

SAMAJ SEVA chI VIRUS

ADITYA NAGRATH

Heal the World!

Make a change. Do your Bit.

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About The Book

Life is indeed a lesson. It teaches us so many things - about success, feelings, happiness. Amongst everything, what it never ceases to teach is about hardwork and kindness. Samaj Seva ka Virus is an amalgamation of thoughts and experiences. It includes some insightful and wise words about goals, initiatives, perseverance, empowerment and philanthropy to name a few.

Acknowledgment

This book is dedicated to all the Corona warriors around the world. Dear corona warriors, the entire world is thankful to you for your dedicated services during this pandemic period. Putting yourself and your family members at risk and staying away from the family for weeks without sufficient rest and sleep, the whole humanity is thankful for your selfless services.

It is a great pleasure for me to acknowledge all the contributors who have been instrumental in the successful completion of this book.

First and foremost, I would like to thank my parents Smt. Archna and late Shri Sunil Nagrath. Their immense encouragement, values and guidance kept me on right track throughout my life.

I express my lovable gratitude to my wife, Kanwaldeep Kaur for her valuable contribution in my life. The two most precious gems of my life, Asmi and Avni have been great source of inspiration for me.

I express my heartfelt sincere gratitude to my brother, Abhinav Nagrath for his unconditional support in the journey of my life. This book is the result of all the sacrifices and experiences shared by our family.

I hereby thank all the members, interns and volunteers of Sankalp NGO, Chandigarh. Their dedication and enthusiasm kept the flame alive and made this journey possible.

Finally I express my heartfelt thanks to all known and unknown who had helped me to complete this book.

- Aditya Nagrath

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*Trust is the faith every child has on his parents.
When you throw him in air, he enjoys it having faith that
you would not let him fall ever.*

HELPING OTHERS: THE PURPOSE OF LIFE

Happiness begins from the moment you do something for others. Those who consistently help others are happy and do not come across any obstacles in their lives. Research indicates that they are less stressed and experience improved mental health.

The purpose of life is to serve others. However, when doing so, you should not expect something in return; your intention should be to lessen other people's misery. "Service to others should be sincere and done from the heart; only then it is fruitful." Do any trees eat their own fruit? No. This teaches us that human beings should not only use their mind, body and speech for themselves, but also to serve others. When you do this, nature in turn will reward you. Helping others is a fundamental part of humanity, bonding together and helping a fellow man or woman.

Helping others isn't limited to the grand gestures or times of tribulation. Helping others can be done each and every day. And contrary to what you may have heard, helping others doesn't have to be a selfless act.

It's important to understand that helping others is actually helping yourself. No matter whatever the motivation is, coming forward to help others is all that matters. So in that spirit of motivation, there are 4 reasons which actually help yourself as below:

1. Give and Take

When you help someone, he will be more likely to help you. This is the basic, unspoken agreement that fuels nearly every move.

2. Karma goes both ways

When you are a good person and help people, good things seem to happen. When you're helping others, you will often feel better about yourself, increasing the likelihood that your next experience will be a positive one, rather than a negative one.

3. Doing good feels good

It may be the most cited benefit of doing good: you'll feel great. Helping others is a great way to feel better about yourself. Seeing a smile or even tears of joy makes it all worth it. It's as simple as that.

4. Good publicity is the best publicity

People notice when you're doing good. It may not be the reason for you to help out, but someone is

always watching. Even the simplest gesture can make an awesome impression. Hence your constant inner intent should be towards helping others. Unable to do so for any reason, you can make sure that you do not hurt anyone. This is an indirect way to help those around you.

“Doing good for others is not a duty...it's a Joy.

It increases your own health and happiness”.

“No one has ever become poor by giving”.

— Anne Frank, diary of Anne Frank



YOUTH THE JEWEL OF NATION

Empowering youth is defined as “creating and supporting the enabling conditions under which young people can act on their own behalf, and on their own terms, rather than at the direction of others.” Youth empowerment can be divided into three different categories, individual, organizational and community empowerment.

MOTIVATION

Motivation is the process of arousing the action, sustaining the activity in process and regulating the pattern of activity. Motivation refers to the state within a person that drives the behavior toward some goals.

APPROACHES TO MOTIVATION

- ★ **Intrinsic Process** - derived from fun or enjoyment during the task
- ★ **Instrumental** - derived from expectations of tangible rewards
- ★ **Self-Concept External** - derived from a desire to improve one's reputation and image
- ★ **Self-Concept Internal** - derived from a need to

meet personal standards and achieve

- ★ **Goal Internalization** - derived from a deeprooted belief in the cause or principle

SELF MOTIVATION STRATEGIES

Take control of your expectations Fight the urge to underachieve Learn to love the things you hate Build immunity to cynicism Strive for balance Start by doing what is necessary, then what is possible, And suddenly you are doing the impossible. When you are inspired by some great purpose, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands and you find yourself in a new great, wonderful world

LESSONS FOR YOUTH FOR MOTIVATION

Don't miss what is important in your life.

Realize your goals and priorities in life. Priorities and goals may vary with individuals but there must be a clear vision about them.

Remember that we are all in the same boat. The journey of life has an end. Try to utilize the life by helping others as well.

Plan ahead. Don't get struck to your past. It is the time to move ahead in life and achieve your goals. Stay fit. A healthy mind stays in a healthy body. Exercise and stay fit so that there is nothing which can stop you from achieving your goals.

Don't listen to critics. Just do what needs to be done. Utilize positive criticism and avoid the negative one.

Build your future on high ground. Always try to strengthen the foundation of your future. What you will get in the future depends upon the actions you do today.

Learn to work in a team. Working in a team is essential for the change. Leading a team and keep all the members together is important.

Speed is not always an advantage. Remember the tortoise and rabbit story. Remember success has no shortcut. So analyze your actions before acting.

When you are stressed, just relax. Stay calm in every situation of life.

Remember the Ark was built by amateurs, the Titanic by professionals. Never underestimate yourself. Always innovate new ideas.

Don't let anyone despise you for your youth, but set the believers an example in speech, in conduct, in faith and purity. Enjoy little things in life. These are the things which we will look back one day and realize that they were the actually big things. Always try to motivate yourself and others as well. It is the strongest and cheapest way to build a stronger society and nation as a whole. Choose a guide in your life.

There is no one better than a teacher who can guide you and make you realize about your hidden potentials.

***Youth is a life stage rather than a specific age.
“Youth” is defined as the critical window in
someone's life from the onset of adolescence
through to early adulthood.***



TRUST PEOPLE

You must trust and believe in people or life become impossible.

- Anton Chekhov

TRUSTING THE NEEDY

The motive of doing the Samaaj Seva is to help the needy. Before helping, you must trust the needy. Everyone who is in need or seeks help is genuine to some extent. If we verify the sincerity before doing Samaaj Seva, then we won't be able to help ever as it is difficult to differentiate between the genuine and fake. But helping without verifying is also not smart every time.



Remember, if you help 100 persons and only 10 % of that gets genuine help, then your purpose of doing Samaaj Seva is fulfilled. But if you doubt everyone, then you might miss to help the 10% of genuine people.

It's not our job to test people. Our job is to do well with pure intentions.

Helping someone in need with good intentions won't ever get wasted. Never think that someone is taking undue advantage from your kindness as far as money is involved.

One major hoax of Samaaj Seva is that it requires financial contribution which is not so. Money is helpful in many ways but not in all ways. For example, conducting clothes distribution camps, medical checkup camps, blood donation camps and many more events do not require money. All it needs is a good motive and everything happens smoothly. So don't always think that Samaaj Seva involve money. Just start with a good motive and you will find your way.

TRUSTING THE TEAM



Make a team of likewise people. Not everyone has same frame of mind. We must respect each other's perspective and try to fulfill it without compromising your intention.

There might be situations where all the members of your team do not agree with your thoughts or vice-versa. But keep in mind the motive and then find a solution. Your motive must be the priority throughout your phase of Samaaj Seva. All the members may have different opinions but at last the primary must be fulfilled.

Always remember to treat everyone equally in a team. Identifying the pocket of excellence and nurturing & strengthening them will help your team to grow every day.

It is not possible for a team to remain together or

present at every event all the time. So respect each other's priorities and lifestyles. This will help you to keep positive mind throughout your life.

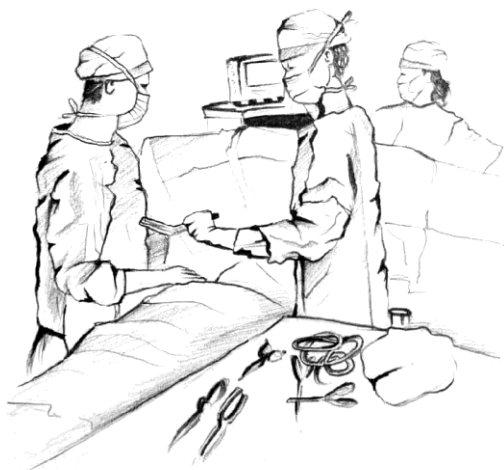
The great example can be extracted from Ramayana. During the building up of Ram Setu bridge, all the squirrels were carrying small pebbles which were heavy as per their capabilities. All the troop of monkey's were laughing on them. Then Lord Rama stood up and told the troop that those squirrels were working above 100% of the efficiency in carrying those pebbles to the sea which are way heavier for them as they weren't for the troop and the troop who is capable of carrying huge rocks are not working up to their own efficiency. This incident made realize to the troop about the efforts their other team member was putting which were not being put up by them who are capable enough to achieve greater heights.

This example shows us that a great leader must trust all his teammates and should not discourage any one of them instead motivate them to grow every day and find their inner strengths to achieve greater results for the team.

If you want to go fast, go alone. If you want to go far, go together.

- An African Proverb

TRUSTING THE SERVERS



You must trust those who have already excelled in this field. Working for the society is generally perceived as being relatively easy, but becomes difficult when it comes to actual execution. This is a field where previous experiences increase your skill s exponentially and thus the best people to follow are those who have already been through a similar phase in life.

On the other side of this, being inspiring and influencing others who aspire to do similar work is of utmost importance because there will be people who will try to take advantage of your generosity and if the trust breaks, it become harder for that person to do the same thing again.

Remember you are never alone in this world. There will always be someone who has gone through what you are going through right now. It's always better to take the advice of the experienced and follow their path. NGOs never work alone, there are a number of people who have faith in one another, and they help in keeping the NGO and its objectives together.

Great battles are never won or fought alone. There are numerous lives that are behind, to make it a success. Always look for the people who are doing what you want to do, get inspired and get going.



DON'T EXPECT TO BE APPRECIATED

*If you do so, you are cheating your purpose of doing
Samaaj Seva.*

*Do good without expecting appreciation.
You will soon be appreciated on your own.*

A famous Sanskrit Shaloka says:

"कर्मण्ये वाधि कारस्ते मां फलेषु कदाचन । मां कर्मफलहेतुर्भूः मांते संडगोस्त्वकर्मणि" ॥

You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of results of your activities, and never be attached to not doing your duty..

Every person should focus on doing good to others irrespective of what they shall get in return for their deeds, for as they say, God is watching us and the Almighty is there to judge us, so we should do good and forget about it. One should focus on real karmas and spreading the message because someone who is in real need of help will help someone else someday because they understand the value of a hand that was offered to them. Eventually, the world would be a better place where everyone is helping each other without expecting anything in return.

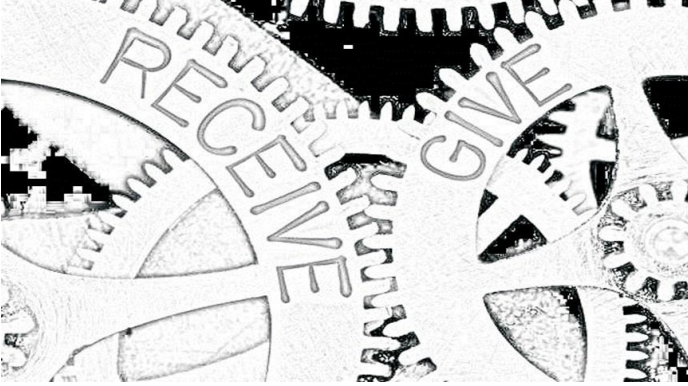
Helping others should be a selfless act; if one expects something in return then they can't call it Samaaj Seva. Samaaj Seva means Serving the society and Seva can only be done if one does not expect anything in return for what they are doing, just the purpose of doing good should drive the efforts of a Samaaj Sevak.

It is not wrong to expect a “thank you” after doing or giving good to someone. What is wrong is that when one doesn't get it, they take it against the person and make them feel guilty. The best “thank you” one can get is to see that what they have done or “given” has made the other person genuinely happy and made them a better person.

It is necessary to possess the ability to forgive, as holding on to negative emotions will serve to compound your tension. So, even though your life was severely affected by someone's actions or comments in a negative way, it might help both of you to forgive them and work to repair your relationship instead of harbouring anger.

वसुधैव कुटुम्बकम् ॥

The World Is One Family



Look around yourself. There are many laureates in the field of SamaajSeva. But none of them started their journey to get appreciation or recognition. Take examples of Henry Dumant (1901 Noble prize winner for peace), Martin Luther King Jr. (1964), UNICEF (1965), International Society of Red Cross (1917, 1944, and 1963), Mother Teresa (1979), Tenzin Gyatso – 14th Dalai Lama (1989), Nelson Mandela (1993), Barack Obama (2003), Kailash Satyarthi (2014), Malala Yousafzai (2014), Abiy Ahmed (2019) and many more. None of the them worked to get these awards. They just did what they were determined to, what they were focused on what they felt would make adifference in the society.

It is true that, “A simple act of caring creates an endless ripple” and in today's world of internet and connectivity, a single step towards betterment of anyone in need leads to sensational movement across internet if it resonates with many people. When we expect others to appreciate everything we do, we set ourselves up for disappointment.

There are thousands of little things we do to make ourselves and others happy. People are not necessarily taking us for granted because they don't recognize every detail of our effort to make their lives run smoothly. You may think that you are getting drawn into thankless jobs by others, but you can turn the situation around by your sense of self-appreciation. One should learn to appreciate their own efforts and sense of caring. If we lower our expectations of endless thanks, we allow for high satisfaction. Doing our best in every situation is satisfying as we do not want praise or gratitude, but doing less would be out of character.

God is always watching us and Almighty will only judge us truly.

“भद्रस्य भद्रम्”

(कर भला तो हो भला)



DO NOT FORGET WHY YOU STARTED

*No matter what you achieve, always remember your
motive and intentions when you started.*

When the going gets tough, the tough get going!

– John F. Kennedy

“20 years ago, in the foothills of Himalayas, I met a small skinny child laborer. He asked me 'Is the world so poor that it cannot give me a toy or a book instead of forcing me to take a gun or a tool.'”



These lines left him speechless. And this speech delivered by Noble Laureate **Kailash Satyarthi** on

10th December 2014 at Oslo City Hall, Norway left many like me speechless all across the world.

THE FIRST STEP FAITH IS TAKING THE FIRST STEP EVEN WHEN YOU DON'T SEE THE WHOLE STAIRCASE.

- Martin Luther King, Jr.

The world is full of challenges and issues and problems. To reach somewhere, one has to first start from somewhere. It is important to start with the end in mind and then give 100% towards achieving it. Higher the destination, higher is the amount of work that one will have to do to reach there.

Humans, being emotional, could feel low because of the results they are getting and could get distracted while traversing the path, so it's better not to forget the roots from where it started, to keep their morale high.

NOT LOSING HOPE the 5th One Day International cricket match between South Africa and Australia that happened on 12th March 2006 in Johannesburg. Australia gave a target of 435 to the opposing team and the match was a historic one as they won by scoring 438/9 in 49.5 overs.

Both teams were the first to score 400+ runs in One Day International format. Imagine if the team of South Africa lost hope in the beginning, it would have been

very hard for them to win the game. But they played from their heart and did that seemed impossible to achieve in the beginning.

It's not the size of the dog in the fight; it's the size of the fight in the dog that matters!

- Mark Twain

Whenever you lose hope and feel that you are losing focus in the fulfilling the purpose of Samaaj Seva, remember why you started your journey. There might be some motivation in the beginning, some emotional sentiments, some tough situations in life and many more. Always stick to the reason when you first started this and you will never lose focus till the end.

The destination won't seem tough, if you set your soul and mind in achieving that has never been achieved before.

Sankalp NGO, Chandigarh was registered in June 2015. But it started its journey 6 months back in December 2014 when it organized its first Blood donation camp. The inspiration behind Sankalp NGO is Sh. Sunil Nagrath who died on 7 April 2014 after a long battle with cancer. It was his wife after him who decided to keep his name alive in the form of Sankalp NGO. When the whole world seemed shattered for her, when the life seemed to be useless and everything around her just stopped, she decided not to quit. She

fought back her sorrow and fears. She founded Sankalp NGO to help the needy and decided to provide free education to underprivileged kids. She motivated many like her not to quit living their lives whatever happens.

Today, Sankalp NGO has helped more than 200 students to get free education at Sankalp Shiksha Kendra, Kansal, Punjab. Sankalp NGO has organized more than 10 blood donation camps and collected more than 10,000 blood units for patients. They have planted more than 1000 samplings to preserve the nature. These are just a few examples of their achievement.

When asked what kept her going for so long, Smt. Archana (President, Sankalp NGO) says, “I always remember why we started this organization, and that's exactly what keeps me and Sankalp going on. When life tried to beat me, I beat the life by living it for others.”

Impossible is nothing, just have faith in yourself!



BE READY TO CONTRIBUTE

There comes a time in everyone's life when he or she can make a difference to an individual or a society. Recognize the opportunity. Be ready to contribute. Not always financially, but also mentally and physically all from your heart and mind.

The key to life is not accumulation. It is contribution.

- Stephen R. Covey



A heap is formed of grains, even a slightest contribution to someone's work could mean a lot to others. Be willing to contribute, help others to make this journey of life manageable and meaningful for them.

On 24 March 2020, the Government of India under Prime Minister Sh. Narendra Modi ordered a nationwide lockdown for 21 days, limiting movement of the entire 1.3 billion population of India as a measure against the 2020 Corona virus pandemic in India. Many laborers, daily wagers and students stuck far away from home in other states without any income and limited resources. The Prime Minister himself requested the citizens of the country to help the needy in this helpless situation. Almost all the citizens across the country felt the pressure and uncertainty of the situation.

On 25 March 2020, the entire nation set an example when students, local residents, NGOs, politicians, public and almost everybody came forward to help the needy in their own way. The country was ready to contribute mentally, physically and financially with all limited resources they have. Never ever before, the world has seen such unity and generosity in the people of a country.

The healthcare workers came back to their duties cancelling all their leaves and did everything they could even knowing the risk of the pandemic to them and their families. They overcame their fears and shown their bravery and passion to serve the country by risking their own lives. The police officials did long shift duties to implement the lockdown strictly to save the lives of the people of their country. The

sanitation workers did such a tremendous job that they were showered by flowers by the residents all over the country. These are only few examples of how the country saved their people from the pandemic. Nobody could ever imagine that people were ready to contribute their best in such a short period of time. More than thousand Langars were being organized daily; many blood donations were being made on daily basis. Not only Government, but every citizen of the country was doing his or her bit to save the mankind. This is an example of contributing mentally and physically to serve the humanity.

Amid the lockdown against Corona virus pandemic, 2 brothers Tajammuul pasha and Muzammil Pasha from Kolar, Karnataka, India sold their land for 25 Lakhs INR to feed the poor in Karnataka. On seeing daily wage laborers and their families suffer during the lockdown, the brothers said they decided to sell their land and use the money to buy essentials and food grains for a large number of poor people.

A war can never be won only with money and weapons, if the army refuses to cooperate. The collective physical efforts of the soldiers along with the mind of commander and the weapons from the government make it possible for any Army to be victorious.

One should never hesitate in contributing towards something good, even listening to someone for a while could make them feel motivated.

To achieve something, it's not always money that counts. The efforts that one makes from his heart and mind to achieve it is what counts.

A company can never be successful if all it had is money, it's the people of that company that invest their mind and heart and work with dedication to make it a success.



The quality of your life will be determined by the quality of your contribution. When you want to improve the lives of others, your life improves automatically.

- (Kurek Ashley)

Money can't buy life – Bob Marley

EMPOWER PEOPLE

Empower people by making them capable of standing on their own feet so that they can find their own worth and happiness, instead of giving them materialistic happiness. Empowerment lasts for a lifetime.

Leaders become great, not because of their power, but because of their ability to empower others.

From Barack Obama to Mother Teresa to Warren Buffet, all the great leaders of this world became great not because of they walked ahead of others. They are great leaders because they moved abreast with their people, they empowered each other, climbed the staircase of success and faced the failures.

Always be ready to guide people so that they can understand that it is not impossible to do something, all they need to do is work with dedication to mark a mark. Empower people, guide them, and show them the way so that you don't have to answer the same thing again and again for them.

All humans have a potential to do great things, but only a few are able to realize their worth. Make people realize their true potential. Initially you might have to walk with them, but once they do it on their own, it will be a cake walk for them and they will be the ones who will guide more people to great things.

Empowering others never goes to waste; it results in formation of a never ending chain where the experienced people guide others to achieve great things.

You will never know what you are capable of, unless you try. It's important to have a goal in mind, that will keep you going, but a guide will always make the journey easier for you. Empowerment leads to efficiency improvement.

The human population could have never reached the position where it is currently if the older generations did not teach the younger ones what they have learned.

Empower the youth by educating them to stand on their own feet. If you want to do Samaaj Seva for an individual, give them food or money or materialistic stuff. He/She will be benefited for once. If you want to do Samaaj Seva to save someone's life, donate blood. Blood donation is the purest form of donation in this universe. If you want to do Samaaj Seva to serve the society, educate someone. Educate someone

so that he or she can achieve their dreams on their own. Make someone so capable that he does not have to depend on someone for materialistic happiness. Educate someone so that he can educate others also. Greatest battles in this world can be won with quality education.

There is no greater Samaaj Seva than to give someone a chance to fulfill their dreams.

Our mission is to empower people to experience the world!

- Gillian Tans



TAKE BENEFIT FROM SAMAAJ SEVA STATUS

You heard it right. Take benefit of a peaceful mind, sleep full of satisfaction and a purposeful life.

Kindness is the language which the deaf can hear and blind can see.

-Mark Twain

Remember kindness never goes unrewarded; your kindness could be the reason for the smile on a gloomy face. Even if one is able to make even one person smile, the smile on their face is the reward.

Samaaj Seva simply means serving the community and the feeling of serving your people is the greatest of all. Be compassionate and always be willing to help the needy. By serving the people one can make them feel that they are not alone in this world, that there is someone who will be there for them if they need anything.

A Chinese saying: “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If

you want happiness for a lifetime, help somebody.”

The person who regularly indulges in serving the community is always looked upon as an inspiration and motivates others also to do the same. By this act of serving, we can make this world a better place to live, where nobody will ever feel alone or sad.

If you help others, others will always be ready to help you, if you ever need it.

Another very important mantra to a peaceful mind is honesty. By showing mere honesty towards others and yourself, you are doing so much for the society. A crooked person will never be in peace because he will never be free from fear – fear of his deviousness, falsehood and the fear of being revealed.

You get back what you are giving. You give out honesty and integrity, you will receive it back. An honest life is one that will keep a man happy, satisfied and peaceful.

Inspire others. If your reputation inspires any single individual to do Samaaj Seva for the welfare of the universe, then this will be your biggest achievement. Take benefit from your Samaaj Seva status to motivate others to do good to others.

The best way to find yourself is to lose yourself in the service of others.

-Mahatma Gandhi

Dignity in death is a birthright of each human being.



BE A SELFIE MANIAC BUT NOT ALWAYS WITH A CAMERA

During the COVID-19 pandemic, many needy people who were seeking help in the form of langar, ration and other valuables hesitated to take the help just because they did not want to get photographed. They did not want their photos to get viral on internet. They did not wish their kids and families to see them in that condition. Finally, many people backed out to take help from individuals, organizations and even Government.

This is not done. Photos should be taken for official records, for inspiring others. It is not always essential to put the photos of the needy on internet. If you are there to help the needy genuinely, you have to respect the fact that they also do have self respect and dignity. Dignity is all a person desire, no matter if he is rich or poor.

Some photos are better cherished when taken on your mind and soul. Your eyes are just like a camera, so shoot the best picture that you can.

The best memories that are stored in your mind can always be reviewed anytime and these memories will always help you to analyze your position in the journey of your life.

Eyes condition the soul and mind. Focus on the good things in life and if you ever feel low, remember the good times, remember that this is just a phase and it will pass soon. Nothing is permanent in this world. So it's better to know your worth and keep on doing good deeds in life.

Always remember, setting milestones in the journey of life is very important as these milestones will always help you to keep on moving forward in life, these milestones will teach you what you had to do to reach at that particular position in life.

Cherish the memories and always feel happy about the things that you have done in your life. Always try to live in the moment, sometimes taking digital or physical photographs can make you miss that specific moment that you could have lived and felt.

A real photograph can never match the detail and feeling that a picture taken from your eyes on your soul and mind can do.

In fact the memories can always teach you something and help you in feeling your worth.

Memories are harder to forget than the pictures that you take from a camera and these memories someday could become philosophy for somebody else.

But there's always two sides to a coin, the good part about capturing a picture is that memories can get hazy with time, but the photographs taken at that moment can always be cherished. They can stay in our memory forever. But at the same time, we get so busy in capturing our memories that we tend to forget to actually live them completely.



DON'T REACT IMMEDIATELY

*People criticize every social worker at first.
But remember, these people will start appreciating you when
you don't let them overshadow your purpose.*

*Venturing into unknown is always difficult but an amazing
experience.*

Dashrath Manjhi, also known as Mountain Man, was a laborer in Gehlaur village in Bihar, India. One day, his wife needed medical attention and the nearest medical help was 55 kilometers away, on the other side of the mountain. His wife died because he couldn't arrange the medical help in due time. This incident had a great impact on him, he became deeply affected by the fact that he couldn't get the doctor in due time, so he started to carve a path through a ridge of hills using only a hammer and chisel. He was heavily criticized in the beginning but he still kept on doing his work. He just had one thing in mind that what he faced, no one else should have to face. After 22 years of work, he shortened the travel from 55 kilometers to 15 kilometers. After, his success, he was praised a lot for the efforts he made.

When someone is trying to do something different,

something unknown to others, people will criticize the person for his actions. But when they start to see the result of efforts of that person, its only then they appreciate the person for doing so and encourage him/her to keep on doing great deeds.

Only the beginnings are hard, whatever comes after you start won't be that difficult to deal with.

Keep on doing the good deeds, don't do it for getting praised by the people, do it for yourself. Don't let anyone discourage you from being kind to others.

Don't ask for anything in return and keep no sort of expectations from anyone. Give the gift of kindness to someone you will probably never see again. Being the recipient of such an unexpected action can brighten someone's day in a deeply profound way or maybe save someone from a great deal of trouble. The great deal about doing such a good deed is that it doesn't have to be something extreme or big, a small deed can make a huge difference.



KEEP YOUR PURPOSE ON TOP

Be polite and humble. You will come across many people who will take advantage of you by showing off their needful demands. But don't let that overshadow your willingness of doing well for the genuine and needy. Remember if you feed 100 people, there will always be both genuine and fake people. But you have to keep your purpose on top and do it for the genuine.

Your purpose should stay at the heart of everything. Purpose will drive you to get up every day and do something productive. Your purpose defines what you do in life, what you envision your future as and it also tells others what kind of person you will be. Your purpose can make you selfless or selfish. You must learn to keep your purpose before everything else to succeed in life as well as to do something worthwhile.

Another important aspect of your purpose is to stay humble. You must not think that you are above or superior to anyone. You must be polite to everyone you meet and also recognize their purpose as equally important as your own.

Your purpose should focus on your betterment as well

as the betterment of the world. The purpose should not come out of a malicious feeling or thought; it should be pure, thoughtful and productive.

People who try to do something nice for others are not always welcomed happily by everyone. In your pursuit to help others who are needy, you will come across people who try to take advantage of you. You must not let this discourage you from doing what you need to do. These people will try to shove their selfish demands on you and try to stop you from doing something positive. Don't let that overshadow your willingness to do well for the genuinely needy.

Your help may not reach everyone who is needy. Some people who don't actually need help may even distract you. What you need to keep in mind is that if even half of those people genuinely need help then that is helpful than helping nobody. Hope can be restored in people by only using selfless deeds and these deeds will not go in vain. Just remember to keep your purpose on top.

On a difficult day, your purpose will keep you going. It will be the driving force in nights when you feel like not doing anything.

If your priorities are well defined, it becomes easier to focus for your purpose and ignore the distractions.

People may be greedy but you need to ignore and

focus on the needy. They are the ones who deserve your attention. Forget about the greed and focus on what's important.

Charity might be free, but it requires hard work and dedication. It requires you to care for the people and their wellbeing.

Do not feel low because of the negativity that exists in the environment, focus on what is right and what all you can do for the people. This will enlighten your world and into the world of the people you are helping. Remember to be generous and helpful.

Learn to identify people and always help the ones who need it.



MAKE A DIFFERENCE

Everybody cannot do everything. But everybody can do something. And that something will make a difference in this world.

People think making a difference is a huge task and difficult to accomplish, but mostly making a difference just means taking steps in the right direction. Making a difference means doing something nice for someone without thinking about your own benefit. It means doing something selflessly. You can make a difference just by doing something kind to someone.

The kindness that you showcase will have a positive impact on someone else and start a chain reaction where everyone starts doing better things. We know that everybody cannot do everything but if everyone starts doing something, and then we can create a change in this world. The little things that everyone will contribute will end up making a difference.

If you are privileged enough in this world to have received everything that you may need, then it should be your responsibility to give something

back. You can do this by doing small favors to others, kindness or even showing love to others.

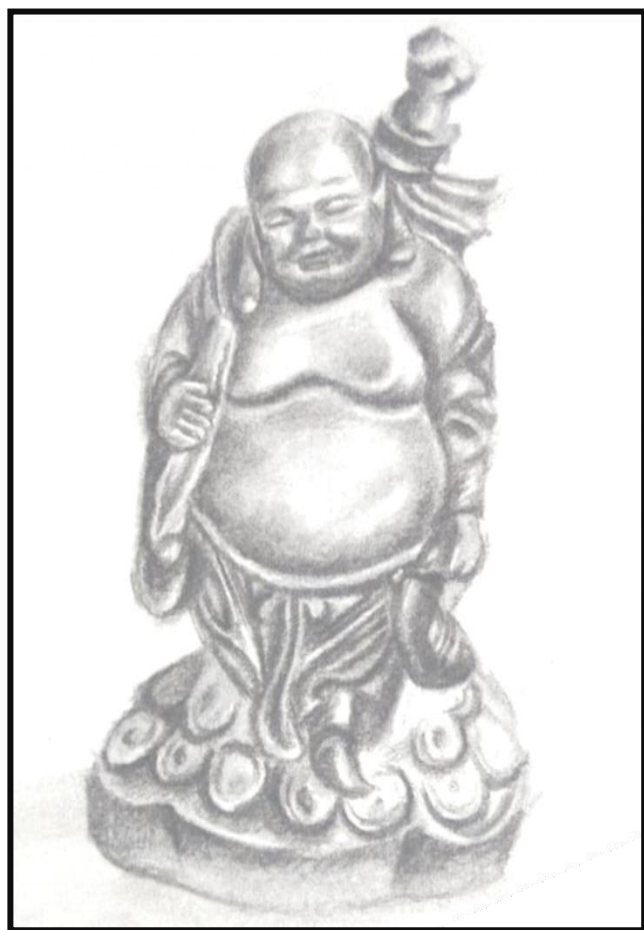
The world does not just have humans, we have fauna and flora and other objects that we have a responsibility towards. These elements combined make the earth worth living.

The biggest contribution you can provide in this world is through education. People who get an education are able to use their minds in a much better way. But imparting education is not an easy task, and a single person cannot do everything. Therefore we need as much contribution we can get from people who have knowledge in different fields.

The world is a huge place. We cannot fix all the world's problems right away but we can try to take one right step towards solving them. This won't solve the problem today, but it will surely lead to a better world tomorrow. You can make whatever is possible today to make a difference and see the change tomorrow.

In all of this, we need to stand united. We need to work together for a better future because it is rightly said 'United we stand, divided we fall.'





Glimpses of Sankalp Shiksha Kendra, Kansal
- A free school for the underprivileged kids





