

Enhancing Socio-Emotional Competencies through the Value-Based Programme- *Vasudev Kutumb*

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ABSTRACT

Vasudev Kutumb, a value-based programme of the Oil Natural Gas Corporation (ONGC) alumnus implemented in the schools of Uttarakhand, India, underlines the necessity of combining learning of the subjects along with values. The article describes various activities like self-development diary, moral education classes undertaken with prescribed moral education books, Lakshya Camp, etc., for inculcating values among the students. The study examines how far such activities have helped in developing socio-emotional competencies among the students, especially among the children who are first generation learners and belong to poor socio-economic background.

1. Introduction

Indian education system is rooted in value education that is essential in developing children into a human being beneficial to the society and which enables them to understand the purpose of life. Value education starts from the family of a child which is later on continued and strengthened by the teaching-learning in the school and society at large. Celikkaya and Filoglu (2014) indicated that families and teachers are responsible for value education and the teachers are the role models among students. Payal (2016) considers value education as the essence of healthy relationships and as an essential factor for her/his growth as a social being. It influences our decision making in life and helps us to grow by building healthy relationships in society. Values have to be imparted through actions and interaction between people and societies. This learning would help the students to grow as responsible citizens who shall make conscious efforts to build a humane world with peace and harmony.

Value deterioration is a major concern in the present society. Ambashit and Singh (2001) discussed the urgent need to inculcate values among our students studying at different stages of education. Character training and value education have been ignored altogether in our present educational system which has resulted in the erosion of values and created havoc in the society.

In India, there are several value-based programmes which are being run by different organisations like Ramakrishna Mission (Awakened Citizen Programme), Sri SathyaSai Mission (VidyaVahiniProgramme), Aanathasaram (VITAL Programme) etc. *Vasudev Kutumb*, is a value-based programme run by a group of ONGC members (ONGCians) implemented in the schools of Uttarakhand for helping students to achieve a good standard of life and to live a humane and meaningful life.

The ONGC, under its Corporate Social Responsibility (CSR) policy, has been taking measures for promoting value education in the community. It supports programmes aiming at

building up of the National Youth Character, and also has extended financial support for similar programmes. During the year 2011, ONGC started the project for imparting value education programme in 20 schools and donated more than 20 lakh rupees for implementing the programme in the schools. The Planning and Monitoring Division of the National Council for Educational Research (NCERT) with the objective of analysing the effectiveness of various curricular practices in the Country in imparting Global Citizenship Education (GCED) studied the value education programme, *Vasudev Kutumb*, being implemented in the schools of Uttarakhand.

2. The Study

The objectives of the study were to analyse the activities conducted by *Vasudev Kutumb* in inculcating the values among the students and its effect on the socio-emotional competencies of the students. The research tools, namely, interview schedules with students, teachers and principals; a questionnaire; and socio-emotional competency scale were used. The study was conducted in four selected schools in Dehradun, Uttarakhand where the programme was implemented covering 200 students and all the teachers and principals associated with the project in the schools.

3. Activities undertaken under the Programme- *Vasudev Kutumb*

• *Grooming a role model group*

In order to develop the all-round personality of the students, they provide unique opportunity for them to participate in various programmes in the ONGC's Officer's Club on the last Sunday of every month. The school students get the facilities to engage in playing, exercising and attending inspirational talks from eminent personalities that helps them imbibe various values and leadership qualities.

• *Model students' workshop*

The children for the workshop are drawn from in and around Dehradun generally belonging to the underprivileged sections of the society and are provided free of cost. This helps

in ensuring equal opportunity to the disadvantaged and are not affected by the lack of money and resources in the making of the model citizens of tomorrow. Lectures are delivered by superannuated professionals or educators drawn from the industry and society. Students are also given training in Yoga for health and also taught about the values that one needs to follow for leading a truly happy and successful life.

• **Self-development diary**

Under the *Vasudev Kutumb* programme a self-development diary containing prayers, pages for self-assessment wherein each child self-grades themselves to record their daily performance, a brief explanation of meaning of common values, a list of some 'good deeds' which children can choose from and perform, list of famous personalities and the values followed by them, seven important points to be remembered by children, etc. is provided to the children. The activities that are to be done by every student and marked as done includes:

1. To get up in the morning at a fixed time. (Mention time), to drink a glass of water in the morning.
2. Touch the feet of parents and wish smilingly to all the family members.
3. Do yoga/exercise daily for 10 minutes.
4. Have a bath daily and say your prayers.
5. Reach school on time every day and observe discipline in the class/school.
6. Keep school bags and shoes at proper place on return from school and wash hands before taking meals.
7. Follow the time table for studies at home and complete homework. (Make one's own timetable for homework/self-studies).
8. Always speak the truth.
9. Sit in meditation and prayer before sleep.
10. Perform minimum one good deed every day and write it in the diary.

A student on completion of the above activities as directed can score one point for each completed activity. A student can score maximum of 10 points in a day, if s/he has completed all the 10 activities. All the students are expected to record their monthly score. The student who scored the highest points in a month are rewarded. In the self-development diary, 30 good deeds are listed. The students are encouraged to perform at least one good deed and record it in the diary. In addition to the points of good work given in diary, students can also do any other good work and record it in the diary. The self-development diary also describes 21 values including truthfulness, honesty, happiness, humility, etc. The students are encouraged to learn them and discuss among themselves. During the monthly visit to the schools, *Vasudev Kutumb* volunteers conducts discussion on these values with the students. The students religiously filling in the self-development diary, show remarkable changes in character and thereby enabling them to become better human beings.

• **Garden of Life**

The students are provided with the moral books "*Garden of life*" in English and and "Jeevan Kala" in Hindi and are motivated to read and learn the values provided in the books. These are graded books designed for standard 6th to 8th.

Books numbered 6, 7, and 8 are being used for children of class 6th, 7th, and 8th, respectively. Contents of the books are based on the following values:

Book 1: Honesty, Hygiene, Social grace, Family bonding, School bonding, Social interaction, Environment and Devotion.

Book2: Independence, Self-reliance, Punctuality, Obedience, Service, Patriotism, Environment and Devotion.

Book 3: Courage, Reading habit, Creativity, Respect, Empathy, Patriotism, Environment and Devotion.

Book 4: Hygiene, Nutrition, Habit formation, Good thinking, Physical fitness, Family bonding, Forgiveness, Service, Environment and Devotion.

Book 5: Creativity, Simplicity, Truth, Social grace, Service, Self-reliance, Patriotism, Devotion and Environment.

Book 6: Cheerfulness, Self-esteem, Mental strength, Safety, Equality, Service, Spiritual exercise and Environment.

Book 7: Good values, Friendship, Happiness, Efficiency, Right attitude, Service, Patriotism and Devotion.

Book 8: Hard work, Cheerfulness, Self-esteem, Learning, Service, Patriotism, Devotion and Environment.

Book 9: Right values, Perseverance, Respect, Law of action, Celebration, Humane living, Devotion and Patriotism.

Book 10: Overall fitness, Humility, Integrated development, Laws of life, Right living, Patriotism, Efficiency and Spirituality.

It is evident that the moral books covered a good number of values to be inculcated among the students. The volunteers of *Vasudev Kutumb* inculcate these values in children by taking classes and through various activities. In addition, the students are rewarded for having good attendance and for their high scoring in the self-development diary.

• **Lakshya Camp**

In order to strengthen the value education programme, a camp called '*Lakshya*' was also conducted with the objectives to enable the students to learn values through activities. The activities in the camp include: workshops on values, address by eminent personalities as a role model, yoga exercises, fixing the aim of life and steps to achieve that, games promoting togetherness, sportsman spirit and discipline, film shows on values, drawing competition, etc. At present, the camp is conducted free of cost for the students of Class 8th in which more emphasis is given on the subjects and activities related to patriotism. The students are exposed to topics like India's cultural heritage, geographical grace, scientific and technological contribution to the world, etc.

• **Swacch Bharat Abhiyan**

As a support to the *Swacch Bharat Abhiyan* programme of the Govt of India, under the *Vasudev Kutumb* also undertakes value education programmes that helps in promoting cleanliness in schools, homes and surroundings for increasing awareness and making it a part of their lives. Financial

assistance of Rs. 10,000 is provided to each school where the value education programmes were carried out for repairing washrooms/toilets and also have provided dustbins to the schools. The volunteers impart lessons on cleanliness and explains them how to keep their school and environment clean. Drawing/Painting competitions are also conducted on the themes of cleanliness and students are rewarded with prizes. The best entries are also exhibited in the ONGC's Officer's Club.

• Scholarships, books and stationery items to poor children to poor and deserving students

Understanding the financial difficulties of some of the students in completing their school education, the NGO under ONGC, started helping the needy students financially since 2010. They also provided furniture, fans, black and white boards to the schools, and handed over woolen clothes, shoes, textbooks and note books to the needy students. In addition, financial assistance was also given for buying mats, public address system, etc. in the schools.

• Preparing the poor students for getting admission in JawaharNavodayaVidyalayas

Considering the limitations of the help that can be provided by the organization, with a broader vision, under the scheme, students are also given coaching for enabling them to get admission into the Jawahar Navodaya Vidyalaya in Dehradun district where free boarding and lodging facilities are available.

4. Perception of the Principals' and Teachers on the programme

Most of the Principals and teachers were of the opinion that the programme has brought about drastic changes in the behaviour of the students. They opined that after the implementation of the *Vasudev Kutumb* programme, the students have become punctual and disciplined and they concentrated more on studies. The meritorious students were provided scholarships. Students were provided with financial help by paying tuition fee, computers and also were given access to computer education. Twenty students who show good attendance were awarded. The schools also distributed value-education diaries and stories books to the students that helped in inculcating values among students. Most of the students believed that whatever they do, they are being observed by God hence used to mark it with honesty. After

getting the facilities of internet connection and computers, the students got opportunity to learn/see various educational audio-video programmes that helped them in increasing their achievement level especially in the case of science. The teachers viewed that the annual camp conducted under the *Vasudev Kutumb* programme helped in improving the physical fitness of students and also taught them learn how to do the meditation. These activities helped in learning along with imparting value education. A teacher narrated her experience and said that as a science teacher she was happy when learning of science concept is combined with value education.

One of the principals' described an incident wherein one student came to her and gave her Rs. 500 which he had found lying on the school premises. She related such behaviours of students to the learnings being provided to them through the *Vasudev Kutumb* programme. The students remained disciplined in the classes even in the absence of their teachers. Around 20 students are getting a scholarship of Rs. 1000 per year. The authorities are looking forward towards the programme and expecting more support in improving the communication skills in English language among the students which can help in providing better prospects.

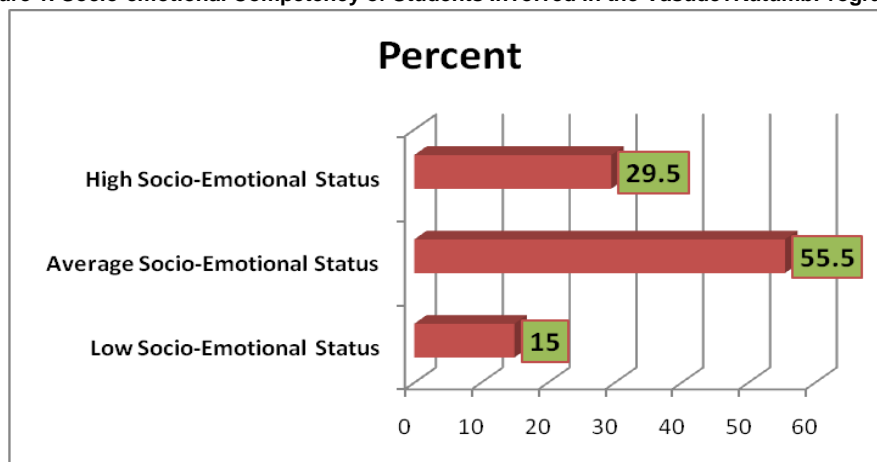
5. Perception of Students'

The students opined that after the implementation of the value-oriented programme, they were conscious about each and every activity in their life. They said that they have been putting efforts to become punctual, disciplined, obedient, etc. The discipline in the school has increased and they tried to get prizes by following the values in the self-development diary. The moral education classes, self-learning and Lakshya camp, etc., also provided them with ample opportunities for their all-round development.

6. Socio-Emotional Competency of Students

As part of the study, the researchers studied the socio-emotional competency of the 200 students who are involved in the programme by using socio-emotional competency scale prepared by the researchers. Reliability of the test was ensured by using the Test- Retest Reliability and the value was found 0.86. Content and Construct Validity of the test was ensured based on the comments and suggestions from the experts from the field of Psychology and Education.

Figure 1. Socio-emotional Competency of Students Involved in the VasudevKutumbProgramme



The figure 1, shows that 29.5 percentage of students possess high socio-emotional competence and while 55.5 percentages of students demonstrate average socio-emotional competence. Only 15 percentage of students are at the lower level with respect to the socio-emotional competencies. This study findings shows that the programme helps in developing socio-emotional competency among the students to some extent. The probable reason of some students still showing lower socio-emotional Status could be because of their non-participation in the programme as most of the activities are voluntary and based on self-assessment.

7. Conclusion and Suggestions

The study concludes that the Vasudev Kutumb programme helps in inculcating values among the students, especially among those belonging to poor socio-economic background. By following the self-development diary, the students practice values on daily basis and these become part of their life. The reading of moral books “*Garden of Life*” and “*Jeevan Kala*” and the classes by the volunteers of *Vasudev Kutumb* has helped in developing moral base in the character of students. The annual ‘Lakshya Camp’ which provides variety of experiences to the children in different areas like sports and games, yoga, value education, Indian culture,

drawing, etc. have contributed to the overall development of children. The activities of the *Vasudev Kutumb* programme are rooted in Indian culture. These activities allow students opportunity to learn science and other areas of knowledge combined with value education. It is also evident that the programme has helped in improving the socio-emotional competence among the students. Evidences show that the teaching -learning can be enhanced through such activities along with positively influencing the character of the student. Such curricular practices are to be initiated in the school education system so as to enable the learners to inculcate values, know about the culture, imbibe qualities and skills along with the learning of the subjects.

The study findings show that this value-based Programme, *Vasudev Kutumb* has the potential to influence the socio-emotional development of the students. The evaluations did not employ a control group design, therefore is unable to state a definite link between the programme and the socio-emotional competence. However, this curricular practice implemented in the schools of Uttarakhand proves to be a valuable method for nurturing values and acquiring the socio-emotional competencies.

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