

## Inspirations – the incidents from JoyClub sessions

Trust	<p>At St. Joseph school, Bathery, Wayanad the session was on ‘getting along with others’ for standard 8.</p> <p>During the discussion, a student mentioned that ‘Trust’ is one of the key factors in relationships and if one is trustworthy, one can get along with others.</p>
Leadership	<p>During the interaction at the JoyCamp at Wayanad, a 9th standard student said:</p> <p>“True leadership is not showing authority over others. True leadership is about encouraging others to grow, and deriving joy in it. True leader needs to function like manure to the crops”.</p>
Being kind and helpful	<p>While discussing on Interconnectedness and interdependence at Standard 8 in WMO school, Bathery, Wayanad, a student mentioned that, the trees and plants give us shade, fruits, flowers that are needed for our survival, without being told. Then he wondered “why don’t we, humans, also be kind and helpful to the creation and nature?”</p>
Excellence	<p>The discussions at standard 11, DCFL Campus, Bangalore was on ‘Competitiveness’.</p> <p>One student quipped: ‘Success without excellence will not remain for long’.</p>
Value of Time	<p>While discussing about ‘punctuality’ in 7<sup>th</sup> Standard at YASN High School, Uttarahalli, Bangalore, one student said ‘laziness prevents us from being punctual’.</p> <p>Another student quipped: ‘To be punctual, we have to realize the value of our time and also of others’ time’.</p>
Fair means	<p>The topic for discussion was ‘Goals’ at Standard 10 at YASN High School, Uttarahalli, Bangalore.</p> <p>One student said “setting goals is one thing, but the way we choose to reach those goals has to be fair and straight.</p>
Owning up	<p>The discussion was in progress on ‘Punctuality’ at Standard 7 at Father Agnels School, Vashi, Navi Mumbai, where students were sharing their (bad) experiences due to not being punctual at important situations. Then, one student said:</p> <p>“The suffering and pain that we undergo in such circumstances teach us a lesson and help us develop a positive attitude in life if we own up and understand our mistake”.</p>
Courage	<p>During discussions on ‘courage’ at 9<sup>th</sup> Std, Govt Composite School, Uttarahalli, Bangalore, one student quipped:</p> <p>‘We always feel we can’t do this, we can’t do that - instead, we have to think that I can do it - then, we will be able to do what we want to do’.</p>

	Then, another student said 'we lack courage because we underestimate ourselves'.
Hatred	<p>At Standard 7 in Sainath High School, Navi Mumbai, the discussion was in progress on 'Forgive and forget'.</p> <p>One student expressed views: 'Hatred is like rotten potato that stinks - The more one stuffs one's mind with it, the more it (one's mind) stinks. It starts poisoning the mind - one can't concentrate, gets disturbed, gets angry for no reason, AND.. the one who carries the hatred is the most affected - not the person whom he hates!'</p>
Excellence	<p>At Standard 11 in Jnanasweekar campus in Bangalore, the discussion was on Excellence.</p> <p>One student said: 'Excellence results when one is focused and passionate about what one does'. Another student added 'Excellence is not for someone else to notice, but for our own purpose. Also, it calls for competing with self, than with others, as it results in excellence and improving ourselves'.</p>
Patience	<p>At 7<sup>th</sup> standard in CMS MMDA School at Chennai the discussion was about Anger management.</p> <p>One of the students said – 'Getting angry is not braveness – controlling and ruling over the anger in any of the circumstances is bravery. This in fact is patience'.</p>
Good things	<p>A student in standard 7 at Stella Maris School, Thamarasserry, Calicut quipped during the discussion on 'Friendship':</p> <p>'When a friend hurts me by mistake, I remember the good things that she has done for me'.</p>
Goodness	<p>During a session at 9<sup>th</sup> Standard in Govt Composite school in Uttarahalli, Bangalore, few students said they can see goodness in many – such as their friends, parents, teachers.</p> <p>One of the students said 'every person has goodness and badness - what we could do is to see the goodness in others, than being worried about the badness (in them)'.</p>
Respect	<p>At 8<sup>th</sup> standard in Mullankolly Govt High School, Pulpally, Wayanad, the discussion was on 'Respect'. Many students shared their views that we respect people who are elder to us, who are knowledgeable, skillful etc.</p> <p>One of the students said we need to also respect people younger than us. When asked to explain, the student said - 'younger people grow up seeing us. They are likely to do what they see us do. We need to be a role model for them. If we don't demonstrate respect, tomorrow they also may not respect any one'.</p>
Comparison	The discussion point at the Std 7 in Kallur Govt High School, Batheri, Wayanad, was

	<p>Comparison*.</p> <p>One student said - "It would be beneficial if we compare ourselves with others who are relatively at lower levels than us. This would bring-in a level of happiness and contentment in us thinking about our own life and what we have. This would also avoid hatred and growing jealous of others who are above our levels".</p> <p>Then, another student stated - "We need not really consider the higher - lower criteria while comparing. In fact, we could look at the achievers and use those comparisons as an inspiration in achieving our own goals in a very positive manner. We need to ensure that comparisons never end in jealousy or hatred. This way it helps us in our life".</p> <p>*(Discussions on comparison often leads to constructive bench-marking, as happened in this case)</p>
Ambition	<p>While discussing about 'Ambition' in Standard 9 at Govt High School Vaduvanchal, Wayanad, Kerala, one of the students said:</p> <p>Ambition is often seen and related in the light of our own career, success and own life. But ambition is purposeful and really achieved (only) when we do something for the common good of our society.</p>
Humanity	<p>In a session at 8<sup>th</sup> standard, Shree Saraswati Vidhya Vihar school in Anand, Gujarat, on the topic 'Helping' one of the students opined:</p> <p>Humanity encompasses every one - we can see that. That is why it comes naturally to us to help someone in trouble. That is why we are able to feel and show our concern to those who are in need, even though they are not related or known to us - This is humaneness. And humaneness is our natural, innate nature.</p>
Impact	<p>A girl student studying in 8th standard at Pallikunnu School, Batheri, Wayanad had been staying with her friend's family for 18 months. She had lost her father, and was presumably carrying lot of insecurity feelings, often creating nuisances in the class. Teachers had a tough time with her, and our Facilitator also was at the receiving end and had a one to one discussion with her after few sessions of JoyClub.</p> <p>After 4 months, one day she came to our Facilitator cheerfully, and said that she has returned to her home recently to live with her mother. She said she is feeling very happy and confident - and have started loving her mother..</p>
Foundation	<p>During a ValueShare program on 'connect with society and nature' involving students from Govt High School, Thottumchal, Vaduvanchal, Wayanad, Kerala, one of the students used a stone lying in the compound as a metaphor and shared views:</p> <p>"The piece of stone lying there doesn't normally attract our attention. But when we build buildings we use stones for the foundation - which needs to be</p>

	<p>strong, for the stability of the building. Our life also is similar to that - If our foundation, the fundamental character, is not well-built, it would affect the stability of our lives..”</p>
Coming out of the shell	<p>One of the students in Standard 8 at Montfort Matriculation School, Perambur, Chennai, responded to a poser on determination:</p> <p>‘Earlier I shared my views with my friend sitting next to me, who conveyed my point to the class. If I had the courage and determination, I could have spoken about it directly to the class. Now, I have overcome this hesitation to express my views before others, I have built up enough courage and determination’.</p>
Confidence	<p>During the session at 11<sup>th</sup> Standard at Kumaran school, Bangalore on ‘Confidence’ a student quipped:</p> <p>‘A confident person thinks he can do it well, whereas an over-confident person thinks only he can do it.’</p>
Politeness	<p>Topic for discussion at Standard 7 in Montford Matriculation School, Perambur, Chennai was ‘Politeness and courtesy’.</p> <p>One student said - ‘if we have committed a mistake at home and our parents enquire about it, saying sorry and owning it up is politeness - instead, if we try to justify, it is being impolite’.</p> <p>Another student said - ‘When someone on the road is asking for directions and we are not sure about it, but still we try to give them some directions, it is being discourteous to them. If we say with a smile, ‘Sorry, I don’t know’, it is being courteous’.</p>
Understanding	<p>At 11<sup>th</sup> standard in Gear Deeksha school, Bangalore the topic was ‘understanding oneself’. After one of the activities, when Facilitator asked what the learning was, one student responded ‘Stop commenting on others and try to improve ourselves’.</p> <p>Another response of a student at Deeksha JnanaSweekar school, Bangalore was ‘In our day-to-day life, we only think and comment about what others do and what mistakes others make - we do not realize the ones that we make, nor think about what we do’.</p>
Excellence	<p>The topic for discussion at Standard 11, Kumaran School, Bangalore, was ‘success and excellence’. As part of the group activity, the students were to identify an achiever of their choice, analyse what helped him / her achieve</p>

	<p>what they did, what made them successful.</p> <p>One group came up with the observation that ‘we normally focus more on success than excellence - we should rather focus more on ‘excellence’, try to develop and utilise our own potential’.</p>
<b>Knowledge</b>	<p>The session at Standard 8 at Stella Mary’s school at Thamarassery, Calicut, Kerala was on VSET theme - ‘connect with society and nature’.</p> <p>When asked by the facilitator the purpose of students coming to school, some of them said ‘to get education’, and some said ‘to acquire knowledge’. When asked to explain the difference (between education and knowledge), one student said:</p> <p>‘Education is what we get from books through teacher; knowledge is what we get from life through nature and society’.</p>
<b>Duty &amp; responsibility</b>	<p>During discussions on the topic ‘duty &amp; responsibility’ at standard 8, WMO school, Bathery, Wayanad, a student quipped:</p> <p>“Duty is our coming to school; Responsibility is to learn”</p>
<b>Getting along</b>	<p>The topic for discussion at 8<sup>th</sup> standard in Hill Blooms school, Mananthawadi, Wayanad was ‘Getting along with others’.</p> <p>During the discussions, one student said – ‘If we think that the other person is intelligent and smarter than me, we will not have any problem in getting along well with him/her’.</p> <p>When asked to explain, the student said ‘the problem is that when we consider the other person is a dullard and we feel ourselves superior, it becomes difficult to get along - On the other hand, if we think the other person is smart and intelligent, the going will be smooth’.</p>
<b>Success</b>	<p>During a session at Std 11 at Sri Kumaran School, Bangalore on ‘Success’, one of the students said:</p> <p>‘Success is relative, and each person’s goal is different - eg: for a physically challenged person, just walking is success’.</p> <p>Another student added - ‘Also, success calls for continuous effort, as we keep increasing the bar each time. Success needs to be sustained’.</p>
<b>Seeking help</b>	<p>Discussions were progressing on the topic ‘helping’ at Std 8, in Kallur school, Batheri, Wayanad.</p>

	<p>One of the students opined: 'Illustrating our home work to a mate who has not done the homework is indeed helping - But, doing home work is everyone's responsibility. Without doing our duty, seeking help from others is not logical.'</p>
<b>Respect</b>	<p>In 8<sup>th</sup> standard at Sharda primary school, Baroda the session was on 'respect and reverence'. During the discussions, one student quipped:</p> <p>'Society respects the rich and learned people, such as doctors, teachers, advocates, engineers etc.... We must respect them. But at the same time, the society should also respect the farmers, barbers, carpenters, vegetable sellers, cleaners etc... How can we respect some people less, just because they do lower level jobs? All are human beings and equal - Therefore, we should respect all.'</p>
<b>Attitude while helping</b>	<p>The topic for discussion at 8th Standard in Kallur high school, Sultan Battery, Wayanad, Kerala, was 'Helping'. One of the students expressed the following view:</p> <p>"When we help someone, we need not worry or bother about what they are going to do in return - Helping should be done without expecting anything in return. Instead, the attitude (while helping) should be to extend help as much as we can, the way we can and to the best of our abilities."</p>
<b>Co-creation</b>	<p>During the session on 'nature and environment', a student from Standard 9 at Excel public school, Mysore responded to the situation 'During Summer birds feel thirsty' as follows:</p> <p>"Birds play a very important role in our eco system - in order to keep the balance, we need to save them. Birds feel thirsty due to extreme heat and lack of water sources nowadays. This is a very basic problem. By keeping a bowl full of water for birds in our homes, we can help the birds quench their thirst."</p>
<b>Change</b>	<p>The topic of discussion at Standard 9 at Excel Public School Mysore was nature and environment.</p> <p>One of the situations given to students for group discussion was 'keeping the (water) tap open while brushing teeth'.</p> <p>One of the students said - 'I do not keep the tap open while brushing. Also, if I see someone doing so, I try to tell them to close the tap. One day, my mother was washing the vegetables in the kitchen sink, keeping the tap open.'</p>

	<p>That day, I suggested to her to use two buckets, one filled with water and the other one empty. We could wash the vegetables over to the empty bucket, where the (washed) water gets accumulated, and this could be used to water the plants. My mother does that nowadays...'</p>
<b>Demanding kids</b>	<p>On 12<sup>th</sup> of July, VSET Facilitator was having lunch with a bunch of students at Excel Public School, Mysore*. Students from standard 5 (of the same school) surrounded him and insisted that a JoyClub session be done for them that afternoon!</p> <p>Facilitator couldn't help himself - He accompanied them (after checking with the School authorities), and did a session for 30 minutes! ie. the time left during lunch break!!</p> <p>When asked what they meant by Values, these were some of the responses given by them:</p> <ul style="list-style-type: none"> <li>• Values are something that we need for our daily life</li> <li>• Values are good things that we learn in our daily life</li> <li>• Values are things that are important for us</li> <li>• Values are seen when we appreciate someone or something</li> <li>• Values is bringing discipline in our lives</li> </ul> <p>[*VSET conducts JoyClub (sessions on LivingValues) in schools for standards 7 to 10]</p>
<b>Household works</b>	<p>A student from 7<sup>th</sup> Standard at GMTTV Higher Secondary School, Chennai, told in a feedback session:</p> <p>"I never used to do any work at home in spite of my mother asking me to do many times. Now, after attending the sessions, I have started doing few household works on my own - willingly and happily.</p>
<b>Relationships</b>	<p>In 12<sup>th</sup> Standard at Sri Kumaran CBSE School in Bangalore, the topic was Relationships.</p> <p>One student responded (after watching the video on the topic) that "we realize a person's worth only when they are no more with us"</p> <p>The discussions after the response took the direction that therefore we need to appreciate the importance of relationships – and the need to create, nurture and maintain...</p>
<b>Experience Honesty</b>	<p>- At the first session this academic year in Standard 9, WMO school, Bathery, Wayanad the discussions were going on around incidents during school vacation.</p>

	<p>A student shared an incident involving him - he said he was reminded of the JoyClub session on 'honesty', when the shop keeper returned excess change to him. He said the excess was returned back to the shop-keeper.</p> <p>On returning home, he said, he narrated the incident to his mother, and felt good.</p>
<b>Perseverance</b>	<p>During a session on 'Goals' at Standard 12 at Hill Blooms School, Mananthawadi, Wayanad, discussions moved in to perseverance in pursuing goals. Then, a student quipped:</p> <p>"Many a times our repeated attempts may meet with failure, but we should not give up - we should try and try. Many times the last key in the bunch opens the lock"</p>
<b>Happiness</b>	<p>The topic was 'happiness' for the session in 8<sup>th</sup> standard at Silicon City school, Konanakunte, Bangalore. After watching the presentation 'The balloon' (you could view at <a href="http://www.vset.org/node/132">http://www.vset.org/node/132</a> - S08.01-Happiness – PPT - The balloon.pdf ), one student quipped:</p> <p>"We have to enjoy whatever we have so far as it is with us - and accept it happily, when it goes away".</p>
<b>Honesty</b>	<p>During the session on Honesty at 7<sup>th</sup> Standard, Hill Blooms school Mananthawadi, Wayanad, one student shared a thought:</p> <p>"We sometimes tell lies - we all do that. We should accept our lies. It needs courage to accept that we have lied."</p>
<b>Change</b>	<p>At Standard 12, ACE JnanaSweekar campus, Bangalore, the topic was connectedness with society.</p> <p>During the discussions, one student gave an example of a person in her neighborhood who collects used clothes from houses and distributes to the needy. She continued to say that 'many a times, to change conditions around us, we don't need position, authority or money - but just the intention to bring about that change. And every individual can do it'.</p>
<b>Think Positive</b>	<p>At standard 8 in KJT School in Anand, Gujarat, the topic was happiness and one student shared a thought:</p> <p>'We can think about every issue, situation or incident in 2 ways - Positive or negative. When we think about them in a positive way, it leads us to happiness, and when we think about them in a negative way we may become unhappy. Therefore we can try to think positive always, and be happy"'. </p>
<b>Chain of help</b>	<p>A student of 8<sup>th</sup> standard at St. Joseph's high School, Sultan Bathery said during a session on 'Helping':</p> <p>'Thank you' is a word of gratitude and it ends there - when a person says 'thank you',</p>

	<p>he thinks that he has shown gratitude and the matter ends. But, in practice, one should keep the 'chain of help' going, apart from just saying 'thank you'.</p>
<b>Connectedness</b>	<p>At Standard 12, ACE JnanaSweekar campus, Bangalore, the topic was 'connectedness with society'. One student said during the discussions:</p> <p>'We are not just connected to people whom we know - but we are connected to many more. For example, when we eat, we don't realise that we are connected to the farmer who grows the food for us'.</p>
<b>Anger</b>	<p>During a session on 'anger management' in Standard 9 at Hill Blooms School, Mananthawadi, Wayanad a student said:</p> <p>'It is wiser to direct our anger towards the problems - not the people. By doing that, we can manage our anger better and enjoy good relations as well'.</p>
<b>Nature</b>	<p>The topic for discussion in 7<sup>th</sup> standard at St Joseph Higher Secondary School, Bathery, Wayanad was 'nature and environment'.</p> <p>During discussions, one of the students said:</p> <p>"We exist because of nature - Nature gives us vital requirements for our existence free of cost - that too, lovingly, all the time, without any conditions. We must follow these qualities. We must also do something for the society and nature. And it should be done willingly, with the same sort of qualities - not as a duty"</p>
<b>Goal</b>	<p>A class 10 student from Corporation Higher Secondary School, Puliur, Kodambakkam, Chennai shared her experience in the class:</p> <p>'I face lot of difficulties at our one-room small home. My parents are too attached to TV programs. I used to complain about it.</p> <p>Now, I study sitting outside my home. I am clear about my goals and what I need to do - also, I have stopped making complaints about my parents watching TV and it is a hindrance to my studies etc. .'</p>
<b>Connect with Society</b>	<p>One of the topics for discussions in 8<sup>th</sup> standard at VHS School, Kondithope, Chennai was connectedness with society.</p> <p>Couple of weeks later, the students went to the (local) Govt Branch library, Padavattaman Koil street, categorized the entire books of the library, indexed them, labeled them and organised them neatly in to the existing shelves.</p>

	<p>The librarian and local community were delighted at this act. Librarian reciprocated the gesture by starting to bring required books to the school for circulation amongst the students.</p> <p>*VSET's mission is to propagate the awareness of one's connect with society and nature.</p>
<b>Means to success</b>	<p>A student of std 10 at WMO School, Sultan Bathery, Wayanad said during a session on 'Success':</p> <p>"Success is not just completing something or achieving one's goal - it is also about how one does it ethically, sincerely and without harming or hurting others"</p>
<b>Comparison</b>	<p>A student of standard 7 at Silver Hills School, Kozhikode opined during the discussions on the topic 'Comparison' that:</p> <p>'Different persons have different talents and strengths - therefore when we compare, we should compare one's strength against another's strength, and not one's weakness against the other's strength'.</p>
<b>Patriotism</b>	<p>During a session on patriotism at standard 8, MCF High School, Kalpetta, Wayanad a student stated:</p> <p>"Patriotism is not only loving our country - it is also not hating other countries"</p>
<b>Helping</b>	<p>At 9<sup>th</sup> standard, Hill blooms High School, Mananthawadi, Wynad discussions were on as to whether one need to help parents and if so, how. Many felt yes, and one could do that by helping them in the kitchen, bringing groceries, gardening etc.</p> <p>Then one student quipped - "Understanding the difficulties of our parents is also an act of helping them"</p>
<b>Successful person</b>	<p>During the session on "success and excellence" at std 11 Deeksha Miranda, Bangalore, when asked about who they think are successful, one student surprised everyone in the class by saying 'his house-maid' is a successful person.</p> <p>He later reasoned it - "She is a widow, has 4 children, educates all of them, works in 7 houses to run the family, and is always happy"</p>
<b>Honesty</b>	<p>During a session on Honesty at 7<sup>th</sup> Std WMO, Vellamunda, Wayanad, one boy</p>

	<p>said - 'pretending before others to be a person different than what we are (to create a wrong impression) is dishonesty'.</p> <p>When our Facilitator met him during the lunch hour, the boy explained that few of his friends used to buy and share sweets, snacks, chocolates etc while returning home from the School. He also felt like buying them sweets some days, but couldn't do so, as he never used to get any pocket money. This led him to steal some changes from his father's pocket (a petty shop owner) couple of times - but on those days, he used to feel miserable and guilty for the whole day. He couldn't carry on that way, and one day he decided to end this practice and promptly informed his friends that he will not be able to treat them any more with sweets and chocolates, and he felt relieved.</p> <p>He also said that during those gloomy times he remembered Mahatma Gandhiji's anecdotes that were being shared in V-Set sessions.</p>
<b>Money Management</b>	<p>One of the teachers in the Govt high school Vythiri informed our Facilitator that few students of Std 8 A are spending money buying unwanted / miscellaneous things from the shop near to the School. Our Facilitator ran a session on topic 'money management'* for the class.</p> <p>After a few months one boy from the class came to our Facilitator and told him that his friend (of the same class) is not only saving money now, but also has started doing part time jobs to earn some money - and that he has already bought a bicycle.</p> <p>'Money management' is a topic (JoyClub modules) for Std 10.</p>
<b>Discipline</b>	<p>Topic for the session at Std 7 in DRBCC Higher Secondary School, Perambur, Chennai was 'discipline'. Students discussed various aspects of discipline at personal, school, home, and society levels.</p> <p>The students in this school are mostly underprivileged. Usually when the bell rings they all rush out. But when the final bell rang that day at 4 pm, no one hurried - they waited for the session to be completed, then left the class peacefully, behind the Facilitator</p>
<b>Big or Small</b>	<p>During a session on 'Failures and emotions' at Std 11 at Deeksha Miranda, Indiranagar, Bangalore, one of the groups felt that 'failure is a failure, whether it is big or small, and that we can't really differentiate'.</p> <p>Another group felt it could be big or small (ie. they vary in nature) and that it can vary from person to person, since the impact or the after-effect vary. One of the students explained, "if we give Rs 1000 to a beggar, the impact of</p>

	losing 1000 bucks is relatively less for us, as compared to the impact of gain (of that same amount) in the hands of a beggar”.
<b>Attentiveness</b>	<p>During a session at Std 9, Govt Higher Secondary School at Bathery, Wayanad, VSET Facilitator just asked the students whether any of them could do the session for the day. Immediately one boy stood up and said ‘I will’. He took ‘attentiveness’ as the topic!</p> <p>After the session, Facilitator asked him how it was - He said “When the teachers talk about discipline, focus, attentiveness etc standing here, we (the students) don’t take it seriously. But, when I stood here and talked about it, I realised the difficulty (of students not taking things seriously). Now I can understand the difficulty of teachers.</p>
<b>Friendship</b>	<p>At 9<sup>th</sup> Std, Lorde Matha high school, Pallikunnu, Kalpetta, Wayanad, ‘selection of X mas friend’ was in progress when the Facilitator entered the class.</p> <p>One student was standing separate from the whole group, alone. When asked for the reason, he said ‘for me all are friends, what do I do, how can I choose one?’</p> <p>*[Selection of X mas friend is a process where each student picks a chit with the name of another student written on it symbolizing him / her to be his friend for the ensuing X mas for exchanging gifts]</p>
<b>Failures</b>	<p>During a session on ‘failures and emotions’ at Std 11<sup>th</sup> at Deeksha Miranda, Bangalore, One girl said that failure is not achieving something that is planned for and worked for. She went on to clarify that ‘If I don’t prepare for a test and don’t perform well, it cannot be termed a failure - it is laziness or carelessness. Rather it is planning for failure. But, in spite of planning and preparations if I don’t get good grades, then that is a failure. Such failures make you to look back and correct yourself. This is when we can say that failure is the stepping stone to success’.</p>
<b>Sharing</b>	<p>The topic for the session at 8<sup>th</sup> Std Payyampalli School, Mananthawadi, Wayanad was ‘sharing’. The story-line shared was that of Jane, the girl who gave away a doll that she had earned after longing for a long time, as a birth day gift of her sister to a friend (of her sister).</p> <p>During the debrief as to what would have prompted Jane for this action, children shared different perspectives such as goodness, kindness, helpful nature etc.</p>

	<p>Then, one girl quipped – If Jane had kept the doll for herself, only she would have been happy. By sharing it (with her sister and her friend) Jane could expand the ring of happiness, and make more kids happy.</p>
<b>Responsibility</b>	<p>Std 8 at Wayanad Muttill Orphanage School, Vellamunda, Wayanad - Our Facilitator noticed that couple of weeks after a session on ‘Duties and Responsibilities’ students had cleaned the etchings and writings in the (wooden) desks and benches in the class. On enquiry, students informed that they used emery paper to erase the writings / etchings that had been accumulated over the years, and felt happy about cleaning them, considering that as their responsibility towards the School.</p>
<b>Sportsmanship</b>	<p>2 teams were arguing about a point as to which team should it go, in a game activity during a session at Std 9, Govt High School Padinharathara, Wayanad. Facilitator awarded the point ultimately to one of the teams. Then, a member of that team stood up and said that the point actually belongs to the other team, and they deserve it. The whole class appreciated her behaviour and the point was awarded to the other team.</p> <p>*"Sportsmanship" is one of the topics covered by JoyClub in Class 9.</p>
<b>Managing failures</b>	<p>Deeksha Miranda, Bangalore, Class 11D - During the session on ‘managing failures’ one of the students shared there are 2 types of failures - failure in academics and failure in life. He went on to say failure in academics is relatively less impactful when compared to failures in life.</p> <p>Another student said that we get chances to set right academic failures whereas we don't get too many chances to set right the failures in life</p>
<b>Care and concern</b>	<p>Some of the views shared by students of 7<sup>th</sup> Std, Ma Saraswati Mishra Shala, Baroda, Gujarat on Diwali celebration:</p> <p>“We should not burst firecrackers because they disturb elderly people - especially the sick.”</p> <p>“By bursting fire crackers, we disturb and scare the birds and animals - We should be a bit more sensitive to them”</p>
<b>Role</b>	<p>During a session on ‘dignity of labour’ for Std 7, at Wayanad Muttill Orphanage school, Bathery, for a question that who is the most important person in the school, students answered ‘Principal’. When another question was posed ‘then, what is your role?’, after a brief silence, a student said ‘if we don't turn up, there would be no one to teach to’. Then, one more question was posed – ‘If teachers don't come, what happens?’ The answer was ‘there would be no body to teach us’.</p>

	<p>After a brief pause, a student stood up and said – ‘not only in our school, even in our society, everyone is important, everyone has an important role’</p>
<b>Life</b>	<p>Twin brothers studying in 4<sup>th</sup> standard, Govt Lower Primary School Kalpetta, had a strange issue. They used to quarrel each other so much that the parents even could not keep them in the same house - one of them was shifted to a relative’s house nearby, permanently. Still they continued their fights in school.</p> <p>After few sessions of VSET, including those on love, friendliness, happiness etc the brothers became friendly each other, started having lunch together. Subsequently, the guy staying at the relative's place shifted back to their house, and started living with the brother and parents.</p> <p>*VSET does session for classes 1 to 6 on an experimental basis in Wayanad.</p>
<b>Dignity of labour</b>	<p>8th Std Govt High School, Padinharathara, Wayanad - session was on ‘Dignity of Labour’. One student opined that we need to respect not only the human beings (who are serving us in several ways), but also the pets and animals who are helping us. When Facilitator asked for examples he shared that cows and goats give us milk, dogs protect us etc. When asked ‘we give them food and look after them, so what is so great in their helping us?’ the boy quipped, “They do such things lovingly - so, we also should love them and respect them”.</p>
<b>Helping</b>	<p>One student in Std 12, Deeksha SGPTA Campus Bangalore mentioned to our Facilitator:</p> <p>“I always liked to help people but did not know how? After discussions and seeing video clips in AJC (VSET sessions), now I have understood that it is not only through money that we can help people. Now I am helping by doing service, smiling, greeting people etc which is giving me happiness.</p>
<b>Stronger</b>	<p>During a session on ‘managing failures’ with Group 39, 11<sup>th</sup> Std, at Deeksha JnanaSweekar campus (Bangalore), various viewpoints including ‘failure is a stepping stone to success’, ‘failure helps in rectifying errors / mistakes committed’, ‘failure helps moving ahead strongly’ etc. emerged. When asked for what he meant by ‘strongly’, one boy quipped - “If one does not encounter and manage failure at early stages at lower levels in our journey, a failure at a higher level could be even more damaging as one comes crashing down from a height - hence failure at early stages makes an individual wiser and stronger.....”</p>
<b>Trees</b>	<p>In 7<sup>th</sup> Std, Moolankavu School in Batheri (Wayanad), the topic was ‘nature and</p>

	<p>environment'. Discussions went on with kids attributing the causes for environmental damage as sand mining, excess usage of plastic, cutting trees etc. Then facilitator intervened to pose a question - 'There are so many trees in this nature, so does it impact if one cuts 1 or 2 trees?' Suddenly one kid quipped - " If every one of us think like that and cut a tree or two each, how many trees would be left in this planet?"</p>
<b>Change</b>	<p>Pranav from 7th B, SKMJ School Kalpetta caught up with Facilitator during lunch hour to share an update - After that day's morning session on "Discipline", wherein various aspects including self-discipline, appearance etc. were discussed amongst the participants, he got some remarkable clarity on his own, and subsequently removed his plastic bands and steel chains on his own - He also mentioned that his parents had been forcing him to get rid of them for a long time - resorting to even punishing, at times...</p>
<b>Appreciation</b>	<p>Couple of weeks after the session on 'appreciation', one boy in 7th Std (Payyampalli School in Manathawadi taluk, Wayanad Dist) appreciated his friend for winning in 'quiz competition'. Later he shared the experience with our Facilitator: 'Earlier I used to derive happiness by teasing others. But, when I appreciated my friend, I could see the real joy in his face. Now on, I would try not to tease others - instead, would try to appreciate and motivate.'</p>
<b>New Dress</b>	<p>In a Government school located remotely at Perikkalloor, near Pulpally, via Kalpetta, Wayanad, the situation posed was 'Your father promised to get a new dress for Onam (a popular festival of Kerala) - But he didn't, how would you respond?'</p> <p>Many students said they will cry, they won't take food, they won't talk to them for some time etc..</p> <p>Then, one kid stood up and said - "his father might not have had enough money to buy the dress, which might be the reason why he couldn't get it - so we need to think about our parents' difficulties and should adjust with them in such occasions".</p> <p>Then all the kids started thinking and discussing that dimension, at the end of which they said "they will try to relate with their parent's difficulties and will help them in whichever way possible".</p>
<b>Ladder</b>	<p>An experience from class 11 Joyclub session, which is self explanatory.....</p> <p>One of the students in grp 17, on looking at the "ladder" picture pointed out that, the person standing below the ladder was not ashamed of asking for help from the person standing above - when asked to further explain what</p>

	<p>she meant, she said that some of us do not ask for help &amp; have a presumption that it shows that we are weak, but actually it is not so</p>
<b>Right Time</b>	<p>During a session at 7th Std, WMO School, Bathery on Time management, some of the students were of the opinion that a week or 10 days before the exams is the right time to study.</p> <p>Then, a student slightly disagreeing with them, quipped - "Time does not wait for anyone. Then why (should) we wait for the right time?"</p>
<b>Anger mgmt</b>	<p>During a session at on 'anger management' at Std 8, Hill Blooms School Mananthawadi, Wayanad, one student said "remember that one minute of being in anger is loss of 60 seconds of happiness. At that time, we should use our head to control ourselves. We could use our head to control ourselves and use our heart to reach out to others"</p>
<b>Criticism</b>	<p>During a session at Std 10, Hill Blooms school, Wayanad, on the topic 'peer pressures' one student said the classmates pressurize and criticize everything the others do, though positive criticism is welcome. Another student responded :</p> <p>"There will always be critics - so what? They don't live your life nor do they 'know' what you are doing. Let their doubts and criticism stay with them, not with you, if it is not constructive."</p> <p>She also mentioned a quotation: "No one ever erected a statue of a critic." - Werner Ehrhart</p>
<b>Next chance</b>	<p>At Std 7 in Bharatiya Vidya Bhavan, Bathery, Wayanad, 2 students always used to vie each other to partake in session activities - whether it be a game, a discussion. One day one of them was quick to respond and take part in the event. Facilitator noticed this and asked the other 'are you disappointed / sad?' Instant came the reply – 'why should I? There is always a next chance'.</p>
<b>Comparison</b>	<p>At 7<sup>th</sup> Std Excel Public School, Mysore, the topic for discussion was 'Comparison'. The situation posed was 'your mother always says that your cousin behaves well - How do you react / respond?'</p> <p>One student responded – 'I would take it positive. I would appreciate my cousin. Then, would try to understand what my mother wants, and behave in a manner that even betters my cousin'</p> <p>*For 7<sup>th</sup> Std, session on 'comparison' comes few sessions after 'appreciation'.</p>

<b>Responsibility</b>	<p>Std 9 at Govt High School, Pakkam, Kasaragod, Kerala, was littered when VSET Facilitator entered the class. When he started picking them, the whole class joined, and the class was clean in seconds.</p> <p>On checking up who was responsible that day for cleaning the room, one group of students owned it up and conceded that they had cleaned the room previous day itself, but someone had entered the class during the night (as windows had broken hooks), littered the class and had also damaged electric switches. When Facilitator asked what could be done, many suggestions emerged. One of the students said - "We should collect Rs 3 or 5 each and fix the window hooks, and repair the damaged switch board of the class" and everybody agreed to it. They selected the same student as the leader for the repair works, and reported to Head Master. Head Master was speechless...</p>
<b>Nature</b>	<p>During a session on 'Nature and environment' at Std 7 at St peters School, Meenangadi, Kalpetta, Wayanad, one student shared his view:</p> <p>'Nature is so considerate and caring - for example, ash guard (which is big in size) grows on a creeper, whereas the champa fruit (small in size) grows on a big tree. The champa fruits keep falling down once it ripens. What would have happened if the ash gourd were to grow on a tree and fall down like champa fruits? Nature has planned things with so much of care so as not to hurt anyone. Similarly we also should take care not to hurt anyone'...</p>
<b>Habits</b>	<p>During a session at Std 7 in Bharatiya Vidya Bhavan, Bathery, Wayanad one student quipped:</p> <p>"Good habits are hard to form, but easy to live with. Bad habits, on the other hand are easy to form, but hard to live with.</p>
<b>Initiative</b>	<p>During a session at Std 8 in St Mary's School, Mullankolly, Kalpetta, Wayanad discussions happened around the video 'Thum Chalo' - To see the video please click on the link <a href="http://www.youtube.com/watch?v=FSJCqwgw3oA">www.youtube.com/watch?v=FSJCqwgw3oA</a></p> <p>When our Facilitator visited the School next time, one student came running to him and said "Enroute to my home there was lot of mud and debris in one of the turnings, causing agony to the traffic, vehicles and pedestrians. After seeing the video in our last session I thought we should do something about this. Yesterday, I started removing the mud and debris along with two of my friends - seeing this, many others present there joined us in our efforts. Within a short time we shifted the entire debris and the place (road) became clean and smooth, thus resolving a persistent issue".</p>
<b>Happiness</b>	<p>After a session on 'happiness' at Std 8 in WMB School, Bathery, Wayanad few students shared following thoughts:</p> <p>'I find pleasure in small and simple things'</p>

	<p>'I make the best of my circumstances'</p> <p>'I keep myself busy at something all the time so that I won't have time to be unhappy'</p>
<b>Wish</b>	<p>During a session at Std 8 in St Mary's school, Mullankolly, Bathery, Wayanad Facilitator asked the students what they want to become when they grow up. Answers such as 'Doctor, Engineer..' etc started. Then one girl said "I also want to get a good job when I grow up. But I also want to be a good human being that my parents wish me to become, which will make them proud'</p>
<b>Sessions</b>	<p>At KTCT Girls Higher Secondary School, Chennai one student shared during the session - 'If the VSET sessions were being conducted in St Mary's Anglo Indian school, a teacher's life would have been saved*. We are fortunate to have these sessions'.</p> <p>[*In an unfortunate incident, a 9<sup>th</sup> standard student stabbed his teacher to death couple of weeks back at St Mary's Anglo Indian School]</p>
<b>Environment</b>	<p>VSET Facilitator happened to see few chocolate wrappers in the lunch box of one of the students in an afternoon session at 8<sup>th</sup> standard in St Catherine high School, Payyampalli, Mananthawadi, Wayanad.</p> <p>On enquiry, he came to know that the student had shared few chocolates with friends during the lunch break, and collected the wrappers for responsible disposal.*</p> <p>[*Few months earlier the VSET session on 'nature and environment' included discussions on waste disposal too]</p>
<b>Friends</b>	<p>2 friends studying in 8<sup>th</sup> standard at St Mary's school, Mullankolly, Wayanad had a fight over some issue and stopped talking to each other.</p> <p>After few weeks, one of them came up to VSET Facilitator and told him 'we were not talking each other for few weeks. After our last session on 'Friendship', I thought why over a small issue we decided to end our friendship. I was convinced it is not in good taste and walked up to him. We have started our friendship again and we are happy'.</p>
<b>Memories</b>	<p>During a session at 9th Standard in Govt High School Padinharathara, Kalpetta, Wayanad, Facilitator asked the students – 'Having studied here for almost 10 years, what memories would you carry when you leave this School?'</p> <p>Students started sharing – 'our favourite teachers, friends.....'</p>

	<p>Then, one student said ‘I would remember all of those. Along with them, I would also carry fond memories of the benches and desks which helped me to sit and write, the black boards, the chalks and the books... because if I have gained some knowledge, they have all helped me in the process”</p>
<b>Anger management</b>	<p>During a session at 9<sup>th</sup> standard in Visa Convent School Chennai, a student mentioned - “My brother plays mischief with me every now and then. Earlier, I used to get angry and beat him. Now, I have learned to manage my anger - I don’t give my remote to him, I keep it with me”.</p> <p>*In JoyClub sessions topic ‘Anger Management’ is covered in standard 8</p>
<b>Confidence</b>	<p>One of the students in Class 9 at St Mary’s School, Mullankolly, Pulpally, Wayanad told our Facilitator:</p> <p>“I used to get frightened whenever I was given a chance to speak in our Church. I used to avoid those opportunities thinking that I would not be able to do it.</p> <p>But in VSET sessions I started to speak in front of everyone. Especially, after our discussions on ‘confidence’, I started to believe that I can do it. Now, I am able to talk confidently - not only in the Church, but everywhere.</p> <p>*Confidence is a topic in standard 9</p>