

Happiness and Self Development - Ethical advantage of Social Service

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Man is only one among a million animal species. Getting a human birth is a rare privilege. How do we became eligible for this good fortune? The Creator is considered to be non-partisan, fair, just, impartial, etc. He would not do this without valid reason. If we assume that the Creator has nothing to do with such decisions, then there must be a Natural Law or Prakrithi or an Unknown force, which decides such matters. The whole Universe observes the Law of Order. Speed of light, gravitation, movement of planets and stars etc remain the same. A coconut tree would not bear betel nut. Cow would not eat meat. In the case of man, he deviates from norms, Dharma, ethics, etc., and hence there is inequality, iniquity, injustice etc. According to the four religions born in India, and the opinion of great thinkers all over the world, we are the arbiters of our own destiny. Our life is based on our good and bad deeds done in previous births and in this birth. Good deeds would result in good outcomes in this birth or subsequent births. In any case, doing good things and leading an ethical life would bring in happiness and public esteem. Social service, in that sense, would be beneficial from the Law of Karma and a practical way of

leading a peaceful life, useful to society. Social Service Organisations (SSOs) are doing a great service to mankind by giving opportunities for individuals to engage in the service of community. The very process of working in a SSO has multifarious benefits to individuals and their families.

Social Service (SS) can be to individuals who are suffering due to poverty, handicap, ill-health, mental depression and various other causes, who need financial and psychological support. SS can be to the neighbourhood, community, caste group, religion and nation. SS can also be to protect animals, environment, for conservation of ecology, develop respect for nature, etc. It can also be for promoting culture, social relationship and harmony in society, inter-religious harmony, international understanding, etc. This article analyses social service to individuals and communities, which would show that those who are engaged in SS would benefit far more than the target beneficiaries. They can enhance happiness which is the true success in life. They will earn public esteem and acquire

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Man means mind. As our mind is, so are we. Core of management is management of mind. Whatever is outside the mind cannot give us pleasure or pain. Everything is in the mind. Joy, pleasure and happiness are in the mind. Mind wants variety, and hence jumps from thought to thought as well as topic to topic, like monkeys jump from tree to tree. Diversifying and regulating the mind is the essence of Management of Life. SSOs help in developing this essential principle of Management of Life. In office and factories, mind gets stressed due to innumerable factors. We go home fatigued and distressed.

When one comes to SSO meetings, all such anxieties and fears are temporarily set aside. There is an atmosphere of goodwill and bonhomie. Everybody is in a joyful mood, exchanging pleasantries. Mind gets diversified. Members of SSOs meet people of different ideas and ideologies, attitudes and behaviour, interests and motivations, etc. These differences expand the mind, giving it resilience and capacity to endure suffering and to avoid negative tendencies. Thus in meetings and collective community service, mind expands and enhances happiness, which is the real success in life. Money or position cannot give such happiness automatically.

Body and mind are intimately connected in every sense. The state of health affects the mind and vice versa. Thus a happy mind improves health, enabling the 50 billion cells to multiply, thus improving health and immunity, which in turn, enhance the life span. SSOs provide the ambience and opportunities to enhance joy and happiness.

SSOs also help in self development, in terms of increased competence and

organizational and leadership qualities. They will develop capability and courage. They may even develop immunity and live long. They would grow in the spiritual ladder towards divinity.

All over the world, people join NGOs with a variety of motives, one of which is interest in community service. However, they themselves would benefit a great deal through such service by way of enhanced happiness, which is an index of success in life, as well as self development in terms of improved competence and character.

Social Service Organizations (SSOs) have noble missions, with many sided goals and objectives. SSOs bring people together on a common platform, transcending the differences in ideology, profession, religion, language, ethnicity and several such barriers which divide peoples. SSOs have social, cultural, professional, philosophical and spiritual dimensions, some of which are obvious, while others are latent in the movement, but which would blossom in the years to come.

We owe a great deal to hundreds of scientists and technologists in the world, Prophets of various religions, teachings of sages and scholars and our forefathers. They have toiled and suffered and have given us this beautiful civilization, which we are enjoying merrily. In every society, gratitude has a high ethical value. Community service is one way by which we can express our gratitude for those known and unknown persons who have made, and still are making our life happy. The

present generation cannot do anything to them directly. One way by which we can materially and emotionally express or manifest our gratitude to them is to get engaged in dedicated social service to the community.

At the social level, SSOs give members a number of opportunities for enhancing happiness. Husband and wife jointly work, and be together while attending SSO meetings and engaging in social service. SSO members meet professionals of other fields and thus enlarge their horizon and vision. SSOs meet in a non-conflict and non-competitive situations, unlike is the case at home or in business or engaged in professional work. Members in SSOs transit from selfishness to selflessness, from mere careerism to a mission, from grabbing to giving, from individualism to community, from smallness to bigness, from loneliness to camaraderie, etc.

Success in life is really “enhancement of happiness”. Purpose of life itself is to avoid sorrow and suffering and to increase happiness and peace. When we are in non-conflict and non-competitive situations, we are happier than we are while in stress or in conflict or in competition. Thus SSOs give us an opportunity to spend a little time in a happy state when we are engaged in service and that too in a group setting. Group consciousness, at least temporarily, subdues our ego and individualism role and self importance, on which we usually concentrate most of the time. By being attached to an ideal or a worthy goal, we become closer to the divine and spiritual being. We grow as good human beings and liked by others.

discipline, rituals and conventions, would enhance happiness and professional self development, and further hopefully help to get a better life in the next birth for those who believe in it. In any case, we would develop courage and capability. We would not be afraid even of death, which we can really welcome with calm confidence.

Thus SSO is a noble mission where one enjoys life and spreads happiness to all entities. "The time to be happy is NOW, the place to be happy is HERE, and the way to be happy is to make someone else happy and create a bit of HEAVEN right Here".

It is impossible to worry while you're laughing.

Humor cuts stress levels in half. Laughing helps you to stay happy and healthy and helps you return to good health when ill.

Laughter increases, by 20%, the activity of killer cells within the body which serve to destroy viruses and tumor cells.

Train yourself to look for the comedy in your chaos. A sense of humor is the number one survival skill.

George Bernard Shaw once said, "When you find something funny search it for hidden truth."

"The art of medicine consists of amusing the patient while nature cures the disease." Voltaire

Humor helps us cope, conquer, and carry on. A good laugh is not only the result of humor, it is often also the cause.

The body heals with play, the mind heals with laughter and the spirit heals with joy.

The best exercise is jumping for joy. "Joy is the serious business of heaven." C.S. Lewis.

We begin to solve our problems when we begin to see the humor in them.

"Time spent laughing is time spent with the gods." Japanese proverb.

When we feel like laughing the least, we need it most. If it feels good to laugh, then laugh to feel good.

A sense of humor is not inherited, it is learned.

Source; internet;
received through : Dr A Jagan Mohan Reddy