



# News Letter

## JYOTI NIVAS COLLEGE AUTONOMOUS-PG CENTRE

### Joy of Giving and Receiving

Volume 4, Issue 12, October 2020

#### Director's Message



#### Start Helping Yourself and Everyone You Meet Become a Better Human Being

From today, this moment onwards we start loving ourselves. We stop self-criticism instead we appreciate, accept, care, kind and compassionate to oneself. Why? The way we are with ourselves is the way we are with the world. **We Take Ourselves with Us, Wherever We Go** and so we need to take care of ourselves so that we can do the same with everyone we meet and share life with.

We are always been connected with likeminded people. When we think positive, we are automatically connected with all the people on this earth who are positive. That's the power of thinking.

It is same with the power of giving, in sharing what we have, we make it possible for abundance. Giving our time, energy, talents, skills and material things.

We have another huge responsibility to Heal this planet – how? each time I send out a prayer of

peace, of joy, of forgiveness I contribute to the wellbeing of this earth, our planet that needs healing. Today I create my future, the kind of life I want to live in this beautiful world.

Today we choose to be in the circle of love. Where there is love, there is harmony, plenty of food, in this beautiful blue Green planet. **We remember to give back to the world.**

Let us be grateful people when we are grateful our level of energy and productivity increases!!!

*God bless us!!!*

*Affectionately, Dr.Sr.Lalitha*

Note of Appreciation: to our dear staff Ms.Senthil for encouraging our students to pen down their thoughts and experiences. And to our students who have enjoyed sharing and enriched the reader. Keep shining. Thank you...

#### *The more you give of yourself, the more you find yourself*

There are moments in our life when we start realizing the true meaning of life and its impact on others. One such feeling is 'joy of giving'. At times we realize that gaining gives less pleasure than 'parting away and giving it to a someone who really in need'. It gives immense pleasure which one can only experience but it's very hard to explain. And one good thing is that one is never at loss by sharing. It is also a hard fact of life that 'pursuit of attaining something in excess' leads us to no where and ultimately causes stress.

Truly giving from the heart fills your life with joy and nourishes your soul. Giving provides an intrinsic reward that is far more valuable than the gift. Mahatma Gandhi said "To find yourself, lose yourself in the service of others." True joy lies in the art of going without expectation of receiving something in return.

Sharing is not all about money or wealth. Generosity is only one of the aspect. It's about kindness, helpfulness, unselfishness, sacrifice, giving, service, love etc. Few words of sympathy can cause a tremendous effect. Even sometimes one can feel that the kindest words that aren't spoken. Jesus also said, "It is more blessed to give than to receive." When we do well to others, we receive great happiness.

On the other side one can think why should I give to others?, "No one gave it to me when I needed. Mother Teresa is a famous example. She found fulfilment in giving of herself to others. She helped to change the expressions on dying people's faces from distress and fear to calmness and serenity. She made their undeniable pain easy to bear. When people are asked why they give, the readiest answers are: "God wants me to"; "I feel better about myself."; "Others need and I have so I want to share, its only right."

There is a certain joy in getting something. That's the joy children experience when they get things like toffees and toys. Parents and grandparents feel happy when they give. The joy in giving is much more fulfilling than the joy of receiving.

When we share something we somehow connect to others in many ways.

The act of giving kindness improves your self-esteem and brings happiness. Scientists have revealed that kindness is related to how much gratitude you show.

'Giving' can make a difference to others and in turn we achieve a sense of empowerment, pride, and accomplishment.

There is a famous quote 'The more you give of yourself, the more you find yourself'.

Sharanya M II M.Sc.

#### *The Art of Giving – The Art of Happiness*

"We make a living by what we get. We make a life by what we give." — Winston S. Churchill

The more you give of yourself, the more you find of yourself. 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."

There is a certain joy in getting something. That's the joy children experience when they get things like toffees and toys. Parents and grandparents feel happy when they give. The joy in giving is much more fulfilling than the joy of receiving. Have you noticed how happy we feel when we share? When we see a good movie, for instance, we tell everybody about it, even recommending that they must see it. The moviemaker is not giving us any commission to do that! We just feel that our loved ones should have the same experience. Or an elderly lady who cooks different dishes for her grandchildren derives an enormous happiness from doing so. People who give, experience more happiness than people who receive. Graduating from the mindset of taking to that of giving purifies the mind and brings immense joy. Giving takes you out of yourself and allows you to expand beyond earthly limitations. True joy lies in the act of giving without an expectation of receiving something in return.

The act of true giving is something wonderful and amazing. With most things in this world, there is only a limited amount of what you can give away. Fortunately, generosity and kindness are not bound to these same material limitations.

One of life's most basic laws is "every single act of love, kindness and generosity will multiply and return to you many times over ". The more you give the happier you will feel.

Thousands of years ago a great sage in Babylon said "The reward of charity depends entirely upon the extent of the kindness in it." It is one of life's wonderful paradoxes that you limit the power of your giving by having an expectation of getting something in return. When you give without any thought or desire for something back, your returns will be truly limitless.

Your life is like a river of energy, continually flowing. What happens when a river stops moving? It get very muddy, and stagnant. A fast flowing river is full of life and clear water. Where would you rather drink?

The acts of giving and receiving are a continuous process of circulation that continues the flow of your life's energies. For one person to receive someone else has to give. It's a cycle of energy that flows continually onwards.

It's very simple. If you want to experience more joy, give joy to others, if you want more love, learn to give love, if you want attention and appreciation, and learn to give appreciation to others. When you meet someone, you can silently send them a blessing, wishing them happiness, joy and laughter. These are some of life's most precious gifts and they don't cost you anything. This kind of silent giving is very powerful. Make a decision that wherever you go, to whoever you meet, to give. As long as you are giving, you will also be receiving. The more you give, the more will flow back to you and be returned many times over. Giving creates a pattern of happiness, joy and love in your life beyond your wildest expectations.

**Jinitha , M.Com**

### *The Joy of Giving and Receiving*

Give without remembering,  
Receive without forgetting.  
Gratitude has the power of the light!  
To rekindle spark in your life,  
To over shadow your past,  
To glitter your present,  
To reflect shine on the future.  
Yes ! I am grateful to God.  
For showering value to my life,  
For spreading calmness to my loneliness,  
For awakening spiritual grace,  
For strengthening my courage,  
To sow with a generous hand,  
To overflow with sharing and caring,  
To gift the needy and pity the poor,  
Thus, giving and receiving gratitude nurtures your soul  
Gratitude can transform negative into positive  
Indeed, I am grateful  
for all those  
ups and downs,  
challenges and problems,  
That made me strong and valuable.  
Therefore, I embrace each day with smile and gratitude.  
I welcome every experience with confidence and toughness.  
So, I ought to count every blessings  
With love and gratitude.

-Heena Kousar, II M.A

### *The Purpose of Living*

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 takes you out of yourself and allows you to expand beyond earthly limitations. True joy lies in the act of giving without an expectation of receiving something in return

When people are asked why they give, the readiest answers include: God wants me to; I feel better about myself; others need, and I have; I want to share; it's only right. The question I would ask is how did you feel? I imagine you felt very pleased with yourself and happy inside.

It has been my experience that when you're focused on giving to others you're less likely to become consumed by your own concerns and challenges. Giving provides an opportunity to look beyond our own world and see the bigger picture.

A great perspective can be achieved by stepping out of our own world and venturing into the world of other people. Your worries and challenges may not seem as significant when compared to other people's situations.

The act of giving kindles self-esteem and brings 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.” Yes, I believe that giving thanks makes you happier. But don’t take my word for it—try it out for yourself.

**Hema C, II M.Sc**

### ***Sharing – A Great Satisfaction***

The joy of giving is very incredible as it takes a lot of courage to give something from your life to others. It is never an easy task. But, the heart of doing something for others without expecting anything in return is what matters. It always gives you a great satisfaction in life to help those in need around your environment. It always need not be a big part to contribute but a mere act of giving is enough to fill a person’s life with joy and happiness. Those smiles that appear on their face is what should be received with great joy. The more we do for others the bigger we get it back be it in any different form. The Joy of giving and receiving happens only when a person is full of gratitude and is ready to come out of his or her comfort zone to help those in need. Always genuine happiness comes from helping others and not from materialistic things. The joy of getting is always short lived while the joy of giving fills your heart and soul with integrity and plenitude. Stepping out and helping others helps you realize that your problems are not significant while compared to others. If sometime you find yourself unhappy, empty and unfilled try making someone else happy and the happiness in their face will by itself bring smile on your face. We all know that if people give just a little of their time, skills, knowledge, wisdom, compassion, wealth and love the world will be a more peaceful and healthier place. The rewards of happiness are priceless and always go hand in hand and vice versa. If you need happiness you need to give happiness in the same way if you need love you need to give love. Sometimes when you give to others you may have to sacrifice and sometimes what you think is less might truly be more. Seeing the smiles, gratitude and the ray of hope on the faces of those you are kind to always make the act of giving worthwhile.

**Kushmetha K A, III MCA**

### ***The joy of giving is indescribable***

Humans are a social animal. We are born with a survival instinct.

Being able to receive help and to give help is thus a fine art and human survival instinct, a humbling act that reveals a lack of feeling superior or arrogant. Those of us who give can sometimes be lulled into a feeling of power, for we establish ascendancy, yet it really is the one who receives that commands the premium. We are also born with an altruistic instinct, which makes us find joy in helping others or giving others and in contributing to their survival and flourishing. While on the surface the two instincts seem to be leading us in opposite directions, the altruistic instinct actually emerged from the survival instinct. Our ancestors hunted in groups, built shelters in groups, and escaped predators in groups. Collaboration was their main strength and in order to collaborate they had to help one another.

The joy of giving is indescribable because it takes courage to give something from our life to others and yes on the crux it seems not easy to do same for another person. The happiness we feel after a particular event or activity diminishes each time we experience that event, but when it comes to the happiness you feel when you give something increases every time . Many a times it had happened that when we are feeling very unhappy, trying to make someone else happy is one of the best ways to bring our mood up. Also when we are feeling empty and unfulfilled, trying to do something meaningful and worthwhile work and see how we feel. The catch is that you must do the work with passion and enthusiasm. The acts of giving and receiving are a continuous process of circulation that continues the flow of your life’s energies. For one person to receive someone else has to give. It’s a cycle of energy that flows continually inwards. People who give gifts are much higher than those who receive gift. So keep giving within your limits and accept it with generosity.

**Sonika Prasad, I M. Sc**

### ***We make a living by what we get. We make a life by what we give***

People around the world are waiting for someone to hold them and be there if they require help. The more we can hold them and give our little time & compassion can make a big difference in their lives.

The joy of giving is indescribable because it takes courage to give something from your life to others. It is not easy to do something for another person. But if we have the heart to do something for others without expecting anything in return makes the difference. The joy of giving makes a person expand his or her life to a great extent. The best part is it gives a sense of satisfaction after doing your bit for people in your environment. The mere act of giving fills a person’s life with joy and his own happiness multiplies. As we have an example of Mother Teresa. She took every life she met precious than her own life and did her best to support them. She was never concerned about her own well-being and her full focus was on others. She was one lady who took every person’s pain & suffering and gave them hope & courage. The more we do for others and it all comes back to us in different forms. Every life is precious and important. How a person treats another person is very important as it reflects a lot about his own life.

The Quote on Joy of Giving is as follows: “We make a living by what we get. We make a life by what we give.” — Winston S. Churchill, We must have experienced it in life. When we have given something or done something for someone it actually gives a sense of satisfaction and makes you feel so positive about yourself. The joy of giving only happens when a person is full of gratitude for himself and is ready to come out of his comfort zone to make a difference in another person’s life.

Gratitude is the starting point of anything. If the person is full of complaints and criticism then it will be difficult for that person to feel gratitude for himself. One of the most important things for our own happiness is the act of giving joy, happiness, courage, compassion to others.

The more we give to others, the more we get from the universe. Your relative happiness will come from materialistic things but your genuine happiness will come from giving to others.

So the heart to give others is important for us to contribute to building a society of peace & harmony. We have many live examples of people who have done great things for humanity. Our small contribution will also make a big difference in society.

If we ourselves are feeling hopeless or depressed. Then the most important thing is to go out and give hope & courage to others and then see what happens.

**Priyanka S Reddy, II M.Sc**

### ***The More you give, the More you Receive***

People around the world are waiting for someone to hold them and be there if they require help. The more we can hold them and give our little time and compassion can make a big difference in their lives.

The joy of giving makes a person expand his or her life to a great extent. The best part is it gives a sense of satisfaction after doing your bit for people in your environment. The mere act of giving fills a person's life with joy and his own happiness multiplies.

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The more we do for others and it all comes back to us in different forms. Every life is precious and important. How a person treats another person is very important as it reflects a lot about his own life.

We must have experienced it in life, when we have given something or done something for someone it actually gives a sense of satisfaction and makes you feel so positive about yourself. The joy of giving only happens when a person is full of gratitude for himself and is ready to come out of his comfort zone to make a difference in another person's life.

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We have many live examples of people who have done great things for humanity. Our small contribution will also make a big difference in society. If we ourselves are feeling hopeless or depressed. Then the most important thing is to go out and give hope and courage to others and then see what happens. You will surely have changed something in your life and feel much better.

**Anna Roslin, II MBA**

## **MY STORY**

Sky is the limit they say, I'm here looking for my aircraft to be built.

I take a step, God !! shows me his way, I'm here, yes I am here and how do I go ahead?

After all I need help myself.

How do I give something? when I'm in need of it too.

May be I can. After all it costs my time and not a penny.

It's funny I say!

I finally decide to start an Education program through the platform I had recently joined.

I was able to provide free education online to students who had dropped out of school due to this pandemic, I'm happy I could do this and provide my bit to them in life.

"It's Joy of giving and receiving" I was blessed!

my mother was blessed!

It was my time to receive and god gave.

Now I say it's not funny after all , it's the "joy".

**Chaitanya, MBA**

## ***The Joy of giving: The more you give of yourself, the more you find of yourself***

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 our heart fills our life with joy and helps us to recognize ourselves. Giving provides an intrinsic reward that is far more valuable than the gift. As Mahatma Gandhi said, "To find yourself, lose yourself in the service of others."

True joy lies in the act of giving without an expectation of receiving something in return. This I came across in one of the real life incident where I used to regularly give a street dog near my house a pack of biscuits. For this as gratitude it regularly used to follow me whenever I go out for buying things. It gave me a sense of happiness as just a pack of biscuits can make that dog treat me as his owner and tried to protect me whenever I go outside.

The act of giving kindles self-esteem and brings happiness. We can realize ourselves and discover the purpose of living. The small giving can bring a big and brighter happiness in the face of the receivers.



**Namitha M , II MBA**

## ***Give us our lives that gives us life.***

Many like to be receivers not givers. They feed on people but don't feed people. They want attention, money, fame, power and authority. But they give us nothing. I write this article on behalf of my Nigerian Friends across the world protesting for their Rights, crying out loud to end Police Brutality, the receivers (government)are silent. They are being killed. When will the givers receive peace, joy and their basic rights. Haven't the virus taught us to give more than to receive? Haven't the virus taught us humanity over power and brutality?

Give us our rights, that gives us joy. Give us our son's and daughters proper facilities during this pandemic that give us peace. Give us our lives that gives us life.

We GAVE our trust when we voted for you but you only Received but never GAVE BACK the trust we GAVE.

According to me, the joy of giving lies in the way the receiver accepts and takes happily whatever you are giving. You might be a Cheerful giver but never give false promises wrapped in silk sheets.

#EndSars

**Pooja , II MA**

## *A dose of love, happiness and Inspiration*

A Chinese proverb says: "If you always give, you will always have." A famous American author and management expert, Ken Blanchard, declared "The more I give away, the more comes back." If you find yourself feeling unhappy, try making someone else happy and see what happens. If you are feeling empty and unfulfilled, try doing some meaningful and worthwhile work and see how you feel. It is the joy and love that we extend to others that brings true happiness or union with God. We know that if people give just a little more of their time, skills, knowledge, wisdom, compassion, wealth, and love, the world would be a more peaceful and healthier place. We create a flow of abundance when our intention of giving is with an open heart. The true gift is the love and joy we experience through the act of giving. Physical gifts are symbols of our love and joy which flows through and opens the heart of the person receiving the gift. The purer we can maintain our intention, the more we benefit. The expression of love and joy can take many forms: thoughtful words, acts of kindness, gentle touch, listening, giving of our time, act of service, preparing a meal, etc.

For example, the theory that *giving is better than receiving* would be on **Christmas**. People all around the nation on this day give and also receive but a problem that people don't see is that very day, on December 25, everyone gathers with family and friends and gives and receives gifts, and even gives to community for a change, but what about the other 364 days? What are they doing then to give back to their community, the less fortunate, and animals, and it's those ideas can cause common misconception, such when people say, "I'm doing my part", but are they really is the problem. That brings the idea that if everyone gave back a little more the world would change drastically, for the better.

Here are 7 steps to shift your perception towards the flow of giving and receiving.

1. Create an intention to observe and discover your negative belief.
2. Breathe deeply several times until you feel lighter and more open.
3. Allow any fears and negative beliefs to come into your awareness. If necessary, forgive yourself for any judgment you or others have had in the past.
4. Open to feel compassion for yourself for having these beliefs which limit your full potential.
5. As you focus on your breath, acknowledge any feelings and thoughts you are experiencing emotionally.
6. Choose to let them go as you breathe out until you feel a lighter again.
7. Breathe in the positive belief you prefer to adopt, even if you do not completely believe the new affirmation yet.

**The more you give of yourself, the more you find of yourself.** The rewards of giving are priceless. If you want to have happiness, you need to give happiness. If you want love, you need to give love. It is only in giving that you receive. No matter what your circumstances in life, you can give. With a little effort and commitment, you can shift to thinking more positively, since the negative belief is not the truth. Holy Bible says like this: "***There is more happiness in giving than there is in receiving.***" (Acts 20:35) Those words of Jesus underscore this important truth that unselfish love brings its own reward. Although there is much happiness in receiving love, there is even greater happiness in giving or showing love to others.

In conclusion giving is like a boomerang, you may throw it far, but in time it will always come back to you. It felt that giving, no matter how little or how large will always result in the same way, both sides, the giver and the receiver will both be cheerful. Thus, bringing to the conclusion that we should believe giving is better than receiving.

**Amiya Reji , II M.com (FA)**

## *The Cycle of Love, Sacrifice and Service*

"To get the full value of joy you must have someone to divide it with"- Mark Twain

Giving is one of the best investments you can make towards achieving genuine happiness. The joy of giving is indescribable because it takes courage to give something from your life to others. When we give, we reap the joy of seeing a bright smile, laughter, tears of joy and gratitude for life. Being able to receive is a fine art, a humbling act that reveals a lack of feeling superior or arrogant.

Once upon a time, a greedy, rich man hired a great mathematician to find the best way for him to make the greatest profit in everything he did. His greatest dream was to fill gold and jewels in his huge house. The mathematician was shut away for months in his study, he found the solution, but later found some errors in his calculations, and he started all over again. One night he appeared at the rich man's house, and said "I found it!, my calculations are perfect." As the rich man was going on a long journey the next day, and didn't have time to listen, he promised the mathematician that he would pay him double his wages if he would take charge of the business while he was away. Being excited, the mathematician accepted. When the rich man returned, he found that all of his possessions had gone. Furious, he asked for an explanation from the mathematician. The mathematician calmly told him that he had given everything away to people. As the rich man couldn't believe it, the mathematician explained it further. "For months I analyzed how a rich man could gain the maximum benefit, but what I could do was always limited. There's a limit to how much one man can do by himself. Then I understood the key was that people could help us to achieve the aim. So the conclusion was that helping others was the best way to get more and more people to benefit us." Disappointed and furious, the greedy man stormed off, desperate at having lost everything to the hare-brained schemes of a madman. However, while he was walking away disconsolately, several people ran over, worried about him. All of them had been helped when the mathematician shared out the rich man's fortune. They felt so grateful to him that they offered him the hospitality of their houses, and anything such a special man might need. Over the next few days, he saw the full results of what the mathematician had calculated. Wherever he went he was received with great honour, and everyone was willing to help him in whatever way they could. Slowly, he managed to quickly set up flourishing businesses, but this time he followed the brilliant mathematician's advice. No longer did he keep his riches in a safe, or anything like it. Instead, he shared out his fortune among a hundred friends, whose hearts he had converted into the safest, most grateful and fruitful of safes.

We make a living by what we get, we make a life by what we give. Even a little generosity goes a long way in making yourself happier. You don't need to become a self-sacrificing martyr to feel happier. Just being a little more generous will suffice. There is joy in giving and receiving the generosity that God inspires.

**Sonia. T, II MBA**

## *Mr*

The Mr of the street,  
had no possessions  
and no family.  
He did not even have a name  
to take the blame  
of past confessions.

He lived on the sympathetic glances  
of the metropolitan city and  
the spiteful bedspreads from  
"Marxus and Frances".

The gloomy packages and the  
lumpy morsels thrown at him,  
he received with the brightest grin  
and the more he loitered,  
he shared whilst the panicking crowd  
of St Bernad's round.

All that was left was  
a mouthful or clump  
of crusts and peels,  
loopy tin cans  
and flurried limbs.

But, the more he gave away  
the more his grin grew and  
though the days were tough and poky  
His friends were his sole portkeys.

### The Joy of giving and receiving



I believe that happiest people are not those getting more, but those giving more and if you're a person who believe in this and hunting for a real satisfaction in life then I would suggest you to go, break the ice and start working with an NGO. I always wanted to help the needy but couldn't find the right platform or say I couldn't afford to pay as I am a student. This NGO where I interned, didn't only help the poor but also helped a huge number of volunteers including me to learn a lot through this experience and I would like to call it as a lifetime experience.

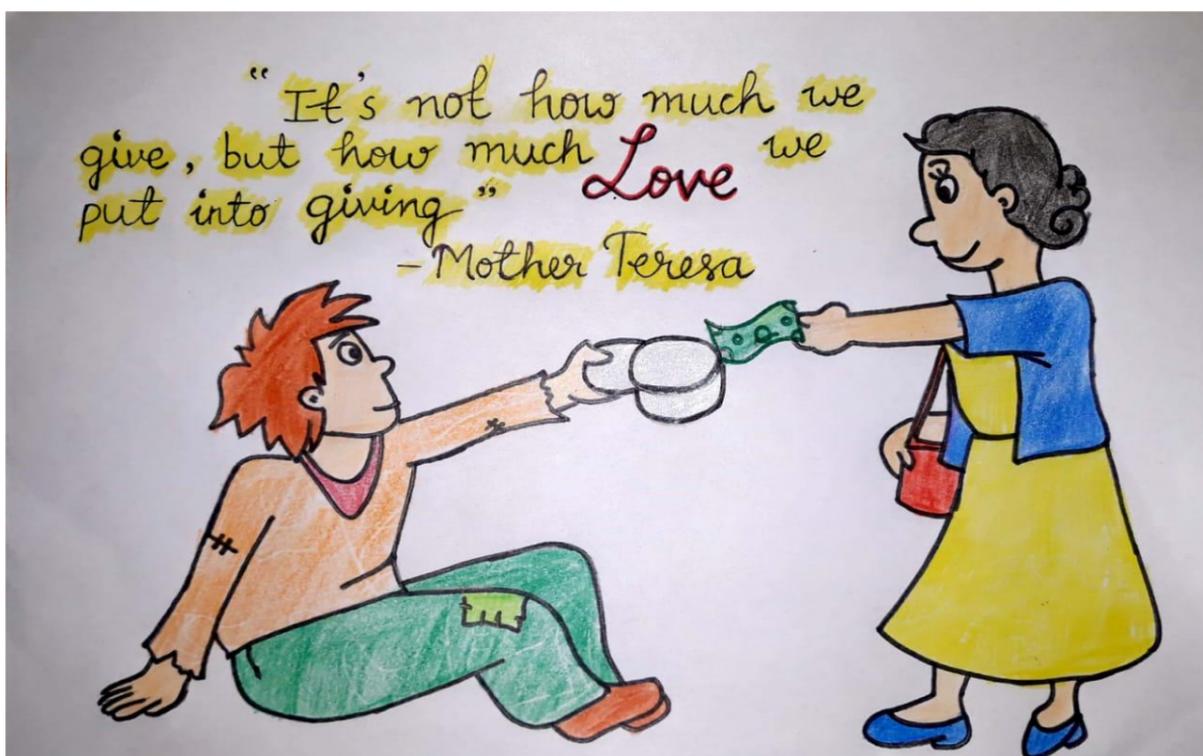
This was my first internship experience as an HR intern at YEF. Earlier, I had been a part of their volunteering activities. Youth Empowerment Foundation (YEF) is an NGO which helps in educating children, help the needy like daily wage workers, disabled people, those who have lost their jobs in this pandemic and who are unable to afford the basic necessities. When I think about the journey so far, it's been nothing less than a blessing. When I started my internship at YEF, everything was pretty new to me. I was talking and working with people of different ages. Each person taught me something valuable. The organisation has taught me to think about the society first and myself later. Had I not been with this NGO, I don't think I would have been the person

that I am today.

Working for an NGO is better than sitting at home dreaming about an ideal society you want to live in. The only way to achieve an ideal society is to make one, by working positively towards societal development. There is a famous quote 'The more you give of yourself, the more you find yourself'. There are many needy people, try to help them and listen to them, and in turn you will feel good, achieve a sense of empowerment, pride, and accomplishment.



**Chandana. N, II MBA**



**Ashika. S, II MBA**