their forbearance when you have been late meeting a deadline. A little understanding goes a long way and will always help to avoid conflictual situations and unnecessary misunderstandings. Whether in a physical or virtual work situation, human beings need to see the sense in what they are doing and this can really only be achieved thanks to feedback and recognition when it is due. It is rather like smiling when you talk to someone on the phone: the person you are talking to can sense it rather than see it, but they still experience a positive reaction. Positivity can motivate us all to achieve so much, don't waste such potential. Take the time to express gratitude today.

Background of study

It includes some excellent tips, ideas, and exercises to start being more grateful.

However, most people like to know how they can benefit before they start a regular practice. That's an understandable desire, of course. I would never start eating boring but healthy food on a daily basis without hearing about the fantastic benefits it could bring to my life! In the interest of informing our readers about how they can benefit from practicing gratitude, and perhaps encouraging some of you who are on the fence, we put together findings from multiple studies and articles into one resource that you can use to decide whether practicing gratitude is a good

for you. Once you've seen all of these wonderful potential benefits, I think I know what your decision will be! Before you continue, we thought you might like to download our three Gratitude Exercises for free. These detailed, science-based exercises will help you or your clients connect to more positive emotions and enjoy the benefits of gratitude.

The benefits are split into five groups:

Emotional benefits

Social benefits

Personality benefits

Career benefits

Health benefits

There are many benefits of gratitude, but these categories cover quite a few of them.

Gratitude and Emotional Benefits

Practicing gratitude is known to impact our emotions and emotional health. Evidence has shown that a regular "attitude of gratitude" can...

1. Make us happier

Simply journaling for five minutes a day about what we are grateful for can enhance our long-term happiness by over 10% (Emmons & McCullough, 2003; Seligman, Steen, Park, & Peterson, 2005)! It turns out that noticing what we already have can make us feel more positive about our lives, which makes a simple sort of sense:

Those who pay attention to what is good in their life instead of what is bad are more likely to feel positively about their life.

2. Increase psychological well-being

Researcher Chih-Che Lin (2017) found that even when controlling for personality, a high level of gratitude has a strong positive impact on psychological well-being, self-esteem, and depression. Basically, this means that we can reap the best benefits of gratitude by embodying gratitude and truly living a life of gratitude, a state that we can get to through regular practice and commitment.

3. Enhance our positive emotions

Feeling grateful every day keeps the envy at bay! Research has shown that gratitude reduces envy, facilitates positive emotions, and makes us more resilient .After all, if we are grateful for what we have, what room is there for envy to sneak in?

4. Increase our self-esteem

Participants who completed a four-week gratitude contemplation program reported greater life satisfaction and self-esteem than control group participants . Gratitude can help you feel better about your circumstances, which can lead to feeling better about yourself.

5. Keep suicidal thoughts and attempts at bay

A study on the effects of gratitude on depression, coping, and suicide showed that gratitude is a protective factor when it comes to suicidal ideation in stressed and depressed individuals Enhancing our own practice of gratitude can help protect us when we are weakest.

Gratitude and Social Benefits

Social benefits gratitude So we know that gratitude makes us more emotionally balanced, happier, and more positive. It makes sense, then, that all of these positive effects result in social benefits as well. After all, happy and healthy people are fun to be around.

6. Make people like us

7. Strengthen family relationships in times of stress

Gratitude has been found to protect children of ill parents from anxiety and depression, acting as a buffer against the internalization of symptoms. Teenage and young adult children who are able to find the positives in their lives can more easily deal with difficult situations like serious illness in the family.

Gratitude and Personality Benefits

Gratitude personality benefits Aside from the social and emotional benefits gratitude can provide, the regular practice and general “attitude of gratitude” can even affect your personality. Here are a few things gratitude has been found to impact. Gratitude can...

Respective value

Expressing gratitude not only helps people appreciate what they’ve received in life, but it also helps people feel like they have given something back to those who helped them. Hand-delivering a letter of thanks might help absolve residual guilt you might feel for not having thanked this person.

1. Take care of your health

The number one most important thing you should take care of is your health...and this should be

in all aspects: mentally, emotionally, physically, and spiritually. So that means sleeping enough, eating right, exercising daily, and staying true to yourself and others. Everyone doesn't think of their health—until there's a problem.

2. Learn everything

You should take the opportunity to learn as much as possible, even about the little things. Read poetry, watch old films, or even browse through the library to learn about a completely random subject. You never know what might spark your interest! If you keep your mind closed to one subject, you'll be missing out on the rest of the world.

3. Be focused but flexible

It's important to be focused, but it's even more important to be flexible. What you think of the world now will (and should) change within the next 10-25 years. Things won't always go the way you want them to but if you can stay flexible, you'll stay focused.

4. Remember passion > money

When it comes to finding a job or work in general, it should be because of something you are passionate about. People think they should have jobs that pay them well...although that is certainly an important factor, it's more important to realize that the jobs you are passionate about will bring in the cash flow, more than you can ever expect. Passion comes first, then money. If money comes first, the passion may or may not come...and 9 times out of 10, it never comes.

Your home value is based on what willing buyers in the market will pay for your home, but every buyer is different. For example, one family might weigh location factors like schools and jobs over the size and condition of the home.

We've outlined some of the most important factors that influence your home's value. One of the best indicators of your home's value is the sale prices of similar homes in your neighborhood that have sold recently. These comparable homes are often referred to as "comps". Whether it's a home appraisal, a comparative market analysis done by an agent, or an Opendoor evaluation, most real estate experts will rely on comps to estimate your home value.

Review of literature

Few Human values

Being a rich source of language and culture, literature has been an ideal tool for the study of a language. As literature offers a bountiful and extremely varied body of written material that deals with enduring human issues, it facilitates in enhancing students' language proficiency as well as expanding their knowledge horizon. Accordingly, literature seems to provide answers for the question posed by the International Conference: how to teach English in order to boost students' language proficiency while empowering them with knowledge, skills and attitude in endorsing sustainable development and promoting global awareness. In this article I will share my experience from my literature class at PSU, where I deal with the concerned question. I use two main literary works, *A Street Cat Named Bob* (2012), a biography by James Bowen and *The Kite Runner* (2003), a novel by Khaled Hosseini, to teach my students about human values such as love, loyalty, courage and social justice. At the same time, I introduce them to the world's current issues such as diaspora, immigration, war and the idea of multicultural society. Literature has been playing a significant role in language teaching since it offers a bountiful and extremely varied body of written material that deals with enduring human issues. Based on this idea, I decided to apply a collaborative learning approach and a project-based teaching strategy to facilitate students in their learning processes because they can work collaboratively with their peers. As Peterson and Miller highlights, "cooperative learning with students can lead to greater cognitive involvement, somewhat greater activation, and higher levels of

motivation” (Peterson and Miller, 2004, 132). In addition, instead of using canonical texts which normally have unfamiliar settings, complicated plot and advanced level of English, I chose literary texts which are more relevant and appealing to students by using the texts that comprises the themes concerning basic human values which I believe are approachable for students. In doing so, it helps to enhance students’ language proficiency as well as empower them with knowledge, skills, and attitude in endorsing sustainable development and promoting global awareness.

Research methodology

International Journal of Suggestions are included for developing systematic case studies and brief descriptions are given of a range of research resources relating to outcome and process measures. Examples of a pragmatic case study design and a hermeneutic single-case efficacy design are given and the paper concludes with some ethical considerations and an exhortation to the TA community to engage more widely in case study research. Key words Case study design, case study research Introduction Case study methodology is becoming increasingly influential in psychotherapy research. Although therapists tend to write case studies as part of their training, there is a definite need for the training of psychotherapists in case study research methodology and developing the skills needed to design rigorous and scientific systematic case studies. The aim of this article is to provide the reader new to case study research with a background in the method to assist them in creating and developing case study research and of contributing this to the TA research literature. Although written for a psychotherapy audience, the key principles of the methodology can be extracted by practitioners from other fields and applied to their own situation. The development of psychotherapy has been influenced from the beginning by the writing and publishing of case studies.

Case study-screenshot

A brief study on the before-during-after usage flow of taking a screenshot

From what I've learned, designing something is not limited to what your product could serve the user, but it also includes what happened before and after using it. In this case study, I'll show you finding I observed from the screenshot function inside the Samsung phone.

Before usage

This state is simple, the user should be able to take a screenshot anytime while using any application. So, this function should be able to be triggered by the device instead of a standalone application that user needs to toggle in and out. In my case, I can either press power and volume down button together or use hand swipe to trigger a screenshot. These actions are considered as an "unnatural" behavior that users are difficult to perform by mistake to prevent unintended action. The user also able to choose between two approaches, to interact with physical buttons or to do a special gesture if pressing both buttons together is too troublesome for them. I personally turn off the palm gesture because I often trigger it accidentally when wiping the screen lol.

During usage

Since the trigger is performed outside the screen's content, how should the system notice user that it's already done the job? This answer again falls to the device itself. A shutter sound (If user turn the volume on) and the vibration could notice user some change but what I like is the way the system imitates the taking photo behavior on the screen. Some devices would play a quick animation of a shrinking screen as it was captured while some devices play a quick flash animation instead. And that's all for the function! You trigger it, we take the picture, all done. Some device may show a preview photo or notification to inform the user and also a good way to provide them access to the result. The key point is to inform the user well and assure they got what they need.

After usage

This one is my favorite part, and also what causes me to write this blog. Even though the job capturing the screen is done, what more important is to look back since the beginning, why do user need to capture the screen? If the answer is just to keep it, all the features I mentioned have already closed the job. The truth is user behavior has gone beyond that, sometimes they share their photos to others and sometimes they even need to edit the photo to remove or highlight a specific part of the screen before sending. The result ended up with “share” and “edit” options in many devices, to offer a quick access to accomplish user’s goal so they don’t need to swap in and out through many application do finish the work.

In my case, there’re two accesses available for my screenshot: the notification bar which I believe it’s native behavior from the Android OS itself and the smart tools below which I believe that it’s developed by the Samsung (correct me if I’m wrong). They both have “share” and “edit” options so it’s a bit redundant for me but each one has a benefit that cannot be replaced by other.

Screenshot tools on the notification bar (left) and on the bottom of the screen (right)

For the notification bar, what I like is that the notice always stays there until I swipe it out. It benefits me when I take a screenshot to send it to someone, I can directly access to “delete” options from the notification bar after sending without directly going to the gallery application.

The delete function on the notification bar

For the smart tools at the bottom, it disappears immediately if I tap outside. It’s a good practice to prevent disturbing user’s flow. Still, the device itself is not that fast it took some delay before the panel is shown in which might be the same time that I continue tapping for other actions. I encountered a few launches by mistake because of the position of the panel. Maybe it could be better if the panel could be hidden under one floating action button and displayed on the right area to prevent accidental touch?

Thus, for some specific feature (which I think it's the coolest one), it makes more sense for the button to be displayed immediately. That feature is "Scroll capture" which scroll the screen automatically and create continuous content in one image. This action requires the user to stay at the same page as the one they capture before. It might cause frustration if the panel is hidden away. Personally, I think this is a good feature since one screen might not enough to display all content they want to share to other; especially for list item or conversation. It could help the user reduce time taking a screenshot and to combine pictures together, showing the good outcome that could really serve user's need.

The scroll capture function(left) with result image(right)

That's all for what I learned from this case study. It's just only my own opinion and I know I still lack of experience. Feel free to share your thought and I'd be grateful if you found my mistake and correct it.

Analysis value-dimensions

The system of values of the agent's society forms the external standard for judging the relative importance of the agent's commitments. There are three dimensions of value: universally human, cultural that vary with societies and times; and personal that vary with individuals. Each dimension has a standard for judging the adequacy of the relevant values. Human values are adequate if they satisfy basic needs; cultural values are adequate if they provide a system of values that sustains the allegiance of the inhabitants of a society; and personal values are adequate if the conceptions of well-being formed out of them enable individuals to live satisfying lives. These values conflict and our well-being requires some way of settling their conflicts, but there is no universal principle for settling the conflicts; it can only be done by attending to the concrete features of particular conflicts. These features vary with circumstances and values.

“COURAGE CONQUERS EVERYTHING”

A Project on Value Education

Submitted By

MURUGESHWARI K - 2021T22

MUTHULAKSHMI V - 2021T23

NAGARATHINAM N- 2021T24

NIRMALA DEVI A - 2021T25

NISHANTHINI R - 2021T27

POOJA P - 2021T28

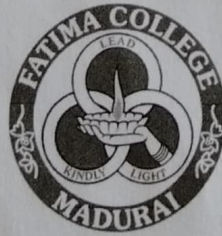
RAJESHWARI E - 2021T30

REBAKA R - 2021T31

SARITHA K- 2021T32

Under the Guidance of

Dr. J.SUSAI JESINTHA MERCY



RESEARCH CENTRE OF TAMIL

FATIMA COLLEGE (Autonomous)

MADURAI-625018

MAY, 2022

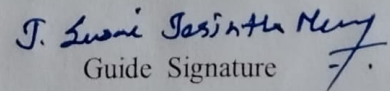
Certificate

This is to certify that this project entitled "Courage Conquers Everything" Submitted by, MURUGESHWARI K, MUTHULAKSHMI V, NAGARATHINAM N, NIRMALA DEVI A, NISHANTHINI R, POOJA P, RAJESHWARI E, REBAKA R, SARITHA K for the degree of Bachelor of Arts is based on the result of studies carried out by them under my guidance and supervision in the Under graduate The Research Centre of Tamil, Fatima college (Autonomous), Madurai-18. This project work has not been submitted elsewhere for any other degree.

Date: 23.05.2022

Station: Madurai


HOD Signature
Dr. K. LATHA
HEAD & ASSOCIATE PROFESSOR
RESEARCH CENTRE OF TAMIL
FATIMA COLLEGE
MADURAI-625 018


Guide Signature
Dr. J.SUSAI JESINTHA MERCY

DECLARATION

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.J.SUSAI JESINTHA MERCY, Assistant Professor, in The Research Centre of Tamil, Fatima College(Autonomous), Madurai- 18 and this work has not been submitted elsewhere for any other degree.

Date: 23.05.2022

Station: Madurai

MURUGESHWARI K - 2021T22 K. Murugeswarari
MUTHULAKSHMI V - 2021T23 V. Muthulakshmi
NAGARATHINAM N- 2021T24 N. Nagarathinam
NIRMALA DEVI A - 2021T25 A. Nirmala Devi
NISHANTHINI R - 2021T27 R. Nishanthini
POOJA P - 2021T28 P. Pooja
RAJESHWARI E - 2021T30 E. Rajeshwari
REBAKA R - 2021T31 R. Reba R.
SARITHA K- 2021T32 K. Saritha

INTRODUCTION:

COURAGE:

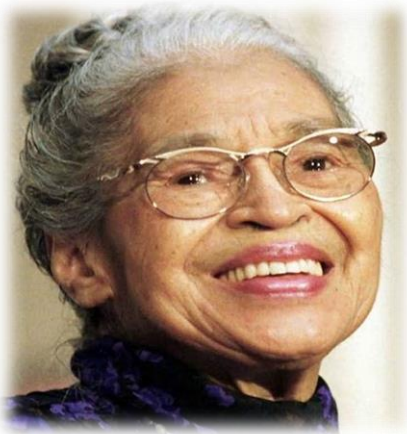
What does courage mean?

1. Doing the right thing even if it is difficult.
2. Facing your fears with confidence – being brave.

What are some ways you can show courage?

- Do the right thing, even if others are not.
- Bravely deal with your daily challenges.
- Be willing to try new things, even if you might fail.
- Tell the truth regardless of the consequences.
- Face your fears and work to overcome them.
- Admit your mistakes and learn from them.
- Do not give into negative peer pressure.

Name some people who have shown courage?



ROSA PARKS (1913-2005)



HELEN KELLAR (1880-1968)



DR.A.P.J.ABDUL KALAM (1931-2015)



FIRE FIGHTER

Which action is courageous and which is foolish?

1. Fighting or walking away from a fight
2. Doing something dangerous that others are doing or not participating even if someone calls you "chicken"
3. Teasing and bullying someone or standing up for someone who is being mistreated
4. Blaming others for your mistakes or accepting responsibility
5. Ignoring a new student or making friends with a new student
6. Only looking out for yourself or helping others
7. Following the crowd or doing what's right
8. Quitting when things get tough or working hard, even when it's difficult

Building a Courageous Mindset

Embrace your fear

- ☞ Being courageous means doing something despite the fear. Fear comes from the body's natural response to the brain's fight or flight response.
- ☞ The brain sends cortisol, a stress inducing hormone, throughout the body's nervous system, making the body go into hyper-drive.
- ☞ Fearfulness is a learned behavior, based in our brain chemistry, but strengthened by the world around us that has trained us to be fearful.
- ☞ Learning to work through fear and step beyond it is about retraining your mind.
- ☞ Avoiding fears actually makes them stronger and scarier. There's a certain mindset in Western culture that views emotions as weakness and seeks to suppress them.
- ☞ But suppressing negative emotions only heightens the fear of the negative emotion itself, strengthening them the more they are avoided.

Try not to hesitate

The longer your brain has to come up with excuses for not being courageous, the more time you will have to panic about hypothetical negative outcomes. If you are in a situation where you have to pick up a spider, jump out of an airplane, or ask someone on a date, do it without hesitation if you're going to do it at all.

Learn to be mindful

Being mindful is when you are fully present in the current moment. Mindfulness can help change your brain to deal with fear in a more effective manner. You have to give yourself time to learn this skill and it takes practice.

- a) Meditation is one way to help improve your mindfulness.
- b) When you do find yourself overwhelmed by fear, using the practices learned from meditation and mindfulness can help you overcome.

Get outside your comfort zone

Stepping outside your comfort zone may cause anxiety, but it's a great way to learn courage. Doing something you don't normally do helps you cope with the unexpected, which is where fear often springs from. Learning to deal with that fear, in a situation you have chosen, can help you perform courageously when the unexpected happens.

Build confidence

Having confidence allows you to trust in your abilities and yourself, and realize that you are more than your fears. When you have confidence in yourself you will find it easier to take courageous action. Learning to have confidence takes practice. There are a number of ways to build confidence.

Identify your fears

What is it that you are afraid of? Before you can overcome your fear and act courageously you need to know what makes you scared. There are a number of things that tend to make people afraid, including these:

- Heights



- Snakes and/or spiders
- Crowds



- Public speaking



- Water



- Storms
- Closed spaces



Acknowledge your fear

Once you have identified your fears, do not try to brush them under the rug; do not avoid them. Do not try to convince yourself that you simply aren't afraid; it will take more work than that to conquer your fear. Instead, accept that you do have fears so you can work productively to overcome them.

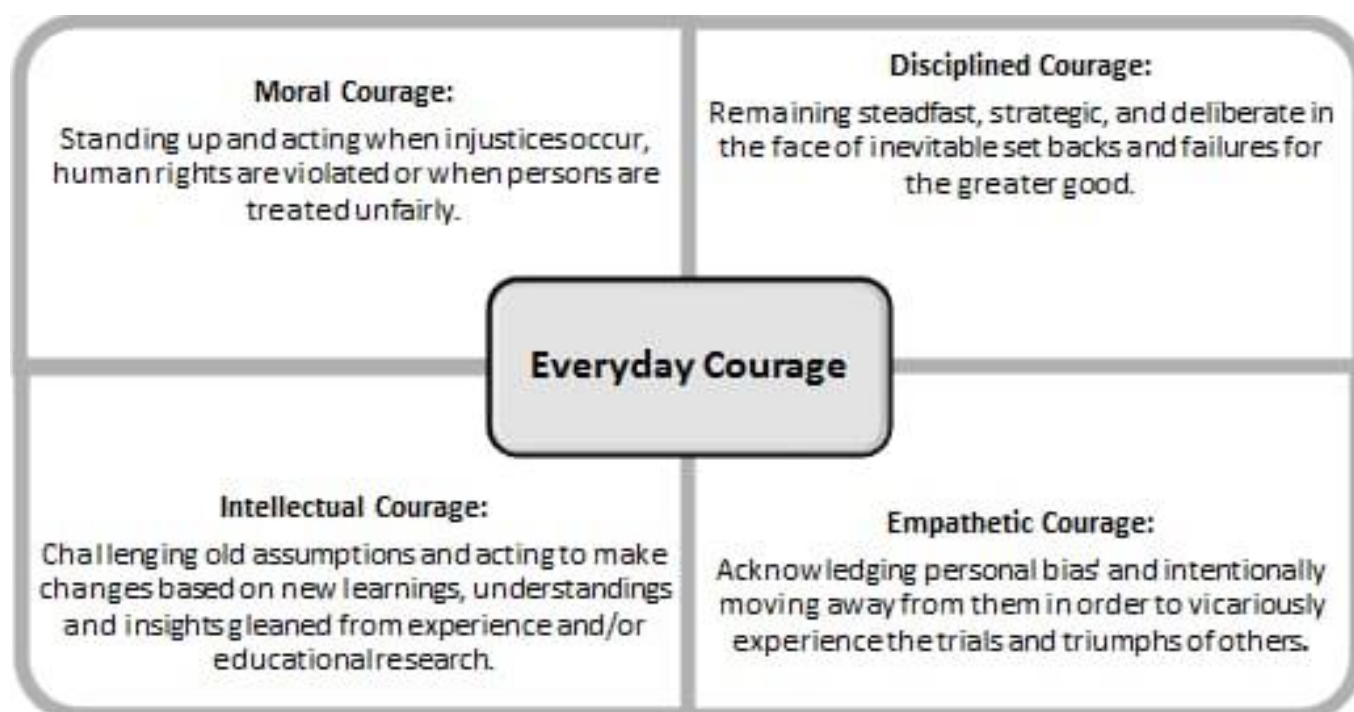
Try visualization.

When you find yourself afraid of something, try getting your mind off of it by focusing on more positive thoughts. Do your best to visualize something that makes you happy, such as your dog or a loved one. Use this positive emotion to overpower the fear.

Talk to someone

Talking out your fears with someone, a licensed therapist, a trusted family member or friend can help you to figure out where your fear is originating; it can also help you overcome your fear and act courageously.

COURAGE IN EVERY DAY LIFE:



TYPES OF COURAGE

Physical Courage:

Physical courage involves proceeding despite fear of Physical harm. You would exercise physical courage when entering situations where your body may be under threat. At times, you know you will be harmed, but you feel you have to proceed regardless because of a moral, personal, or social obligation to do so.

Social Courage:

Social courage is the courage to expose yourself to social situations where you may be vulnerable to embarrassment, ridicule, or discomfort. People who have social anxiety might need this type of courage. They need to muster this courage whenever they enter a social situation.

Moral Courage:

Moral courage is the courage to stand up for your convictions despite the sense that it may end badly for you. This is a type of courage that is often exercised when your morals conflict with mainstream social views. People with moral courage may expect to be ridiculed or socially excluded because of their views, which may even be taboo. They may also personally stand to lose from their actions but do things because they're the right thing to do rather than because they have utilitarian values.

Emotional Courage:

Emotional courage involves allowing ourselves to feel the full spectrum of human emotions. In some situations, we may try to protect ourselves by appearing aloof, uncaring, or disconnected. But people with emotional courage proceed into emotional relationships with the knowledge that they may be emotionally impacted by that relationship at some point in the future.

Intellectual Courage:

Intellectual courage is the willingness to learn and expand our horizons. This is a type of courage that's in decline in a world where everyone is retreating into information bubbles, overdosing on confirmation bias, and embracing cancel culture.

People with intellectual courage are willing to have their minds changed in the face of facts and debate despite the vulnerability of having their views undermined by new information. As with all types of courage, there needs to be vulnerability here (i.e. that you may come up across uncomfortable information) in order for this to be considered a form of courage.

Spiritual Courage

Spiritual courage is the courage to face up to spiritual questions that may be uncomfortable, a threat to your own identity as a spiritual person, or undermine your own spiritual beliefs.

It is similar to intellectual courage. However, where intellectual courage is the willingness to address issues of logic and information, spiritual courage ventures into philosophical questions that are often unanswerable.

Often, people who do not have spiritual courage will live an unexamined life wherein they choose not to think about their own mortality or spiritual questions.

For Psychology and Education:

Psychologists and educators can teach about the types of courage to help people develop personal values. By examining each type, we can reflect on when we should try to be courageous and be aware of others' courageous actions. It can also help us be more empathetic to other peoples' courage, even when we disagree with them on some issues.

Conclusion:

Courage is (by definition) something that is hard to do. If you do something without fear, then you are not being courageous – you're just being you! To be courageous, you have to be pushing through fear and uncertainty.

It's also worth noting that the above types of courage are not necessarily mutually exclusive. You may do something that requires both moral and social courage (for example, if you know your moral stance will lead to social isolation). Similarly, when you protect someone from an attack, you're likely exercising both moral courage (doing it because it's right, despite fear of harm) and physical courage (if you're afraid of harm but doing it anyway).

The above types of courage are useful to reflect upon in order to identify ways in which you are personally courageous and to identify opportunities to be more courageous and achieve self-improvement.

Here are four tactics you can try to become more courageous:

Be willing to go

Start out by just being willing to do that difficult thing, even if you aren't actually doing anything yet. In cases where the difficult task to face has been thrust on you, like being diagnosed with cancer, being willing can be a tough thing; think of it more as being willing to accept that you are where you are, and stepping forward into each moment with the most serenity you can maintain.

Watch how you talk to yourself

Focus on how others have done it, how maybe it won't be as hard as you think, or how it really is just about being uncomfortable. Being uncomfortable never killed anyone, and although the thing you need strength and courage to do may be tough, it won't kill you either. If you are facing a serious illness, talk about why you want to be well, and talk as little as possible about your actual condition.

Practice on small things

If you have a really big situation you're facing, practice on smaller uncomfortable things and then apply that success to boost your confidence to take on the big thing. I didn't start out at the fire hall driving fire trucks. I started out putting my gear on, washing trucks, and laying down hoses.

Following Pictures are showing Courageous:



All People Should have Courage:




Be Courage and Teach Courage:



Don't Get Fear Be always with Courage:



SOME COURAGE QUOTES



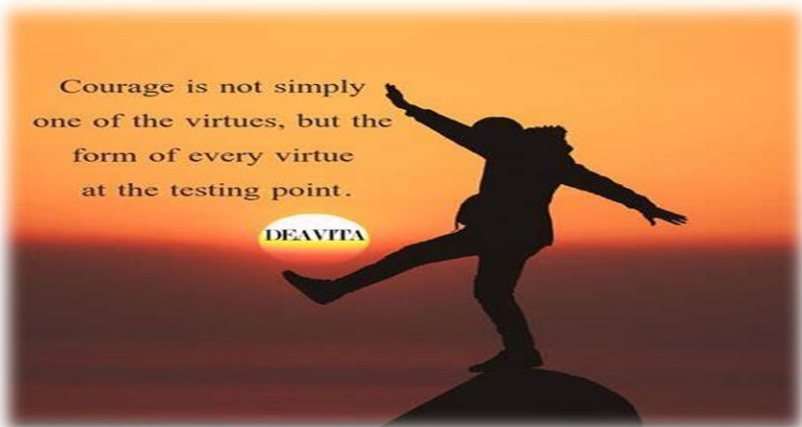
“All our dreams can come true, if we have the courage to pursue them. ”

Walt Disney



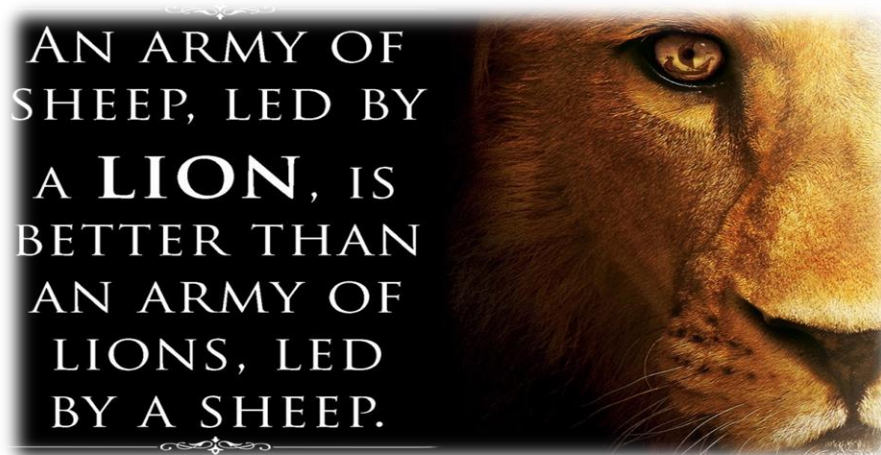
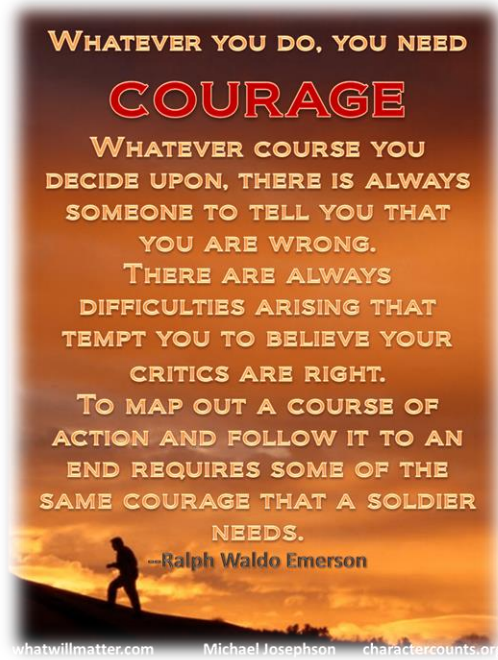
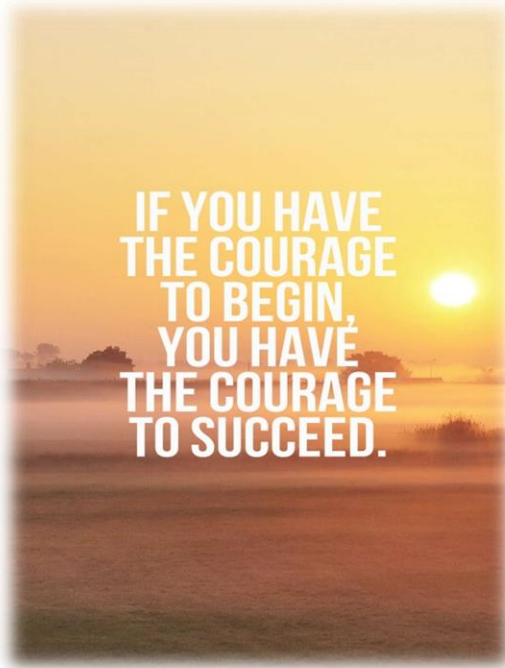
**COURAGE IS
BEING
AFRAID BUT
GOING
ON ANYHOW**

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” — Nelson Mandela



Courage is not simply one of the virtues, but the form of every virtue at the testing point.

DEAVITA



Closing comment:

It takes courage to do the right thing. Stand up for what is right, even if you stand alone.

“Courage conquers everything.” ~Ovid

Book suggestions for courage

Kindergarten: The Brave Little Bird, Scott Beck

Rainbow Fish to the Rescue, Marcus Pfister

Brave Irene, William Steig

First Grade: Nessa's Fish, Nancy Luenn

There's a Monster Under My Bed? James Howe

Brave Potatoes, Toby Speed

Second Grade: The Bravest Dog Ever, The True Story of Balto, Natalie Standiford

Dogzilla, Dav Pilkey

Pets to the Rescue, Andrew Clements

Third Grade: The Children's Book of Virtues, William Bennett

The Boy Who Held Back the Sea, Thomas Locker

Brave as a Mountain, Ann Herbert Scott

Fourth Grade: The Children's Book of Heroes, William Bennett

Chicken Soup for Kids, Stories of Courage, Jack Canfield

Saint George and the Dragon, Margaret Hoages

Fifth Grade: The Big Wave, Pearl Buck

Kids With Courage, Barbara Leaks

Secret of the Peaceful Warrior, Dan Millman

SOURCES:

<https://helpfulprofessor.com/types-of-courage>

www.shortform.com/blog/build-courage/

<https://corwin-connect.com/2017/01/4-types-everyday-courage/>

<https://www.dreamstime.com>

<https://wallpapertops.com/walls/courage-wallpapers>

THANK YOU



“RESPECT YOURSELF ABOVE ALL”

A Project on Value Education

Submitted By

SATHIYA C- 2021T33

SELVI P - 2021T34

SOWMIYA A - 2021T36

SURYA KALA P - 2021T37

VINOTHA J - 2021T38

YOGALAKSHMI B - 2021T39

HARSHINI S - 2021T42

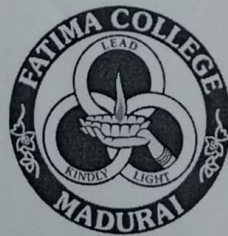
KAMATCHI MONISHA K - 2021T43

MAHALAKSHMI P - 2021T44

NANDHINI R- 2021T45

Under the Guidance of

Dr. J.SUSAI JESINTHA MERCY



RESEARCH CENTRE OF TAMIL

FATIMACOLLEGE(Autonomous)

MADURAI-625018

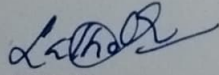
MAY,2022

Certificate

This is to certify that this project entitled "Respect Yourself Above All" Submitted by, SATHIYA C, SELVI P, SOWMIYA A, SURYA KALA P, VINOTHA J, YOGALAKSHMI B, HARSHINI S, KAMATCHI MONISHA K, MAHALAKSHMI P, NANDHINI R for the degree of Bachelor of Arts is based on the result of studies carried out by them under my guidance and supervision in the Under graduate The Research Centre of Tamil, Fatima college (Autonomous), Madurai-18. This project work has not been submitted elsewhere for any other degree.

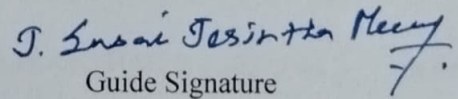
Date : 23.05.2022

Station : Madurai



HOD Signature

Dr. K. LATHA
HEAD & ASSOCIATE PROFESSOR
RESEARCH CENTRE OF TAMIL
FATIMA COLLEGE
MADURAI-625 018



Guide Signature

DR.J.SUSAI JESINTHA MERCY

DECLARATION

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.J.SUSAI JESINTHA MERCY, Assistant Professor, in The Research Centre of Tamil, Fatima College(Autonomous), Madurai- 18 and this work has not been submitted elsewhere for any other degree.

Date : 23.05.2022

Station : Madurai

SATHIYA C- 2021T33 C. Sathiya

SELVI P - 2021T34 P. Selvi.

SOWMIYA A - 2021T36 A. Sowmya.

SURYA KALA P - 2021T37 P. Surya Kala.

VINOTHA J - 2021T38 J. Vinot.

YOGALAKSHMI B - 2021T39 B. Yogalakshmi.

HARSHINI S - 2021T42 S. Harshini

KAMATCHI MONISHA K - 2021T43 K. Kamatchi Monisha

MAHALAKSHMI P - 2021T44 P. Maha Lakshmi

NANDHINI R- 2021T45 R. Nandhini



Introduction respect

One important aspect in lean manufacturing is “**Respect for People,**” or more correctly, “**Respect for Humanity.**” But while it is mentioned frequently in presentations and books on lean manufacturing, what it actually means is often glossed over. And it is not an easy topic to write about. There is no “5 Steps to Respect for People.” Sorry. I have been thinking about writing a blog post on respect for quite some time, but it is difficult to write something substantial rather than just some anecdotes. It runs the risk of quickly drifting off into general management and leadership behavior. Nevertheless, I managed to write a series of three blog posts on it. Well, anyway, here we go...

Resolution

I pledge from this day forward to do my best to combat prejudice and to stop those who, because of hate or ignorance, would hurt anyone or violate their civil rights.

I will try at all times to be aware of my own biases and seek to gain understanding of those who I perceive as being different from myself. I will speak out against all forms of prejudice and discrimination. I will reach out to support those who are targets of hate. I will think about specific ways my community members can promote respect for people and create a prejudice-free zone. I firmly believe that one person can make a difference and that no person can be an “innocent” bystander when it comes to opposing hate. I recognize that respecting individual dignity, achieving equality and promoting intergroup harmony are the responsibilities of all people. By signing this pledge, I commit myself to creating a respectful community.

Speech on respect

The word 'respect' is a broad term and has a huge meaning in itself. However, different people understand this term in different ways. Respect is a feeling that fills positivity in a human being or an action that we express towards something. Moreover, we can also get it as something held in high esteem or favour for someone. Respecting someone is an indication of ethical behaviour. Unfortunately, in modern times, people are forgetting and fading the value of respect. Notably, there are 2 important aspects of respect that are self-respect and the respect that we give to other people. Read speech on respect [here](#).

Objective of respect

- Choose words that do not put the receiver on the defensive.
- Use "I" messages, like "I've noticed", rather than "you" messages, like "you always."
- Keep your emotions out of it, as they can derail your message.
- Maintain dignity by giving choices where possible.

Research methodology

In order to achieve the objectives of the project, RESPECT has been divided into 14 research and development work packages (WP2-15). Each work package is led by an experienced project member who is responsible for clearly delineated, measurable deliverables. The work packages (WPs) are carried out in the context of distinct project streams which build on and inform each other:

- Status Quo Analysis

- Citizen Attitudes
- Best Practice.

3

The fourteen Work Packages comprising these research streams are complemented by three other Work Packages designed to ensure that the RESPECT project is fully compliant with the highest standards of project management in international collaborative research which groups nearly forty researchers from 19 institutions in 16 countries. Thus WP1 deals with Project Management and co-ordination across the entire RESPECT project while WP16 provides an in-built evaluation function. WP17 serves to focus effort on dissemination of the project results across the widest possible range of audiences.

1. Status quo analysis

The design philosophy for RESPECT implements a multi-disciplinary approach to the issues under investigation. It brings together serving or ex-police and intelligence officers with engineers, security specialists, IT/privacy lawyers, sociologists as well as experts in consumer behaviour, marketing and e-government. The inter-disciplinarity afforded by this rich mix of skills and experience ensures that within WPs2-9, the applications of surveillance technologies are examined in such a way so as to identify enhanced security opportunities, efficiency and proportionality issues as well as privacy risks.

The status quo analysis will not deal solely with applications of surveillance on a sector-by-sector basis (WPs4-8). It will also map out characteristics of laws governing surveillance and identify lacunae/new safeguards as well as best practices (WP9). By thus combining an analysis of how, why and when surveillance may be used in multiple application sectors, and a complementary structured understanding of the legal framework to follow under the impact stream, the status quo analysis will provide the prerequisite knowledge to enable the RESPECT team to move on to examine citizen attitudes before venturing to come up with design solutions and new operational safeguards.



4

Self respect

One's self-respect is in one's own hands. We are the ones who need to guard it from being trodden.

People would belittle you or take you lightly or even mock you if you are in habit of letting go. Never ever "Let Go" when it comes to your own respect. Never let people take you for granted. Everyone has one's own individuality and identity, which should always be respected, no matter how hard one needs to fight for it.

Few things we should always follow to maintain self-respect. This is based on my own experience:

1. Never get too close to anyone, or be overfriendly, as they say, "Familiarity breeds Contempt". This holds surely true in real life.
2. Talk less and listen more. If you keep rambling, people will not take you seriously.
3. Maintain your dignity when you deal with anyone. Behave maturely, Grow up! People will take caution before talking to you.

4. In addition, be wise and assertive, capable enough to take your own decisions. People will adore you!!!

To sum up all together, whether it's your professional life or personal, distancing a little, helps. Even in your closest relations, you need to put some space in between. It helps bring harmony, amiability, and respect. Same applies to the professional life also. As a team manager, always be friendly with your team members but not at the cost of your self-esteem. While being friendly, you need to behave in a more dignified manner, for them to have a sense of respect for you. Besides, being wise, is the icing on the cake. If you are worldly wise, able to make decisions on your own and stand by it, no one in this world will have the audacity to put you down. If you love yourself, learn to have yourself respected too. It's your right!!!

You deserve respect

Some people seem to garner respect without even trying. Others seem unable to figure out how it works. This latter group often seem to attract mean, insensitive people into their lives. It might be a boss who treats you like a child, friends who don't take you seriously, or children who ignore your parental authority. You want to be treated with respect, you've even tried to make them stop their behavior, but it keeps happening. What's going on?

A lot more than you probably realize! An old proverb says that you must first respect yourself before you can expect others to respect you. If you find that people in your life frequently mistreat you, perhaps they are simply doing what you ask. I don't mean that you are consciously telling them you want mistreatment, but your behavior may be saying just that. Let's explore how this might happen and what you can do about it.

Listen to your negative self-talk

"Marissa" arrived to a counseling session with a cup of coffee she had purchased on her way to our session. Just as she sat down, the plastic lid on her cup popped off sloshing coffee on the sofa. The first words out of her mouth were, "How stupid of me. I'm so sorry." I assured her it was not a big deal to me and thanked her for being concerned. She continued: "I can't believe how clumsy I am sometimes. I promise not to bring any other beverages with me to sessions." Seeing that she wasn't going to easily let herself off the hook I decided to use the situation in a therapeutic way. I said, "Marissa, why are you being so hard on yourself? It was a mistake and I'm not angry with you." "I know," she said, "but I do a lot of stupid things."

Marissa wasn't just saying her mistake was stupid, but that she was stupid. Even when I extended grace to her, she felt compelled to convince me to agree with her perceived ineptness. She was unconsciously inviting me to put her down. Had I done so she would have felt it was deserved. Her negative self-talk, or how she feels about herself, leaks out when she is vulnerable and says "I'm stupid, don't you agree?"

But the truth is she's not stupid, she is actually quite intelligent. Marissa is like many other people who give off an unconscious beacon signal to others that says I don't like myself very much and neither should you. People like Marissa berate themselves for mistakes they make, try extremely hard to be perfect, and go to great lengths to please others. If you are one of these people, take heart. There is a way to stop this craziness that you are perpetuating by your negative self-talk.

6

Top 10 ways to show respect in the workplace

A respectful work environment boosts employee morale and creates a more positive, productive workplace. Make professionalism a habit and demonstrate respect with these simple, yet powerful actions:

- Say something. If you see disrespectful or unsafe behavior that undermines the work environment, speak up. Everyone deserves to be treated respectfully.
- Smile. Empathize and be considerate of others. Make it a routine to smile and greet everyone as you arrive at work—it's a sign of courtesy and kindness.
- Say "thank you." It may seem like common sense, but many people forget to say thank you or don't say it with sincerity. Show gratitude often by making sure people know you appreciate them and their actions. Give encouragement to show you value your team's contributions.
- Be considerate and discreet. Be mindful of your surroundings. If you work in an open workspace and need to make a phone call, make sure to control your own volume and respect your neighbors.
- Apologize. If you make a mistake, take responsibility and have a corrective action plan. Saying "I'm sorry" (without excuses) is courageous and proves your commitment to your colleagues and to your job.

- Participate constructively. Make sure your contribution in meetings are on topic and respectful. Avoid interrupting others and give others your full attention.
- Respond in a timely manner. Answer phone calls and emails promptly—this shows people you value their time. Ensure that information is communicated and shared openly as appropriate. Sharing information signals trust and confidence.
- Go the extra mile. Sometimes your team needs additional help to get the job done. Offer to pitch in and share the load. If a co-worker has helped you in the past, then returning the favor is a good way to show both your respect and gratitude.
- Be reliable. Follow through on your commitments and responsibilities. Keep your word. Make task lists or reminders if needed and avoid distractions that make it easy to lose sight of deadlines. You'll earn your coworkers' respect when they know they can count on you.
- Feedback is a gift. Praise much more often than you criticize. Share your expertise respectfully and be open to growth and learning. A collaborative workplace where everyone shares their ideas and offers creative solutions is one that thrives.

7

10 lines about respect

1. We have to respect others.
2. In our country all people wants respect.
3. Respect your parents, teacher, friends and your younger brother and sister also.
4. Respect from others comes from self-respect.
5. With respect to our proposal, we are sorry to say that we cannot agree it.
6. Respect is taught to people everywhere.
7. Respecting property is important because if you don't it could be considered a felony offence.
8. For gaining respect you have to treat others the way you would want to be treated.
9. Without respect you can't have team work and care for other people's well being.

10. Respect usually comes from the qualities, abilities, and achievements of whatever or whoever you respect.



Creating a Culture of Mutual Respect

Abstract

The Joint Commission mandates that hospitals seeking accreditation have a process to define and address disruptive behavior. Leaders at Maimonides Medical Center, Brooklyn, New York, took the initiative to create a code of mutual respect that not only requires respectful behavior, but also encourages sensitivity and awareness to the causes of frustration that often lead to inappropriate behavior. Steps to implementing the code included selecting code advocates, setting up a system for mediating disputes, tracking and addressing operational system issues, providing training for personnel, developing a formal accountability process, and measuring the results





**KEEP
CALM
AND
RESPECT
OTHERS**

**Respecting;
Educating;
Supporting
Person's
Expectations;
Choices with
Trust**

Most powerful thing is
self respect
don't lose it for
anyone.

Respect is very power ful.....

Respect

GIVE IT



TO GET IT

1. C. Sathiya	-2021T33
2. P. Selvi.	-2021T34
3. A. sowmiya.	-2021T36
4. P. Suriyakala.	-2021T37
5. J. Vinotha.	-2021T38
6. B. Yogalakshmi.	-2021T39
7. S. Harshini.	-2021T42
8. K. Kamachi Monisha.	-2021T43
9. P. Mahalakshmi.	-2021T44
10. R. Nandhini.	-2021T45

“NOTHING IS MORE ATTRACTIVE THAN LOYALTY”

A Project on Value Education

Submitted By

PARVIN D - 2021T46

YOGASHREE K - 2021T48

MOHANASATHIYA U - 2021T50

SIVARANJANI P - 2021T52

VEERASUNDARI P - 2021T53

YOGALAKSHMI M - 2021T54

PADMA S - 2021T56

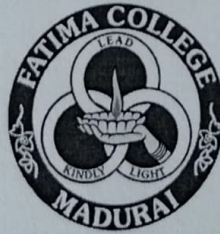
ABINAYA C - 2021T57

GEETHA G- 2021T58

THASLIMA BANU S - 2021T59

Under the Guidance of

Dr. J. SUSAI JESINTHA MERCY



RESEARCH CENTRE OF TAMIL

FATIMACOLLEGE(Autonomous)

MADURAI-625018

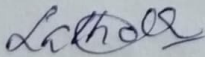
April,2022

Certificate

This is to certify that this project entitled "Nothing is more Attractive than Loyalty"
Submitted by, PARVIN D, YOGASHREE K, MOHANASATHIYA U, SIVARANJANI P,
VEERASUNDARI P, YOGALAKSHMI M, PADMA S, ABINAYA C, GEETHA G,
THASLIMA BANU S for the degree of Bachelor of Arts is based on the result of studies
carried out by them under my guidance and supervision in the Under graduate The
Research Centre of Tamil, Fatima college (Autonomous), Madurai-18. This project
work has not been submitted elsewhere for any other degree.

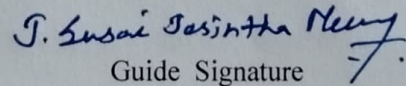
Date :23.05.2022

Station : Madurai



HOD Signature

Dr. K. LATHA
HEAD & ASSOCIATE PROFESSOR
RESEARCH CENTRE OF TAMIL
FATIMA COLLEGE
MADURAI-625 018



Guide Signature

DR.J.SUSAI JESINTHA MERCY

DECLARATION

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.J.SUSAI JESINTHA MERCY, Assistant Professor, in The Research Centre of Tamil, Fatima College(Autonomous), Madurai- 18 and this work has not been submitted elsewhere for any other degree.

Date : 23.05.2022

Station : Madurai

PARVIN D - 2021T46 D. Parvin

YOGASHREE K - 2021T48 K. Yogashree

MOHANASATHIYA U - 2021T50 Mohana Sathya. U

SIVARANJANI P - 2021T52 P. Sivarajani

VEERASUNDARI P - 2021T53 P. Veerasundari

YOGALAKSHMI M - 2021T54 M. Yogalakshmi

PADMA S - 2021T56 S. Padma

ABINAYA C - 2021T57 C. Abinaya

GEETHA G - 2021T58 G. Geetha

THASLIMA BANU S - 2021T59 S. Thaslima Banu

Introduction



Loyalty:

Some common synonyms of loyalty are allegiance, devotion, fealty, fidelity, and piety. While all these words means “faithfulness to something to which one is bound by pledge or duty”, Loyalty implies a faithfulness that is steadfast in the face of any temptation to renounce, desert, or betray.

Define loyalty:

Loyalty and allegiance mean faithfulness owed by duty or by a pledge or premise. Loyalty is used of a very personal or powerful kind of faithfulness. I felt great loyalty to my teammates
allegiance is used of a duty to sometimes other than a person, especially to a government or idea.



Importance of loyalty:

- Keep promises and secrets. Be sure to keep your promise and don't keep secrets from one another.
- Leave your Judge out of it.
- Don't be afraid to be vulnerable.
- Be committed to working on yourself.

Good Example of loyalty:

The definition of loyalty is the quality of being faithful to someone or something else. An example of loyalty is how a cloy feels about its human. An example of loyalty is how someone feels about their country.

Loyalty a feeling: A feeling, Expressing strong support for someone or something

The two types of loyalty:

Our experiences are perfect illustrations of the two primary types of loyalty in the word:

- Transactional loyalty
- Emotional loyalty

Symbol of loyalty:

The “**WOLF**” is often used as a representation of loyalty, guardianship, strength, independence, and freedom.



LOYALTY

Background of the Study

The background of the study provides context to the information that you are discussing in your paper. Thus, the background of the study generates the leader's interest in your research question and helps them understand why your study is important. For instance, in case of your study, the background can include a discussion on how socio economic factors influence learning patterns or the disparity in academic performance among learners of grade 12. However, this is just an example, and you will be the best person to judge what information you would like to in the background of your study.

Typically, the background of a study includes a review of existing literature on the area of your research, leading up to your topic. Once you have discussed the contribution of other researchers in the field, you can identify gaps in understanding, that is, areas that have not been addressed in these studies. You can then explain how your study will address these gaps and how it will contribute to the existing knowledge in the field.

The background of the study:

The background of the study establishes the context of the research. This section explains why this particular research topic is important and essential to understanding the main aspects of the study usually, the background forms the first section of a research article/ thesis and justifies the need for conducting the study and summarizes what study aims to achieve.

How to structure the background:

In this section, the author usually outlines the historical developments in the literature that led to the current topic of research concisely. If the study is interdisciplinary, it should describe how different disciplines are connected and what aspects of each discipline will be studied.

How to make the background engaging:

As the background includes a lot of information, it can become a long drag, causing the readers to lose interest. To ensure that your background is engaging, you should try to build a story around the central theme of your research.

Ensure that the story adheres to the core idea and does not digress into a broad literature review. Each idea should lead to the next so that readers are able to grasp the story and themselves identify the gaps that your study is going to address.

How to avoid common mistakes in writing the background:

Don't be ambiguous. Writing in a way that does not convey the message to the readers defeats the purpose of background, so express yourself keeping in mind that the reader does not know your research intimately.

Objectives – any two

To analyses few case studies related to the respective values of the values under varies dimensions like **Personal, At Home, In College, At Work, In Society, For Environment.**

- **PERSONAL:**



Being loyal to yourself and to others is a fundamental rule in everyone's life.

- **AT HOME:**

Keeping your words, show that you are trust worthy.

Never give up your family.

- **IN COLLEGE:**

Build trust and friendly relationship and honour commitments.

Be Investigative, but not speculative.

- **AT WORK:**

Create a belief that you will not gossip or spread rumours.

- **IN SOCIETY:**

Share the honest opinion and decline the opportunity to spread gossip.

Be committed to a common good cause.

- **FOR ENVIRONMENT:**

Use energy efficient light bulbs to conserve electricity.

Be loyal to nature, by avoiding pollution.

Review of Literature

Introduction:

The goal of this paper is to lay out some starting points in terms of human values for envisioning research projects on borders and migration. Some of this is general and other parts are specific.

The literature review here is certainly not complete, but it may stimulate some useful self-reflection of the values from which we start our research, writing, and advocacy.

Human Rights:

In the Universal Declaration of Human Rights the following articles stand out as relevant- Everyone is entitled to all the rights and freedom set forth in this Declaration, Religion, Political, Birth or Other Status.

Human Development:

Alkire (2003) writes of human development as “the flourishing of fulfillment of individuals in their homes and communities and expansion of valuable choices which aims at growth with equity.

As mentioned in the Introduction, human development is focused on elevating communities to a higher standard and has a close relationship with human security.

Human Security:

Alkire (2003) puts forth the definition of human security as having “the objective... to safeguard the vital core of all human lives from critical pervasive threats, in a way that is consistent with long-term human fulfillment”.

In their 1994 Human Development report the U.N defined human security as freedom from fear and freedom from want.

State-Society relation are of the utmost importance of cultivate.

Well – Being:

As scholars and advocacy members we are usually interested in the chronic and devastating problems that affect people in our region.

Other scholars say happiness cannot be defined because it is more of an experience.

Mathews and Izquierdo define happiness as “a qualitative dimension of health and well-being”.

MC cay writes of happiness as resilience towards tragedy.

Without patronizing the real suffering of migrants, it is helpful to conceptualize where happiness may be found and resilience honored.

Research Methodology – Case Study, Secondary Data analysis

Case study:

Case studies are a popular research method in business area. Case studies aim to analyze specific issues within the boundaries of a specific environment. Situation or Organization According to its design, case studies in business research can be divided into three categories explanatory descriptive and exploratory.

Explanatory case studies:

Aim to answer 'how' or 'why' questions with little control on behalf of researcher over occurrence of events this type of case studies focus on phenomena within the contexts of real-life situations.

Example: 'An investigation into the reasons of the global financial and economic crisis of 2008-2010.

Descriptive case studies:

Aim to analyze the sequence of events after a certain amount of time has passed, studies in business research belonging to this category usually describe culture or sub-culture and they attempt to discover the key phenomena.

Example: "Impact of increasing levels of multiculturalism on marketing practices: a case study of MC Donald's Indonesia".

Exploratory case studies aim to find answer to the questions of what or who exploratory case study data collection method is often accompanied by additional data collection method(s) such as interviews questionnaires experiments etc.

Example: "A study into differences of leadership practices between private and public sector organizations in Atlanta, USA".

Secondary data analysis:

Secondary data (also known as second – party data) refers to any data set collected by any person other than the one using it.

Secondary data sources are extremely useful. They allow researchers and data analysis to build large, high-quality databases that help solve business problems. By expanding their data sets with secondary data, analysis can enhance the quality and accuracy of their insights Most Secondary Data comes from external organizations. However, secondary data also refuse to that collected within an organization and then repurposed.

Secondary data has various benefits and drawbacks which we will explore in detail in section four. First, though, it's essential to contextualize secondary data by understanding its relationship to two other sources of data: Primary and third-party data we'll look at these next.

Case study any one

A case study is an in-depth, detailed examination of a particular case (or cases) within a real – world context. For Example, case studies in Medicine May Focus on an individual patient or ailment; case studies in business might cover a particular firm's case strategy or a border Market; similarly, case studies in politics can range from a narrow happening over time (e.g., a specific political campaign) to an enormous undertaking (e.g., a world war) Generally, a case study can highlight nearly any individual, group, organization event, belief system , or action a case study does not necessarily have to be one observation but may include many observations (odd or multiple individuals and entities across multiple time periods, all within the same case study) Research Projects involving numerous cases are Frequently called cross case research, whereas a study of a single case is called within – case research case study research has been extensively practical in both the social and natural sciences.

Key Intakes (each individual case)

There are three Primary types of case studies,

- Key cases
- Outlier cases and
- Local Knowledge cases

Key cases are those which are chosen because the researcher has a particular interest in it or the circumstances surrounding it.

Outlier cases are those that are chosen because the case stands out from other events organizations, or situations, for some reason, and social scientists recognition that we can learn a lot from those things that differ from the norm.

Finally, a researcher may decide to conduct a **Local Knowledge case** study when they already have amassed a usable amount information, or situation. For some someone reason, and social scientist recognize that me call learn a lot from those things that differ from given topic, person, organization or event and so is well-poised to.

The first case studies in the serial science were lively conducted by Pierre Guillermo Frederic la play, a 19th century French sociologist and economist who studies family budgets. The method has been used in sociology, psychology, and anthropology since the 20th century.

A case study is a research method that relies on a case rather than a populations or sample. When research focus on a single case, they can more detailed observations over a long period of time, something that cannot be done with large sample without casting a lot explore ideas, test and to prefect for a larger study. The case study research method is popular not just within the fields of Anthropology, Psychology, Education, Political science, Clinical science, Social work, and Administrative science.

Analysis of Value – Various dimensions

Why and where is it used?

Value analysis is an approach to improving the value of a product or process by understanding its constituent components and their associated costs. It then seeks to find improvements to the components by either reducing their cost or increasing the value of the function.

How Does It Work?

To understand value analysis it is necessary to understand some key concepts:

- **VALUE:** the ratio between a function for customer satisfaction and the cost of that function.
- **FUNCTION:** the effect produced by a product or by one of its elements, in order to satisfy customer needs.

- **VALUE ANALYSIS:** methodology to increase the value of an object – the object to be analysis could be an existing or a new product or process, and it is usually accomplished by a term following a work plan.
- **NEED:** something that is necessary or desired by the customer.

Dimensions of Value:

The system of values of the agent's society forms the external standard for judging the relative importance of the agent's commitments. There are three dimensions of value: university human, cultural that vary with societies and times: and personal that vary with individuals. Each dimension has a standard for judging the adequacy of the relevant values. Human values are adequate if they satisfy basic needs; cultural values are adequate if they provide a system of values that sustains the allegiance of the inhabitants of a society: and personal values are adequate if the conceptions of well-being formed out of them enable individuals to live satisfying lives. These values conflict and our well-being required some way of setting their conflicts, but there is no universal principle for setting the conflicts; it can only be done by attending to the concrete features of particular conflicts. There features vary with circumstances and value.

What we have internalized (Finding) As a group we have learnt ...

Introduction:

Since the humans are the species living in groups, they must communicate, cooperate and in text with each other in order to survive. It is understood that the translator doesn't always act according to the rules determined by the business management and "Home Economics" logic. So to speak, acts based on the logic restricted with his "emotions" (Reitz, 1977).

Group Concept:



"A good team leader
inspires intense loyalty."

The term group used in the daily language, defines "to become plural" in the general sense. We used the group term for two or more individuals who come together and interact with each other in order to accomplish a certain goal. There are many definitions related to the group concept from past to today. The group consisting of more than one individual brings up that it is a social being. The groups are the factors having the physical and social orders with the constructive and unifying features same as the individuals.

Group Leadership:



As the human is the social living being living in groups, they are the beings that require the hierarchic attract to the leaders and administrators who will manage the groups that they form and bring them to the targets. It is know that the individuals carrying out the activities within the formal organizations act as it they are the member of informal groups at the same time. They may be considered as the groups which are formed naturally or by themselves. Furthermore, it is also know that the informal groups have a certain status system and the most official and kingpin between themselves in the organization.

Primary Groups:

The primary groups are the communities which mostly, the group members know each other, are frequently in face-to-face relation with each other and this relation is maintained uninterruptedly. As being noticed, the Fundamental Characteristic of the primary groups is that they are small. So, the relations may occur powerful solidarity or severe conflicts may occur in the primary groups.

Conformity Behavior:

Formed group values and norms apply pressure on the individual's behaviors and thoughts and change their behaviors. "Changing the individual's behaviors in direction of the desires and expectations of all or some part of the group members is called conformity behavior". If the conformity behavior of the individual is which she believes that the group's thoughts and values are correct, then it is called the adopt behavior.

Conclusion:

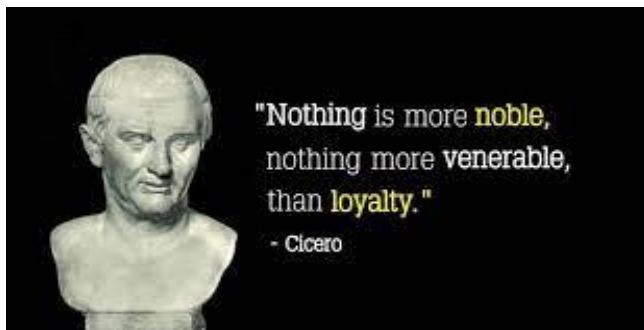
- The small work groups in the industry are mostly called "Informal groups". There is not any position which may be assigned officially to them within the administration mechanism of organization.
- If the individuals are close to each other during the work, then they always bond to form some groups in order to protect and support their advantages.
- Those groups may fully adopt the objectives of principle organization which they involve in. Those groups may act fully in contrary to and so as preventing the achieving of such objects of principal organization which involve in.
- Existence of a group of natural group leaders within the group increases the achievement possibility of the group.

Conclusion

There is significant opportunity to promote consumer relation and increase purchase volume through a loyalty program.

A successful Loyalty program should:

- ❖ Place high value on best Customers.
- ❖ Motivate medium users to increase their level of Purchase.
- ❖ Provide a vehicle for heavy users to become brand advocates in order to drive referrals.
- ❖ Offer relevant, attainable rewards.
- ❖ Regularly communicate to members on a relevant and personal level using email.
- ❖ Leverage brand strengths.



“PUNCTUALITY IS THE FIRST STEP TOWARDS SUCCESS”

A Project on Value Education

Submitted By

DEVADHARSHINI B- 2021T60

PANDEESWARI A - 2021T61

SAHIRABANU J - 2021T62

YOGESHWARI S - 2021T63

NIRANJANA S - 2021T64

ILAKKIYA M - 2021T65

BHUVANESWARI G - 2021T67

Under the Guidance of

Dr. J.SUSAI JESINTHA MERCY



RESEARCH CENTRE OF TAMIL

FATIMACOLLEGE(Autonomous)

MADURAI-625018

MAY ,2022

DECLARATION

We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.J.SUSAI JESINTHA MERCY, Assistant Professor, in the The Research Centre of Tamil, Fatima College(Autonomous), Madurai- 18 and this work has not been submitted elsewhere for any other degree.

Date : 23.05.2022

Station : Madurai

DEVADHARSHINI B- 2021T60B. Devadharshini

PANDEESWARI A - 2021T61 A. Pandeeswari

SAHIRABANU J - 2021T62 J. Sahira Banu

YOGESHWARI S - 2021T63 S. Yogeshwari

NIRANJANA S - 2021T64 S. Niranjana

ILAKKIYA M - 2021T65 M. Ilakkiya

BHUVANESWARI G - 2021T67 G. Bhuvaneswari

VALUE
EDUCATION
PROJECT

TOPIC:
PUNCTUALITY

PUNCTUALITY:



The Quality or Habit of adhering to on appointed time.

Outlining the Meaning of Punctuality:

- Punctuality is about respecting time.
- Punctuality helps to build a strong character.
- Punctuality requires discipline.
- Punctuality involves doing things on time.

Why PUNCTUALITY is Important?

- Punctuality is important to be punctual to be successful in life.
- Not being punctual can be harmful.
- Students should always try to be punctual.
- Punctuality involves not crossing the given deadline.



1. Punctuality shows you are organized

Few things scream "disorganized" more than perpetually running late. While being disorganized may seem quirky and offbeat in social circles, it spells bad news in the workplace.

2. You are a dependable employee and colleague

Your personal reputation is an important asset when it comes to career progression. When co-workers regard you as punctual, they are more likely to involve you in new and exciting projects.

3. You enhance your company's reputation

It's a fair bet that punctuality matters to your employer. In today's competitive market, businesses that don't consistently deliver on time quickly fall out of favour with customers.

4. You respect your co-workers

- ✓ Few things are more irritating than having your own good efforts dragged down by the tardiness of a colleague.
- ✓ Teamwork is a primary driver of modern workplaces, and with good reason. Work environments are interdependent - when everyone completes tasks on time, the flow of work runs smoothly through the business.

- ✓ Conversely, a hold-up in one area passes down the line hampering everyone else. Aiming to meet a deadline that sees you complete your part of the work
- ✓ flow on time demonstrates your respect for fellow co-workers to meet deadlines of their own.
- ✓ Easy steps to make punctuality part of your personal brand
- ✓ There is a wealth of tools available to achieve the goal of punctuality.

What is the Importance of **Punctuality** in Students Life?



Similarly, a punctual child will always get respect and acceptance from school, family, and society. They will be admired by their parents and teachers. They will become examples that others will follow.

Punctual children will always get success in their studies. During school term time, punctuality ensures that they don't miss any part of the lesson. It also helps students manage their academic and personal life. Being punctual as a student, you'll find it easier to get done your work on time and thus get success in your career as well. These are the reasons why you should teach children the importance of punctuality in their lives.

1. It shows your integrity

If you have promised to study something or complete an assignment before time but were unable to do so, then you have essentially broken the promise. On the other hand, if you submit the assignment on or before time, then your class teacher and classmates will see you as a man with integrity.

2. You will be seen as dependable

People have faith in someone they deem as dependable. Similarly, punctual children will be seen as more responsible and dependable. They will be given more responsibilities with the assurance that they will manage those responsibilities easily.

3. It will build your self-confidence

Being punctual not only makes you dependable but also helps you to build your confidence. For example, when people depend on you and give you more tasks, you know that they have placed trust in you. This will build your self-confidence and you get an assurance that you can handle larger tasks.

Punctuality is just one of the several methods to live a disciplined life. Once you become punctual in all of your daily dealings, it will help you kick away laziness and a negative attitude from your life. It also has a chainreaction on other aspects of your life as it helps you become a better person.

5. Route to Success

Punctual people, whether professionals or students, always plan in advance and are clear about what they want from life. They have a long-term focus and vision. They will work toward achieving that, however difficult that may be. Top people in the business, sports, politics, and arts field are always punctual and that's visible in their success.

The Importance of Punctuality for Parents:

1. You must lead by example

We all know that children follow adults in whatever they do. Unless you don't set good examples, there's no way you can expect children to follow you.

You must set examples at home like going to bed on time, eating dinner at the same time every evening, getting up early every morning, so on and so forth.

1. Give tasks that can be managed on time
2. To instil a sense of punctuality in your children, you must give those tasks and when they complete them on time, you can give them a reward. For example, ask them to sort their toys and when they complete it successfully, reward them with an extra hour of TV time. Another example is when they complete their homework on time; take them to a movie or a park. Keep the tasks as simple as possible.
3. Tell them the consequence of being unpunctual
4. You must tell your children in clear terms that time is precious and once it's lost, it's lost forever. This will put in them a sense of respect for time and the importance of punctuality. You should let them know the consequences of doing something late or delaying it.

Tell your child how being punctual is seen as a good virtue by people. Explain to them that people with punctuality are looked upon with integrity and are considered as bigger responsibilities— both in school and at workplaces.

2. Provide guidance on the importance of punctuality Children need to be guided at all levels. They

will make mistakes and falter in the beginning, but it's your job to guide them every step of the way. Teach them about punctuality every day and every time. Don't expect things to turn good instantly. Have patience. Children that learn the importance of punctuality in the initial years of their life early get the ability to perform better and achieve greater success later in their lives. As a parent, you must become the catalyst to help them become punctual and see their achievements.



The Importance of Being Punctual in the Workplace:

Having a good punctuality is important also there are many benefits of punctuality. The below mentioned are few reasons that help you tell how important is punctuality.

1. Shows your strong character:

By reaching on time to office it shows your dedication towards work and portrays your interest in the company. Punctuality has become an invaluable asset to a company these days, and when someone does it right it helps to get easily noticed to the people. It presents you as a person of strong character and people will respect you for that.

2. Give you chance to know more people in the workplace:

It helps you to know more and more people working there, for example, you might get a chance to interact with your CEO or might find some time to know who all are working there. A quick bright hello will make your and others day too.

1. Shows that you respect others:

Punctuality shows that you respect your boss and people who are reporting to you. To become really successful in life, it is important to show respect to your seniors and juniors alike. This will also inspire others to follow your footsteps and put an effort to be punctual, hence making you a leader.

2. Gives time to plan your day:

Reaching office on time helps to settle down from the rush in the traffic and it gives some time to plan your day's task to achieve. A good plan will make your job easier and will help you to finish all your work on time, making it easy to leave office on time and giving space to your personal life to enjoy.

3. All set for a meeting:

If there is a meeting to attend, then it will be good to revise quickly for it before entering the room, only if you are punctual. Also, saves time for the people in meeting and people can close it quickly without wasting time on it.

4. Easier to proceed the day:

In offices, works are generally in co-ordination with each other. Suppose someone might be waiting for you to come and finish a certain task to begin further, your beginning late will hamper the whole chain of work and will delay the process too.

5. Reduces stress:

As mentioned in previous points, punctuality also gives time to hobbies and recreational activities. It also reduces stress, because the work is done on time, hence reducing the unnecessary work pressure, and prevents you from blaming others of the situation.

6. No deduction in salary:

There importance of being on time are many. As in many companies, being late deducts the half day salary. Just by being on time, it will save your salary from deduction boosting up your confidence level. This salary can add up to your savings and expenditure, whatever you choose to do with it.

7. Proves you as reliable:

Punctuality proves you to be a trust worthy and efficient person hence whatever you will say, your co-workers and bosses will take you seriously. They might give you an opportunity to put up your ideas to them and let you take some additional responsibilities you might have been waiting for.

8. Helps during emergency requirement:

Punctuality pays off well when you might genuinely require taking leave from the office. Since you are never late, this will be taken in high regards if you request for coming late to office, as this won't be seen as an excuse in the eyes of your employer. As compared when coming late to office and giving excuses for it.

9. Boost your self-confidence:

Punctuality at a workplace boosts your confidence, since you can perform as per the commitment, hence your expectations can take a higher leap.

10. Increase in your output:

The best part of punctuality is, since you are able to plan your day so you will be able to finish the work before the office hours, hence it will provide you an additional time to learn more about the company processes and about your own job role. This in future will get noticed and can affect you in promotions on positive note.

Suppose you are looking out for a different job and they are almost ready to hire you. In the process of hiring, recommendation from previous and current employer is generally asked or even a background check is done. The first thing that is focused in these processes is about punctuality. Your punctuality will increase the chances of you being hired and the non-punctual factor will harm in the decision making of hiring, no matter how good you are at your work.

12. Inspire others:

If you are a boss and are always late, then your employees will not take you seriously. One needs to be a source of inspiration to others. To make your point clear to your juniors, punctuality provides power to your words. As a boss it is important to set high benchmarks to others to follow. Without which the sense of authority will be lost.

1. Makes you a brand:

In such a competitive world, an individual branding is required to stand out among the crowd. This branding opens up opportunities for future. Punctuality will make you a brand, since most of the people these days are not punctual. This will help you get noticed and you can easily brag about it to others.

CONCLUSION:

Not only in workplace, but incorporating punctuality in life in general will increase your respect among friends and families too. Once it becomes a part of your life, it won't be a task anymore.

The best practice to be punctual is to keep a timetable and clock with you at all time or take some help from friend and family. To be punctual is not a very difficult thing to do but it is one of the simplest and easier things to achieve for greater benefits.

"Punctuality is the first step towards success"

- a. People who obey the value of time always succeed.
- b. Time is the most valuable one- time investment, which, when used correctly, creates an easy path for success.
- c. Punctuality is how we stand and respect our commitments
- d. Punctuality is the first step towards success
- e. Punctuality is the essential quality which is practiced by leaders.
- f. It helps in building self-confidence as well as integrity in our lives.
- g. Lack of punctuality may bring lethargy and laziness, which may harm us in the long term
- h. People who value time get valued by everyone.
- i. Punctuality is always right, while delaying can damage your relationship.
- j. Punctuality should be a part of our daily life in workplaces and the aspect of our health!

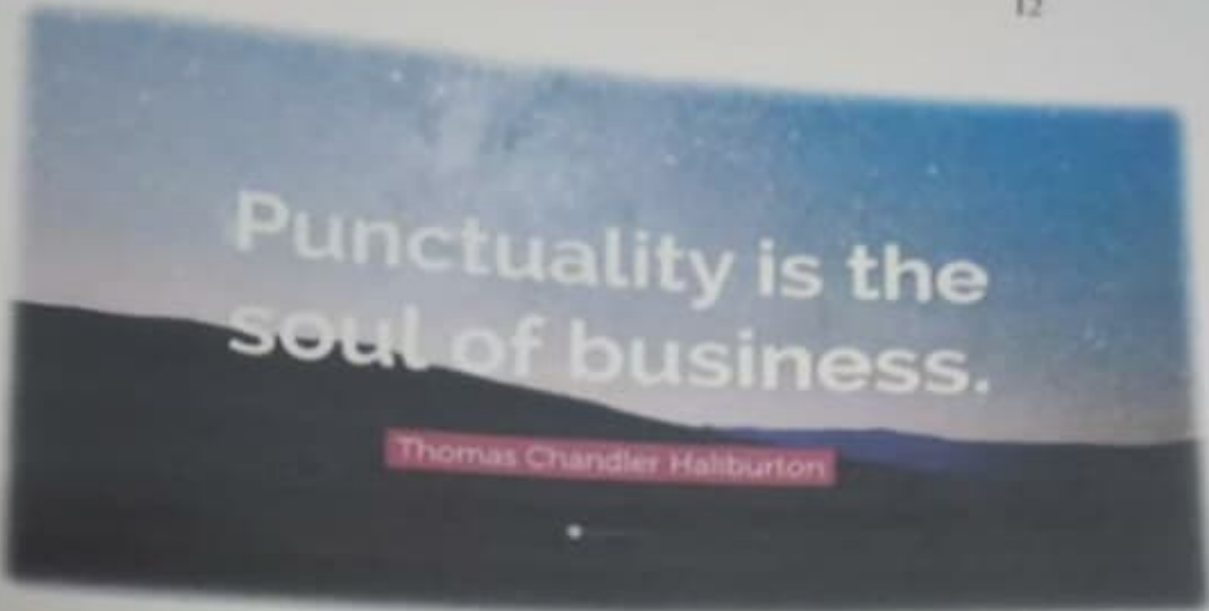
Punctuality is a quality the
need of which is bound up
with social co-operation.

Bertrand Russell

Punctuality

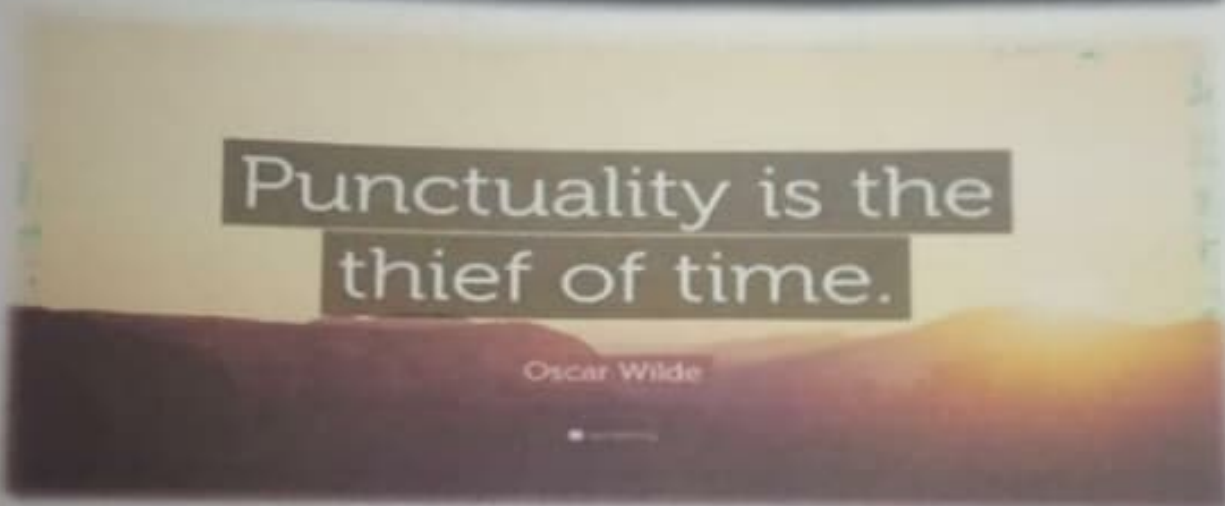
*Showing esteem for others
by doing the right thing
at the right time*






Punctuality is the
soul of business.

Thomas Chandler Haliburton



Punctuality is the
thief of time.

Oscar Wilde



*"Punctuality is not just
limited to arriving at a place
at right time, it is also about
taking actions at right time."*

— Amit Kalantri