

"What can I give!"

"Giving is the master key to success, in all applications of human life."

We all know how great it feels to receive gifts. However, the joy of getting is short-lived. Our lives are richer when we share, and that great inner joy comes from



helping others to better their lives. Truly giving from the heart fills your life with joy and nourishes your soul. Giving provides an intrinsic reward that's far more valuable than the gift. As Mahatma Gandhi said, "To find yourself, lose yourself in the service of others." Giving is one of the best investments you can make towards achieving genuine happiness. Scientists have discovered that happiness is related to how much gratitude you show. After several years of soul searching, I discovered that my unhappiness was due to my want for things to fill the void of loneliness. My search for inner happiness led me towards

gratitude. During this process of self-realization, I also discovered "The Purpose of Living." If you find yourself feeling unhappy, try making someone else happy and see what happens. If you're feeling empty and unfulfilled, try doing some meaningful and worthwhile work and see how you feel. The catch is that you must do this work with passion and enthusiasm. And inspired by such noble people I too try to do my bit. Each year on festivals and my birthday I distribute food, sweets and goodies to the under privileged children of Roshni-- an NGO working for the betterment of orphans. It's the joy and love that we extend to others that brings true happiness or union with God. When we give, we reap the joy of seeing a bright smile, laughter, tears of joy and gratitude for life. I encourage you to look for opportunities where you can give and help others. The gift of joy will come to you when you give of yourself to others. That's what life is all about. Let's practice and commit our lives to giving joy. Try it! It works!

"The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own."

Yes, I believe that giving makes you happier. But don't take my word for it-try it out for yourself.

- Dr. Neelam Gulati, Principal, DAVIM