

## Sewa concept in Vishwa Dharma and its impact

The idea of '*Dharma*' is very broad in itself. It doesn't mean religion. It literally means '*the way*'. It can be briefly considered as the way of living. In Bhagavad Gita, the concept of Dharma is explained as '*To perceive society*' which means to understand society or people around us. And '*Sewa*' is the best way to do it. That's why it is also called '*Sewa dharma*'.

There is a saying in our Maha Upanishad, '*Vasudhaiv Kutumbkam*' which means '*The whole world is one family*'. And, Sangha is based on this concept. It accommodates each and everyone like a family.

So, what do we do for our family? Our parents for example, we take care of them. We help them in every other way. Taking care of our parents is considered as the purest form of sewa. We can read many stories in our religious books about it. Even God Vitthal was made to wait outside of the house by his devotee Pundlik because he was doing sewa for his parents. This concept is hard to see in other parts of the world. If we consider the whole world as our family then we should also help people around us. It doesn't need to be only in the form of money. Spending some time with an elderly and lonely person can also be done. Cleaning our surroundings is also an example. Today, in these difficult times, everyone needs some kind of help. Many people have lost their jobs. Helping someone to get groceries, feeding a hungry person is also very helpful.

Nowadays, the crime rate is increasing everywhere. This has to stop. People need to be educated for the concept of sewa, humanity. Doing sewa helps in mental and physical progress. It gives you satisfaction and happiness. If a person is happy, it's family will be happy. It will make their surroundings happy. And it goes on. This happiness can be shared through sewa. It will only result in the development. Be it personal or social. It will reduce the percentage of crime as people are happy and content in themselves.

Giving others without expecting anything in return is real sewa. Recently, baby Teera got help from almost all over the world. It could be a small contribution for many but it meant a lot to her, her parents. Help someone and see the happiness and satisfaction in their eyes. It is the best reward anyone can get. And this chain of humanity continues and goes on. If you help someone, that person will also tend to help someone else. We are blessed to be born as human beings. We can feel all the emotions. But, feeling content and happy is above all. And, it's very easy to achieve this feeling. Do some sort of Sewa and keep doing it. It is the best '*Dharma*' one can live with. In Rig Veda, there is a shloka,

*'Atmano mokshartham, jagat hitaya cha'* which can be translated as -

For the salvation of our individual self and for the well-being of all on earth. This is '*the real way*' of living a life.