

# ESSENCE OF VALUE EDUCATION



**HEMA**  
FOUNDATION

Human Endeavour for Moral Awakening  
नैतिक जागृति हेतु मानवीय प्रयास

## PERSONALITY TYPES OF CHILDREN



giving wings to **YOUR** dreams



**ECONOMICS**

**CIVICS**

**PHYSICS**



**SANSKRIT**

**MATHS**

**CHEMISTRY**

**HISTORY**

**DANCE**

**HINDI**

**RIGHT ATTITUDE  
AND DIRECTION IN THE LIFE**



## ADVISORY BOARD



**Mahendra Kabra**  
Chairman & Managing trustee



**Dr. Chinu Agrawal**  
Research Head, Trustee



**Dr. Vijayam Ravi**  
Academic Director



**Seepra Kabra**  
Trustee



**Anita Maheshwari**  
Trustee and Creative Director



**Prof K G Suresh**  
Vice Chancellor  
MCNUJC- Bhopal



**Dr Naresh Chandra**  
Director - B K Birla College of Arts,  
Science and Commerce, Kalyan



**Hrishikesh Senapathy**  
Former Director,  
NCERT



**Manoj Joshi**  
Trustee



**Shiv Khera**  
Motivational speaker



**Dr. Sanjay Malpani**  
President - Geeta Pariwar



**Dr. Sushil Gupta**  
President - Association of  
Progressive Schools of Agra



We at HEMA Foundation are driven by a single goal to do our part by imparting value education and making the world a better place for all. The full form of HEMA coined by the Foundation reads as "Human Endeavour for Moral Awakening". Through HEMA Foundation, the value system imbibed by Smt Hema Kabra are now reaching out to far corners of this world in the form of a "ready to use" e-learning module.

Our decision-making process is informed by comprehensive empirical studies and high-quality data evaluation. We strive to build productive relationships and make a positive impact with all of our pursuits. Back in 2016, our NGO realized that by working together we could overcome our challenges much more efficiently, and that is why we ultimately decided to launch HEMA Foundation.

Value education starts from home, but it continues throughout life. Value education in schools plays a major part in an individual's life. Value-based education can shape their future and add purpose to their life. It also helps them learn to live the right way of life.

School is the place where the child spends most of his or her learning years. Many attributes of behavior that they develop for a lifetime have their roots in school. Including value education as a textbook, as a graded subject, or as a lecture per week is not enough. The school has to give due importance and priority to inculcate these desirable values among children. Special well-planned learning experiences need to be designed so that students understand the importance of value in the real sense rather than just a fact.



## OUR JOURNEY SO FAR

### Text Format

2016



- ▶ Launching of HEMA Foundation.
- ▶ Created 20 short films based on moral values.
- ▶ 25th June 2016 - Launching of HEMA Foundation
- ▶ Created 20 Short Films
- ▶ Value Education Course Book
- ▶ Formation of Advisory Board

2017



- ▶ Moral Value short Films-32
- ▶ DEENA Movie on Deendayalji Upadhaya telecasted on DD Bharti
- ▶ Sampuran Vangmay Vimochan (pandit dindayal upadhyay)
- ▶ Value Education Course Book for 32 Values

2018



- ▶ HEM Disha Teacher's Guide Book Released
- ▶ Certificate Course on MVE at Solapur University
- ▶ 'NANHE'-Movie on Lal Bahadur Shashtri ji, Telecasted on DD National
- ▶ HEM Formation Student Workbook for 1st - 8th Grade

2019



- ▶ Developed Curriculum for STD I to VIII as per NCERT.
- ▶ Moral Value Films - 48
- ▶ Certificate Course for Teachers by Tilak Vidyapeeth ( Pune)
- ▶ JEEVAN MULYON KI PATHSHALA being Telecasted on DD Bharti Every Sunday at 11:30AM

### Digital Format

2020



- ▶ Launched e-learning Portal [www.hemvirtues.com](http://www.hemvirtues.com) with 9 Moral Value Course with Videos/Tutorials, MCQ and Practicals.
- ▶ Registered 254618 Students, 4097 Schools and 5056 Teachers
- ▶ Launch of Webinar series for Educators
- ▶ National Competitions for Students ( Number Quiz, Word Quiz, GK )

2021



- ▶ Launched HEM Sampark - Topical Assembly Module and Quiz contest.
- ▶ Launched HEM Harmonize -Value Integration Books
- ▶ 23 Moral Value Course with Videos/Tutorials, MCQ and Practicals.
- ▶ Registered 289991 Students, 6057 Schools and 5315 Teachers

2022



- ▶ Launched Hem Udhgosh
- ▶ 23 Moral Value Course with Videos/Tutorials, MCQ and Practicals.
- ▶ Launched "National Value Educator Workshop" in tie up with Gurukul Kangri Deemed to be University, Haridwar
- ▶ Jeewon Mooliyon Ki Paathshala now in 6 different channels of Doordarshan

2023



- ▶ Grade-wise Value Education Curriculum as per guidelines of NEP 2020. (Grade 3 - Grade 12)
- ▶ Design and Development of Value Education modules for Higher Education.
- ▶ Developing Experiential Education Project for Schools for Internal Assessment of Student's "Conduct"
- ▶ "Learning from Real Stories" of famous personalities like Swami Vivekanand Ji, APJ Abdul Kalam and more.



## Dear Parents

Greetings from Mumbai. Thank you for attending this workshop on 'Parenting'. Parents today are going through great stress, unforeseen behavioral issues with their children. Schools also are struggling to cope with the new found needs of students, and trying to balance the academics, parent's expectations and student needs. This small note is a suggestion from my years of experience in handling kids and parents and sincerely hope will, help you as well. . .

## Certain issues

Almost all children come from good families, with great familial values. But, sometimes, children behave badly even in schools, buses and in public places. They embarrass you many times. They make you sit in front of the Principal for reasons that you would not like to know at all. They use abusive language; they bully little children and very often bring home complaints. They do not do their homework well or rather do not do them at all. They misbehave in school. They abuse teachers. They post vulgar messages at cyber space or internet.

They are also addicted to social media secretly. The children are pressurized at schools and colleges for performance. In higher education, also this issue of performing has come up. Most of the students are not able to cope with this pressure- on one side pressure from parents and on the other side pressure from schools or colleges! The competition at schools and colleges is so much so the children feel pushed. If the children are pushed beyond capacity, there is every possibility of a breakdown among children and among parents. Both result out of disappointment. Sometimes it may lead to suicides or murder. Of late what we see is arrogance among children and youth. They are all ego centric children being brought up at homes like that. Students want quick money. They want only comfort and they are not ready to work hard.

## Why do these things happen?

As small kids, they all need our attention. At Adolescence which is a period when children need tremendous moral support from every corner, be it home or School. As they step into adolescence, there is a fear and anxiety due to their physical changes and this affects the mental growth of them also. A number of questions will be looming large in their mind and they may be seeking a comfortable support and answer for all their doubts whether silly or otherwise. But they may not feel comfortable to ask their parents or teachers or any one with whom they do not share a common platform. If we throw them out of our range, they fall into the trap of wrong friendship and get they wanted in a wrong way.

- None of the help comes from anywhere. The student has to battle for his existence. Decisions on his behalf are taken by adults and they are forced on him in many cases. In some cases, he is left to himself to take care. The care, love and attention that he requires do not come from home, nor from schools and colleges and it comes from antisocial elements or wrong friendships. In search of identity, he becomes a prey to all unwanted activities and the society rejects him out rightly. Sexual exploitation, emotional blackmailing and all other sensitive issues take his life. We have to inject confidence into the children and make them understand that being independent means not being irresponsible, but being more dependently responsible. For this, such a life has to be lived by adults at home and colleges. He imbibes values.
- While some homes and parents do not give him enough support, he turns to schools or colleges and friends. Here also the educational institutions behave in a funny way. Many of the educational institutions are not able to look at the well-being of the children.. As a result, there is no commitment by the staff to the children and work. The teachers ill-treat the children by way of punishments. Their disappointments are meted out to the children by cutting their hair, or beating them up or sexual abuse or forcing them to do things that are not ethical. The mental health of the teachers sometimes also cause a concern. They are going through a crisis – a crisis between too many of their commitments at home, work place and society and even their own personal disappointments. The craze for better pay packets has crept into the field of education also. But the employer has not realized that as yet. Teachers as a result of it have to compromise on quality and children are the recipients of this moral degradation of their teachers.

## Can the adolescent children be protected?

The ideal thing is to be a friend to your children. Teach them about life and its weird ways of handling people. Support them not by constantly saying it but sincerely participating with them when they need you. Teachers at school are in a rat race to cover the portions. They have no time. This is wrong! A teacher should be always available for the child and that brings the confidence in him. If that is not possible, then there should be a counselor.

- Educational institutions have to grow beyond the wonderful infrastructure and edifice to really man making institutions. They have to bring life into the cement and mortar.

These institutions should be based on Trust and mutual respect –things that are lacking in today’s world. There should be real learning and not literacy imparting. There should be health for all –mental and physical health- both for students and teachers. It is not an out of range consideration to think that there should be programs for teachers to address their occupational hazards and mental health.

- Only if the educators have a good and sound mental health, will they be able to take care of the growing children. As I told earlier, a sick surrounding cannot take care of growing children.
- There should be programs for parents frequently- this should be organized by educational institutions. In these programs related to general well-being of the society also should be discussed apart from the personal psychological development of their children. We have to teach the parents to look beyond the canvas. We have to make them understand that there is a whole lot of world outside. We also have to organize programs for them to organize their time, their thought sand emotions and their work and above all lessons on communications.
- Adults sometimes do not communicate, but we talk to children. We hear them but we do not listen to them. We have no knowledge of communication. We know to order children, demand from children. Our vocabulary is very limited. We have forgotten those good old words like, ‘please, thank you etc”. Why cannot we learn all our lessons once again?
- Technology has overpowered your children today and remember we are responsible for that. You have to pay a price for it. Now stopping him/her from the use of technology is just not possible. So the best is to provide monitored support and engage the children in some other activity where his attention is fully required. Take your child away from the clutches of technology when it comes to his personal growth.
- Basic lesson in handling all children is ‘just love’-not punish the individual but the act –it should be corrective punishment. The values that you uphold a parents and practice in life will be unknowingly practiced by the children themselves. If you want your children to be honest, first you have to be honest!

If parents want their children to grow with values, those values must be first imbued by them!

For your understanding and help, I am penning down few points about the different types of kids with whom you deal with every day. This note may be helpful to teachers as well as parents.

## Personality types of children

Whenever you have kids that create headaches to you, you must try to understand, what personality type they are playing, whether there is any fundamental cause to it and you must attend to that cause and not symptoms.

# 1. The child who has temper tantrums



### Causes:-

- Physically unhealthy- poor eye sight, enlarged tonsils, faulty teeth?
- Not a balanced diet? -not getting enough nutrients
- No good sleep
- It may be in the genes-born to short tempered parents
- Fatigue from too many parties and trips and no time to pursue what he wanted or to play with friends
- Too much in the company of grown-ups?
- You may be the cause yourself- you may be bribing him with rewards and you frequently tell others about how badly he behaves and how you have controlled him –as an achievement
- Perhaps you are losing your temper too often
- Perhaps you set un reasonable standards for him and expect him to perform and if he does not, you punish him

### How to handle?

- It is important not to arouse him unnecessarily by pin pointing always his mistakes. Once the matter is discussed the parent should forget it and silently observe whether he is following that instruction.
- The conflicts between parents and children should be avoided
- Punishments should be given after explaining the purpose of it
- Anger should be given an outlet
- Children should be taught to acknowledge his anger
- Give the children the much-needed play time and good food
- Give the child the love and care that he needs
- Be a friend when he wants one at home
- Some good yoga practice and meditation will slowly calm down the children

## 2. The quarrelsome child



### Causes: -

- Many children, when we say, are fighting among themselves or bullying, or creating problems in the school buses are actually only wrestling like young puppies. But school going children usually use their fists and call out names –etc-this is just the way of expressing their anger. Much of the fight is to prove one's power on the other weakling. And to show they are important-just an attention seeking syndrome.
- The cause is to show power

### How to handle?

- The best thing is to make the child understand that he can excel and has a power to contribute to the group which will bring him more recognition than fighting
- Give him more responsibilities and make him understand that he has the power to do it and complete it beautifully and when he does it recognize it genuinely
- Let the children learn to settle their differences. Parents need not interfere if it is a routine fight or strife.
- Children like to make companions and therefore they do not want any separation So that punishment asking the children not to speak to a particular boy because he is "bad" or 'naughty' is not right. Very often the parents consider that injustice is meted out to his child by someone else's child and so the other boy has to be punished.
- Some parents shut him up in a room as a punishment. This will add more perils than a solution. The child may develop an unknown fear and may break down and ultimately lose confidence if this event is repeated.
- Children should be told to stand up for themselves. Teach them the courage to own up their mistakes-and for that we must know that first.



### 3. The child who teases



#### Causes:-

- Teasing is often an indication of a 'need' on the part of the doer. Sometimes the younger child teasing the older one –is just because he knows his inability to do things that he can not. . More often it is the older one who teases.
- It is just a feeling of being superior when one wants to tease the other.
- This feeling is common with all and we are born with it. But when this desire to show supremacy at the expense of others is exhibited, then it is not a legitimate one.
- When one teases the other, the teaser should be told about the major responsibilities that he can show to the other to show supremacy and not tease. The weaker one can be protected, by making or doing things which the weaker one can not do.

#### How to handle?

- To teach that teasing is cowardly and un manly
- The parent has to clearly judge in a quarreling situation that has to be blamed.
- Scold the children through sympathetic way and frankly. /do not hide the purpose of your correction.
- Favoritism has to avoided
- Supporting or reprimanding always one child has to be avoided

## 4. The impudent child



### Causes: -

- Quickness of the emotions of the child
- Increased comradeship between modern parents and children
- Wants to show off and seeks attention

### How to handle?

- Child lacks self-control at times. So avoid aggravating remarks
- Make the child understand that impudence is a danger to the family name itself and an indignity to the child himself
- Secondly avoid such a situation when a child becomes keen in doing such a behavior. Any protest from adults to correct him may not prove to be useful.
- In most cases impudence is unconscious and so patiently that adults have to make him understand the other people's view also. Listen to him with respect and you need not reply at that point of time if you do not wish to.

## 5. The forgetful child



### Causes:-

- Forgetting can happen when you are disinterested in doing something which you do not like to do. So, find the root cause for why he is not interested and remove the cause.
- There are many reasons -lack of good sleep and sometimes stress.
- Sometimes the child may feel guilty at something, and he may not want to share it
- Children normally do not keep their promises and parents usually get worried about their irresponsibility. Young children have a weak time sense. Children are every day late to school though they want to be on time. Why? Best example is waking up children in the morning to get to school.

### How to handle?

- Keep some signals for children to remember. They do not know that punctuality is a discipline
- Show this habit by practicing at home. If we wake up early and prepare some food for him, he will understand the value of love and time.
- Make some reminders and to do lists for him and observe that he completes it in the given time
- Find out certain patterns for things that he often forgets.
- Stick to schedules that you make for him
- Offer occasional praises for completing the tasks or schedule at times.

## 6. The lazy child



### Causes: -

- A healthy boy or healthy girl can never be lazy.
- Obesity and overweight can be one reason
- The food that they eat also, if rich in fat and oil and lot of sweets, that also causes drowsiness and lack of interest
- If they starve, that also is one reason
- So, if any child is lazy one must check up whether there are any physical or mental issues. Laziness also can be from boredom- if whatever he does is not interesting to him, he becomes lazy.
- Laziness also can be from dreamy habits.

### How to handle?

- We have to get the children like what they do, we may have to organize their studies effectively, hobbies effectively.
- Children who happen to do unpleasant jobs become lazy
- Train the kids with healthy habits at food and sleep. If they do not get their required 6 or 7 hours sleep, they become lazy or drowsy-so avoid late night parties

# 7. The jealous child



## Causes:-

- Children who want attention and become possessive and jealous.
- An understanding approach from parents will prove to be very useful. Usually sharing of toys or food etc may not be liked by him.
- Sibling rivalry -if you show much attention to the other sibling-for whatever reason, that causes a rivalry between them
- If you are in the habit of comparing between the performance of the other boy or girl at home, that may cause an irritation to your child.
- If your child by nature is a withdrawn child, that also may cause him to be jealous of others who are all very courageous enough to speak up.

## How to handle?

- Try to provide the child what he needs and not always what he wants and make him understand the importance of having things for use
- Never engage in a comparison between siblings
- Encourage your child to speak up his mind by being a good listener
- Do not ridicule him or taunt him for his performance-on the other hand be compassionate to him

## 8. The child who lies



### Causes: -

Why do they lie?

- All children tell tales and adults call it as lies. We expect children to be born honest and with a habit of truthfulness.
- Self-preservation is a strong impulse, and when a child senses danger he will try to escape if he can.
- The habit of truthfulness has to be created like any other habit. In this process the child may make mistakes. Sometimes adolescent children also lie. Why? They wish to project a better picture about themselves. Ignoring this is best.
- Some children do not even know that they are lying-to them they are projecting some fact that they like others to hear

### How to handle?

- Parents and adults at home usually feels low when their children speak untrue things just because they take the name of their family, the ancestors and elders who were all so respected in the society because they were all honest. And such a lying boy or girl is born into such family is a great insult to hem. Pl come out of that feeling, simply because your dear kid does not even know he is lying.
- Discover what the motive is. If it is fear resulting out of accusing tone of yours, then we have to be gentler.
- Teach them that in the long run it pays them to hold to facts. Tell them telling truth is much easier than saying a lie and trying to find ways and means to protect the lie.
- There are worst kinds of lies-taking advantage at the expense of the others. This arises purely out of selfishness and desire to gain attention or importance. This has to be seriously taken and insisted that the other person also has equal rights like him
- If you wish your children to tell truth you have to live it.
- Rewards and bribes are not required. Never do that-it is not that he requires always some bribe or reward to tell the truth. Find out what is the necessity for him to lie and remove that chance from his life.



## 9. The vain child



### Causes: -

Are children born with vanity or pride?

- Boys and girls –both are having vanity-about their possession’s clothes books and toys and play materials etc. Vanity is often unconscious and children usually outgrow it naturally.
- This habit is usually caught from home. If the adults at home show off, kids look at them and learn
- To get attention among peers also they show this vanity-they may invent things and speak also

### How to handle?

- Simplicity in living is the best choice. If the adults at home practice it, children get it from there
- Through stories and plays, make them understand that showing off all the times, will attract negativity-people may move away from them
- Tell them that their strength is their good character and that can be shown off to attract others.

# 10. The child who steals



## Causes: -

- Many parents are confronted with this habit. When a small child takes away a thing that belongs to the others, he is not doing it deliberately as an act of stealing. He does not know what he does is called stealing. And you call him thief. When an older child is doing the same, then it is different.
- Most of the stealing is done by children in the age group of 7 to 10. This is just to attract the friends and to prove that he is growing and he is independent.
- There is a dire need for him when he steals and you are not providing it
- He is scared of you to ask for something

## How to handle?

- First thing to do is find out why is he doing it?
- If there is any deficiency in providing something to the child, please fill the gap. Do not keep the wants there.
- He is unhappy, feeling lonely and not getting on well with his family etc. try and find out the reason.
- Talk to him and find out the reason for his desperation.
- Of course, stealing has to be discussed with the child seriously but sympathetically, calmly and unemotionally with an effort to understand the underlying motives.
- If it is a recurrent behavior at teens then a psychiatric help is required.
- Sometimes older children get into bad company or gang and behave in such a way. He should then be told that stealing is not a manly job and a crime punishable with severe penalties. He should be spoken to by a person who commands respect from the boy.
- The entire gang also should be told about the penalties that befall them if they engage in stealing.

# 11. The cross child



## Causes:-

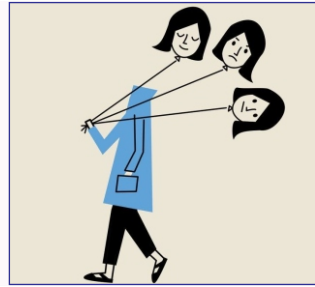
Children sometimes become cross or annoyed all the time and is impatient.

- Children become cross because most of the times they are over taxed nervously. Primarily these problems come up with well to do families.
- Because the children participate in all social activities and have less time for relaxation and sleep
- In poor homes where so many people live in a single room, the children get naturally tensed and become irritated.
- If they do not get their parent's attention they become annoyed.
- A cross child is tense, lost cool and has lost his nervous balance.
- Some times their food habit also may irritate them.

## How to handle?

- Be compassionate enough to listen to them and not hear them
- Be ready to help them
- Give the children if they are very small a let out by taking them outdoors and allowing them to play in sand etc.
- Teach the children to use his time effectively and engage him in activities that give him some pleasure

## 12. The contrary child



### Causes:-

Children who have a fear of their identity are always shy or not ready to come in the open and express themselves. Most of the kids try to hide behind their parents.

- This is just a behavior to assert the child's independence. Like a child running away from your hand while you are holding him tightly when you cross a road. Show him a mark of safety and then allow him to run freely.
- Helicopter parenting, super imposition of adult rights on their children, make them lose their own identity.
- Conversations like, 'you do not know-----' reduce their confidence
- Constant interference by parents and directing the child always.
- Some parents just want to do opposite to what the children want to exercise their authority
- Repeatedly if you say anything to correct him, it will only worsen the situation

### How to handle?

- Like adults children also have an ego and that needs to be respected
- The child's small ego has to be respected
- The child has to be told that independence comes with responsibilities too.
- Never be an irritant at home
- Never beat the child for small reasons and even if you have to punish him, state the reason for doing so. More than that be convinced before inflicting the punishment, as to whether that is going to rectify the child's behaviour

# 13. The child who sulks



## Causes: -

A child sulks when he is internally upset or angry at something where he feels guilty or he was not wrong, yet was targeted.

- There are children who often cry or sulk when things do not happen the way he wants. This is because the child wants attention.
- Sometimes the kids feel less worthy of their parent's love due to some unknown reason. That makes them feel low and he sulks
- Sometimes, ignoring is the best solution but it is ideal to give guidance to the child to meet with disappointments.
- When a child sulks, he is nursing a disappointment.
- He feels injured and abused.

## How to handle?

- Induce confidence into him by giving his small responsible work and making him feel that he is worthy of doing it
- We have to help the children in a constructive way. Denial of what he wants with the reason behind the denial always helps.
- Training the child to use his leisure time is always a good thing.
- Ultimately, we have to help the children to accept the inevitable and take a philosophical attitude.
- If this is practiced in the home, where adults accept the inevitable cheerfully and create it as an optimistic atmosphere, the child learns.

# 14. The hysterical child



## Causes: -

Children sometimes become so very annoyed or angry and they do not even know what they speak or do. This hysterical behaviour when it happens in public, the parents are very embarrassed. And most of the parents retaliate by slapping the child or yelling at him or dragging him away from the scene. This is a sheer insult to the child's ego.

- Children seek attention and by being cranky, they feel they will get what they wanted
- Some children solve their problems by being hysterical.
- He wants to escape from his difficulties and not be aware of the process of escape. When children are having an inferiority complex, they tend to be superior by talking about themselves dwelling on their success.
- They develop aggressiveness beyond their capacity. Adults, after trying for a long time, give up on these children and yield to their demands.
- Such children usually have headaches, body pains, confused state of mind and some physical illness.
- They do not know to cover up that and resort to a defense mechanism. We are always unkind to such children.
- Sometimes, the children must be shouting or behaving like he is angry because he must be really feeling hungry and he does not know to say that.

## How to handle?

- The treatment at home, the first reaction at school, and attitude towards other children- so many clues are there for children's fundamental difficulties.
- A child who is over protected by the parent is more likely to develop a hysterical personality than one who tries to solve the difficulties himself.
- Give the children responsibilities at an appropriate age and teach him to solve his problems realistically with less emotion.
- Never beat a hysterical child
- Never also pacify him by promising bribes or rewards
- Put him to calming down techniques like yoga etc
- Make him understand by calmly stating that he is angry and he needs to cool down if you are to talk to him. Your voice must be extremely calm and consistent and must repeat the same sentences -may be three or four times.
- Still he is not settling down, leave him free for a while



# 15. The self-centered child:



## Causes: -

Some children, especially where there is only one child, suffer this issue. Being a single baby, he gets all attention and love at home and the entire household revolves around him. So he thinks he is the king.

- A self-centered child or ego-centric child presents many problems because he seeks attention always.
- He wants to be dominant and annoys others.
- Over indulgence by parents leads the child to assume that his demands should always be met with.
- Inferiority complex could also be one of the reasons where the child adopts a compensatory mechanism.
- During adolescence this becomes more. The adolescent boy or girl is in a spree to make their existence known to others and their friends are Gods to them.
- This is only to establish authority.

## How to handle?

- The ego-centric child is a very dangerous child and if not properly attended to, will result in a paranoid case.
- This child may do anything and everything for his sake without any concern for others when he grows old.
- Inducing self confidence in children is very important. Choosing small odd jobs which bring in a confidence in him and praising for the success of the job, will satiate his ego
- He needs a sense of fulfillment

# 16. Adolescent problems



## Causes: -

Main issue with such adolescent children is that they are always glued to social media and easily influenced by their friends. Some kids have all those issues mentioned in the above examples and they are in a crisis of establishing themselves as an independent entity. Their friends are the biggest influencers and to prove a point they indulge in various activities that are not good for them.

- Teenage issue of infatuation with opposite sex-this is very common at this age
- Attention distracted
- Getting into cyber crimes
- Stealing
- Spending time at the pornographic sites at the internet
- Indulging in vulgar behavior
- Smoking and drugs
- Spoiling public property
- Craze for pocket money and show off
- Refusal to accept failure

## How to handle these children?

- The basic issues have to be addressed. What is that?
- In all these cases it is frustration, if they are into a destructive activity. If it is a cybercrime, proper monitoring is required. The chance for the children to look for such sites is to be avoided. Healthy and friendly talks on adult issues have to be taken up by parents so that these things will be abandoned slowly by them.
- Good friendship is important. So, parents and teachers will have to be watchful.
- Proper sex education at an appropriate time will do a lot of good to children.
- The wants of these children have to be analyzed.
- The need of these children to be loved by someone has to be seriously looked upon by the parents and teachers

- At schools, give these children responsibilities so that they are tightly packed and there is no time for such flimsy and silly activities
- Teach them to respect themselves so that they know to respect others too.
- Teach them to learn to use their leisure time also.
- It is an ideal solution that the parents become the best friends to them-but should not always be talking to them as an advice-giving tone.
- Make them understand that failing at times is not a crime-it is something that they are learning to do better.
- They may feel terribly bored at times to pass time-it is just okay-tell them and teach them to engage in some creative activities

**Remember:** You must love yourself first and then only you can love your kids. What you wish to see in your children should be activated first in you because children learn from you as a role model. You will get what you give to others. And you can never correct a child by punishment or even by rewarding. Both, sometimes backfire. Love your kids like you have never loved them before like this.

Like Khaleel Gibran -the great prophet, once said-“ Behold parents-children are not your children-they have come through you and not from you”. This simply means, you cannot own your children always. Once they are old enough, they need to be given their space.

**Vijayam Ravi, PhD**

Academic Director,

HEMA Foundation

5<sup>th</sup> May 2024

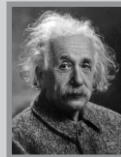


We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.

(Swami Vivekananda)

The most important human endeavor is the striving for morality in our actions. Our inner balance and even our very existence depends on it. Only morality in our actions can give beauty and dignity to life.

-Albert Einstein



जन्म लेना भाग्य की बात है, मृत्यु होना समय की बात है।  
परलोक के बाद लोगों के दिल में रहना कर्म की बात है।।

(Smt. Hema Kabra)

**RR** GLOBAL

WORLD OF EXCELLENCE



Busduct



Magnet Wires



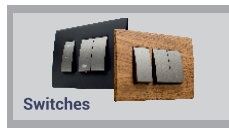
Lighting • Fans • Appliances



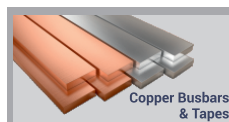
Wires & Cables



Automated Multilevel  
Car Parking Systems



Switches



Copper Busbars  
& Tapes

**BG** BGAUSS



**RR Global**

Ram Ratna House, Oasis Complex, P. B. Marg, Worli, Mumbai - 400 013.

**Tel.:** 022-2494 9009 / 2492 4144, **FAX.:** +91-22-2491 2586

**E-mail:** info@rrglobal.com