

# VALUES FOR LIFE – SELF CONTROL

A Project work on Value Education

## **Submitted by**

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Fatima College (Autonomous)


Re-Accredited with A++ Grade by NAAC [Cycle – IV]

Mary Land, Madurai – 625 018.

**May 2023**

### Certificate

This is to certify that this project entitled "VALUES FOR LIFE - Self Control" submitted by Akil Louisa S, Deni Flencia J, Hephzibah Angelin R, Joshna Berlin Roy J, Mahalakshmi V, Mythili N.S, Nandhini R, Virgin R for the degree of Bachelor of Science is based on the result of studies carried out by them under my guidance and supervision in the Department of Computer Science, Fatima College(Autonomous), Madurai-18. This project has not been submitted elsewhere for any other degree.

  
Head of the Department

  
Guide

**HEAD**  
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Date : 24.03.2023

Place : Fatima College, Madurai

#### DECLARATION

We hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr. A.VIMALA, Associate Professor, Department of Computer Science, Fatima College(Autonomous), Madurai-18, and this work has not been submitted elsewhere for any other degree.

Date : 24.03.2023

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# VALUE EDUCATION

2023



**BY:**

***Mythili***

***Deni***

***Virgin***

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***Joshna***

***Hepzibha***

***Akil***

# SELF CONTROL

## **INTRODUCTION:**

**Self-control is the ability to regulate and alter responses in order to avoid undesirable behaviors, increase desirable ones, and achieve long-term goals. Research has shown that possessing self-control can be important for health and well-being. Common goals such as losing weight, exercising regularly, eating healthy, giving up bad habits, and saving money are just a few worthwhile ambitions that people believe require self-**

**control.**

**How important is self-control in your day-to-day life? One 2011 survey found that 27 percent of respondents identified a lack of willpower as the primary factor keeping them from reaching their goals.**

**Whether your goal is to lose weight or earn school achievements, it is easy to believe that achieving a goal is simply a matter of controlling your behaviors. The majority of people surveyed believe that self-control can be both**

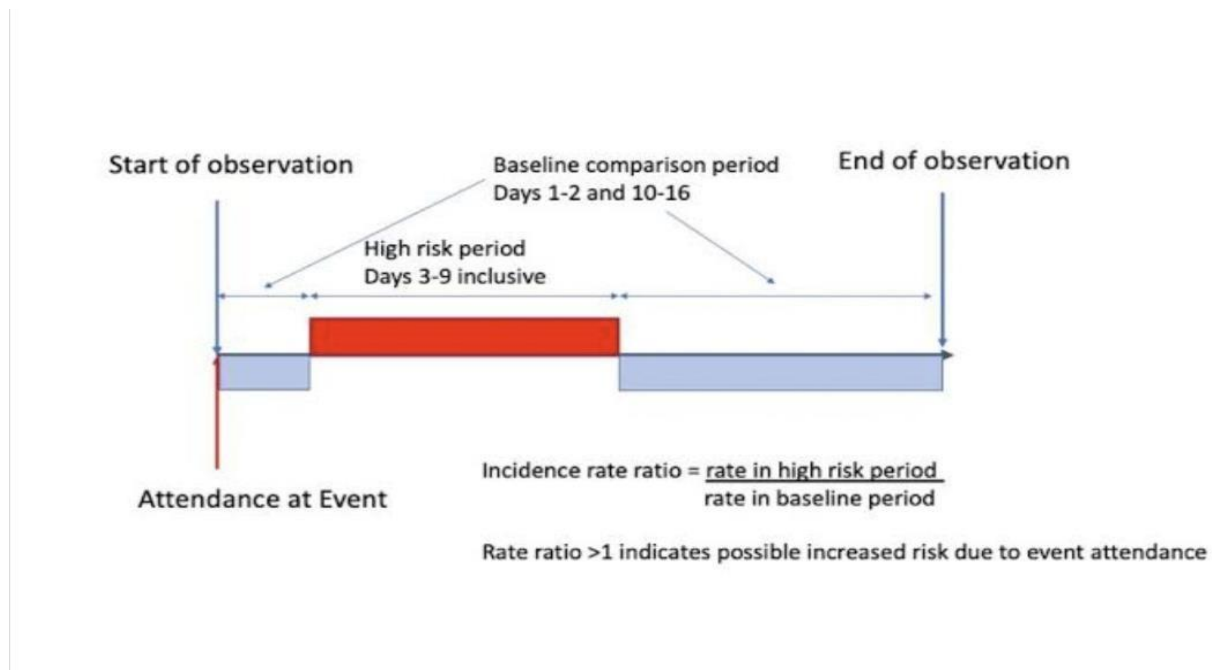
**learned and strengthened.**

**Researchers have also identified a number of different factors and strategies that can help people improve their self-control.**

**In one experiment, students who exhibited greater self-discipline had better grades, higher test scores, and were more likely to be admitted to a competitive academic program. The benefits of self-control are not limited to academic performance. One long-term health study found that people who were rated as**

**having high levels of self-control during childhood continued to have high levels of physical and mental health in adulthood.**

## **CASE STUDY:**



### **Importance Of Self-Control**

**Let's Look At An Example To Understand The Importance Of Self-Control.**

**Say You Have A Project Deadline The Next Morning. But Your Friends Invite You At The Last Minute To Go Out For Dinner. You're In A Dilemma. You Want To Go Out And**



**Have Some Fun With Friends. But, At The Same Time, You Know You Should Wrap Up Your Project So That You Don't Have To Pull An All-Nighter.**

**What do you do?**

**You Exercise Self-Control. In Other Words, You Don't Give In To The Temptation To Go Out And Enjoy, And You Finish Your Project Instead.**

**This Is How Understanding The Importance Of Self-Control Plays A Vital Role In Helping Us Succeed In Life.**

**There Will Always Be Things That Tempt And Distract Us From Our Goals And Commitments. It Is The Awareness About The Importance Of Self-Control That Drives Us Towards Making The Right Choices. Our Goals Require Our Unwavering Focus And Commitment, And Self-Control Is The Mechanism That Stops Us From Deviating From Our Path.**

**All Of Us Face Such Choices Daily. However, Many Of Us Can Exercise Self-Control And Ignore The Temptation To Break Our Resolutions. Self-Controlled Individuals Always Focus On Their Goals. But Not Everybody Is**



- **Emotional ability**
- **Proclivity for flying off the handle**
- **Low frustration tolerance**
- **Lacking persistence**
- **Short attention span**
- **Distractibility**
- **Shifting from activity to activity**
- **Restlessness**
- **Being overactive**
- **Poor impulse control**
- **Acting before thinking**
- **Difficulty waiting**
- **Difficulty in turn-taking**



## **8 Easy Ways To Increase Your Self-Control:**

**~ Find more  
motivation...**

**~ Get a good night's  
sleep...**

**~ Self-regulate to  
improve self-control.**

**~ Exercise to increase  
self-control...**

**~ Get digital self-control  
support...**

**~ Understand your  
emotional intelligence...**

**~ Avoid decision fatigue.**

**...**

**~ Set SMART goals...**





## control:

- ❖ **Remove temptation...**
- ❖ **Measure your progress...**
- ❖ **Learn how to manage stress...**
- ❖ **Prioritize things....**

## ❖ **Forgive yourself....**

### **SELF CONTROL :**

**The ability to control your emotions and appear calm even when you are angry , afraid ,excited, etc...**

#### **Self-Control as Social Control in Every day :**

**Self-Control is defined as: The ability to forego Scts that provide immediate or near term pleasures, but that also have negative consequences for the actor, and as the ability to act in favor of long-term interests.**

**I chose self-control theory, which falls under Social-control theory of criminology , 1 believe that Social-control theory offers one of the best solutions to reducing crime or quite possibly preventing crime on some level. If children are guided thru the early stage of development, they will grow to respect other members of society and are less likely to become delinquent, and less likely to engage in criminal behavior. Juveniles of today lack parental guidance , because either the father , mother or quite possibly both parents are absent from the youth's life. I believe the only way to remedy this problem is to have expectant parents to engage in parenting classes and learn how to become better parents.**

**Another alternative is planned parenthood . If you see you won't have adequate time for children then you should take measures to prevent becoming pregnant if you can't be a positive influence in a child's life, you**



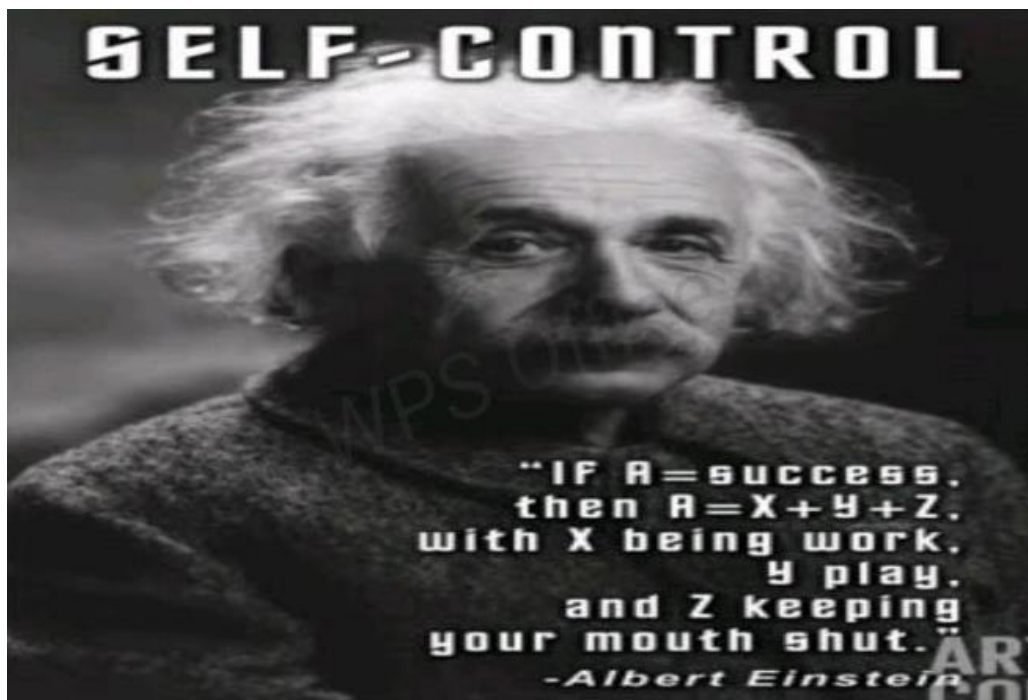
**should wait until you can Beyond the family schools play a prominent role in the socialization of young people and could also play a key role as an insulating factor against crime.**

## **SELF CONTROL IS STRENGTH**



Analysis:-

### Effective Strategies for Improving Self-Control



# CASE STUDY

**Self-Control as Social Control in Everyday**



## **Life Essay**

**Self-Control is defined as: The ability to forego acts that provide immediate or near-term pleasures, but that also have negative consequences for the actor, and as the ability to act in favor of long-term interests.**

**I chose self-control theory, which falls under Social-control theory of criminology. I believe that Social-control theory offers one of the best solutions to reducing crime or quite possibly preventing crime on some level. If children are guided thru the early stage of development, they will grow to respect other members of society and are less likely to become delinquent; and less likely to engage in criminal behavior.**

**Juveniles of today lack parental guidance, because either the father, mother or quite possibly both parents are absent from the youth's life. I believe the only way to remedy this problem is to have expectant parents to engage in parenting classes and learn how to become better parents.**

**Another alternative is planned parenthood.**

**If you see you won't have adequate time for children then you should take measures to prevent becoming pregnant. If you can't be a positive influence in a child's life, you should wait until you can. Beyond the family schools play a prominent role in the socialization of young people and could also play a key role as an insulating factor against crime. The school can provide support to young people that they may not be receiving elsewhere. School bonds have been found to play such a significant role in violent offending, it seems antithetical for schools to implement "zero tolerance" policies, which only serve to further exclude and isolate young people who have acted violently and sever their ties to the school. Alternatively, young people deemed to be at risk or delinquent should receive greater support from the school, not less. It has been suggested that policies promoting school cohesion and bonding young people to their schools should be favored. The self-control theory is often referred to as the general**

**theory of crime. It's a criminological theory about the lack of self-control as the main factor behind criminal behavior. The self-control theory of crime, suggests that individuals who were inefficiently parented before the age of ten developed less self-control than individuals of the same age who were raised with better parenting. Research has also found that low levels of self-control are correlated with criminal and impulsive conduct.**



### **KEY POINTS:**

- 1. Choose a goal.**
- 2. Find your motivation.**
- 3. Identify obstacles.**
- 4. Replace old habits.**
- 5. Monitor your progress.**

## **COMMENTARY**

### **The significance of self-control**

**Angela L. Duckworth'**

**Department of Psychology, University of Pennsylvania, Philadelphia, PA 19104.**

**Self-control is among the most widely studied constructs in the social sciences. For instance, psychology articles in the past year were referenced by the key word "self-control" or closely related terms. The report by same age Moffitt et al. (1) in PNAS substantially advances this growing literature by demonstrating robust predictive associations between childhood self-control and a wide range of consequential life outcomes in a large, nationally representative sample of New Zealanders.**

### **Defining Self-Control**

**Monikers for self-control vary widely and include delay of gratification, effortful control, willpower, executive control, time preference, self-discipline, self-regulation, and ego strength. Moffitt et al. (1) use the term self-control synonymously with conscientiousness, a large class of personality traits that includes responsibility, industriousness, and orderliness (2). The common thread running through diverse conceptualizations of self-control is the**

**idea of effortful regulation of the self by the self. Self-controlled individuals are more adept than their impulsive counterparts at regulating their behavioral, emotional, and status attentional impulses to achieve long-term goals such thing as "too much"**

**The notion of effortful self-governance presumes an internal conflict between mutually exclusive responses. One cannot, alas, have one's cake later and eat it now, too. Critical to situations that call upon self-control is that one response is obviously superior (eg, saving one's cake or more likely, forgoing the cake altogether) yet the alternative, inferior response is nevertheless more psychologically potent (e.g, devouring the cake on the spot). The seeming irrationality of acting against our own best long-term interests has been of perennial interest not only to social scientists but also to philosophers (3) and arguably, every major religious tradition advocates forsaking pleasure in the moment to realize greater, deferred rewards (4).**

**Freud (5) theorized that successful socialization was a process by which children learn to suppress immediately gratifying impulses to do what is best, for oneself and for**

**society, in the long term. Modern empirical research has since confirmed that the capacity for self-control strengthens over the life course, well beyond child-**

**PNAS PNAS**

**PN!**

**hood in fact and possibly into middle and late adulthood (6, 7). Although older individuals are, on average, more self-controlled than younger individuals, there are nevertheless salient differences relations (12) in self-control among individuals of the**

**Why Self-Control Matters**

**Moffitt et al. (1) focus on individual differences in self-control among same-aged individuals.**

**Their major finding is that self-control measured with observer, parent, teacher, and self-report ratings during the first decade of life predicts income, savings behavior, financial security, occupational prestige, physical and mental health, substance use, and (lack of) criminal convictions, among other**

**There may be no self-control.**

**outcomes, in adulthood. Remarkably, the predictive power of self-control is comparable to that of either general intelligence or family**

**socioeconomic**

**Moffitt et al. (1) observe that the salutary effect of childhood self-control on adult functioning is evident at all points along the self-control continuum. The consistently beneficial effects of self-control have two important implications. First, there may be no such thing as "too much self-control, a possibility that has been suggested but not tested directly in a large, representative sample (8). Second, policies, interventions, and cultural practices aimed at bolstering self-control may improve the welfare of the general population rather than just a subset of severely impaired individuals.**

**Moffitt et al. (1) find that the benefits of self-control for adult functioning are partially mediated by better decision making during adolescence. Specifically, self-controlled children are less likely to smoke, drop out of high school, or be parents during adolescence, and becoming a parent statistically explains some of the effects of self-control on adult outcomes. Partial rather than full mediation suggests that there are, in addition, other pathways by which self-control might produce its beneficial effects.**

**Among Ymally Duckworth**

## **PNAS**

**other possibilities, self-controlled children may thrive in adulthood because of better academic performance (9, 10), physical health (11), and interpersonal**

**Like other personality traits, self-control in the Moffitt et al. (1) study demonstrates moderate rank-order stability. Whereas children do not as a rule change radically in their rank-ordering on self-control, those who do improve in self-control relative to same-aged counterparts fare better in adulthood. Moffitt et al consider this finding as indirect evidence for the potential benefits of interventions aimed at increasing self-control in children. Given the nonexperimental nature of the Moffitt et al. study (1), we should also keep in mind the possibility that unmeasured factors responsible for acceleration of self-control the development of (including, for instance, competent parenting) may act independently as causal antecedents of positive adult functioning. Because of the ever-present possibility of such confounds, random assignment studies demonstrating the benefits of self-control interventions make a stronger case for self-control interventions (13-15)**



**Importantly, the analyses presented by Moffitt et al, statistically control for the potential confounds of intelligence and family background, two variables that in prior studies have been associated with self-control (16, 17). Moreover, to account for the possibility of unmeasured aspects of the family environment driving the predictive correlations between self-control and later outcomes, Moffitt et al. compare in a separate sample self-controlled children with their less self-controlled siblings. Consistent with their main analyses, childhood self-control continues to predict later outcomes, even when controlling for family effects in this quasi-experimental design that less-evolved species are not tortured in the same way as we humans, who struggle to stay on diets, kick smoking habits, stop biting our nails, put an end to procrastinating, control our tempers, and otherwise follow through on resolutions we know will improve our overall well-being. We human beings often**

**Author contribution: ALD wrote the paper. The author declares no conflict of interest. See companion article on page 2662**

**February 15, 2011.**

**Benefits of self control:**

**Happiness, good grades, committed relationships, and love.**

**Seven tips to build better willpower:**

- 1. Don't take on too much at once.  
Try setting small, achievable goals and focus your willpower on accomplishing those. ...**
- 2. Plan ahead...**
- 3. Avoid temptation. ...**
- 4. Strengthen your willpower. ...**
- 5. Try a food-tracking app for better eating. ...**
- 6. Reward yourself. ...**
- 7. Get support from others...**

**Causes lack of self-control:**

**Being the subject of physical, sexual, and/or emotional abuse and neglect. Preexisting mental illness. Family history of mental illness. Personal or family history of substance abuse and addiction.**

**The goal of self-control:**

**Self-control is the war between impulsivity and doing what's right or beneficial. It's the ability to control emotions, impulses or behaviors to achieve a greater goal. A common example of this is people attempting to maintain their New Year's Resolution and**

**lose a few pounds.**

### **Three types of Self-Discipline:**

- 1.Active discipline.**
- 2.Reactive discipline.**
- 3.Proactive discipline.**

**~ Active discipline is doing what you need to in that very moment such as eating a healthy meal, limiting your distractions while studying, and exercising.**

**Age is self-control developed?**

**3.5 to 4 years**

**Children don't actually develop this kind of self-control until 3.5 to 4 years of age, and even then they still need a lot of help managing their emotions and impulses.**

### **Conclusion:**

**Self-control is the key to a healthy, happy, and successful lifestyle.**

**Self-control means reacting in a disciplined way instead of impulsively in important moments.**

**Self-discipline requires concrete objectives and willpower.**

**People who are in control of themselves weigh up their decisions and always act in such**

**a way that they come closer to their goal.**

**According to some studies, self-control is more important than intelligence in a person's success.**

**Falling back onto old habits is completely normal – self-control also means seeing alleged set-backs as opportunities and keeping going anyway.**

**Self-control can be learned and supported through realistic objectives, clear decisions, positive affirmations, rewards, and commitment.**

**THANK you**

# VALUES FOR LIFE – RESPECT

A Project work on Value Education

		<b>Submitted by</b>
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**May 2023**

### Certificate

This is to certify that this project entitled "VALUES FOR LIFE - RESPECT submitted by Amritha M, Christina Infenta J, Jasmine Ruby C, Jas Veronica S, Jones Maria S R, Karthiga S, Muthumathi A, Mariya Blessy R for the degree of Bachelor of Science is based on the result of studies carried out by them under my guidance and supervision in the Department of Computer Science, Fatima College(Autonomous), Madurai – 18. This project has not been submitted elsewhere for any other degree.



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2022B22	-	Karthiga S	S. Karthiga.
2022B27	-	Mariya Blessy R	R. Mariya Blessy.
2022B28	-	Muthumathi A	A. Muthu Mathi



# Value education project on Respect

## Introduction About Respect:

- Respect, also called esteem, is a positive feeling or action shown towards someone or something considered important or held in high esteem or regard. It conveys a sense of admiration for good or valuable qualities. It is also the process of honoring someone by exhibiting care, concern, or consideration for their needs or feelings.



- Some people may earn the respect of individuals by assisting others or by playing important social roles.
- In many cultures, individuals are considered to be worthy of respect until they prove otherwise. Courtesies that show respect may include simple words and phrases like "Thank you" in the West or "Namaste" in the Indian subcontinent, or simple physical signs like a slight bow, a smile, direct eye contact, or a simple handshake; however, those acts may have very different interpretations, depending on the cultural context.

## Explanation About Respect:

- Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally – it is something you learn.
- It means the esteem of a person for the worth or excellence. Firstly, self-respect is essential. If you don't respect yourselves, you won't be able to get respect from others. We all have unique qualities that we all should cherish. It increases our worth to ourselves and others.
- Three types of respect:
- This suggests that respect for and between persons is structured along three distinctive aspects: human recognition respect, status recognition respect and appraisal respect. These same aspects (or dimensions) of respect are at play in the construction of self-respect.

## Case Study About Respect:

Kochi, -'Giving due respect and treating women with dignity is not conservatism; A sign of good breeding. A Kerala High Court judge has mentioned in one of the cases that 'real manliness is to respect women without insulting them'.





United Nations Population Fund



## Real men respect women, says school for husbands in Burkina Faso

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# Respect one another

By LOUISE BETTISON

**SPRINGFIELD** Primary School has joined the ranks of communities and schools choosing to create a "culture of respect", as the answer to many of society's problems. Students showed what they had learned through songs and a play based on *The Ugly Duckling*, at a special school assembly recently.

The school, in Kallaroo, adopted Choose Respect this year, after learning how it was changing behaviour elsewhere in WA, according to Year 1 teacher and pastoral care co-ordinator Sue Williams.

"It is a program helping children learn to treat others the way they would like to be treated, emphasising forgiveness and a learned code of behaviour," she said. "We decided to take it on board, because we want to be known as a school where students and staff respect each other."

The program suggests lack of respect is the root cause of social problems from graffiti – a lack of respect for property – to theft, violence, environmental damage, anti-social behaviour and suicide, the latter considered a lack of respect for self.

Choose Respect creator Gary Butcher was guest



Alex Roche, Hannah Smith and Josh Brown have embraced the idea of choosing respect as a mantra for a happy and fulfilling life. Picture: Bruce Hunt. 4/3/2017

speaker at the recent assembly, explaining his ethos before sharing morning tea with parents, staff and students.

He developed the program while working with high school students in Armadale, but it has since spread to communities, workplaces and schools nation-wide, in-

cluding the City of Bunbury, which adopted the program in 2006.

Springfield introduced the program gradually this year, consolidating the seven codes of behaviour last term. "Each classroom has been involved, from making posters or little Power Point productions, to songs, and be-

cause it is a program about values it won't ever really 'end'," Ms Williams said.

"We already did a few programs encouraging good values and behaviour, but this was about choosing respect for themselves, and out of that, respect for the environment and those you study or play with."

# A show of respect



**Chris Mackey**

LAST Friday was recognised in many schools as a National Day of Action against Bullying and Violence. Having been invited to give an address on respectful relationships at a local school, I was prompted to think about how we portray respect – or the lack of it – in our wider community.

It is sobering to think of recent media coverage about the kind of messages many of our community leaders have been giving that relate to respect. Former Melbourne lord mayor Robert Doyle recently resigned in the face of allegations of repeated sexual harassment. The President of the United States is prone to abusive tweets sent by millions and recently fired his Secretary of State via Twitter rather than offering the courtesy of a face-to-face meeting. There have been extensive reports of bullying in our local council.

A recent survey by the Australian Bureau of Statistics found that more than half of more than 20,000 women surveyed reported that they had experienced sexual harassment. Arguably the #MeToo movement speaks for a previously silent majority. Our political leaders often seem to be at disrespectful loggerheads with each other, including with those in their own party. Such examples as Tony Abbott's continual undermining

of Malcolm Turnbull, despite assuring us all he would not do so, inevitably erodes public respect for our political leaders.

What can we do about this? At least we can make a genuine attempt to not abuse our own positions of power and opportunity. We might be prepared to speak up against injustices to others as well as ourselves. But perhaps our main impact will relate to whether we act respectfully in our primary relationships and our families. After all, that is where the scene is set for how we relate to others at school, work and elsewhere.

Respectful partners have numerous ways of showing that they actively consider their partner's interests and wellbeing. Firstly, they seem genuinely open to different points of view. They appreciate that allowing for their partner's different perspectives and interests, without necessarily having to agree or concede, can strengthen their relationship. They are able to empathise, or put themselves in someone else's shoes. In therapy language, this means adopting a stance of "I'm OK, you're OK", allowing themselves to be themselves and their partner to do the same.

Those who respect their partners typically respect themselves as well. They tend to give themselves permission to speak up if they are disgruntled. They typically attempt to give clear cues if they feel mistreated. Respectful couples typically recognise that some conflict is normal. They will strive to manage their emotions at times

of conflict, which might even enable them to help their partner manage theirs. They will often attempt to influence others with their ears, recognising that listening well and picking up on your partner's interests increase the chance that you can both get a fair bit of what you want.

If a conflict situation does not work out well, or their feelings or reactions get out of hand, respectful couples will usually actively attempt to repair the situation relatively soon afterwards.

They are less likely to use the word "should" in relation to their partner, which comes across as judgemental or blaming. They will refrain from showing contempt, however angry they might feel.

Respectful partners will also often express positive emotions, such as compassion, kindness and forgiveness.

They have a natural appreciation that those who express such emotions gain as much from their expression as they were easy to do. So they are

obviously not easy to do, at least for most of us.

Perhaps they represent something of an ideal rather than what we might expect of our behaviour 100 per cent of the time.

However, even though we might not always succeed, I suspect that respectful relationships are mainly based on making a genuine effort to do these things.

If those ways of interacting with others were our default position, we'd likely spend a lot less time talking about bullying or violence.

Chris Mackey is principal psychologist at Chris Mackey and Associates, Geelong.



Former Melbourne lord mayor Robert Doyle.

## **Analysation About Respect:**

- Stay calm and don't overreact when you think your child is being disrespectful.
- Identify the cause for disrespect and focus on teaching problem-solving alternatives.
- Model how to be respectful by respecting others.
- Use kind and firm discipline to teach, not punish
- Being kind to friends and family.
- Using good manners.
- Not hitting or hurting others.
- Talking about your problems.
- Be kind and courteous.

## **Conclusion About Respect:**

- Respect is what we owe; love, what we give.
- Knowledge will give you power, but character respect.”
- Respect yourself and others will respect you.”
- When we treat people merely as they are, they will remain as they are.





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# **VALUES FOR LIFE – HONESTY**

A Project work on Value Education

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**May 2023**

## Certificate

This is to certify that this project entitled "VALUES FOR LIFE - Honesty" submitted by Arockiya Amala Sandhiya, Celin Preethi A, Hanifa Fathima A, Hema Kanikkai Tresa A, Jemima A, Lara Angel J, Priyadharshini R, Priyadharshini Vinnarasi M for the degree of Bachelor of Science is based on the result of studies carried out by them under my guidance and supervision in the Department of Computer Science, Fatima College(Autonomous), Madurai – 18. This project has not been submitted elsewhere for any other degree.



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DECLARATION

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## **Introduction:**

Honesty implies being truthful. Honesty means to develop a practice of speaking truth throughout life. A person who practices Honesty in his/her life, process strong moral character. An Honest person shows good behavior, always follows rules and regulations, maintain discipline, speak the truth and is punctual. An honest person is trustworthy as he always tends to speak the truth.

A major component for developing moral character in Honesty. Honesty helps in developing good attributes like kindness, discipline, truthfulness, moral integrity and more. Lying, cheating, lack of trust, steal, greed and other immoral attributes have no part other immoral attributes have no part in honesty. Honesty people are sincere, trustworthy and loyal, throughout their life. Honesty is valuable and it is are famous quotes, said by a great personality like “Honesty is the first chapter in the book of wisdom”. It holds good due to its ability to build,shape and motivate integral values in one’s life.



### *Importance of Honesty in Life:*

Honesty plays an important role in everyone’s life and it is a character which is visible with open eyes like an open book. Having considered as an Honest person, by society is one of the best compliment one can dream of in his/her entire life. It is the real character a person earns in life by being sincere and dedicated towards it. Lack of

honesty in society is doom. It is due to the lack of proper interpersonal relationship between parents-children and students-teachers. Honesty is a practice which is built slowly and patiently, firstly at home and then school. Hence home and school are the best places for a child to develop Honesty since his/her growing times.

Home and school are the places where a child learns moral ethics. Thus, the education system should ensure to include some essential habits and practices to keep a child close to morality. Children must be instructed right from the beginning and their childhood to practice honesty. Youths of any country are the future of that country so they should give better opportunities to develop moral character so that they can lead their country in a better way.

For all human problems, Honesty is the ultimate solution. Corruption and various problems are everywhere in society. It is because of the decreasing number of honest people. In today's fast and competitive world, we have forgotten about moral and integral ethics. It is very important and necessary for us to rethink and remodel, that we bring the honesty back in society so that everything goes in a natural manner.



## Honesty



### **Honest culture in the workplace:**

There has been a lot of discussion in the news lately regarding whistleblowing and complaints procedures, after an ex-employee of Facebook spoke out about the company's poor practices.

Many organizations, however, understand that to avoid situations such as this, it's vital to establish a culture that allows open, honest feedback and transparency within the company—especially when it comes to the raising of issues and concerns.



Read on for our tips for building an open,honest culture in the workplace...

**1. Set a good example:**

By holding yourself,and your fellow managers, to a high oral and ethical standerd, you will help provide your employees with a strong example of what you expect from everyone in the company.lead by example and lay the groundwork by voicing honest feedback with your workers.this will show your team that they should feel comfortable speaking up to share their concerns and ideas.



## **2.listen to each other:**

This one might seem like a no-brainer but knowing how to actively listen, without judgement is an invaluable skill for leaders to possess. A true dialogue can only take place if both sides are listening! It's vital that your employees feel that they can come forward without judgement and that their manager is showing a genuine interest in their thoughts and opinions.



### **3.Actions speak louder then works:**

Your employees need to know that they're being heard so make sure they see some kind of action associated with the feedback they give you. In order to develop a transparent culture within the company, it's essential that your employee talk about their issues. If your staff felt that they can give direct and honest feedback and know that it will be heard and positive actions will be taken-then you're off a great start.



### **How to improve your honesty :**

- Surround yourself with people of your same values.
- Write down your values and live them.
- Be aware of low integrity situations hidden in media and your daily life.
- Improve your self-awareness.
- Write down your agreement and keep them .
- Be vulnerable.
- Improve your self-worth and confidence.
- Improve your communication skills and speak with heart.
- Think about how you can be kind and compassionate.

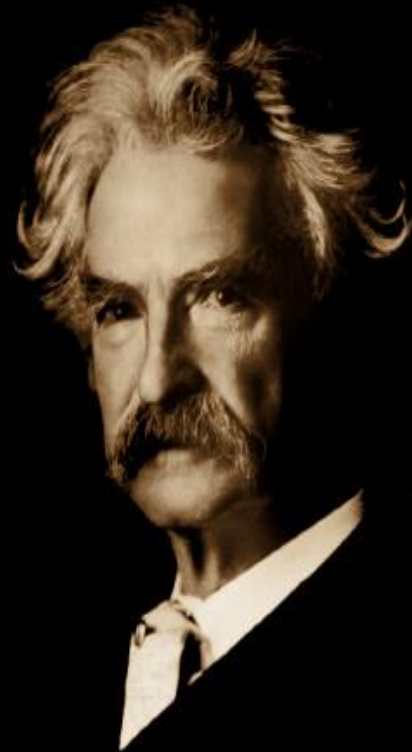




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MARK TWAIN





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**HONEST**  
WITH **ONESELF**  
IS A GOOD  
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**HONESTY** IS NOT  
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YOU'RE EITHER **HONEST**  
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## Case study

### Case Study: 1

#### The Situation:

Jennifer is a transfer student in her sophomore year in high school. By November, she had made some good friends through her soccer team and her classes, but still felt on the outside of the more popular students. She has a great relationship with her parents, and trusts their advice to just give it time.

The first weekend of Thanksgiving break, rumors started that a blow out party was happening at a sophomore girl's house while the parents were out of town. Jennifer didn't know the girl well but she was one of the most popular girls in the class and most of the upperclassmen were planning on attending, as well. One of the

hottest junior guys had already asked her if she would be there. Everyone was saying this was going to be the best party of the year. This seemed like the perfect opportunity to break out of her small clique and hang out with the students everyone always talked about.

Her dilemma was that there was no way her parents would let her go to this party if they knew the parents were out of town, and she wanted to go very badly. Jennifer had rarely lied to her parents and never about anything big. She knew her parents trusted her and that made it even harder to lie to them. Because they respected her, she hated the times when she felt like she was letting them down.

Her friends told her to just not say anything and only lie if her parents directly asked her about adults being at the party. Easy enough for them to say, but her friends weren't as tight with their parents as she was with hers. She felt that if she just went to this one party her social standing at school could be a lot different. She would get to know more students, she'd be seen as someone they can party with, and she wouldn't be so shy about approaching the more popular students anymore.

Would it be worth it to hide the facts of the party from her parents and risk having to lie? And if they found out about the party, could she deal with the fact that they probably wouldn't trust her anymore? On the other hand, everyone lies to his or

her parents eventually. And if they never found out, what would it really matter.

### **Notes for the Facilitator:**

I like this case because it gets students thinking and talking about the fact that what feels like an okay choice for one person might not feel so okay to someone else. And it is a good example of how listening to others may only confuse, rather than help us make the right choices. Every child has a unique relationship with his/her parents, and that relationship informs the ethical choices the child makes involving his/her parents. At some point we have to consider the potential consequences of our actions and weigh whether the benefits are worth the price.

I also like this case because often I find that teens are constantly talking about “if parents ever found out...” yet they share in class how awful they feel when they lie or hide things from their parents. It often makes them feel alone and vulnerable. Getting kids to formally talk about a case like this tends to shed some light on this point.

Encourage students to share a wide variety of responses. Sometimes, I split the room in two and have kids go to one side or the other based on whether or not they would go to the party against their parents’ wishes. Then, I have them state their points to one another. Chances are many of your students have already lived this case

study and might share what it felt like for them to make that choice and whether it was worth it to them.



## Case Study: 2

Kathryn was employed at a large retail store at the mall. Her responsibilities were to straighten and stock merchandise, handle telephone orders, and sell to customers in her department of the store. It was also her responsibility to be alert to shoplifters and vandals who might steal or damage merchandise. Sometimes the store was very crowded and customers had to wait to be checked out at her register. Sometimes Kathryn's friends would come into the store to shop or visit. She enjoyed their company and was always glad to see them. Once, however, she was very busy with customers when friends came to visit, and she saw one of the friends steal an



item of clothing from her department. She looked the other way and pretended not to see the theft. After visiting with her, the friends left the store to go to a movie. The person who stole the merchandise took it and left with the group. Kathryn never mentioned to anyone what she had seen.



### **Case Study: 3**

Jayanth is a son-in-law of a local MLA and is now posted as block development officer in his father-in-law's constituency. He comes to know that MLA's followers, who are mainly small contractors and many elected members of

Gram Panchayat, are hand in glove with local Panchayat officials in misusing MGNREGA funds. He finds that each Panchayat secretary along with elected members have used machines to complete many works under the scheme and siphoned off funds using fake job cards. He also finds out that all this was done at the behest of his father-in-law, the local MLA. Now, the state government has taken cognizance of the issue after a media report and has ordered inquiry into the scam.

Jayanth has to probe the matter and file a report to higher authorities. His father-in-law is pressurizing him to file a false report as he himself is under pressure from his followers, who if found guilty will be slapped with a criminal case. Some contractors have contacted and requested him to not to mention their names in the report in return for a hefty bribe. Some Panchayat secretaries have requested him to spare them as according to them Panchayat members had coerced them into becoming partners in crime. Jayanth is recently married and it is his first government job.





## **Honesty Quotes:**

- ✓ It is discouraging how many people are shocked by honesty and how few by deceit.

**Noel Coward**

- ✓ No legacy is so rich as honesty.

**William Shakespeare**

- ✓ The high road is always respected. Honesty and integrity are always rewarded.

**Scott Hamilton**

- ✓ Almost any difficulty will move in the face of honesty. When I am honest I never feel stupid. And when I am honest I am automatically humble.

**Hugh Prather**

- ✓ Honesty prospers in every condition of life.

**Friedrich Schiller**

- ✓ Honesty will never break you.

**Kate Hudson**

- ✓ Confidence in others' honesty is no light testimony of one's own integrity.

**Michel de Montaigne**

- ✓ Confidence... thrives on honesty, on honor, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live.

**Franklin D. Roosevelt**

- ✓ Honesty does not always bring a response of love, but it is absolutely essential to it.

**Ray Blanton**

- ✓ Concentration is my motto – first honesty, then industry, then concentration.

**Andrew Carnegie**

- ✓ Your conscience is the measure of the honesty of your selfishness. Listen to it carefully.

**Richard Bach**

- ✓ He that loseth his honesty hath nothing else to lose.

**John Lyly**

- ✓ Honesty is the first chapter in the book of wisdom.

**Thomas Jefferson**

- ✓ Honesty is the most single most important factor having a direct bearing on the final success of an individual, corporation, or product.

**Ed McMahon**

- ✓ Honesty is the cornerstone of all success, without which confidence and ability to perform shall cease to exist.

**Mary Kay Ash**

- ✓ I believe fundamental honesty is the keystone of business.

**Harvey S. Firestone**

- ✓ To make your children capable of honesty is the beginning of education.

**John Ruskin**

- ✓ Honesty is as much saying everything as it is saying what is true.

**Richard Snelling**

- ✓ Honesty is something you can't wear out.

**Waylon Jennings**

- ✓ Honesty is the best policy.

**Benjamin Franklin**



## Reference:

- Case study one is taken from the [www.pranjaconsulting.com](http://www.pranjaconsulting.com) online website.
- Case study two is taken from the [www.exploring.org](http://www.exploring.org) online website.
- Case study three is taken from the [www.insightsonindia.com](http://www.insightsonindia.com) online website.

## Conclusion:

Moral ethics of a person is known through Honesty. In a society, if all the people seriously practice getting honest, then society will become an ideal society and free of all the corruptions and evils. There will be huge changes in the day-to-day life of everyone. It can happen very easily if all the parents and teachers understand their responsibilities towards the nation and teach their children and students about moral ethics.

People should realize the value of honesty in order to manage social and economic balance. Honesty is an essential requirement in modern time. It is one of the best habits which encourages an individual and make capable enough to solve and handle any difficult situation in his/her life. Honesty acts as a catalyst in strengthening our will power to face and fight any odds in life.

*Thank  
You*

# **VALUES FOR LIFE – Punctuality**

A Project work on Value Education

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**May 2023**

### Certificate

This is to certify that this project entitled "VALUES FOR LIFE - Punctuality submitted by Betchi Bavya A, Boomika Jeba Anto Joe J. , Duefrine Lisha A, Kiruba L., Nivasha R, Sameesha S C, Santhiya S, VaniShree S for the degree of Bachelor of Science is based on the result of studies carried out by them under my guidance and supervision in the Department of Computer Science, Fatima College(Autonomous), Madurai – 18. This project has not been submitted elsewhere for any other degree.

  
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2022B31	-	Nivasha R	R. Nivasha
2022B37	-	Sameesha S C	S. C. Sameesha
2022B38	-	Santhiya S	S. Santhiya
2022B40	-	VaniSree S	S. VaniSree



## VALUE EDUCATION

### Values for life-Punctuality

#### Introduction:

**Punctuality** is the characteristic of being able to complete a required task or fulfill an obligation before or at a previously designated time. "Punctual" is often used synonymously to mean "on time".

Punctuality is about being on time and completing the task within the given time limit. Life is more beautiful and fuller of achievements if we are embracing punctuality. Students reaching late in classes are missing some of the important lectures as well as opportunities. Punctuality is a habit that needs to be attained slowly and gradually. A child does not become punctual right from birth, but requires learning and bringing the importance of completing the work on time. Being punctual shows your concern for your work



Given that punctuality is taught to us from a very tender age, we should understand why punctuality is important. Enumerated below are some pointers on the importance of punctuality.

### **1. Gives Respect to Others**



It is always nice to show respect to another person. There are many ways to show respect, like addressing them with regard, communicating well, showing the right facial expression, etc. Another way to show respect is being on time.

One of the benefits of punctuality is that it shows respect to the other person. Being on time or before time shows that you value the other person's time.

### **2. Reflects on Your Organisation Skills**

Another benefit of punctuality is that it shows how organised you are. When you reach a location on time, it means you have planned the travel time and distance and foreseen any untoward incident that might have delayed your arrival.

The very fact that you have reached your destination on time means that you have organised your day well.

Especially during college or work interviews, being on time makes a great first impression. It shows the interviewer that you have the much-needed soft skill of organisation even without you having to mention it.

### **3. Punctuality Shows Professionalism**

One of the benefits of punctuality in the workplace is that it shows the level of professionalism. So, what exactly is professionalism and why is it important to be professional especially in a workplace.

Professionalism can mean different things to different people. While some may refer to professionalism as dressing up formally while others may say that professionalism refers to your educational qualification and certifications in hand.

However, the word professionalism has a much wider meaning. It includes conduct, qualities, and characteristics that are needed and expected in a workplace.

Punctuality is one such component of professionalism. Being punctual reflects on your professionalism. This one attribute of being on time shows that you possess several other related skills like organisation and management.

The importance of punctuality at work can be seen in the fact that punctuality is closely related to faithfulness and dependability in the workplace. Being late reflects your uninterest and apathy towards the work.

#### **4. Punctuality Showers Praises**

Who does not like to be praised? Praise from any authority or even friends or colleagues from college or your workplace boosts your confidence and encourages you to do better.

Being on time or punctual is a praiseworthy attribute which not many possess.

Submitting work on time and being punctual for classes are all attributes that are worthy of praise. These are some of the benefits of punctuality for students.

#### **5. Being on Time Ensures You Do Not Miss Important Things**

Another benefit of punctuality in life is that it ensures you do not miss important things.

From simple things like missing the beginning of a movie, missing an important part of a lecture, or being late for a meeting can result in the loss of vital information.

The first part of a movie may be the most informative portion of a lecture may begin with important information about the lesson. Being late for an office meeting can mean a missed chance of a promotion.

This is one of the reasons why punctuality is important. It could cost you dearly.

#### **6. Punctuality Ensures Timely Occurrence of Events**

When we say punctuality ensures timely events, we mean to say that when you are punctual for an event, it also ensures that the event progresses smoothly without any hiccups.

Let's explain this with the help of an example. You are set to host your college annual day. However, due to your negligence, you will be arriving an hour late at the event.

This is where the panic starts. The show must go on with or without your presence. Someone will have to step in and entertain the crowd for an hour, in your absence.

Your late arrival at the venue will cause multiple hardships for everyone. All events will be delayed by an hour, performers may get fidgety and agitated, the audience will get restless and the event may end up being a flop.

Notice how being late has ruined the sequence of events. This is the perfect answer to the question, what is the importance of punctuality?

## **7. Builds Your Reputation**

Being punctual is a tried and tested method of building and keeping your reputation intact. Reputation is an opinion about a person's character.

Reputation is tough to build but easily broken. Punctuality is one of the factors that build a reputation and being late can easily spoil your reputation.

For example, always being late for meetings in your office can earn you the reputation of being undependable and inconsistent at work.

Even if you try to mend your ways, it will take more than minimum effort to build your reputation at work. One of the benefits of punctuality at work is that it helps to build a reputation.

## **8. Punctuality and Its Relation with Discipline**

Successful people are often disciplined people. By this, we mean to say that the person has the ability to follow a regular pattern. Basically, it is the regulation of human behaviour in relation to the environment.

Now that we know the meaning of discipline, we can easily draw the link between discipline and punctuality. A disciplined person shows commitment or

adherence to his or her activities and schedules.

When discipline in work sets in, punctuality follows suit. For example, when you reach late to school or college, you are going against the rules and regulations of the college.

That is, you are disregarding the time set by the school. You will not be considered a disciplined student because you are not punctual.

## **9. Self-Confidence Booster**

Being punctual is a self-confidence booster. Punctuality is looked upon as a great virtue to possess, It creates awe and respect in the eyes of onlookers.

When you are respected with such great reverence, it boosts your confidence and positiveness.

## **10. Stress Reliever**

It is evident that by being punctual, you can be less stressed. Take a typical example of a college examination.

Being on time or before time for an exam gives you ample time to discuss concepts with your friends just before the exam.

It also allows you to be mentally prepared and calm. Now, take the opposite scenario. If you are not a punctual person and you reach late for an exam, there are so many possible negative repercussions like not being allowed to enter the exam hall which in turn leads to tension and stress.

In a hurry, you might have forgotten to bring an important requirement for the exam like writing material or a hall ticket.

Therefore, it is safe to say that being punctual or before time is a major stress reliever.

Incidents that show there is punctuality in society

### ***Important for Students***

It is important for students to be punctual in order to achieve their health goals. It is one of the most important factors that helps children to develop more and more

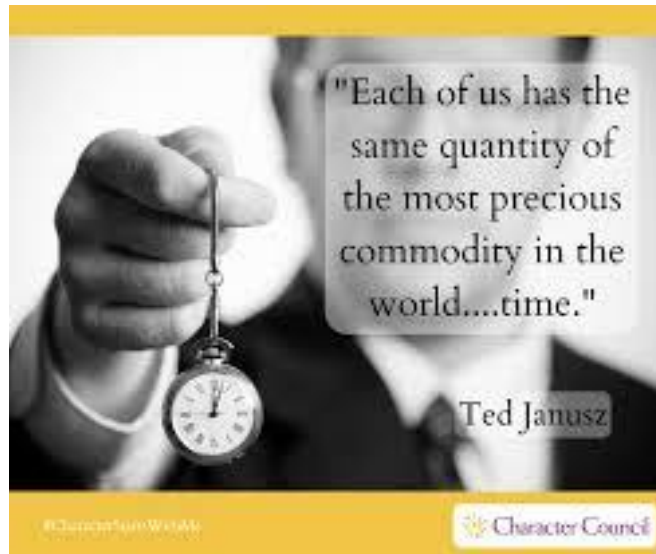
culturally. Students should develop this feature as a habit of doing things on time. Being punctual is one of the student's best interests as he provides discipline. Students can use it to appear at the right time at all times. Being punctual is one of the student's best interests as he provides discipline. Students can use it to appear at the right time at all times.

*How can we develop punctuality?*

- ✓ **Have everything ready the night before.** If you're not sure why you seem to chronically late, take a look at what happens before you leave the house. You probably set aside a certain amount of time to get ready to go, and end up scrambling to get through a checklist of tasks before you can leave.
- ✓ **Keep your essentials near the door.** Many people who are often late spend too much time searching around for their keys, cell phone, charger or wallet. If you keep all of your essential items in the same drawer or tray near the door, they'll be waiting there for you when it's time to leave.
- ✓ **Commit yourself to being 15 minutes early for everything.** If you have to be to work at 8:00, don't even tell yourself you can walk in the door right on the dot. Instead, say to yourself, "I have to be at work at 7:45." If you do this, you will be on time even with little unforeseen interruptions







### CASE STUDY ABOUT PUNCTUAL ON STUDENTS:

As is the case with the general perception of how to deal with disruptive behaviours, suggested approaches for dealing with punctuality and attendance can also be grouped into

two. While one approach perceives this problem as behavioural and therefore correctable

through strict control by teachers and behavioural change by students, the other assumes a multidimensional approach similar to BBR as proposed in McPhillimy (2001).

With the

former, there is regular recourse to a combination of rebuke and reward, while with the latter;

the emphasis is on innovation in order to address the underlying cause of the problem. Some

strategies generating from the two approaches are examined below:

In a document on combating punctuality and attendance, Alexander (2003:2)

advocates a series of measures that insists on the learner taking responsibility for attendance

and punctuality, concluding with a dire warning that “if you want to retain your place awarded in any school, you must attend that school regularly and punctually.

Regular

attendance and punctuality are not optional.”

Similar sensibilities are portrayed in Miller (2004:1) who recommends what can be classified as a rebuke and reward strategy for dealing with the problem of attendance and

punctuality. This view is encapsulated in the recommendation that we “praise and provide

incentives for good attendance and punctuality” and “require tardy students to go to the office

to get a pass to enter the class.”

Presenting strategies bordering on the reward and rebuke concept, the Kingston college attendance and punctuality document (2003) place an emphasis on “monitoring attendance through registers and observation data.” In a seemingly surreptitious attempt at introducing reward, the document again links attendance to the requirement of students’ EMA stipend.

## Context of Research

This study is context-specific in the sense that it is located within a specific environment and does not make any claims to an overall universal postulations.

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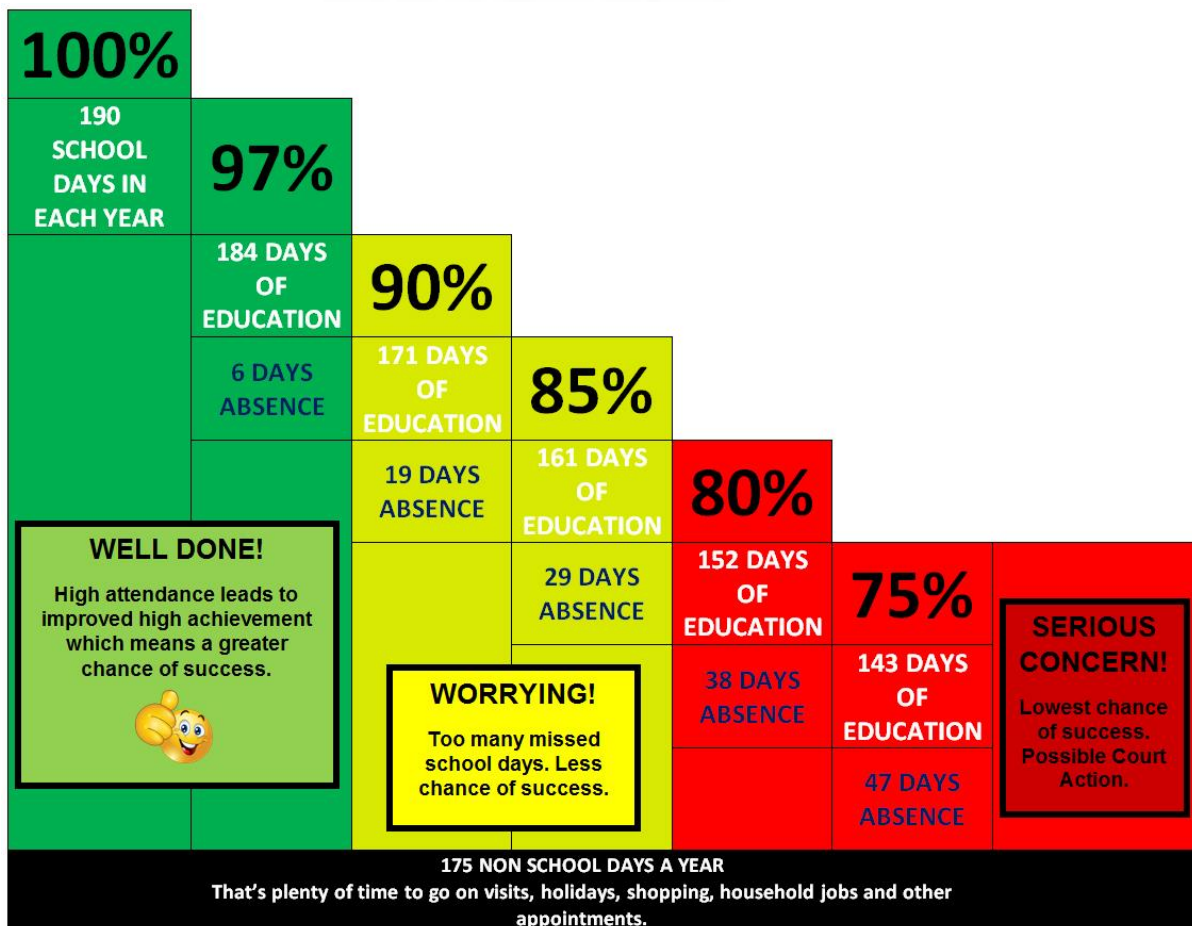
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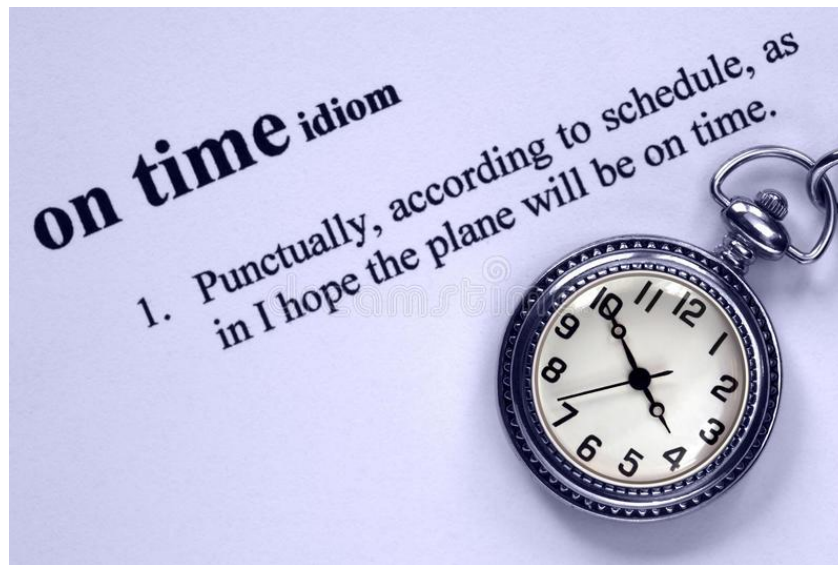
Bradley (1987) Appendix III in Further Education Unit Behavior and Motivation: disruption in further education Longman / FEU, paras 12-19 (Read in Atkinson, A. and Chandler, B. (2001) Eds. Student Support: Tutoring, Guidance & Dealing with Disruption, Greenwich University Press, London.





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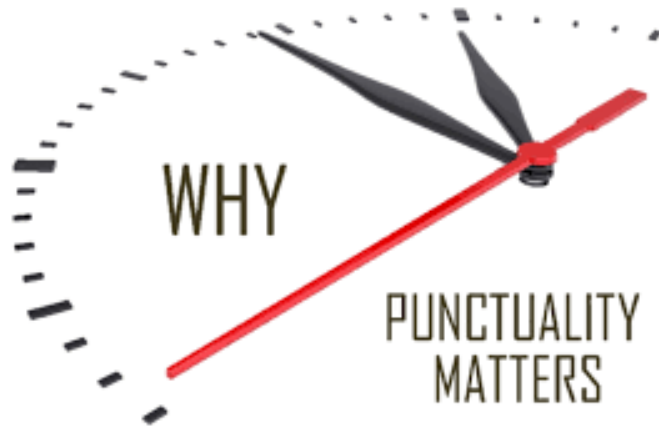
Punctuality is conscious effort to complete a task on time.  
Rajeev Ranjan

Teaching is an art. Rajeev Ranjan

Rr

Quality of being punctual is one of the greatest virtues of person.  
Rajeev Ranjan

Teaching is an art. Rajeev Ranjan



News on punctualiy:

Private train operators must maintain 95% punctuality; penalty for delay: Railways draft document

New Delhi: Private entities have to pay heavy penalties in case the trains they operate are delayed or reach the destination early, according to a draft key performance indicators for private operators released by the Railways. The draft document released on Wednesday states that private train operators have to maintain 95 per cent punctuality through the year.

Private operators also have to pay penalties for misreporting their revenue or in case of train cancellations for reasons attrib ..

In this case, the private operator has to pay the Railways extra haulage charge worth 200 km for every one per cent "reduction in punctuality" compared to the guaranteed punctuality, the document states.

The Railways has said the haulage charge -- the fee that private operators will pay to use Railways' infrastructure -- will be Rs 512 per km.

If a private train reaches destination at least 10 minutes in advance, the operator will have to pay the Railways penalty in the form of h ..

Read more at:

<https://economictimes.indiatimes.com/industry/transportation/railways/privat-train-operators-must-maintain-95-punctuality-penalty-for-delay-railways-draft->

document/articleshow/77521536.cms?utm\_source=contentofinterest&utm\_medium=text&utm\_campaign=cppst

Read more at:

[https://economictimes.indiatimes.com/industry/transportation/railways/privat-train-operators-must-maintain-95-punctuality-penalty-for-delay-railways-draft-document/articleshow/77521536.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cppst](https://economictimes.indiatimes.com/industry/transportation/railways/privat-train-operators-must-maintain-95-punctuality-penalty-for-delay-railways-draft-document/articleshow/77521536.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst)

NEWS 2

## 100 per cent punctuality of trains achieved for the first time, says Railway Ministry

New Delhi: The Ministry of Railways on Thursday announced that 100 percent punctuality rate has been achieved "with all trains being on time".

"For the first time ever in the history of Indian Railways, 100 per cent punctuality of trains has been achieved, with all trains being on time," the Ministry of Railways tweeted on Thursday.

"The previous best was 99.54 per cent on 23.06.2020 with one train getting delayed," it further said.

Union Railway Minister, Piyush Goyal, expressing happiness at the achievement of the Railways, said in a tweet: "Trains in the Fast Lane: Enhancing services to unprecedented levels, Indian Railways made history on 1st July 2020 by achieving 100% punctuality rate."

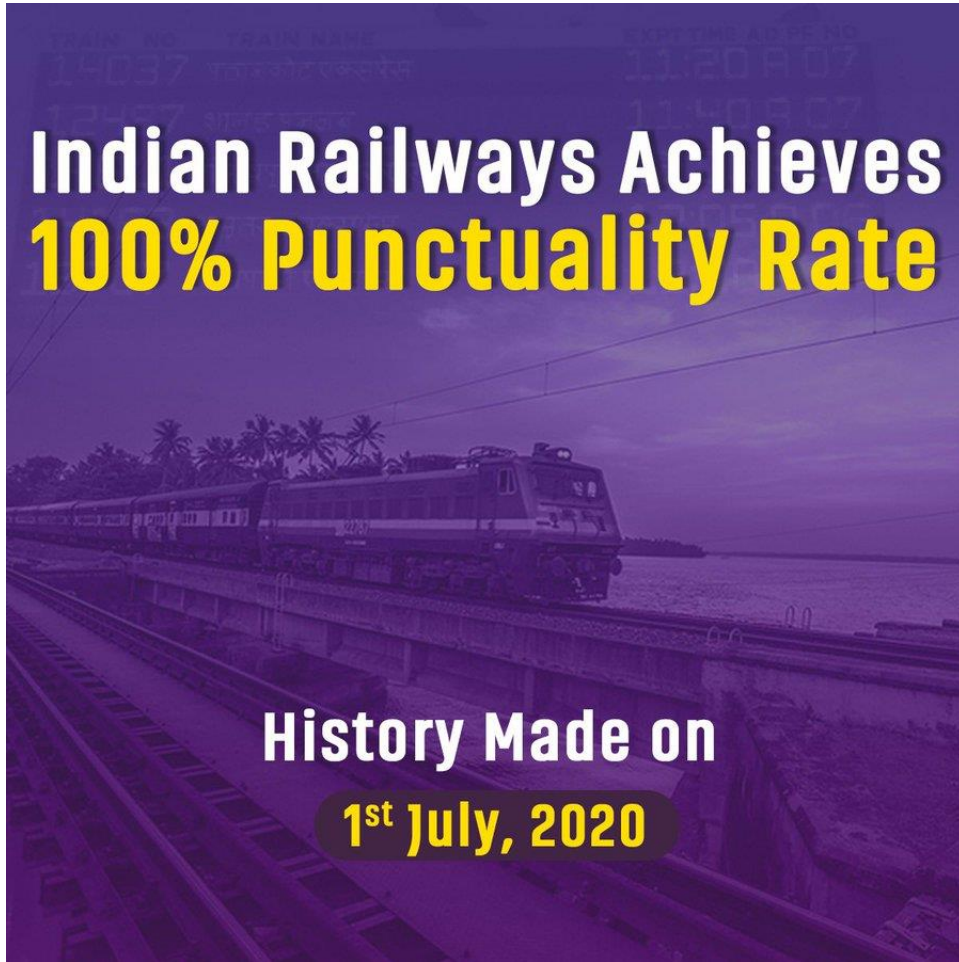
Read more at:

[https://economictimes.indiatimes.com/industry/transportation/railways/100-per-cent-punctuality-of-trains-achieved-for-the-first-time-says-railway-ministry/articleshow/76747960.cms?utm\\_source=contentofinterest&utm\\_medium=te xt&utm\\_campaign=cppst](https://economictimes.indiatimes.com/industry/transportation/railways/100-per-cent-punctuality-of-trains-achieved-for-the-first-time-says-railway-ministry/articleshow/76747960.cms?utm_source=contentofinterest&utm_medium=te xt&utm_campaign=cppst)

# **Indian Railways Achieves 100% Punctuality Rate**

**History Made on**

**1<sup>st</sup> July, 2020**



Quotes on punctuality that have given by great people:

“Punctuality is the virtue of the bored.”

— **Evelyn Waugh**

“I am invariably late for appointments - sometimes as much as two hours. I've tried to change my ways but the things that make me late are too strong, and too pleasing.”

— **Marilyn Monroe**

“I am always late on principle, my principle being that punctuality is the thief of time.”

— **Oscar Wilde**

“Arriving late was a way of saying that your own time was more valuable than the time of the person who waited for you.”

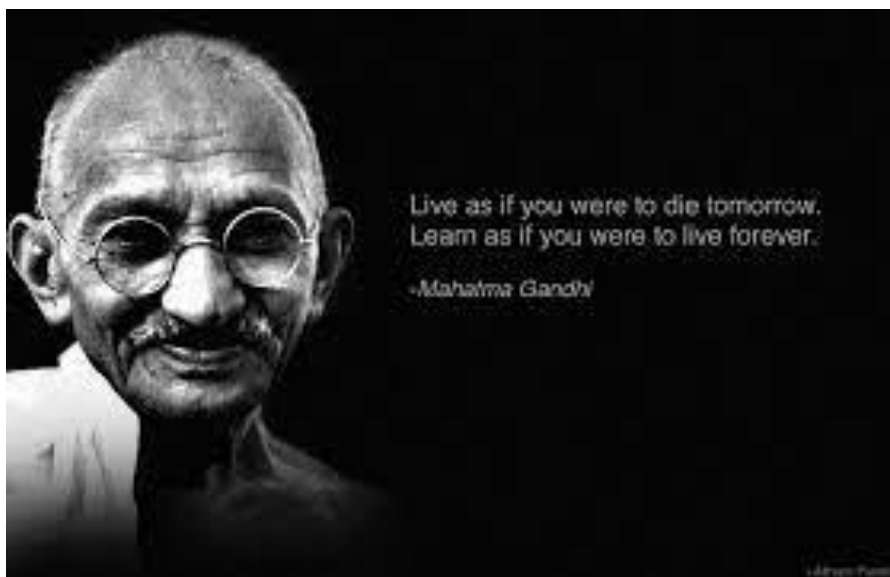
— **Karen Joy Fowler, The Jane Austen Book Club**

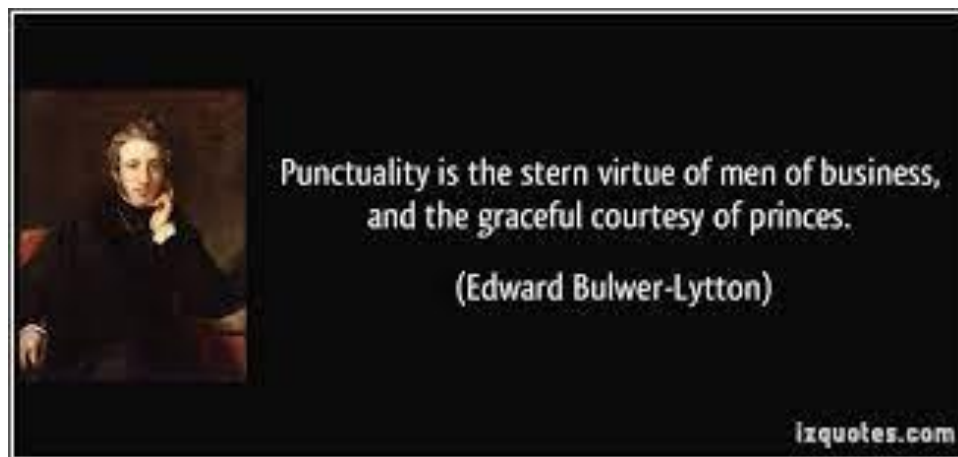
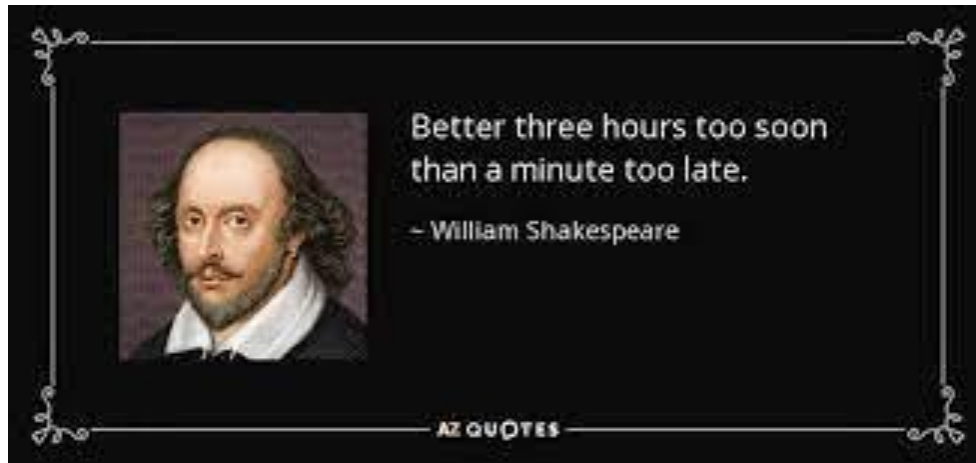
“That man who is regular and punctual will get sure success in all walks of life.”

— **Sivananda Saraswati**

“Better three hours too soon than a minute too late”.

— **William Shakespeare**

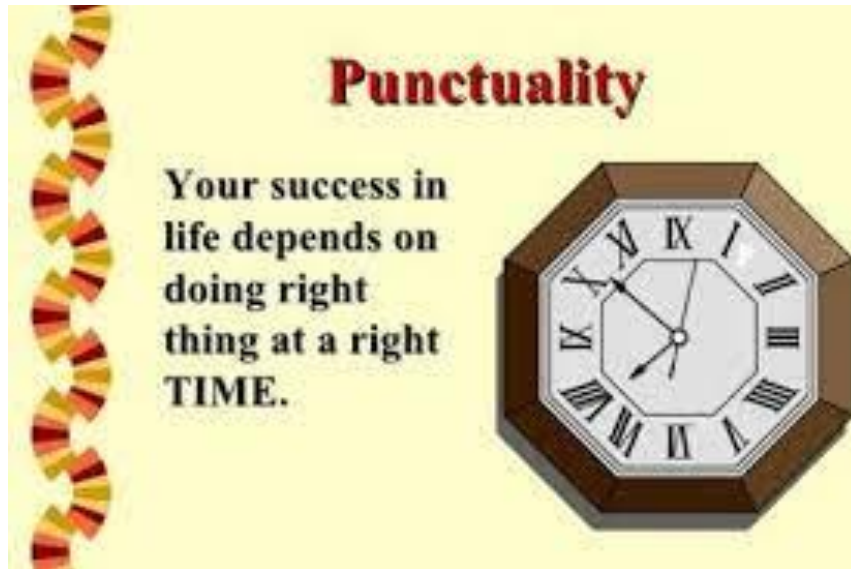




### Conclusion:

Punctuality is not being practiced only by human beings but also the nature around us. Every day, the sun rises in the morning, sets in the evening. After the day, comes the night. Each of the seasons follows their timeline. All these natural phenomena encourage us to be punctual in our life to attain a goal and have a peaceful mind. Thus, Punctuality is the essence of life. It is very important for us to develop such quality from a very young age and lead ourselves and our country to a greater high. The rate of growth of the Human Development Index is bettered in a country where everyone knows and understands the value of time by being punctual. It ultimately helps in the growth of the country. Therefore, punctuality is not only a key to success for an individual but also for the entire community, nation, globe.





Punctuality is a necessary trait for all. It needs to be developed by all especially youths of the nation as they are future and have to lead their country.

The rate of development in any country depends on how people of that country are punctual and disciplined to their job. So, punctuality is a key to success for everyone.

Punctuality is the most effective approach to establish a positive first impression.





# VALUES FOR LIFE – RESPONSIBILITY

A Project work on Value Education

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2022B15	-	Jasmine Packiya J
2022B20	-	Joselyn Ratchiga P
2022B23	-	Keerthana V
2022B33	-	Princy A
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Department of Computer Science

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Re-Accredited with A++ Grade by NAAC [Cycle – IV]

Mary Land, Madurai – 625 018.

**May 2023**

## Certificate

This is to certify that this project entitled "VALUES FOR LIFE - RESPONSIBILITY" submitted by Jasmine Packiya J, Joselyn Ratchiga P, Keerthana V, Varshni R, Sobhika Devi S, Princy A J R, Rino Viola, Pavila Jose J for the degree of Bachelor of Science is based on the result of studies carried out by them under my guidance and supervision in the Department of Computer Science, Fatima College(Autonomous), Madurai – 18. This project has not been submitted elsewhere for any other degree.



Head of the Department

**HEAD**

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Guide

Date : 24.03.2020

Place : Fatima college, Madurai

#### DECLARATION

We hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr. A.VIMALA, Associate Professor, Department of Computer Science, Fatima College(Autonomous), Madurai – 18, and this work has not been submitted elsewhere for any other degree.

Date : 24.03.2020

Place : Fatima college, Madurai

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