



KARMA YOGA

Leadership Experiential Action Program

Highlights of the Journey April - June 2019

Great Lakes Institute of Management (<http://greatlakes.edu.in/>) became a signatory to the United Nations Global Compact's Principles for Responsible Management Education (PRME) in 2013.

This quarterly newsletter is published with the objective of sharing with others the way in which the Institute inculcates responsible behavior in students.



Karma Yoga Inauguration & Orientation – PGPM' 20

Karma Yoga - Leadership Experiential Action Program was Inaugurated for PGPM 2019-20 'Resilient Rajput' batch on 12th May 2019 at Lake Manasarovar & Lake Veeranam.

Dr Vaidy Jayaraman, Associate Dean & Principal, Dr Arulsamy, Head of Karma Yoga and honorable guest Aviram Rozin, Founder of Sadhana Forest were present.

The event started with the inaugural address of **Dr Bala V Balachandran** Dean & Founder.

Dr Vaidy Jayaraman, Associate Dean & Principal addressed the gathering and stressed on the importance of this program and the key take away. He enlightened the students with the qualities one can develop through this program which is very essential as leaders of tomorrow. It is important to understand poverty and we focus on generating revenue for the poor.

Dr Arulsamy Head of the Karma Yoga, explained in detail the course outline and the approach



required in order to be successful in Karma Yoga.

He shared various initiatives done by previous batch of students in order to inspire the current batch to think out of the box and come up with initiatives for rural

development.

He also stressed on the importance of social entrepreneurship and how these initiatives will help to become better leaders of tomorrow.



Mr . Aviram Rozin founded *Sadhana Forest* to support local rural villages: By retaining water and filling the aquifer, *Sadhana Forest* allows the villagers to cultivate their food and prevents exodus towards nearby city slums. Planting the Indigenous plants that constitute to this region. The projects include many children and young people in the process of ecological revival and sustainable living. Their aim is to encourage them to share and propagate the vision of an ecologically responsible way of living.



Guest Lecture—PGPM

I Support Farming



Karma Yoga team organized a Guest Lecture on 9th June Mr. Vijaya Kumar Mani, Co-Founder & Director of I Support Farming . I Support Farming session was very different to enlighten the students about farming. Apart from considering this as a service to farmers, it also comes up with a business proposition that have been rolled out now. The session helped students to understand how farmers can be empowered by people who are really willing to help the rural areas.

We all are living in a world of

two different societies the urban society and the rural society. The rural society, which predominantly depends on agriculture is suffering due to lack of money for agriculture. This is where I support farming stands. It acts as a bridge and ventures urban people into farming. While all work is done by farmers, the investment will be done by the urban investor. At the end of cropping season, the harvest is shared by the farmer

with urban investor and I support farming. It is a win-win situation for all.

The lecture was an informative session which explained the various struggles faced by farmers and how his organization is trying to improve their situation by providing them capital for raw material and fertilizers, educating them about the new techniques that can be adapted and finally,

helping them sell their produce at a profitable price.



Guest Lecture—PGPM

Education Support for Underprivileged

On behalf of Karma Yoga special input session for PGPM 'Resilient Rajput' was conducted on 2nd Jun' 19. The session was addressed by Mr. Samyak Jain, Founding Member & Design Lead. He was invited as a special guest and he shared his own experience among the students. He is an IIT Madras graduate & a passionate social change maker. Mr. Samyak Jain has given insightful inputs about an effective model of Peer Teaching. Through their intervention, the rural students are empowered with appropriate leadership and self-directed learning.



Sadhana Forest—Auroville

The Karma Yoga Village Coordinator's visited Sadhana Forest Auroville on 30th June 2019. Sadhana Forest started its ecological revival and sustainable living work on December 19th 2003.

Permaculture (Permanent Agriculture)

Permaculture is a branch of ecological and environmental design that develops sustainable architecture and self-maintained agricultural



systems modeled from natural ecosystems. Permaculture is a type of a long term agricultural effort that

helps the society and community preserve agriculture in order to gain benefits from it for a longer period of time.

Renewable sources of energy

Sadhana Forest houses a 11 kilowatt-hour (kWh) solar (photovoltaic) power system, which provides 100% renewable electrical energy to the community. Furthermore, human-powered bicycles capable of producing 480



watt-hour (Wh) are also used especially during rainy or overcast days. The community prides itself in using renew-

able sources of energy and keep innovating newer methods of producing energy. For instance, to deal with electricity issues on a rainy day when the solar panels are not effective, the community has set up a bicycle grinder. The members of the forest take turns riding the static bicycles and producing energy

to meet the routine electricity requirements.

Veganism

Veganism is another practice followed by volunteers at the forest, wherein they abstain from consuming or using any animal products.

Thus, the meals at sadhana forest do not constitute the use of meat, dairy, egg and other animal related food items.



Unschooling

Sadhana Forest believes in the concept of unschooling. So what is unschooling? It is a



method which lets the child learn in a more relaxed and calmer environment. Given the inquisitive

nature of children, it emphasizes more on letting the children identify their own interests, without the imposition of school or any alternative educational curriculum.



Recycling

The member of Sadhana forest believe in the recycling and waste minimization. The children play area at the forest includes large number of swings made up of recycled tyres.

Medical Camp at Vengambakkam Village on 30th June 19

“The Groundwork of all happiness is good health”

-Leigh Hunt

One of the Karma Yoga Students important goals at Vengampakkam village is to educate people about of health care. As an initiative they planned to organize a medical camp at the village. They surveyed people from the village about various

- Taking care of arrangements (like water availability, washrooms)
- Interviewing the villagers and collecting their feedback
- Person to record the event (photo/



video)

When many villagers came at once they found difficult for data entry and allocating a waiting number to each. So they served the villagers on a first come first serve basis with few exceptions to old age people. Around

parameters including how often they visit a hospital and their prolonged illness if any.

Karma Yoga students planned to address issues related to general medicine and dentistry in the medical camp. They collaborated with doctors and volunteers from **Rotary Club Amethyst, Chennai**, and they planned to set up the camp at the *Vengampakkam Primary School*.

They divided the following tasks among themselves:

- Guiding the villagers to visit doctors
- Collecting villagers' detail
- Assistance to Doctors and their team



70 villagers turned up for the camp and it took beyond an hour of the scheduled time for the camp to close.

Women Empowerment

Survey on Women Skill Level & Follow up Action

Students have all heard the very famous line “*Behind every successful man is a woman*”. But the opposite of it is that “*Behind every successful woman is herself*”.



During students second visit to village, they wanted to know more about the skillset and jobs performed in the village. While the men work in factories and fields, women either work for daily wages through schemes like MNREGA or as homemakers.

What was even more surprising was that despite there being five Self Help Groups formed within the village, none of them were operational. Student undertook a survey to find out any skillset possessed which could be shared with the rest to build a sustainable cycle. The topics focused on were related to Tailoring, Embroidery and Arts (Singing and Dance)

Singing and Dance

Only one of the women was skilled in those respect, and she coached her daughter the same She is a Commerce Graduate and works at a nearby grocery store.

Hindrance Factor Reluctance to take classes on a Sunday. Perceived skill level not sufficient to take classes for everyone

Tailoring and Embroidery

Two women were skilled with tailoring and embroidery Almost all households have Tailoring machines. It was procured by the Self Help Group last year, but training was not provided

Hindrance

Sole caretaker for kids, family pressures preventing from coaching the rest.

Skill Development Program (Naduvakkarai)



Students have decided the first Skill to be developed as “Paper-Bag Making” for the SHG in Naduvakkarai.

There was a total of 9 women and 3 teenagers who participated in learning “Paper Bag Making”. It has been a very productive activity. They provided raw materials for the paper-bag making and collected samples in various sizes and shapes after the training. Student have sent these sample to their buyers who checked its quality and approved for a bulk order of paper bags.

Helping two girl students with their dreams

During Karma Yoga student's visit, they identified that there are two girls (belonging to class 9th and 10th class respectively) who recently lost their mother in Kunnavakkam Village. After that they were unable to pay the fees of their school, and have been at home ever since. Both of them are bright students and scored approximately 85% in their exams. The class certificates of these two sisters have been held by the school due to non-payment of fees. On discussing the same in detail, the girls informed students that they just want their certificates to be released from school. They were ready to get themselves enrolled to a government school with less fees to pass their higher classes. Further, they wish to enroll themselves within the AASSC (Aerospace and Aviation Sector Skill Council of India) course offered by Al-

roz Aviation for students who have passed class 10th. After this course they aspire to become air hostess or ground staff at the airports. The team members researched about the course, and identified that it is also offered by the reputed Annamalai University in Tamil Nadu for students who have passed class 12th. So students wish to motivate them to complete their high school studies and then pursue this course.

This will power, aspiration, dream, and positivity that is prevalent in the kids at the village is what drives the Karma yoga Students to serve them better. We wish to definitely support them in this endeavor and help them get their school certificates by talking to the Principal of the school with further steps.



Livelihood help for differently abled girl at Kuzhipanthandalam

She is Meghala, a proud villager of Kuzhipandandalam. Meghala is differently abled, having lost her legs at a young age. But she doesn't want to be dependent on her family for income. She earns by doing mobile recharges for her community people.

Action plan:

- Help her spread awareness to the whole village to get mobile recharge from her.
- Bring all other network recharge plans like Vodafone, Jio etc.
- Open a small shop in front of her



Right now, she's only able to do it for Airtel. Seeing her courage, the Karma Yoga students decided to help her through a donation campaign for this cause.

house to sell mobile cases and accessories.

Focus on Menstrual Hygiene of the women



survey revealed that the disposal of the sanitary pads was not proper. They decided to conduct an awareness session to showcase the proper way to dispose a sanitary pad. They gathered the women of the village and spoke to them at lengths about the dangers of improper disposals of sanitary napkins. They also spoke

about the dangers of wearing the same napkin for long hours and how it will cause various long-term illness like toxic shock syndrome.

Some of the female students from group addressed women and adolescent girls regarding menstrual hygiene. Students were very glad to know that most of the

Menstrual Hygiene Awareness survey conducted by Karma Yoga students. It will help them to determine an action plan to implement better hygiene practices among women. They prepared a survey form with basic questions like:

- At what age did you get your first period?
- What are the physical and emotional changes you associate after getting your periods?
- How was the disposal of sanitary napkins taking place in the household?
- For how many hours do you wear a single sanitary napkin?

Students translated these questions in Tamil and distributed the survey among the women of the village. The

women were aware about it. Making



sanitary pads affordable for the

women is one of the agenda of Karma Yoga committee and ensuring that women continue to use these for which awareness is a must.

Education

Video tutorials and motivation session at Kottaimedu

On 16-06-2019, Sunday the video tutorial was conducted by KY students.



One of the team members Mr. Ayush who had prepared the session so

that most of the videos were message specific and didn't have any language. Students showed them videos on motivation, team unity, hygiene, etc. The follow-up session had cartoons and fun videos to balance information overload. The kids were engaged and so were the volunteers. This was a session which would be repeated for weeks to come with better videos and more planning

Creating Awareness among kids regarding Computer Education at Naduvakkarai

On 16th June 2019, Sunday as part of the main activity Naduvakkarai KY team had planned a major activity, which was to educate the kids and make them aware about computer education.

Students started by teaching them what computer is, what its utilities are and then a basic pro-



gramme on paint. They then moved on to basic Microsoft Word and showed them a few small movie clips. Kids enjoyed the program thoroughly.

Spoken English classes at all Karma Yoga Villages.

All the KY teams regularly visiting the village and conducting special spoken English classes to enrich the English communication skill among the rural kids.



Through their regular spoken English classes, children are able to speak English without any struggle. Students taught them English

using various interactive ways like drawing, comparing words with real



life objects. They also helped a few kids to set dreams for the future and how they can achieve it with the help of continuing their education. The children are performing well in their schools through the KY team's support.

Drawing Competition at Lingapuram, Ammanampakkam & Sooradimangalam

Karma Yoga students conducted a drawing competition in their last visit where the kids were asked to draw anything they like. Students wanted to encourage them to



show their imagination and creativity which are the two major components any child should possess. Drawing not only increase the imagination but also impacts their cognitive process which



means that they are constantly thinking or feeling something. What they choose to draw and the story they try to portray helps them build in their knowledge and visual skills. It was



amazing to see the kids coming up with concepts like rainwater harvest-

ing. They distributed the prizes to the winners and sweets to all the kids.

Educated residents about waste management & conducted a clean-up drive at Periyacolony

On 16th June Karma Yoga Periyacolony team had organized cleanup



drive. They noticed garbage in every nook & corner of the streets. Garbage

that mostly consisted of dry wastes, i.e. plastic wrappers, cups etc. Given the state of the environment, they wanted to educate them about the 3Rs i.e. "Reduce, Reuse & Recycle" and make them understand how their actions directly impacted them by reducing soil and water quality & the lives of their livestock as cows generally end up eating the plastic lying on the ground. *They did those things by showing children and adults of the village age appropriate videos on the 3Rs.* The response to this was great as they seemed to have been able to connect the dots and understand how the health of the environment that they live in directly affects their own health. *They also conducted a clean-up drive that was led by participating residents rather than students.* The benefits of this activity have to be tracked in the course of the year and reinforced to ensure maximum impact.

Fun With Geography at Perumalchery

On 9th June, Perumalchery Karma Yoga team conducted fun with geography game. Children were taught locating different places in a map that to enhance the aptitude of the children and also a fun activity in Perumalchery. Children were told how



to identify different states and capitals on the Indian political map. KY Students also taught them about the culture of each place and famous personalities. Each group member told them where they came from, and to the surprise they remembered this even on their next visit. Students also explained to them about directions, water bodies and neighboring countries of India. In the end, they conducted an informal test and the kids passed with flying colors.

Health Education on Personal Hygiene at Vasuvasamuthram

Karma Yoga students started their survey on 9th June, to study the size of the families and their health status.

The students wanted to find out whether there are any health issues

affecting in the village or in their house. Apart from small illnesses like cold and cough, people there did not have any major ailments.

Since menstruation is a taboo in rural India, students decided to ask the ladies of the households regarding their menstrual hygiene and the various hygiene related factors to menstruation and the various methods that they use. It came as a surprise to students that the women and small girls were well aware of the healthy sanitation techniques and also did not shy away from talking about it.

Sanitation: During the survey they asked the households about their sanitation facilities and they found out that each household had their own latrines or toilets, provided by the Government. Some had built their own toilets even before the Government decided to provide them with one. Sanitation in major parts were not an issue.



Distribution of Gifts (Stationery packs to kids) and fun activities conducted

Another activity conducted during students visit focused on children of the village. Students observed that children were quite ambitious to learn new things. Thus, the student as a team decided to contribute some minor amount



and gift them stationery sets. The entire team felt content seeing a smile on the children faces.

Additionally, during the visit, they identified a talented young boy named Parthiban (4th class). This Kid was one of a kind, he did not want to play games, but instead requested us to provide him with colors and a sheet so that he could paint. Without any picture for references, he started drawing a photo of Chota Bheem and a lion with sketch pens. In order to encourage him, our team decided to gift him a set of oil pastel colors and water colors so that he can advance in his hobby.

During all the visits, the team also conducted a drawing competition and noticed that the kids were very good at drawing. As a part of teaching

activities, students started with introductions, spell the word, and taught them some basics about Indian history. Post this, we decided to make them play games such as cricket, racing games and catch the corner. All the members had a feeling of nostalgia by remembering their childhood days. On the last day, we followed the ritual of the fun activities by making the Kids dance.

Health and Hygiene Education at Pulikundram

Karma Yoga Pulikundram Students wanted that the good habit of keeping the surroundings as well as themselves clean be carried forward amongst the kids and their families. Cleaning drive imparted knowledge about why hygiene is important and why it should be maintained. What could be its implications to our health was also discussed. All the members



took active part in interacting with the Kids and answering their queries regarding health and hygiene. Students

also played different games with the Kids so as to make them aware of the importance of physical activity and why it is important for children health and personal well-being.

Agriculture

Tree plantation program at Mullikolathur & Kunnavakkam

On 16th June 2019, Karma Yoga team conducted tree plantation drive at Mullikolathur and Kunnavakkam.

KY Students wanted to conduct a grand activity in the village in order to keep the enthusiasm level of the team high

even after term 1. After having a discussion with the team they decided to conduct a tree plantation program. The local people helped by allowing them to plant those saplings inside the temple premises. The teams with the help of all those children planted a good number of saplings inside the temple premises.

They also taught those children

how to take care of those plants by giving them water regularly. Before initiating the activity of distribution, they gathered all the kids and showed them two short videos regarding the benefits of conserving trees. Tree

saplings were distributed among the school, village temple trust, village

panchayat and other village households. They believe that this action is a small little step towards greener villages and drought preventing activities.



Employment

Career Guidance at Ayapakkam

The students have given career guidance to few

children in the village. A girl wanted to pursue career in law. So the students have interacted with her and got to know her strengths and weakness. By doing so the students asked her preferences and they searched for few colleges nearby Ayapakkam which offer course in law. The challenges in front of her is that law exam is purely in English and she doesn't know English effectively. The students have taught her basic stuff related to grammar and gave her suggestion to watch some English videos on her smartphones. The students have given her the clear picture about how to proceed for the exam. In addition to her there was a boy who was keen to become an astronaut. He was in 9th standard studying in KV school in Chennai. Though there

was not much to give him guidance, students have asked him his role models, and why he wanted to become astronaut. The students

asked him to be more attentive in science subjects and asked him to read a lot of newspapers. Karma Yoga students had a great experience in providing career guidance and hoping they achieve great heights in future.



Helping a bachelor in job search at Echankarunai

One of Karma Yoga student goal was to help the young folks to get a job in the village of Echankarunai. KY Students went to different houses and gathered data of people who were looking for some work. The Karma Yoga students spoke to people to understand if there is any need for job requirements. They got some leads

such as security staff and night guard at a construction site.

Karma Yoga students also thought of looking at avenues of having the interest-

ed people from village as their institute security guards or helpers. The people from the village were very happy looking at the efforts that they were taking to get them a job to sustain their family. Also, students helped them by creating a professional resume, Gmail account, and Naukri profile for him and also taught them to monitor, operate profile and apply for jobs through his mobile phone.



Conducted a workshop on cracking job interviews at Periyacolony

While interacting with the community Karma Yoga students met a girl called Anu who took to them immediately in Periyacolony Village. She helped team gathered people and find a location where they could conduct classes and basically be student point of contact for any needs. Karma Yoga students told her that they wanted to make sure that everything they were doing was completely relevant to them & so she told them that a lot of people including herself, were looking for jobs but they were extremely terrified of the idea of being interviewed by someone. That's when students decided to conduct a workshop for them to address the issue. Unfortunately, only 5 women showed up for the workshop. The Karma Yoga Students tried their best to get more people to come by going around the village with the 5 people that showed up but they saw a lot of resistance from



the males of the same age group. The workshop was a success event. *They took them through the process and conducted mock drills with each and every one of them to encourage them to think on the spot and increase their level of confidence.*

Helping to learn photography at Veerapuram

People were really excited when Karma Yoga started clicking pictures of villagers in the village of Veerapuram. Few teenagers in the village were really interested in knowing about photography and how to use camera. Students understood that they were really curious about it and started teaching them about photography. Vivek Balakrishnan (team member) who is good at photography taught them about the various modes and technique to use camera. They are quick learners and got it pretty well. As soon we enter the village, we hand over camera to Dinesh (villager). He starts clicking pictures and covers the work in the village by Karma Yoga students.



Environment

Awareness rally on Cleanliness and Alcoholism at Kadampadi

The Karma Yoga students identified and decided to address to prevent its contamination with the youth were importance of cleanliness and ill effects



of alcohol in Kadampadi Village. Seeds sown in the minds of the young would grow

at the rate of Bamboo and branch out like a Banyan in the society. The students recognized this and hence came up with the idea to spread awareness regarding these issues through the children. The students developed suitable slogans on the issues and made placards highlighting them. Karma Yoga students did the rally in the main village on the final week after educating the kids on the meaning of the slogans.

Waste Management at Kariyachery

Students showed them awareness videos and explained the dos and don'ts. After the session they asked them to share one take away each.



Road safety awareness Vittilapuram

There was a fatal accident in Vittilapuram village, and three members from that village were in

grave condition. So the students, decided that they needed to raise a much-needed road safety awareness in their village to make them aware of the various rules and regulations of the road, so that such accidents can be avoided in the future. They distributed printed handouts with important road safety message written on it, so they

can take them back to their family. They discussed about road-crossing techniques and Zebra crossing,



how dangerous it can be to run or play on roads, how helmet is very important while riding a two-wheeler and stressed that they ask their family members to follow the same.

Traffic Awareness Session at Lattur

Traffic rules and the significance of different colors taught by the Karma Yoga Students to the kids. They conducted the entire exercise in a way which was really engaging for all. The team members acted like vehicles and made



the kids cross the street by showing the traffic lights on pieces of paper. In this way, they ensured that children understood what was taught to them.

Health & Hygiene

Health and hygiene awareness - Kunnathur

The KY Students were aware of the personal health and maintaining their personal hygiene is of paramount importance to each and every individual in society. In their karma yoga classroom sessions, they observed that it is important to understand about the state of women's menstrual hygiene since this is mostly considered a taboo topic in villages. However their female members of the team (Akarsha, Anusha and Aashiya) went about to almost every household in the area and inquired about the women's menstrual hygiene needs.



Basic Medical Camp - Nallur

A basic health checkup camp for children and ladies organized by the Karma Yoga Students Nallur Village. They could only get to record height, weight and BMI in case of children

and height weight BMI and Blood Pressure in case of ladies.

Later on they distributed biscuits and some energy drink amongst children.



First Aid Kit Distribution at Veerapuram & Kuzhipanthandalam

The Students observed that many people in the village had some wounds that are not treated properly.



Not even a basic first aid treatment is done. They observed that there isn't any first aid kit available in the nearby vicinity. So, they decided to distribute

a first aid kit that would be handy. They identified Pramod is shop keeper who stays nearby the village. The Students taught him how to use first aid.

Community Festival - Vittilapuram



On 9th Jun, Karma Yoga Vittilapuram team had organized community festival.

First part the students conducted community games. After that they distributes Veg Biryani and raita to all the underprivileged village members. The experience was heartening as seeing the joy in the eyes of the villagers gave them an immense sense of satisfaction and relief. Food packages were distributed in an orderly fashion, without any ruckus.

Activities

Distribution of Clothes and Shoes to the deserving people

Karma Yoga students took initiative to collect clothes from the Great Lakes students.



The collected clothes were distributed to the deserving people for targeted Karma Yoga Villages. The villagers were thrilled and filled with joy.

Sports Events and Dance Competitions

Football match conducted by the Karma Yoga Students in the village. All the students along with all the team members divided themselves into 2 teams and played a friendly match against each other.

Shantan, Saurabh, Savithru, Shashank and Sachin

taught children some technique to tackle the ball and basic rules of football.

Similary **Shivangi** and **Rithu** of their team who are expert in dance, taught girls some good new

trend dance steps.

Instrument playing and teaching at Lattur

A student have always loved playing Mridangam in front of a huge audience. On the other hand, playing the instrument in front of the lovely



bunch of kids and teaching them the basics gave at most satisfaction and happiness.

The kids did not even bother to go home after the session and the kids were too excited learning the instrument. This particular aspect gave him emotional joy towards Carnatic instrument. If given a chance, he would rather prefer to teach kids with at most interest and without any expectations.



Sharing of Experience



As a self-proclaimed environment geek, I've always jumped at any opportunity to influence change towards a more

sustainable lifestyle. The field visits through the Karma Yoga program was one such opportunity that I absolutely could not miss out on. Luckily my application to be a Village Coordinator went through and the planning stage, with the goal of making a difference, began.

The tasks assigned to us were: continuing spoken English classes, managing water & monitoring the functioning of the self-help group but after scanning the landscape of the village & interacting with its residents, we realized that the scope of work was so much more than the assigned tasks and we had absolutely no idea about how and where to begin.

Initially, we observed the geography & culture of the village & interacted with a few residents to get a deeper understanding of their issues. It was a struggle as our point of contact was not available & people hesitated to leave their comfortable beds to come interact with us on a hot Sunday afternoon. Nevertheless, we managed to make a few friends over time; they took us around the village, where we were surprised to find every street littered with liquor bottles and plastic wastes. After enquiring, we found that no government body was collecting the wastes for disposal, leaving the resi-

dents with two options: leave the litter out on the streets and/or burn the wastes near a lake not too far from where they stay. Both these options have detrimental effects on the environment and their own health in the long run. Apart from this, they were also facing issues with corporates taking over their land because they did not have the correct paperwork to prove ownership. While we can't do much about the litter, we're trying to set up a waste management system in the village while focusing on educating them about the importance of waste management so the system sustains even after we graduate.

As people coming from completely different backgrounds, thinking about solutions to problems we're not familiar with really put us out of our comfort zone, which is great as there's so much learning that takes place in that zone. Another revelation, if you may call it, that I had while interacting with the villagers is that all people who live in rural areas aren't as miserable as the movies or urban population puts them out to be. Unfortunately, we've been taught to link village lifestyle to a state of downtrodden misery, when that's not the case for most of the villagers. I've met so many people who are just simply happy with what they have & according to me, they've arrived in life. This perspective has changed the way I look at social work. I don't think see it as a way for me to make a difference in someone else's life but as a way to enrich my life & the lives of other people by exchanging knowledge & words.

With regards to term 1, we've just about begun to scratch the surface of everything we can do in the village. Look forward to the next few visits to

Sharing of Experience



During our visits to the villages, I was able to reflect upon the two quotes that I believe in: “Smile that it happened,

don’t cry that it’s over” and “Smile that it’s over, don’t cry that it happened”.

I feel that that Karma Yoga will continue to further teach me such learnings with a higher intensity as we continue in this journey.

I, Garima Gaur, as a part of Karma Yoga got the opportunity to pursue what I always aspired of doing. I believe that in this world full of neck to neck competition, **Nri rin** (serving the

society or humanity) is of utmost importance, for self-grooming and self-realization as it provides a purpose and inspires a person to extend his/her gratitude to the world.

During my team’s second visit, we identified that two sisters, who in spite of multiple challenges wish to let go off the difficulties faced in past and aspire to attend trainings and get jobs as ground staffs at the airport. The will power, aspirations, dreams, and positivity that is prevalent in the kids at the village is what drives us to serve them better. We are fortunate to be associated with helping these kids in whichever way possible.

The opportunities bestowed upon us by the Karma Yoga program have provided me and my team with varied experiences during each of our visits. They have helped us become closer to the society and understand the need of service.

Congratulation VC's:

