

# A HAND BOOK OF VALUES



NETAJI NAGAR COLLEGE FOR WOMEN  
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Values are those principles or ideologies on which our benefits and activities are based. They are as unique to an individual's thumb prints. Our core values determine what is really important and meaningful to us. Values form the basis of character formation and personality development. Values are who we are in deepest nature, not who we think we should be. They are like compass that points us to our "true north". Values always exists in present moment-they can be drawn on at any given moment.

Values are principles that strung together and are predominant in every aspects of our lives. Values are either innate or acquired. Innate values are our inborn divine virtues such as love, peace, happiness, mercy and compassion as well as positive moral qualities such as respect, humility, tolerance, responsibility, cooperation, honesty, sympathy, empathy and simplicity. Acquired values are those external values obtained at our "place of birth" or "place of growth" and are influenced by our immediate environment.

When our thought, speech, behavior are in sync with our values, we feel good, contented and complete. Values can be linked to power. When we are not in tune with our values, life become miserable and chaotic, rendering us incapable of doing things meaningful. We gradually become out of touch, disconnected, restless, and unhappy.

Our spiritual traditions, religious cultures usually tell us what we should value and how we should act but that not what values are all about. Values are not imposed upon us from some external authority. Values are chosen by us by listening to our heart and tuning into what matters the midst to us. Values are not rules or mandates, they cannot and do not become rigid or static. Values may take new forms and change development over time. As rightly said mastering ourselves is true power. If we realize who we are and what we value the most we will be in position to master ourselves. The essential prerequisite for this is we must be honest with ourselves about what we value the most in life. The next step is to make conscious effort to identify the values that are so vitally important to us.

We must be vigilant, awake and sensitive to what is happening around us. We must allow every moment and its messages to touch us. When life itself is extremely transitory, we must make the most of every moment we live.

The natural environment contributes to the development of child's sense organ and the mind. As the child comes in contact with plants and trees, leaves and flowers, creative power is nurtured. Education according to Rabinranath Tagore should be imparted "in an institution where the first great lesson is the perfect union of man and nature, not only through love but through active communication."

Appreciation of forms and colours, movement in nature, his observation, his active involvement helps the child in development of different values.



The social environment is equally important. It helps the child to fulfil his needs and drives and develop his benefits and ideas. The relationship with child with other members of the society should be based upon essential human virtues such as love, sympathy and mutual understanding, freedom, purity, perfection and universal brotherhood, interaction with other member of the society is important. Values such as equality, equity, democracy, self-help, self-responsibility, caring for others and solidarity, cooperation must be inculcated by students so that they can develop their skills to work effectively with others. This ensures that students will learn to be comfortable working together and become tolerant of one another- without nurturing the feelings of envy, jealousy against each other. This teaches them to take responsibility of themselves as well as behavior and well being of others. The friendship and trust nurtured through commitment becomes an added source of happiness.

Netaji Nagar College for Women had established on 1<sup>st</sup> of April, 1986 with the aim of serving the needs of higher education of the women of the society. The institution is a Govt-aided undergraduate college affiliated to University of Calcutta and therefore, one of the primary aims is to meet the academic standard set by the University. The College over the years opened its doors to eligible girl students from different communities with a view to spread higher education among women in general and to promote multiculturalism.

The mission of the college is directed towards the following:

- **To light the torch of enlightenment through higher education among the Girls student of the society.**
- **To train women and empower them through education to achieve social consciousness and economic freedom**
- **To the all-round development of total personality by imparting education that is not only liberal and value based but also contemporary in its concepts emphasizing self-reliance with an eye of future.**

Along with academic training, the college tries to inculcate social and moral values which helps to prepare the students to face various challenges of life. The college constantly strives to install these qualities through teaching learning process as well as various activities of National Service Scheme (NSS), extra- curricular activities, indoor games and cultural activities and observation of International Mother Language Day, International Women's Day, Birthday celebration of *Iswar chandra Vidyasagar*, *Kabiguru Rabindranath Tagore* and *Swami Vivekananda* etc.

In tune with Mission and Vision and Culture of the college our students are directed towards the following values that aid in: -

- Creativity
- Commitment
- Optimism
- Integrity
- Discipline



- Resilience
- Adaptability
- Self – confidence

The College has practiced the following values for institutional enhancement

- Communication
- Cooperation
- Co-existence
- Leadership
- Social responsibility
- Environmental awareness

