



**FOUNDATION for**  
**RESTORATION of NATIONAL VALUES**

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*News Letter*

*October 2015*

**Dear Friends of FRNV,**

After a hiatus, we are back with our monthly newsletter that will update you with the latest news and events at FRNV.

We now have a new office at **A-59, Shivalik, Malviya Nagar, New Delhi – 110017**. A Secretariat comprising full time professionals have joined. Ms. Anupama Jha, is the new CEO of FRNV. She will report to the Management Committee. Mr. I A Davis has joined as the Chief Administrator. Other professionals to look after Resource Mobilization, Programme Management are also proposed to be hired soon.

**Teaching of Ethics Must Begin at Home**

DNSinha

I read on Facebook the other day a post which made me sit up and do some serious thinking. A slip of a 12-year-old girl from an underprivileged rural family asked a most hypothetical question. Should she find a bagful of currency notes, what would she do with it? Without batting an eyelid, she replies, "I shall build a home." What on earth would she do with that home when she knew that after she was married off she would have to leave it. "Why! My brothers would live there,"

Another question she is plied with is equally hypothetical. "Should you run into God someday, what would you ask of Him?" She shot back as if she had anticipated this question, "I shall ask Him to give me good 'samskar' ", which translated into English, means 'belief in right values'. But how do you acquire good 'samskar'? Her answer is: "Through Vidya".

I thought, "Gosh! How without any prompting she had replied so cogently to some profound questions which would have stumped many educated adults. What surprised me more than anything else was her conviction about the importance of ethical values in life and her desire to stick to them. I have since been wondering where she picked up such lofty ideas and how they

had become ingrained in her belief system.

Having lived mostly in cities, I know what values children in most middle class homes cherish, how reluctant they are to share their things with others or make even small sacrifices. The children in poor families in villages are much better in this respect. The 12-year girl referred to above is a fine example of selflessness. I am sure she must have picked up the right 'samskar' from the elders in her own family who must have toiled all their lives in cities to be able to fend for all their dependents.

This is where family values come in. In a home where every member is kind and considerate, no child will develop selfish traits. They will also not tell lies. Why? Because no adult practices falsehood in that home. Children tend to do what their parents do - not necessarily what they are told to do. For them the dichotomy between what their parents preach and what they actually do is most confusing. They may not say openly, "Look at my Papa! He never tires saying that one should not tell lies. But when Malhotra Uncle wanted to talk to Papa on phone today, he asked me to tell him he had gone out." Such a practice by parents is not conducive to the development of ethical values in children.

Most of us today bemoan erosion of ethical values in the modern world. I also do so but at the same time I feel that we all are responsible for this somehow or the other. We say charity begins at home. This is very true. Similarly, the foundation of good conduct or courtesy is laid at home. As elders we ought to be aware of this all the time, and we should do nothing which sends out the wrong signal to children. If we all decide to lead by example, there will never be any cause for complaint. Let us do what we can to make our home an ideal training school as much for ourselves as for our children. Everyone is born with good 'samskar' but it dies out in the absence of nourishment. As parents, all of us need to keep the fountain of nourishment running.

### [Working Together for a Clean India](#)

The Swachh Bharat Abhiyan, to clean India of garbage and filth, is a commendable initiative, aimed at a clean and hygienic India. The idea behind it is to improve the country's image of poor public hygiene and lack of basic sanitation. Efforts are being made by the officials, schoolchildren and ordinary citizens towards sanitary efforts but a lot more needs to be done. Hillocks of garbage, overflowing sewers, stinking public toilets, open drains, mounds of trash, cowdung, kitchen and toilet wastes, continue to be piled on the roads, and they must be cleaned up urgently.

The Prime Minister's clarion call for Clean India, saw many enthusiasts swinging into action. Many activists, volunteers, forums, meetings, exhibitions, schools and NGOs made elaborate plans and action points to make the country filth-free, but it will still take a lot more, to clean the sea of squalor in which we, as a nation are living.

While we take care not to spit on the road when we visit Singapore or the United States our apathy towards keeping our streets, rivers, air and surroundings clean is visible in our surroundings. As a result, many staircases, elevators, walls of the building are plastered with red-spit stains. Not only that, we are quiet insensitive while cleaning our homes and dumping the dirt outside our neighbor's door.

Why does this happen? Do we need a law to keep our nation clean or simply being more mindful , will do the trick? Law will probably not work, because many of us frequently break the laws and the rules . But if we live with awareness, it will improve our emotional and social intelligence. This, in turn, will develop our empathy and compassion, which will make us more sensitive to our surroundings and people around us. Studies have shown that when we live mindfully, we think less, and think positive. This makes us more kind, compassionate and empathetic.

Famous Yoga Teacher, B.K.S Iyengar said, “ The Body is your Temple. Keep it pure and Clean For the Soul to Reside In”. Taking this dictum forward, it is important to keep the surroundings of the ‘Body Temple’ clean. Clean environment will keep us stress free and is important for our physical well being. It is a common knowledge that many diseases are caused due to filth and pollution.

It is important to improve sanitation and hygiene education in the slums and in rural areas. Improved sanitation will lead to improvement in health, education, productivity and economic status of a household, that will steer the nation on the path of prosperity.

Each of us should try to make ‘Clean India’ campaign a reality, beyond sloganeering. The Government, the private sector and the not-for-profit organisations are trying to achieve this goal, by making efforts – by eliminating open defecation, converting insanitary toilets into pour flush toilets, eradicating manual scavenging, complete disposal and reuse of solid and liquid wastes, bringing behavioural changes to people and motivating health practices and spreading awareness among people. Equally important is to practice living mindfully, so that we remain empathetic towards our fellow countrymen.

*We are inviting applications for the position of Program Officer for FRNV’s Value Based Education project. The Program Officer will be responsible for overseeing the development and execution of project deliverables and will report to the CEO.*

*Interested candidates may write to us at [iadavis@valuefoundation.in](mailto:iadavis@valuefoundation.in) , before 15<sup>th</sup> December 2015.*

A Public Interest Litigation was filed in August 2015, in the Supreme Court , seeking guidelines on frequent stalling and disruption of the Parliament proceedings, so that the public and the National exchequer are not adversely affected. FRNV contended there is a vacuum in law on this issue and, hence, an emergent judicial intervention by the apex court was imperative to restore public faith and credibility in the institution of Parliament.

A Conference on ‘Nurturing Ethical Leadership in India’ was organised at India International Centre on 9<sup>th</sup> October, 2015. People from different walks of life including the Government, the private sector, civil society and the media attended the day long event. A souvenir was released on the occasion, by the President , Dr. E. Sreedharan.

The conference provided an overview of various initiatives by citizens, civil society, business and Government to spread ethical conduct & leadership. The four sessions of the conference were designed to address the themes of Value-based life, Value-based business, Ethics in politics and Citizen Engagement. In each session, speakers outlined the challenges for ethical practices and ethical leadership to be nurtured. Speakers provided positive examples of change and ideas for implementation. There was a sense of urgency, that it is 'time for action' on this fundamentally important issue.

One sentence that summed up the event was : Even one person - with moral courage - can change things for the better. Why not start with the 'one' on whom we have complete control - ourselves!

**We appeal to our Friends and Members to volunteer their time to help the new Secretariat with their ideas and expertise, by becoming part of the committee on Value Based Education, Administrative Reforms and Resource Mobilisation.**

**Those interested may write to us at : [iadavis@valueoundation.in](mailto:iadavis@valueoundation.in)**

A meeting with Friends and Members of FRNV was held on 27<sup>th</sup> October , to discuss the next steps for FRNV's National Value Based Education (NVBE) initiative. The meeting was held at our office in Shivalik, Malviya Nagar.

It was agreed that the Advocacy for including Value Based Education (VBE) in the schools was an important initiative that needed urgent attention. It was also suggested that this Initiative could be rolled out in few schools of Delhi , to begin with. Teachers' Training on this important issue was also important, participants suggested. Many individuals and organisations in the country are already working in this area and it was felt that partnering with the like minded organisations would be the right step.

A committee on VBE will soon be formed and Friends and Members are requested to volunteer for the same.

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