

**SECOND  
REVISED EDITION**



# **GROW FREE LIVE FREE**

**A Sourcebook for Value Education**

**Edited by**

**THOMAS ANCHUKANDAM SDB**

**JOSE KUTTIANIMATTATHIL SDB**

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**GROW FREE**  
**LIVE FREE**  
**A SOURCE BOOK**  
**FOR VALUE EDUCATION**



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Edited by  
**THOMAS ANCHUKANDAM SDB**  
**JOSE KUTTIANIMATTATHIL SDB**

**KRISTU JYOTI PUBLICATIONS**  
**SALESIANS OF DON BOSCO**  
**BANGALORE 560036**  
**INDIA**

## FOREWORD

There is no dearth of books on the problems of youth. But the present book, *Grow Free.... Live Free*, should be considered unique for more than one reason. The book is sweeping and comprehensive in its scope without sacrificing clarity and indepth-analysis of the present-day situation - international, national, religious, political, economic and social. The readers will hardly fail to recognise the appropriateness of the solutions suggested for the problems, since the solutions are themselves responses to the situation.

The book considers the economic problem as being basically due to the apparently irreconcilable conflict between personal greed and another's need. Economic progress itself cannot put an end to poverty, iniquity, alienation and tyrannies so long as man remains selfish. The solution lies in sharing one's fortunes with the have-nots. This attitude of sharing could be facilitated by the awareness that the source of personal satisfaction lies beyond the material. The book brings to our attention the fact that politics plays a vital role in the democratic set up, for which the students' energies need to be channelised for constructive roles by political leadership.

In the social dimension, the problem of the caste system, the disparity between man and woman, violence and addiction to drugs are treated at length. Responsible social living is possible only when one actively participates in the functioning of the social structures. Not only does an individual come to a full realisation of his own social dimensions, but he also derives an impetus to reform social structures, if necessary, by such participation. In the realm of interpersonal relationship, mutual and reciprocal love is the key to solve the problems of loneliness, friendship, and marriage. A loving person enables the other to actualise his/her potentialities.

The penultimate section of the book brings out the importance of religious life. Atheism and agnosticism cannot engender responsible living. The book considers the traditional arguments for the existence of God as pointers to the trans-phenomenal reality. However, God cannot be proved by finite human reasoning. Through prayer, one can keep in touch with and even experience God. The book dispels the general misunderstanding that science is opposed to religion by effectively incorporating the testimony of the scientists.

The last section of the book deals with creativity which is man's inborn capacity. It could be fruitfully employed in the realms of art and music. Man's capacity to wonder is at the root of all creativity. This wonder makes man observe, experiment and classify experience and information. It should, therefore, be preserved and not be allowed to be stifled by a plunge into the unthinking and mechanical life of society.

This book should prove to be an eye-opener for those who struggle with moral problems; and a boon to those who are concerned with human problems in general and the problems of youth in particular.

Dr. B.B. SUNDARESAN, B.E., M.Sc., Ph.D.(Florida), .A.S.C.E., F.I.E.(I)

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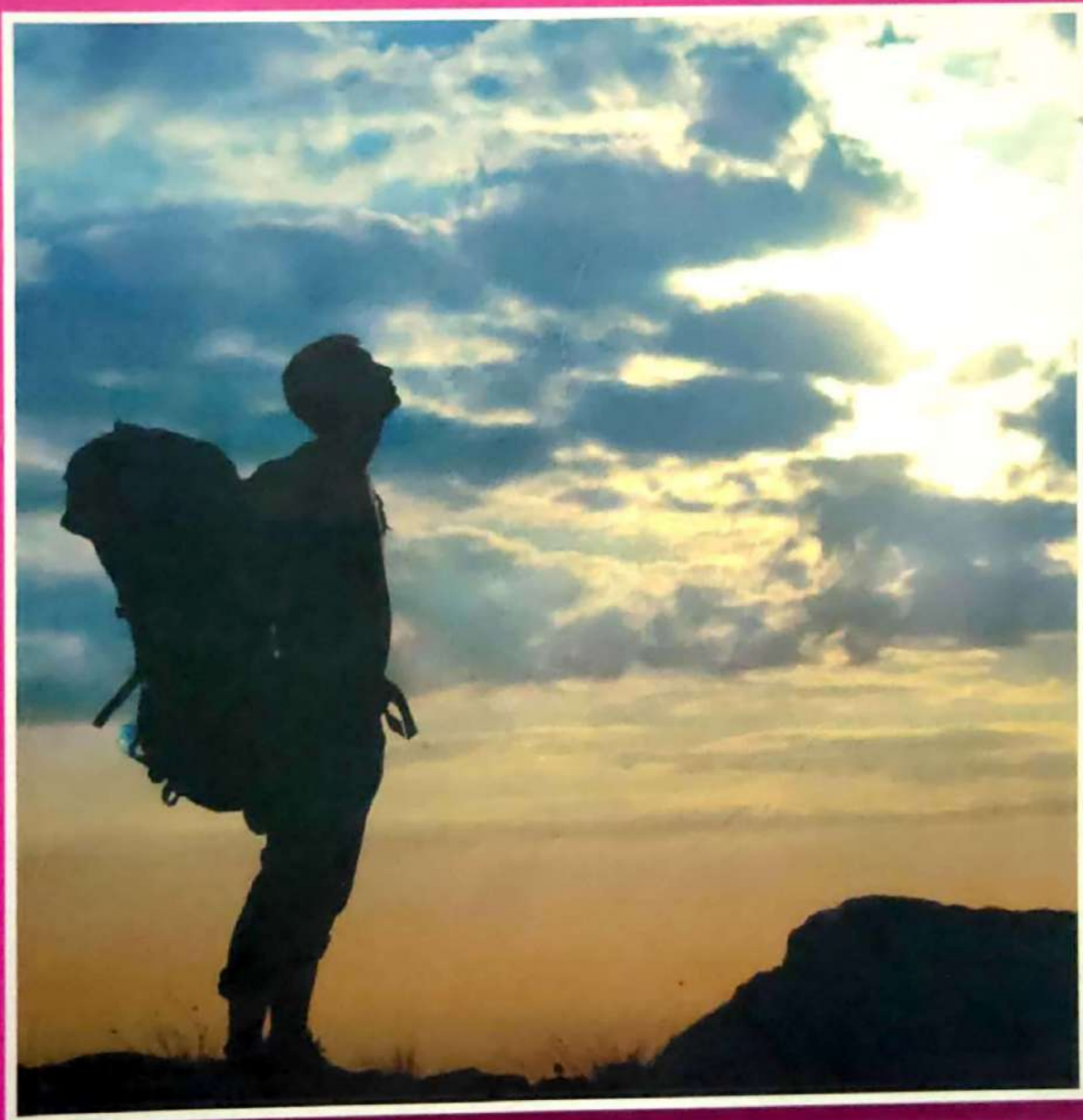
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**VALUE EDUCATION FOR COLLEGE STUDENTS  
PRE-UNIVERSITY, GRADUATE AND POST-GRADUATE COURSES  
IN YCS/YSM METHODOLOGY - SEE, JUDGE and ACT**

**A dialogical and activity-based guide**

**For students and animators on value education by YCS/YSM INDIA  
for**

**SELF TRANSFORMATION**

## Bishop's Message



Values are principles that guide one's behaviour. They influence our actions and attitudes, and become our framework for living. They influence our relationship with ourselves and others. The wide range of positive human values encouraged in schools include love, justice, peace, patience, respect, fairness, tolerance, compassion and collaboration. Values are learned through a combination of practice and instruction. Students learn what values are, how to recognize them, and how people react to them, equipping them with invaluable social skills and emotional intelligence when they are in school.

The ultimate good of human society is the good of all. The idea has been beautifully expressed in one of our ancient prayers "Let all be happy free from diseases, let men seek well of one-another, let there be no sorrow or unhappiness in this world".

Value education is rooted in Indian philosophy and culture. "Speak truth; fulfill your duties, never lax in self-study". The central task of value education is to develop people of goodwill who do not cheat, or steal, or kill; individuals who value as one both self and mankind.

This present book on Value Education by a team of writers seeks to demonstrate that value education can be adequately addressed both in the classroom and college curriculum. Particularly with an increasingly diverse composition of students and faculty, recognizing, developing, and communicating personal values, ethics, and morals.

I appreciate the efforts of the writers of this book and especially the methodology of this book which is easy to comprehend and learn values for life. As the movement states, the Review of life becomes the Way of life. I wholeheartedly recommend this book for the teenage community and college students all over India who will become the torch bearers of universal values, that will enable them to strive for building a new society, the Kingdom of God. They will be recognized as change agents which is the need of the hour. I wish that all the teachers and animators profusely make use of this book, so that they inculcate these eternal values in the lives of young men and women. May God bless you all.

+ Aloysius Paul D'Souza  
Bishop of Mangalore

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# MY JOURNEY

VALUE EDUCATION FOR COLLEGE STUDENTS  
PRE-UNIVERSITY, GRADUATE AND POST-GRADUATE  
COURSES

IN YCS/YSM METHODOLOGY - SEE, JUDGE AND ACT  
A DIALOGICAL AND ACTIVITY-BASED GUIDE FOR STUDENTS  
AND ANIMATORS ON VALUE EDUCATION BY YCS/YSM INDIA  
FOR

**SELF-TRANSFORMATION**



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# VALUES FOR LIFE

Dr S. Ignacimuthu, SJ





*Affectionately  
dedicated to the  
youth  
the future of  
our country  
who will shape  
the new tomorrow  
through their  
quest for nobility  
and profound  
character*

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College Retreat Photo



Value Education Seminar





Mass for College Students



Retreat for college students

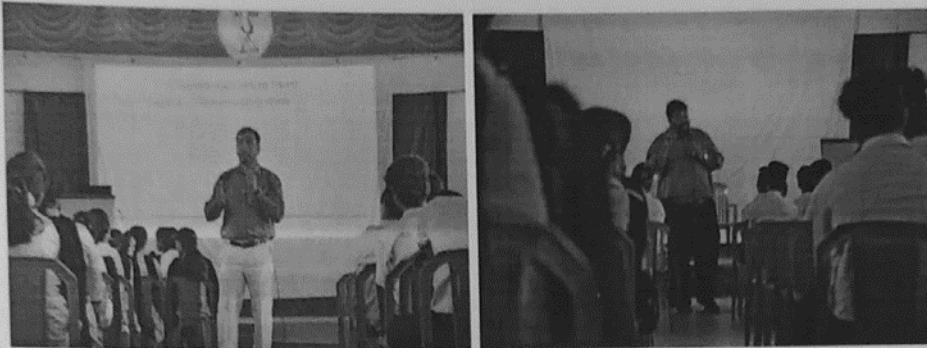






PADUA COLLEGE OF COMMERCE AND MANAGEMENT

RETREAT AND VALUE EDUCATION -30<sup>TH</sup> AND 31<sup>ST</sup> JULY 2018



A two day retreat and value education sessions were conducted on 30<sup>TH</sup> and 31<sup>ST</sup> of July 2018. Retreat was organized at St Sebastian Church Hall for the catholic students whereas value education sessions were conducted at the Padua College Auditorium.

Retreat (Catholic Students): A team consisting of Fr Derick from Bejai Retreat home, Fr Anand Reddy from Andrapradesh led the retreat.

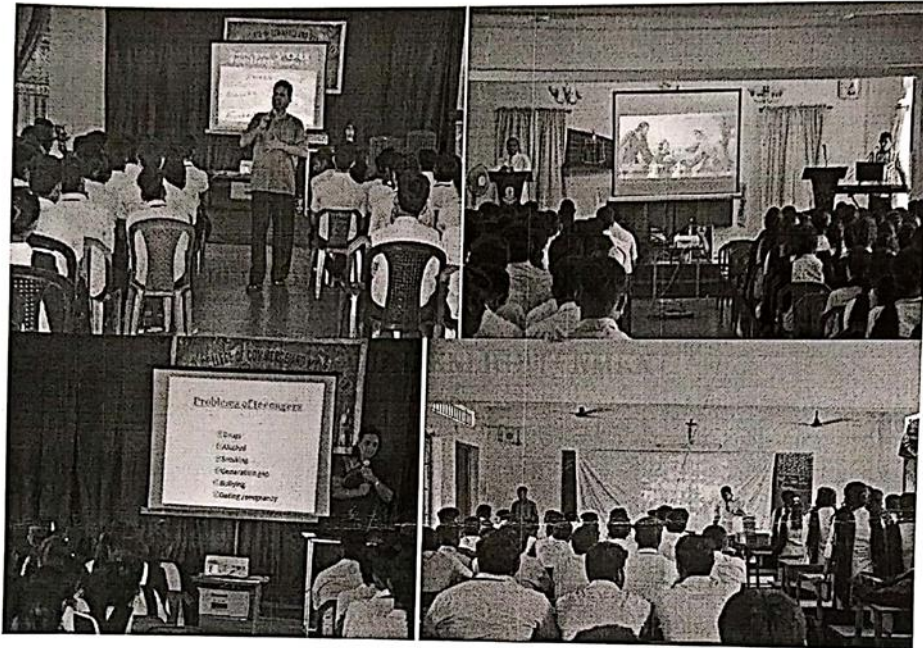
Value Education (Non Catholic Students): A team consisting of Mr Rajendra Bhat, Mr Mahesh Kamath , Mr Ankith Kumar and Mr Samanth Shenoy.

A handwritten signature in cursive script, appearing to read 'A. Seno', is written over a horizontal line.

Principal

Padua College of Commerce and Management  
Nanthur, Mangalore - 575 004

SPIRITUAL ENLIGHTENMENT ✓

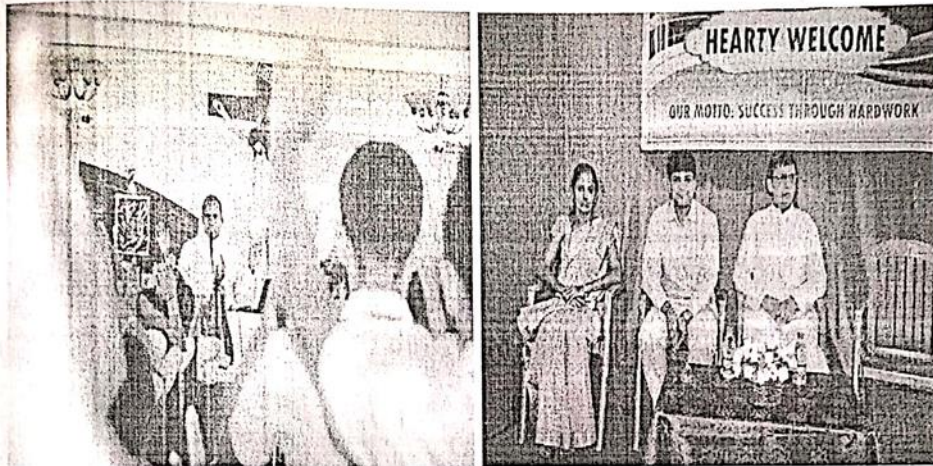


An attempt was made by our institute to educate the students on spirituality and moral values. As a part of spiritual enlightenment a retreat for the catholic students and value education seminar to non-catholic students was conducted on 16<sup>th</sup> December 2016. The entire seminar was divided into three groups the first group was non Catholics of all the classes were given the seminar in auditorium and the resource people were Dr Bhagyashree Bhandary and Fr. Arun. The second group was Catholics of first years who were given the retreat in room no.3. The resource people were Fr Antony D'souza, Fr. Maxim misquith and Br. Praveen Martis. The third group which were the final year Catholics the retreat was held in the Chapel by Fr Vijay Machado and Br. Rony. The retreat ended by a mass for all the Catholics at 3.00pm. The whole day was divided into different segments and sessions.


Principal

Padua College of Commerce and Management  
Mumbai, Maharashtra - 400 004

## Retreat and Value Education



30<sup>th</sup> July 2019, in order to enhance the spirituality and morality in the students, Padua College of Commerce and Management organized Retreat for catholic students in the Chapel and value education to the non-catholic students in the auditorium. The resource person for the retreat was Fr. Vijay Machado and the resource persons for value education were Dr. Amitab Anand and Mr. Sheshagiri. Through this value education and retreat an attempt was made to instill moral values in our students.

  
Principal  
Padua College of Commerce and Management  
Nanthur, Mangalore - 575 004