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Something went wrong. Wait a moment and try again. Being an Indian, we all heard about Bhagavad Gita is 'The Song Of God', most of the people pronounce it Gita only. The Bhagavad Gita Quotes are inspirational for each people
who want to follow the right path in their life and looking for spiritual values. The Bhagavad Gita consists of 700 verses delivered by the divine deity Krishna during the ancient Mahabharata war held in Kurukshetra. The Bhagavad Gita's sayings and
Verses sermonize the importance of one's duty and to keep faith in God. The Gita discusses various beliefs, disciplines, and Values, central to the conduct of a good and meaningful life, attachment, devotion, conflict of motives, ethical actions and consequences, sense of duty, and misgivings from the right actions. This great Hindu Scripture is the
most idolized work in Indian literature and history. Here are some lifechanging Bhagavad Gita quotes Your Desires are the reason of your Sorrow. Good work never wasted, always rewarded by the God. If you want to be Great, Think Great
and Positive Self control is the Mantra of Success. Live a well balanced life, it will bring peace. Detachment from material things is the way to inner peace. Don't proud of what you have, you can't bring your belongings with coffin. Always speak if you are right and don't blame others. World always follow the acts of a great man. The way of Mukti is do
good things and shine, else you need to rebirth God loves them who loves humanity and not an arrogant. External or Material luxury gives you joy for a short time. Not happy with the reward at Work place, Read it Keep Calm! Negative thoughts can divert your mind. Live your life the way you want, don't be a slave for other's wish. Everything Belongs
to God. Soul is Immortal, only body is mortal. If you want inner peace don't expect anything. If you tired from life - your will is your power. Nothing is perfect but do your karma. Be calm, Do love and practiced selflessness. Bhagavad Gita Quotes lead the life to a happy and wisdom-proof path. Not only in India, many people of the world follows the
 sayings of lord Krishna rendered in Gita and achieves spirituality, calmness of mind and soul. So keep faith in God and in yourself and live your life in the best way. The Bhagavad Gita Quotes in English on Success, Karma, Love, Life will enlighten you. These quotes and thoughts from Bhagwat Geeta will make Problem with Your hair? Get Folexin
here! Images may be subject to copyright. This Articles has Shared 63 Times | Click image to Download image Gita Quotes Krishna Quotes Krishna Quotes Spiritual Thoughts Zen Quotes 22, Tue, Mar 10, Thu, Mar 10, Thu, Mar 10, Thu, Mar 11, Thu, Mar 10, Thu
 While most people dream about having a luxurious life, people are living below the poverty line, with no access to basic services like water, food, shelter, clothes, education, and sanitation. They need our support to fight the challenges in their daily life, remove basic issues to some extent and enhance their quality of life. Giving back is the best way to
fuel your sense of purpose in life and contribute to making the world a better place to live for less fortunate people in society. It also allows you to grow as a person and play a part in removing poverty in our community. Also, giving back to society is a great way to have a meaningful life. Donating money to a charity can give you a sense of self-worth
and inner satisfaction. But, before we move ahead, let's understand the role of charitable trusts and NGOs. How do Charitable trusts and NGOs Extend help to the poor? Charitable trusts and organizations working towards this goal are nonprofits, which means that they do not get financial benefits from donations intended for social welfare.
There are charities for numerous causes, including education, poverty, health, child education, health, child education, health, child education, health, child education, health, hea
as no or limited access to education and gender inequality. They also work on fundraising ideas for nonprofits, to continue getting more and more financial support from people. Raise Awareness As NGOs foster a sense of purpose and harness the power of community, most people wish to do their bit and help others in need in society. However,
most people do not know the urgency of some specific issues or things they should do to help others. Charitable trusts and organisations raise awareness for several issues and provide people with the power to take proper action about these issues. Healthcare Access to Underprivileged Section No or lack of access to healthcare is a serious issue
for the underprivileged section. Problems such as contaminated water contribute to illness and even the death of thousands of people every year. Poor or bad health can affect all aspects of life and fuel poverty. NGOs and charitable trusts focus on healthcare, clean water, and other services, helping in healthier and better lives. How to Donate
Money to Charity No doubt, donating and supporting a cause is something you will never regret. But, there are some concerns coming in the way of giving or donating money to a charity. Here we talk about the things that you should know before giving back. Select a Cause Most nonprofit organisations work for a particular cause for social or
animal welfare. While some organizations work for childcare or education, senior care, poverty, and food provision to the poor, others focus on disaster recovery or health and medical support for underprivileged people. So, before giving money to charity, first, you should decide the cause you are most passionate about and careful about. Your choice
will lead to your search for the right charities and NGOs working towards the issue you select. Transparency and Reliability The reliable organizations do not hesitate to provide details about their mission and the causes they support. Also, they are easily open to any type of public scrutiny and analysis. Today, there is no dearth of fake NGOs and
scams in the name of charity. So, it is crucial to get complete details about the company, its goals, and its mission. You should check their website, on-ground work, social media presence, ongoing campaigns, financial details, contact information, and other relevant features, and then finalize the charitable organization to which you want to donate
your money. Do not fall for tricksters and choose only a reliable NGO, providing transparent services and serving the community selfless act of giving. However, there is no harm in thinking about your financial goals and opting for a tax-free donation. Many people
participate in social welfare and donation programs for PR and tax rebates. The registered NGOs or charitable trusts provide receipts for income tax purposes, allowing donors to get a tax deduction. Donating to a registered organisation will ensure that you support a credible charity organisation. Support Options Apart from monetary donations, you
can also think about helping NGOs in many other ways. There are many charities and nonprofit organisations that encourage volunteering, professional help, and supplies provision. Those who wish to work with or support NGOs but have limited money should think about different ways to support organisations. They need to focus on recognising
 NGOs that look for volunteer work. If you are thinking about donating money to a charity, there are several options out there. Privacy and protection of information. Most people donate money to an NGO but do not want to talk about it.
They avoid getting featured in magazines and newspapers regarding their donation amount to an NGO. So, before donating money to charity, you need to check the confidentiality aspect of the organisation. Remember, you will be providing crucial financial details, so NGOs must have a secure mode to safeguard your sensitive information. The
 abovementioned points on how to donate money to charity can help you make a wise decision and donate to a reliable NGO. You may also like this Donation to Charitable Trust 10, Thu, Mar The phenomenal growth and development that India has undergone in the past two decades have contributed a lot to the global human
development index. Conditions of extreme poverty have been reduced to some extent, the infant mortality rate has reduced, more and more children are now giving birth at proper health facilities. Despite significant achievements that the nation has seen towards the eradication of
poverty, several challenges still remain, and we still have a long way to go for ensuring an improved quality of life for everyone, especially when it comes to getting an education, living
a healthy life, and most importantly, sustaining themselves. Child Labour Child labour is one of the most common problems that we see almost every day in our lives, and we need to work towards eradicating this issue by giving help to the needy in terms of providing them access to proper education, which can be done through donations to the right
 charity or NGO. Many children below the age of 18 are forced to work by poor parents for food and money. These children, who are stuck in the trap of child labour, have either never gone to school or are forced to drop out of school so they can start earning. Children are even sent to work in establishments with hazardous conditions, like in glass
factories, firecracker factories, construction sites, etc. The worst kind of child labour is hidden labour and bonded labour where children are sold by their parents for money. This case is most common with the girl child. Child Marriage is a practice that has been observed in backward societies of India for ages. Although, the rate of
child marriage has declined drastically thanks to many Government schemes and policies, it still remains one of the root causes of illiteracy are often likely to experience domestic violence and domestic abuse as well. Access to Education Illiteracy results in
poverty and pushes the development of a country further back. In rural areas, there are many problems that add to an inadequate education system, such as poor school infrastructure, teachers who are not well-qualified to teach children, lack of education system, such as poor school infrastructure, teachers who are not well-qualified to teach children, lack of education system, such as poor school infrastructure, teachers who are not well-qualified to teach children, lack of education system, such as poor school infrastructure, teachers who are not well-qualified to teach children, lack of education system, such as poor school infrastructure, teachers who are not well-qualified to teach children, lack of education system, such as poor school infrastructure, teachers who are not well-qualified to teach children, lack of education system.
the girl child is still a point of major concern that requires social awareness about the fact that education is important for all genders for leading a quality life. Child abuse cases are, even today, committed against the girl child. India was
considered to be at an epidemic level in terms of child abuse between the years 2001 and 2011, according to a report by the Asian Centre for Human Rights. It is high time that such occurrences stop, and we help the needy and the people from underprivileged sections, so our country can walk as one on a path towards prosperity. Child Mortality
Malnutrition, poor sanitation, and poverty are some of the major problems that lead to the high child mortality rates in India. The child mortality rate in India is higher than in our neighbouring countries, like Bangladesh and Nepal, which have fewer doctors and are comparatively poorer. Forced Begging Forced begging is another one of the major
problems in India that have trapped lakhs of children and forced them into begging, which in many cases leads to drug addiction and sexual and mental violence as well. According to the National Human Rights Commission, there is a multi-million-rupee begging cartel that is responsible for the abduction of over 40,000 children every year in India
We need to become the voice of these poor children and help them in any way possible. Making donations for the poor and needy children to NGOs that are dedicated to eradicating such evils from our society is a good way to start and do your bit. Stunting The term stunting refers to the prevention of children from growing or developing properly.
Stunting in India has been an outcome of malnutrition in lakhs of poor children as well. Diarrhoea is one of the diseases that can be easily prevented but still remains one
of the key ailments in poor children below the age of five. Diarrhoea results in loss of appetite that ultimately leads to malnutrition and high child mortality rates. According to a report by UNICEF, diarrhoea and respiratory infections are among the most prominent root causes of child deaths in India. Everyone needs to come forward and try to help
the needy people, no matter how big or small your contribution may be. Gender Discrimination Due to many cultural barriers and prejudices, the male foeticide, which is a major problem in India. The girl child is not allowed access to proper education and is forced out of
school before they can even get their basic education. The problem of gender discrimination is a very common sight in the rural parts of India, where the need for awareness can be felt the most. Toxic Stress Children up till a certain age should be kept away from all toxic stress and other related problems. But due to their condition where they need for awareness can be felt the most.
to struggle every day for even basic necessities, poor children go through a lot of mental and physical stress. Toxic stress becomes a hindrance in a child's ability to learn and grow, and there are numerous NGOs that accept donations for the poor and needy, which are working hard every day to try and provide these children with a safe environment.
When it comes to providing help to the needy and people from the underprivileged sections of society, we have come a long way in recent times, thanks to charity organisations and NGOs like Narayan Seva Sansthan, who are dedicated to working towards the betterment of society. But a long way still lies ahead and every bit of help can help change
someone's life. You may also like this Donation for Girl Education 10, Thu, Mar 10,
discrimination in regard to health and opportunities in the favour of boys to early, immature marriages and considering the girl to be a 'burden', this situation not only plagues India but many parts of the world as well. When you donate for children in need, how much of it is actually used for the girl child. Though the strength of children in
government and skill-based institutions is steadily increasing, millions of girls still do not go to school. The Importance of Empowering the Girl Child The best children in need, the girl child needs a little extra focus. When it comes to
girls, it is not always just about means or access, as there is another major barrier, which is the thought of their guardians or the people around them that the girl does not deserve the same opportunities as a boy as the girl is not one's own and will leave their home, which makes any expense seem pointless to them. There are many ingrained thought
processes that aim to keep the girl child downtrodden, believing them to be the weaker sex. Apart from thinking, simple issues like a lack of proper toilets become some of the biggest roadblocks in empowering the girl child. This is an issue of basic human rights. Every girl has the right to education, safety, and much more, and the truth of the matter
 is that empowered girls are key to a developed India. When girls are educated and empowered, there is better family planning, the children too are better education of a poor girl child, you invest in the country's future. When an NGO is
fighting for women's rights they are fighting for the betterment of society as a whole. Fighting against Female Foeticide and Infanticide One of the primary objectives of NGOs fighting for women's rights and the right to live comes first. Female foeticide is a heinous crime where the girl child is not
even given the chance to live. While female foeticide refers to killing a child inside the womb itself when it is a girl, infanticide is the willing of newborn babies just because they, according to the worst of humanity, are the wrong gender. With several NGOs and social workers spreading awareness and with the government banning prenatal sex
determination has made some difference, education for the Education of the Girl Child In 2009, the Right to Education Act provided 6- to 14-year-olds the right to elementary education girls as it is
not just a question of providing access. Prejudice acts against many even as many others are forced to abandon their education in the pursuit of marriage, while others yet who somehow manage to reach schools, but then have to be wary of even the slightest misstep as that would be considered as proof of their incapability, pushing education out of
 their grasps forever. Several NGOs today offer not only access to free education but counselling and guidance as well for children in need, helping them learn. The Fight against Child Marriage is 18 years for girls and 21 years for boys and any adult involved in an illegal marriage is punishable under law. However,
 many instances of child marriage still occur today. Not only are girls married off at an immature age, generally to men much older than them, but they are neither physically nor mentally prepared for the struggle. Such acts put their as well as their
children's lives at risk. Even today, several NGOs are working round the clock to help girls stuck in such situations, helping rescue them when required, providing them with the necessary skills training, assisting their rehabilitation, and doing much more to help them secure an independent life of their own where they can make their own decisions
Fighting against Domestic Abuse Whether they are brought up like that or it is just the norm who believe in their superiority and there are women who believe they deserve it. But domestic abuse is one of the worst
plagues that is still rampant in modern society. In this field, NGOs have played a major role in spreading awareness and providing aid. With women's rights have a number of aids in place that can be utilised conservatively, based on each individual situation. The
Domestic Violence Act has been put in place to help women suffering from domestic abuse, whether it is physical, sexual, or emotional, and the protection extends to their family members like siblings, children, parents, etc. Given the situation that society is in today, it is crucial to recognise and spread awareness about all these issues and more that
have held back the girl child. The numerous NGOs fighting for women's rights and for the girl child are trying to ensure that they receive the protection and support they need to become their strongest selves, get equal opportunities and are empowered, so they too, in turn, can empower the entire nation. You may also like this donation for Girl child
08, Tue, Feb NGOs across the world put in a lot of effort to launch a number of initiatives to provide relief as the COVID-19 pandemic turned lives upside down. These initiatives, undertaken alongside their regular work towards the development and progress of society as a whole, made quite the difference during those trying times. Even as the
government of India left no stone unturned to combat the situation, several NGOs took up the task to help expand the reach of the efforts, offering resources through their extensive networks and large volunteer bases spread across the country. Narayan Seva Sansthan launched a number of campaigns to not only help fight coronavirus but also to
provide aid to those in need. Within the first week of the COVID-19 outbreak in India, we, at Narayan Seva Sansthan, had an initiative in place to ensure that the underprivileged sections of society were provided basic necessities, in the form of food, medicines, protective gear. We also assisted government authorities in spreading awareness about the
virus, its harmful effects, and the various steps people could take to prevent the spread of the infection. As more and more migrant workers began moving back home because of the lack of daily wages, Narayan Seva Sansthan provided them meals and ration kits as a measure to help them survive the arduous journey. Several efforts were made to
develop and implement various measures for the needy. In a country like India, voluntary support offered at the right time can go a long way in helping bridge the gap between the government and those in need. It makes it easier to identify the needs of the community, which can then be highlighted in front of the authorities. It can also help provide
basic support and services to the people until the authorities are able to reach them. This was our focus at Narayan Seva Sansthan as our entire team worked to the best of our abilities from the very start of the pandemic, and even today, we battle on! Working for coronavirus relief, our NGO implemented several measures and initiatives, including:
Saathi Haath Batana Under our campaign, 'Saathi Haath Batana', we provided meals, oxygen cylinders, medicines, ambulance service, and isolation centres for people seeking aid, especially those who came from economically weak backgrounds. All of these services are being offered across the country, free of charge. Besides, we offer a free
sanitisation facility for those who have recovered from the virus and want to get their homes sanitised. We also announced a dedicated COVID-19 helpline number that people can call for aid. Other Steps Taken Apart from working for Coronavirus patients, our NGO also organised a number of awareness campaigns to make people understand the
importance of sanitisation, proper safety gear, immunity supplements, vaccines, and everything else that can help protect them, and their families, against coronavirus. To provide aid to people who needed it most during these dire times, the specially-abled students at our schools and skill development centres also took part in our initiatives. They
made masks and PPE kits that were distributed amongst the underprivileged, and helped in sanitising private and public facilities, running awareness campaigns, and more, all to ensure safety and wellbeing for everyone. Relief Measures by Narayana Seva Sansthan across the Country 1. Providing cooked meals and ration kits To ensure no one had to
distributed 2,13,051 units of food packets and provided ration kits to 29,603 families. If you too wish to donate, you can search for 'NGO for food donation near me' on the internet. Remember, even a small donation can make a big difference. 2. Distributing masks and medicines Masks and sanitisers are basic yet very important safety measures that
can go a long way in protecting people from coronavirus. However, there are still many people who are unable to buy even these. That is why Narayan Seva Sansthan, with assistance from our specially-abled students made and distributed masks and PPE kits to the underprivileged, free of cost. We also made sanitisers and medicines available for
people who needed them. Dedicatedly working for coronavirus relief, our NGO has, to date, distributed 92,504 masks and 800 PPE kits, with the initiative still being active. 3. Providing oxygen cylinders are very essential for people receiving treatment for COVID-19, the shortage of which created havoc in the country. To help as
increased demand for hospital beds, stretchers, and mattresses. To help hospitals expand their facilities to accommodate the increasing number of COVID-19 patients, our team provided free of cost hydraulic beds for patients. 5. Providing sanitisation service Sanitisation proved to be a highly effective measure in curbing the spread of coronavirus,
which made the sanitisation of public as well as private spaces crucial to ensure safety for everyone. While the government had several sanitisation drives underway for public places, our team offered the service for homes, to help ensure all-round safety. Show Your Support While we are dedicatedly working towards helping people fight the battle
 individuals have consulted therapists to deal with mental stress, many people continue to live with it because of the high prices charged by psychiatrists and other mental health specialists. The lack of treatment facilities and psychology professionals in the government sector has increased the mental health care gap. Non-governmental health
organizations (NGOs) have, however, played an important role in not just bridging this gap, but also in developing low-cost replicable models of care. Stress, anxiety, depression are not the only psychological issues prevalent in society, there's a whole range of mental conditions and disorders that require proper treatment and care. NGOs work
towards a variety of causes including the improvement of mental health of children as well as adults, schizophrenia and psychotic disorders, drug and alcohol addiction, dementia, and so on. Treatment, community care, research, rehabilitation, etc. are all a part of their efforts. The pointers mentioned below highlight the activities undertaken by NGOs
towards the improvement of the mental well-being of people. Care and rehabilitation Despite the significant challenges faced while developing mental health non-government organizations are distributed throughout the country. But there are a greater number of
such NGOs in urban areas as compared to the rural regions. This makes getting quality mental health treatment a struggle for a lot of people living in the rural areas and providing them with equal care and treatment facilities. Treatment and
rehabilitation are some of the most important objectives for many MHNGOs (Mental Health NGOs), because of the largely unmet needs of the communities they intend to serve. While most important components of
MHNGO programmes. However, the lack of qualified personnel to carry out PSR activities has kept it out of conventional psychiatric care. As a result, several non-governmental organisations (NGOs) have taken it upon themselves to create PSR modules in both urban and rural regions. Individual and group counselling, vocational rehabilitation and
livelihood skills training, cognitive retraining, family support and counselling, self-help groups, recreation and leisure activities are all part of the programmes. Prevention and community settings, including home-
based care, and provide a variety of PSR activities. These initiatives vary from basic prevention through community-based rehabilitation. NGOs conduct campaigns and variety of PSR activities. These initiatives vary from basic prevention through community clinic therapy, raising awareness, and offering community clinic therapy, raising awareness, and offering community clinic therapy.
and build relationships with them. Many NGOs even have telephone support lines that help individuals with a preexisting mental illness. CBR programmes for children as well as adults with mental disabilities, as well as school programmes
to aid youngsters with hyperactivity and dyslexia, are examples of such programmes. Training programmes Many MHNGOs offer opportunities for professionals and health workers to be trained in certain areas of mental health, such as counselling and therapy skills so they can, in turn, help the people who need counselling sessions to manage their
mental health in a better manner. Many institutions, for instance, also send their students to MHNGOs. Conduction of workshops for health workers and other important groups is a standard feature of many MHNGOs. Conduction of workshops for health workers and other important groups is a standard feature of many MHNGOs.
counselling sessions to those in need. Building awareness To boost the effectiveness of mental health care, MHNGOs utilize the empowerment of afflicted people and their families. Support groups can also
be found in residential and daycare facilities that support those dealing with serious mental health conditions. Some NGOs working towards the health sector also support the families of the people affected by a mental condition to save them from falling victim to the same. These were some of the ways in which NGOs work towards helping people
suffering from stress and other conditions that affect mental peace and stability. There is a huge list of NGOs, people can approach and find a way to come out of the problems that affect mental peace and stability. There is a huge list of NGOs, people can approach and find a way to come out of the problems that affect mental peace and stability. There is a huge list of NGOs, people can approach and find a way to come out of the problems that affect mental peace and stability.
find that happiness and reason to brighten up your life, it is time to consult a therapist as soon as possible. Reference URLs: You may also like this Most trusted organization 27, Thu, Dec 19, Wed, Dec 15, Wed, Dec 15, Wed, Dec 16, Thu, Jan 20, Thu, J
in everyone's lives, across India as well as globally. The nationwide lockdown in 2020, state lockdowns in 2021, numerous curfews, and much more have disrupted normal life completely, and even though the number of cases is going down, the threat of a third wave still looms upon us. As most of the world came to a stop amidst the pandemic, with
several industries and sectors suffering heavy losses, the pandemic also had a significant economic impact, apart from the effect it had on people's health and emotions. In India, several measures and initiatives were taken to help those in need even as the COVID-19 pandemic ravaged the country. From providing relief to the distressed to providing
aid like protective equipment and sanitisers to the underprivileged, there were many aspects that had to be covered during these hard times. Narayan Seva Sansthan was active throughout the crisis, as the NGO consistently tried to go the extra mile to provide aid through their COVID-19 relief fund. Narayan Seva Sansthan organised various
campaigns, initiatives, donation drives, and much more, to ensure proper resources could be offered to the underprivileged in the country during the pandemic. Here are some of the ways in which Narayan Seva Sansthan supported the needy in India during the COVID-19 pandemic: 1. Sathi Hath Badhana Campaign
non-governmental organisation (NGO) came up with the 'Sathi Hath Badhana' campaign under which they offered services like meal delivery at your doorstep and providing necessary equipment like medicine kits and oxygen cylinders. Through their coronavirus donation drive in India for this campaign, they were also able to offer ambulance services
to those who had been infected by the COVID-19 virus. All the services were offered free of cost. 2. The Corona Relief Seva Fund Narayan Seva Sansthan has also established a 'Corona Relief Seva Fund' in India. The main aim of this Seva fund was to provide free meals and packed grocery kits to the underprivileged sections of society so they don't
have to sleep hungry. The volunteers working for Narayan Seva Sansthan provided food and ration kits to daily wage labourers, who were facing hardships and economic crises due to the Covid-19 relief fund by Narayan Seva Sansthan, which
enabled the NGO to help a number of people in need. 3. Making Masks for the Needy One of the primary things required to stay safe from the COVID-19 virus is the face mask. However, not everyone can afford to buy masks, which is why the divyangs (specially abled) who are associated with Narayan Seva Sansthan started producing masks. These
masks were then distributed to the people in the country who did not have the funds to purchase them themselves. Along with the masks, to donate to India's COVID crisis relief efforts, the divyangs also made PPE kits at the various Narayan Seva Sansthan centres throughout the country. 4. Free Sanitisation Facility Another initiative by Narayan
Seva Sansthan that aimed to contribute to India's fight against coronavirus was establishing a free sanitised. The non-governmental organisation also announced a dedicated COVID-19 helpline number for the same. 5. Creating Awareness Apart from the
numerous relief measures, Narayan Seva Sansthan also did a lot to help create awareness about the virus through online media, social drives, etc. Through the awareness campaigns by the NGO, the importance of wearing masks, frequently sanitising hands, and ensuring social distancing were some of the measures that were propagated. The main
aim of the awareness drives was to help the population understand the gravity of the situation and to explain the measures they could take to protect themselves from the virus. 6. Malnutrition prevention campaign, under which
approximately 17,790 families from several locations, like Bhilwara, Alwar, Delhi, and Udaipur, were provided with their monthly ration for free during the lockdown. The ration kit curated through numerous coronavirus donation drives in India containers of rice, four kgs of pulses, two kgs (as per the number of containers) of oil, two
kilograms of sugar, one kg of salt packets, 15 kgs flour, and other essential spices. 7. Other Efforts to Donate to India's COVID-19 crisis Relief Narayan Seva Sansthan also started food distribution services in locations like Rajasthan, Maharashtra, Haryana, Uttar Pradesh, and Uttarakhand. Under this initiative, the COVID-19 relief fund donations
made at Narayan Seva Sansthan facilitated the distribution of approximately 74,705+ masks and 800 PPE kits, that had been made by the divyangs associated with this, approximately 1,49,000+ food packets were also distributed. The non-governmental organisation (NGO), under the Narayan Garib Parivar Yojana, distributed
ration kits, sanitizers, and masks to people in various areas of the North-Eastern state of Assam, which had been significantly affected by floods. Miri Pothar (Jorhat), Lachon Gaon (Tinsukia), and Laibil (Sibsagar) are some of the areas where the NGO was active during that time. Corona Relief Seva by Narayan Seva Sansthan Rations were served to
29603 families to date Food packets served - 2,13,051 units Masks (made by Divyangs) distributed - 92504 units PPE kit (made by Divyangs) distributed - 900 units Donations made to Narayan Seva Sansthan for their COVID-19 relief fund were utilised to: Provide free of cost oxygen cylinders Provide cooked food and ration kits to the
drive gains momentum, but it is still not over. The donations made for Narayan Seva Sansthan's COVID-19 relief fund can go a long way in helping the underprivileged in the country stay safe. 25, Thu, Nov 11, Thu, Nov 12, Thu, Nov 13, Thu, Nov 13, Thu, Nov 14, Thu, Nov 14, Thu, Nov 15, Thu, Nov 16, Thu, Nov 16, Thu, Nov 17, Thu, Nov 18, Thu, Nov 18, Thu, Nov 18, Thu, Nov 19, Thu, 
In short, it is a company that has been granted tax-exempt status by the Internal Revenue Service (IRS) in order to advance a religious, scientific, charitable, educational, literary, public safety, or cruelty-prevention mission or field of activity. Prior to operating with a tax exemption, an organization must request 501 (c). Benefits of Helping Non-Profit
only available if the donation is provided in the form of a check, draft, or cash. While an organization created outside of state law can petition for tax-exempt status, it is typically simpler for a statutory commercial entity (particularly a corporation) to obtain IRS clearance. To claim this deduction, you must include the following information on your
income tax return: The Donee's Name The Donee's Name The Donee's PAN The Donee's Address Donation Amount 2. Restricted Liability Creditors and courts are restricted by law to the assets of the nonprofit organization. The nonprofit organization are restricted by law to the assets of the nonprofit organization.
organization to conceal unlawful or irresponsible behavior on his or her behalf. Furthermore, directors have a fiduciary obligation. 3. Grant Eligibility Some organizations qualify for public and private grants, making it simpler to get operational cash. Certain grants and other public allocations, for example, are exclusively accessible to organizations
Donations are tax-deductible. Individual contributions to nonprofit corporations are tax-deductible. 4. Reliability A nonprofit organization will have more recognized credibility, individuals may prefer to donate to nonprofit organizations. 5.
Status as a distinct entity A nonprofit corporation exists in its own right. It has the authority to enter into its own legal and other responsibilities Here's How Narayan Seva Sansthan Contributes Established in 1985, Narayan Seva Sansthan has worked tirelessly to reach out
to and rehabilitate differently-abled people from the poor sector. With the mission to alleviate infirmities and provide adequately for different sectors of society, whether it is the health sector or economic rehabilitation for the poor, they have contributed to society immensely. Narayan Seva Sansthan is one of the top NGO services in India, having
worked for over three decades to elevate and empower impoverished and specially-abled members of society by free education, healthcare, food, and skill development. With more than 424350 free corrective operations, the Sansthan has grown more like a family and home to all patients and guests. Here's how your contribution helps our non-profit
organization support those in need: • It increases the effectiveness of our non-governmental organization's efforts on the ground. • Every day, more than 300 patients are evaluated and diagnosed, and there have been so many successful operations with helpful equipment provided for the poor and needy. • Narayan Children Academy was founded to the provided for the poor and needy.
to offer education to economically underprivileged children. Narayan Seva Sansthan work for a variety of causes, including providing free treatments and surgeries, skill development, mass wedding ceremonies, and other services to physically disabled people, has transformed the lives of millions of people. There's a Special Joy in Giving Back We
have all considered making a contribution to a worthy cause by giving to an NGO at some point, but the uncertainty around the influence that our small contribution may have frequently prevents us from proceeding. However, when you help an NGO like Narayan Seva Sansthan, even a modest contribution may go a long way. Once you've decided
which charity to support, keep in mind that the quantity of money you provide is unimportant. All that counts is how you give it. The charity value matching will assist you in being a better person. We have 480 branches in India and 49 branches i
rehabilitation, corrective operations, and assistance distribution, making us one of India's most dedicated charitable organizations. 04, Thu, Oct 21, Thu, Oct 2
conscience by expressing compassion and goodwill to the less fortunate members of society. Now, while it is good to donate to a worthy cause, we are often prone to hysteria and rush of doing it. Instead, take a moment to thoroughly research the NGO/nonprofit organization you intend to donate to, and learn more about the charitable work it is doing
Making a donation is one of the simplest ways to support a charitable cause. It doesn't have to be much; you can easily donate the money you'd spend on a cup of coffee and a sandwich at a cafe, a movie, or the latest fashion accessory. Is every donation, however, the same? Is the net outcome of every rupee donated the same? And, if you donate with
the intention of receiving a tax rebate in addition to donating to charity, would you automatically receive a tax rebate when tax season arrives? Here are some key details on questions you've probably never considered asking. 1. Be cautious if you make donations for tax purposes. The term "charity" refers to any organisation that works for the greater
good, but you must verify whether your charity is registered with the Indian government and qualifies for tax exemption. Donations to charity organisations are eligible for tax rebates under Section 80G of the Income Tax Act, which can be claimed while filing the ITR (Income Tax Return). Here's how an NGO qualifies for tax benefits of donating to
violation. They should not spend in a way that benefits a particular religious group or caste. In addition, the NGO must keep track of its revenue and expenses. Tax deductions are eligible for a full tax deduction. 2. Ensure that your donations
 allow you to assist a non-profit organisation. Think twice before giving money to someone who appears suspicious or unscrupulous in public settings. As a matter of fact, do your due diligence to ensure they're from a reputable charity with a track record of success. The same is true for fundraising in malls and public locations which is done by
transparency Good NGOs have no concerns communicating in-depth about their administration and have personnel on board to audit for thorough analysis. They are also subject to public review in any way. As a mark of authenticity, a large portion of this information should be included in an NGO's annual report. You should also keep an eye out for
scammers. There is no shortage of charity-related frauds, Examine an entity's website, social media presence, active campaigns, contact information, on-the-ground activity, financial information, on-the-ground activity, on-the-ground activity, on-the-ground activity, on-the-ground activity, on-the-ground a
recommendations from friends and family. A charity's social media pages will feature a lot of third-party support and activities to indicate engagement from people, groups, and organisations, so you don't need a personal referral. On their websites and annual reports, significant nonprofit organisations, so you don't need a personal referral.
which includes people, foundations, and companies. 5. Look for non-profit status in addition to tax benefits. There are many NGOs in India to donate to that promote social good. Many of these groups utilise grassroots-level understanding and ground-level initiatives to fight for social change. However, you must be clear about your charity priorities:
always contribute to non-profit organisations where the sole focus is on social good. 6. Is it possible to make a secure payment? The procedure for making a donation to a non-profit organisation is crucial. After all, as a donor, you want to ensure that the majority of your donation reaches the intended NGO and towards the social cause you've chosen.
It is often safer to avoid making a cash gift and instead use alternative methods such as cheques or, better yet, online payments. For instance, we, at Narayan Seva Sansthan, accept online payments over an SSL channel which ensures our donors' security and privacy. Keep this as an important prerequisite while looking at donation sites in India
Finally, you may consider contributing in ways other than money, such as becoming engaged by volunteering your time and talents. Narayan Seva Sansthan is widely regarded as India's top charity organisation, and works for several causes, like offering free treatments and surgeries, skill development, mass wedding ceremonies, and other services to
 physically disabled people has transformed the lives of millions. Help do social good and make sure you do it right. You may also like this tax deductible donation 13, Thu, Aug 14, Thu, Aug 15, Thu, Aug 15, Thu, Aug 16, Thu, Aug 16, Thu, Aug 17, Thu, Aug 18, Thu, A
As You Like It, a character named Jaques says "All the world's a stage, And all the men and women merely players. They have their extraordinary right? Let me explain these lines for your better understanding. Here, Jaques says that the world we live in nothing
but a grand stage and all the human beings are mere actors, playing their roles on that stage. They have their births, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits, that is they are born, and they have their exits are born, and they have their exits are born.
our deed is done. Different people are assigned different roles and the only thing that matters is how well we play that role with compassion, determination, and humility. In our daily lives, since birth, we have got the habit of using our fully functioning hands and legs in almost all the work that we do. We eat, we drink, we walk, and we run.
Everything revolves around the proper functioning of our limbs. Even the thought of losing them and living a life without them sends a shiver down my spine. But still, there are countless people who do such a difficult task every day, and with a smile on their face. I can only wonder, the strength they have in their heart and the will power the hold
within themselves. Today, let us learn about one such person, who has defined all odds and has shown that his disabilities do not define him, rather, what he does, defines him. Jagdish Patel, paraplegic by birth but a challenger by heart. Let us hear from him, the story of his life. The Life of Jagdish Patel, paraplegic by birth but a challenger by heart. Let us hear from him, the story of his life. The Life of Jagdish Patel, paraplegic by birth but a challenger by heart.
to school for studies. Neither I had any proper clothes, nor I had transportation. I used to travel 6 kilometres on my hands every day. 3 kilometres to the school, and 3 on the way back. It was a tough life, but that did not break me. I had my grandfather who used to say to me that, Jagdish, whatever happens, one must never lose heart. Being
handicapped does not matter. A person is disabled only by his heart and mind. I got an unbelievably valuable piece of advice from him. He said that God is taking it from us or stealing it but instead we should think that, he is only taking from us to empty and in the said that God is taking it from us or stealing it but instead we should think that, he is only taking from us to empty and in the said that God is taking it from us or stealing it from us or 
our hands so that he can give something better." ""In life, it is always important to strive for something good. One must never be satisfied or let down by his present circumstances, instead should work to make a name of his own and get recognition. This is why I practised dancing and also started to do stunts. From there, I came to
 the best online charity donation platforms in the country. After I came here, I took the 3 months computer course. After completing that, I took part in a talent show that was organised by the Sansthan. It was a dream come true
for me. Because of the support and praise I got, I am looking forward to creating and doing something new which will surely be a pleasant surprise for all."" NSS IS THERE FOR ALL Such are the lives of people with disabilities. The help and support they get from Narayan Seva Sansthan are massive for the mental stability and growth of their lives. In
these ways and several others, the Sansthan has a positive effect on the Divyangs and poor unprivileged people and we hope and plan to keep on doing such good work for years to come, and that will be only possible if people like you come forward and extend your help to us. Narayan Seva Sansthan provides an option to donate through Paytm as
well. 13, Thu, Aug 27, Mon, Jul 28, Mon, Jul 29, Mon, Jul
give us the freedom to play and legs give us to travel this beautiful world. We have all these things but still, we often curse God and ourselves because of something insignificant. We are blessed with so many good things, we can see, hear, taste, feel, and explore the beauty around us. Sometimes, we should stop and take a moment and appreciate all
the good around us, and what we are naturally capable of doing, which is only a dream for countless others. In India alone, there are more than 3 crore people suffer from mobility problems. They cannot wisit all the places they would like to do. Going on adventures
and trekking mission is only a dream for many of those people. We can only imagine the pain and suffering they go through every day. They are often reminded of their disabilities. Moreover, we as human beings, are also not completely inclusive to these people. The
parks we have built, the museums we have constructed, the malls we go for entertainment, most of these places and have fun like other normal people. Nearly 43 percent of kids who suffer
from some kind of disability are planning to drop out of studies due to difficulties faced by them while taking part in online education. Because of this ongoing pandemic, all the public institutions are closed which has forced the teachers to conduct their classes online. But, though this a good idea, it is not inclusive for all the kids. When Swabhiman, a
community-based organization working for the rights of people with disabilities conducted a survey in Odisha, Jharkhand, Madhya Pradesh, Tripura, Chennai, Sikkim, Nagaland, Haryana and Jammu and Kashmir in the month of May that recorded the information provided by 3627 people. It was found that 56.5% of kids with disabilities were
struggling to attend the online classes and were becoming irregular and 77% of kids were unable to keep track of the online learning process and will eventually fall behind. There are some non-profit organizations that are serving the handicapped and disabled through physical aid and vocational training programs. However, these NGOs need our
support and donation for Divyang to continue with these services. The life of a disabled is never an easy one. Every day, from the moment they wake up, an innumerable number of challenges waiting for him. The tasks like washing our face, brushing our face, bru
trouble, the disabled people find it particularly hard to get these tasks done. Either need a person to help them or years of practice which makes them self- dependent. After getting the morning routine done, it is now for them. The teaching
faculty and the other staff are all very loving and caring for those kids, but not all kid is lucky to have parents abandon their disabled kids as a burden on their shoulders and they just cannot afford to take care of them. We have often read in the newspapers and seen in the newspapers and they just cannot afford to take care of their
kids. No mother wants to abandon their kid, the child she bore within herself for 9 months, the pain she goes through during delivery of that child, I can only wonder how much pain she goes through which forces her to abandon her kid. When we are not able to do something which our peers are able to do, it is obvious that we suffer from an
inferiority complex. The people who suffer from various disabilities, cannot do things at a similar speed as his normal friends. Disabled people face discrimination on a daily basis. In this competitive and overpopulated world, finding proper employment is tough enough for us, then think about the hardships they go through. Due to his physical
disability, he faces discrimination due to his physical shortcomings. Some people feel powerful when they use their power on the weak. This bullying of people with disabilities is a shame for all of humanity. This social discrimination is never a good thing to see, never mind being on the receiving end of it. Narayan Seva Sansthan is known as the top
charity organization in world, providing an umbrella for such people who are bullied by society. The Sansthan provides them with proper medical care, education, job training, and the opportunity to earn a place in society. They help them and aid them in facing the challenges of everyday life. NSS also provides those people who suffer from
discrimination and inferiority complex, a platform to show their talent and be recognized by all. This helps the people suffering physical disability be happy with his life and earn their own living. He earns his employment and thus empowerment. The pandemic has put enormous pressure on the well being of all the people, and specifically on the
disabled people. Nupun Malhotra the co-founder and CEO of Nipman Foundation and founder of Wheels For Life, says that "I also have a locomotor disability and even for my basic needs, I need someone to hold their hands to take them around. People who have intellectual
disabilities need a caretaker for their personal and emotional needs, etc. Social distancing is impossible for people with disabilities in general." He also adds that "Accessibility through media channels, helplines are not accessible to the deaf and only very few
centres are providing interpreting services." Dr. Alim Chandani, founder of Access Mantra Foundation also adds that community) to get access due to the blockage of facial expressions or not being
able to read lips." 10, Fri, Jul Realities of Life Is life fair to everyone? Does everybody get the same opportunities in life? No, life is not fair, and it definitely is not equal. But life is a challenge that presents itself to everyone with its own set of challenges and obstacles. Different people have to face different difficulties
throughout their lifetime. Some people face challenges later on In their life, and some are born with their own challenges. We often see that kids are born with physical disabilities, either since birth or due to some unfortunate incident go through their life
 Different people cope with their disabilities in different ways. Some people are born with their disabilities, so accepting it and leading a life with the problems come much easier to him than a person who is inflicted injuries by fate. Humans are the most developed beings on this Earth. We learn to live; in the situation, we belong. We make the habits
in our life. So, when due to some cruel accident, a person is forced to accept his disabled body, it is a very tough thing for him. The toughest thing of all is acceptance. Accepting that your life has changed in a drastic manner, you will not be able to run like the wind or play
with your mates like before, accepting these harsh realities is an awfully hard task. Accepting that your life will be limited to wheelchairs or medical aids or calipers, you will need the external support of crutches or some other adaptive technology just to do the basic things, gives a huge amount of trauma to that person. Disability in India In India,
according to the survey report of the National Statistical Office in 2018, it was seen that the number of people who live their life with some kind of disabilities, i.e., people who use calipers or some kind of disabilities, i.e., people who live their mobility. The
report added that "In India, the prevalence of disability (percentage of persons with disability was higher among males than females." It is a well-known fact that people with disabilities do not get the proper education which stops them
from having a good life, which was proven by the findings of the report as it said, "Among persons with disabilities age 3 to 35 years, 10.1 percent attended pre-school intervention programs. Percentage of persons with
disabilities of age 3 to 35 years, who were ever enrolled in an ordinary school, was 62.9 percent." The physically disabled people use prosthetic limbs and calipers to make their lives better and so that they are able to have the minimum freedom of movement. Currently, only 28.8% of disabled people have a certificate of disability and more needs to be
done by the government and other organizations so that these people have a better life. It was also seen that, among the people suffering from disabilities who are over the age of 15 years, the unemployment rate was 4.2%. Free Artificial Limbs and Prosthetics The people with some sort of physical disability, need an adaptive technology which helps
them to perform the daily tasks comfortably. Their workshop makes tools for people who are specifically made to help them. To date, NSS has distributed 351397 calipers which have helped the physically disabled people massively. Narayan Seva Sansthan Udaipur organized a free artificial limb distribution camp in Aligarh to serve the aged and the
underprivileged. Free artificial limbs and calipers were distributed in this camp to 40 Divyangs. The Narayan Seva Sansthan organized Artificial Limb Measurement Camps in Ahmedabad, Delhi, and Jaipur in August. In the same order, similar camps are being organized by Sansthan in other cities for the differently-abled beneficiaries. In the same order, similar camps are being organized by Sansthan in other cities for the differently-abled beneficiaries. In the same order, similar camps are being organized by Sansthan in other cities for the differently-abled beneficiaries. In the same order, similar camps are being organized by Sansthan organized by Sansthan in other cities for the differently-abled beneficiaries. In the same order, similar camps are being organized by Sansthan organi
distribution camps, several people came forward to make donations for operations so more people could be helped. Prashant Agarwal, the president of Narayana Seva Sansthan, says, "We are also providing education and vocational training to the differently-abled with the treatment of economically weaker sections (corrective surgery) so that they
can develop their full potential and become self-reliant and become self-reliant and become independent." In this camp, Narayan Seva Sansthan distributed 99,133 calipers, 10,000 wheelchairs, and 3,600 tricycles through Artificial Limb Distribution Camp. The prostatic and orthotic expert at Narayan Seva Sansthan, Mr. Nathu Singh said that "with the help of orthopedic
doctors, installed customized prostheses in the camp in the body of PwD." Over the past 35 years, Narayan Seva Sansthan is working on organizing artificial limb distribution camps in various cities like Agra, Ahmedabad, Aligarh, Bangalore, Hyderabad, and
Jaipur. In over 500 camps organized by the Sansthan all over India, they have helped 1,13,231 people to lead a better life and the freedom of movement. With the help of these prosthetic limbs, now they are able to do their normal activities without any difficulties. NGOs like Narayan Seva Sansthan are exceedingly rare who take upon themselves to
give the proper treatment to a disabled person. They provide for all the medical therapies, from surgeries to physiotherapies at their own hospitals. Then they also provide the people with various adaptive devices like wheelchairs, calipers, prosthetic limbs, and various things that help the person to lead a better life. The Sansthan does all these
 humanitarian work free of charge and they believe that serving people is as holy as serving God. 07, Tue, Jul 06, Mon, Jul When the sunsets and the night for so many street dwellers. A half-torn blanket, a shredded asbestos ceiling, and an
earthen stove are all the properties of those people. They are deprived of the basic amenities in life. Their kids do not get proper educational opportunities, they do not have proper beds, drinking water, and even toilet. If they are lucky, they survive within a single room on some forgotten streets in our wealthy and posh cities. Still, they call these little
pieces of a land home which signifies how big is the problem of homelessness. The cities of India are some of the most densely populated regions in the whole world. These places offer jobs to people who leave their homes in search of employment and livelihood. Most of these migrant laborers are poverty-stricken and lack the basic necessities of life.
At any given point in time, the number of homeless people in these cities is about 3 million. They do not have substantial food to feed their children, no proper shelter to protect them from the harsh weather, and the evil of the society. Many NGOs and
generous people have come together to help needy persons have proper shelter. In the year of 2012, the honorable Supreme Court passed an order that, across all Indian cities, there should be at least one shelter for the homeless people built for every 100,000 people of that concerned city. We are all aware of the harsh extreme weather New Delhi
witnesses every year. Scorching heat in summer and bone-chilling cold in the winter of 2014, more than 100 people lost their lives to the harsh weather. During the winter season, the unavailability of shelters hurts the homeless people most and results in a large number of unnatural deaths. Due to the lack of
proper shelter, the poor people make the pavements, roadside, the unused drainpipes, the space under the staircases, and the compounds of temples and railway stations their dwelling places. They make temporary shelters which give the, at least some sense of security. In 2013, the Centre started Scheme of Shelters for Urban Homeless and in the
next year, these people were given valuable training by which they could earn their living. Around 800 Indian cities are currently covered by this scheme. As per the guidelines set by the Court, the people living there should be given the basic amenities, like water suitable for drinking, medicine, toilets, bed and blankets, a kitchen for cooking, and also
a locker for the safekeeping of their valuables. Each person should have a minimum space of 50 square foot which is the space needed to lay down a mattress to sleep on and to keep a suitcase beside him. All these were necessary steps taken by the Honourable Supreme Court, but the implementation of these rules was an entirely different matter.
When Kailash Gambhir, a retired judge was appointed by the Supreme Court reviewed the implementation of the goals, the reports were drastic, to say the least. He said that more than 90% of the homeless people did not have any kind of shelter over their heads. He concluded that "despite the availability of funds and a clear mechanism through
which to disburse them, there is an extremely unsatisfactory state of affairs on the ground." In 2017, a committee found out that the money allocated for these projects, i.e., to make fully functioning shelters for the homeless, has not been used properly and more than half of the ₹21.85 million remains unutilized by the states. These conditions only
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add to the plight of the homeless. In a vastly wide and diverse country like India, the miscalculation of the number of homeless people to about 3.7 million as the urban population of India is more than 377 million. This among several others are among the major causes of homelessness in India. due to this high number of people without shelter. There is also a high number of street children who do not get proper education and suffer from malnutrition. The mothers spend sleepless

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nights worrying about the safety and security of their girls. They even cover their kids with oil and soot to keep them away from the evil eyes of the miscreants roaming around in the night. Homelessness in India is not just a political issue that comes around every 5 years but a constant threat and shame on India's sovereignty and democracy. The way
these homeless people are treated is just inhumane. For these people, violation of human rights is something they go through almost every day. For the girls are kidnapped from the street side, raped, and murdered. These events
happen regularly and will continue to happen as long as these poverty-stricken people are not provided with proper shelter and protection. Narayan Seva Sansthan plays their part to provide medical care for the people who need it. NSS has mobile
vans and willing volunteers who are always them to extend their helping hands to the people who are in most need of help. People can make a donation to NSS to help it continue with good work for the society. These acts of humanity make Narayan Seva Sansthan the Best NGO in India. You may also like this online donation 06, Mon, Jul 19, Fri, Jun
In India, the lives of poor people with disabilities have always been challenging & struggling. People with disabilities are more likely to live in poverty compared to people with disabilities have always been challenging & struggling. People with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty compared to people with disabilities are more likely to live in poverty likely are more likely and likely are more likely are 
Narayan Seva Sansthan diligently work towards enabling the future and transform the lives of the disabled. We understand their day-to-day life challenges & struggles. We have seen that these people are the most affected by this pandemic. We should all get together, become their support system, and help them transform their life. How is Narayan
Seva Sansthan enabling the future & transforming the lives of the disabled? Since the year of 1985, Narayan Seva Sansthan has established itself as one of the Best NGOs in India that works for physically challenged people. It has been serving people effortlessly and has followed its motto 'service of humanity is service of God'. At present, it has about
480 branches all over India. They have also spread the wings and opened 49 branches internationally, these reasons contribute to making us the best among all. On a daily basis, NSS serves 300 to 400 patients at its hospitals. Along with the medical work, we are quite diversified and help out the poor and needy in every way possible. Let us see how
Narayan Seva Sansthan is striving every day to make the world a better place. Providing Access to the Free Healthcare Services At Narayan Seva Sansthan, we have an orthotics and prosthetics department which is in charge of making customized modular limbs for the patients, which takes a maximum of 3 days, The best quality and proper fittings is
also ensured. Every day they have 80 to 90 patients suffering from polio, either by birth or otherwise. Their corrective surgery is done at the hospital along with all the other patients. Both local and foreign patients are treated here, with no discrimination of any kind. In Udaipur, Rajasthan NSS has a hospital comprising of 1100 beds, the devices and
equipment used at this hospital are all state of the art and are of international standard, which provides the best diagnosis and treatment to the patients. As of today, the Sansthan has operated and given new life to more than 4,17,500 polio suffering patients and of other disabilities, and they have done so without charging them a single rupee.
Providing them proper treatment is only one side of their generous work, they also provide boarding and lodging facilities, with no charge. They are also provided attendants who take particularly good care of them. By providing lodging to the suffering patients and their families, we try to give them a beautiful experience whenever they visit our
hospital at Badi. Free tea and coffee are provided on a daily basis, free meals are also provided twice a day for the 4500 patients and more and their helpers as well. Transforming the lives of these disabled people has always been our main focus and we keep striving towards this goal every day. Helping with the Right Equipment and Aids Narayan
Seva Sansthan provides suffering patients with proper equipment so that they can have a better life. We provide around 100 people with artificial limbs, crutches, calipers, hearing aids, and wheelchairs daily at totally free of cost. We can estimate that we have made the lives of around 8 lakh specially-abled people better by giving them wheelchairs,
around 2.60 lakh specially-abled people have got tricycles from us and more than 3.50 lakh people have received calipers. All these proper equipment have been provided to the suffering people who are not able to do even
the basic things in life. Along with helping physically disabled people, we also care for the intellectually and psychologically disabled people. NSS has over 23 working centers all over India which are equipped with the latest physiotherapy centers. Here people with several other disabilities like cerebral parsley, autism, Down's syndrome are taken
care of. Giving Vocational Training Programs In the rural region, we can often see that poor people are deprived of employment opportunities. They lack the necessary skills to be employed and they are unable to have financial independence. So, Narayan Seva Sansthan looked into this problem and started several Vocational Training centers. These
centers are made with the goal to provide charge-free training, sewing, and many more. This place helps people to have a self-dependent and satisfying life. There have been more than 2000 people who provide activities for the disabled and have got help from
these centers. They are working every day intending to transform the lives of the differently-abled people. Organizing the Free Mass Wedding Ceremony Narayan Seva Sansthan does not stop after providing proper medical facilities and job training. For total rehabilitation, they arrange mass wedding ceremonies. They take the specially-abled boys
and girls from all sections of the society without any kind of discrimination on the grounds of caste, creed, or religion. In the last 18 years, NSS has organized 34 free of cost Mass marriages that have united more than 2000 couples. They are among the society without any kind of discrimination on the grounds of caste, creed, or religion. In the last 18 years, NSS has organized 34 free of cost Mass marriages that have united more than 2000 couples.
education to the kids In the year of 2015, Narayan Seva Sansthan took another initiative to help the kids from the poor families of India. there are lots of kids who do not get primary education and the kids suffering from some kind of disability suffer even more. So, NSS started a school in Badi, Udaipur to provide cost-free education to all the kids,
poor or suffering from hearing, visual or speech disability, and named it Narayan Children Academy. To date, there are many kids from the rural and tribal sections of the society who have received basic digital education and are now infused with the mainstream society. Fighting Against Malnutrition Narayan Seva Sansthan is one of the best NGOs
that work for ending malnutrition in India. We took a mission along with the District Collector of Udaipur Smt. Anandi Ji. In this campaign, we are providing: 1. Multivitamin nutritional food packet which contains multigrain wheat, Moong Dal, Rice, Sugar, Iodine SALT, Soybean Oil, and Biscuit Packets. 2. During this campaign, follow-up will be taken
fortnightly, and post proper check-up will provide one more food packet and this process will continue for 3 months. 3. Camps will be organized in 5 different places in every 15 days. 4. Food will be provided to 800 malnourished families in Udaipur District. 5. Target has been set to distribute 4000 food packets initially. Further will expand this from
one district to another and will do it across all over INDIA. Doing so many social activities require funds. Thought helping the poor and unprivileged is a noble cause, no way it is a cheap or easy venture. So, we ask you to support us to help the deprived people of the society. To provide such humanitarian services, raising funds is an important part of
it, as, without money, all our efforts will go to vain. So, please come forward and do your duty as a Human by saving the Greatest Creation of God. Below are the bank details of our several accounts both in India and Abroad. Narayan Seva Sansthan is incredibly grateful for your contribution. S.N. Bank Name IFSC Code Account No 1 ICICI BANK Br
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Sansthan INC (Tax-Exempt 501 C-3 ID#33-0928054) S.No. Bank Name Sort Code Account Number 1 Bank of America Checking 000626069110 Hong Kong Narayan Seva Sansthan HK (IR File No 91/148 12-Tax Exempt Charity) S.No. Bank Name Sort Code Account Number 1 Bank of India BKIDHKHH 852220101129015 2 Bank of India
 Address 1 State Bank of India SBIN0031209 51004703238 SBININBBJ12 SBI, Near Chetak Circle, Opposite hathipole police station, Udaipur,313001, Rajasthan, India 12, Fri, Jun Awareness is basic and one of the most important steps to tackle a difficult situation. So, on 2nd April, World Autism Day is observed to make people aware of Autism
Spectrum Disorder (ASD). Once, a survey was conducted to assess autism awareness in India & USA. It results in only 12.6% of participants in India are likely due to a lack of awareness rather than lower prevalence. What is Autism? Know more about its Sign &
 Symptoms If a kid suffers from Autism, the signs of social awkwardness and unruly behavior become common. Presently, in India, of every 500 people, 1 person is diagnosed with this disease, which is about 0.2% of the entire population. The Rehabilitation Council of India tells us that, there are about 21.6 lakh people are suffering from Autism.
Often, we see that kids develop developmental disorders which become quite prominent before he is 3 years old. If the kid shows signs of communication deficits, he has underdeveloped mutual social interactions, rough and rude behavior, and limited interactions, rough and rude behavior, and limited interactions around him, it can be the symptoms of Autism. The symptoms can come and go on
varying levels, so it is known as a spectrum disorder, or Autism Spectrum Disorder (ASD), or simply Autism. A physiotherapy center can help children with ASD to improve balance and coordination. The evolution of "Autism in India" as a diagnosis In the year of 1959, "autism" was first mentioned in the Indian literature. This started a trend in the
1960s, which saw various publications writing about this disorder. In the early stages, it was normal that people knew truly little about this disorder, which is only normal. When the 1980s came, did the level of awareness among the Autism Society of India started to increase. This decade saw a focused rise regarding a study about Autism which was
followed by understanding the disease better and the development of technology. Autism India improved, the common folks learned more about it, the parents of the suffering people became more aware of it. The training options began to increase and thus it led to an
 improvement in the laws which help such people. The executive director of INCLEN Trust International, Narendra Arora led a study across India that found out that, among every 100 children under the age of 10, 1 has Autism and among every 8 kids, 1 kid suffers from a neurodevelopmental condition. The study found that the reports according to
the census of 2011 were grossly wrong. The cases on the ground were 10 times more than the 1.3% that was mentioned. Narendra Arora said, "That [was] a gross underestimation, this [new estimate] requires public health action." Arora and his partners spread out to five different places in India, which differed from each other culturally and socially and socially arona said.
and did door to door research. It was found that hearing problems and intellectual disabilities were most common. Autism in Indian babies is widespread with one kid among every five has a neurodevelopmental condition and plenty have a second. This was the result of studying more than 2000 children from ages 2 to 5 and about another 2000 kids
from the age of 6 to 9. Arora said, "This is the first-ever community-based assessment of the prevalence of neurodevelopmental disorders in children in India, and probably in the whole of the developing world." This was a breakthrough in Autism in India statistics 2019. The team used a free test, known as INDT-ASD, which they particularly made to
be used in countries with low resources and diagnosed that 44 children have Autism. WHO Response to Autism Spectrum Disorders According to the World Health Organisation, among every 160 children, one has ASD. This evaluation is based on an average figure which significantly varies across various studies. Although, some well organized have
said that the ground reality is much more horrific. The proper number of children suffering from ASD is unknown in the underdeveloped and developing nations. This hugely interferes with Autism Statistics worldwide in 2019. WHO has been working hard to work together with various organizations to promote treatment 1. Improving the work ethics
and obligations of officials, both local and international bodies on treating Autism, 2. Provides proper guidelines, makes policies and lays down plans to address the ASD, 3. Develops effective strategies and achievable targets for assessment and treatment of Autism Spectrum Disorder and other neurological disorders. Autism Society of India promotes
treatment and several therapies like: • Cognitive behavior therapy • Behavioural management therapy • Cocupational therapy • Cocupational
therapy Conclusion Due to a lack of awareness, there is a huge data gap in the actual cases of ASD and the number which is reported. Various studies suggest that due to the prevalent limitations in our society forces a lot of malnourished and children suffering from disorder go unnoticed. Another study said that "the scarcity of high-quality
population-based epidemiological studies on ASD in India highlights an urgent need to study the burden of ASD in India would lead to better development of rehabilitative services in our country." The availability of modern and developed services for people suffering from
neurodevelopmental disorders is a must as it is important for the wellbeing of the patients and their families. In a society in which still considers mental disorders as taboos and professionals who lack proper knowledge and expertise, has lots of improvement ahead of them. Narayan Seva Sansthan is the most trusted NGO, taking
care of people with various kinds of disabilities, from mental disorders to physically challenged. Whoever comes in search of help, is never turned away. They provide everyone with proper treatment and an opportunity to have a better life. NSS has started schools for the poor and underprivileged kids, it is stepping forward for the various autism
school in India. 12, Fri, Jun 12, Fri, Jun 12, Fri, Jun 11, Thu, Jun Being a parent is one of the biggest things to be proud of and with it, there is plenty of responsibility." You may know it as it is one of the most famous quotes among people of all age groups,
and it is so popular because it holds such significance in everyone's life. When a couple becomes parents, they are filled with joy, it gives them satisfaction and fulfillment. They attach all their hopes, their dreams with their kid. They want to give him all the happiness in the world and want to protect it from everything bad around him. Such is the love
of a parent. Even before the birth of their child, the couple attaches it to lots of hopes and dreams. So, when the parents are blessed with a disabled child, their hopes and dreams suffer a huge shock, their whole belief system is
shaken, and they are forced to re-evaluate their choices for the kid. This brings in great agony gives birth to dissatisfaction. So, let us learn about some mistakes in the parenting style of parents of kids with special needs: 1. Parents always want the best for their kids. So, if they learn that their kid has some kind of
disability, they make efforts to make the problem go away completely, which seldom happens. This inaccurate assessment of the progress of the kid leads to disappointment for the parents. Some things to remember are, to be specific, to have measurable goals that are attainable and relevant. 2. One especially important parenting advice in disabled
children is that always be smart. We as parents often think that the more therapies we can arrange for our disabled child, the better it is for him. But this is very wrong, as this leads to a very wrong concept as the leads to a very wrong concept as the leads to a very wrong wrong, as this leads to a very wrong concept as the leads to a very wrong concept as the leads to a very wrong concept as the leads to a very wrong wrong wrong concept as the leads to a very wrong concept as
the handicapped kids are by definition, slow learners and need lots of patience. 3. Disabled kids have lots of issues. They show their progress infractions and are not able to work miracles. This should not concern the parents. They should always have patience and faith in
their kid and the team supporting him. Know that your kid is not the first and the only kid they are working with, always keep close contact with them and faith in their experience. 4. One thing to remember always is that, be calm. You should never take any decision in an excited state of mind, especially when it concerns your kid. I know that you only
have good in your heart but if you think that, you are not doing enough for him, you will feel the urge to do something new, as you do not wish to have the regret later. Always be calm, converse with your partner, and the team working with your kid before taking any decision. 5. We, humans, are deeply passionate beings. We tend to conclude things
which are not noticeably clear to us, we connect dots of things which are linked with each other, but it is rarely the case. We are always so concerned about the health and progress of our disabled child that, every little thing he does, we think that it is a sign of progress. We need to learn to be more analytical and have control over our excitement
Rather than concluding, we should talk to the kid's carers as they will be able to provide more in-depth analysis as their knowledge regarding kids with a special need is far greater than us. 6. Never consider yourself an expert in everything, as it is not normal. Instead, it is always smart to take advice and help from true experts whenever necessary.
Narayan Seva Sansthan is a non-government organisation that houses a team of experts who take care of all the needs of the kids with special needs. They can give valuable parenting tips and calm your mind. Share your feelings with the ones close to you, never hold up feelings as it never has any positive outcome. 7. Raising a disabled child is a
very tough job. He needs constant attention and care. It is not a one-person job. So do not try to do it by yourself, thus increasing the burden on yourself, and ultimately, your child's trouble, you cannot expect everyone to understand your troubles.
but still, you will find support. The majority of humans have empathy in their hearts, and often they lend support to the ones who ask for it. It is an awfully bad parenting style to suffer in silence. 9. You should accept that the problems your kid is going through, will stay with him till his last breath. Though it may be reduced to a great extent that he
can lead a near-normal life, it will never go away completely. No miracle drug can cure your kid in an instant. So, do not antagonize yourself over what is impossible. 10. Lastly, take care of yourself over what is impossible to much on your kid in an instant. So, do not antagonize yourself over what is impossible.
yourself, which indirectly is a more harmful thing for your kid. You should take care of your mental and physical health, along with caring for your disabled kids. To fulfil these needs, one can consider selecting fundraising platforms or charity donation websites as well. Right from their education to mental growth to having a better life. We always
 look forward to helping the poor and unprivileged as there is no greater good than helping someone who cannot help themselves. Finally, always remember to ask for help, learn new things, and try new things, and try new things, and try new things of your kid. You may also like this online charity donation platforms 09, Tue, Jun 08, Mon, Jun 08, Mon, Jun 08, Mon
Jun 08, Mon, Jun 27, Wed, May 27, Wed, May 21, Thu, May 2
above golden words false. This world is truly a cruel place, if you let others walk over you, they will not wait and think for a second. They will be truly fortunate if someone shows empathy towards you. So, when other people face such cruel
hardships, just take a moment, and think about what persons with disabilities face every day. The negligence they face, the pain they go through all these difficulties and many more not because of a fault of their own doing. Plenty of people are born with some kind of disability or the other, and plenty of others go through
tremendous misfortune and pain when such disabilities are inflicted upon them. But these people do not bow out of life so easily, instead, they take these difficulties as a challenge and strive forward to find happiness in life. But to be happy in life, people need money, as harsh it may seem, that is the brutal truth. People spend their earlier stages of
life educating themselves of the various aspects of life, gathers knowledge, and learns skills that help them to earn a living and be financially independent. But the people with special needs are often cast aside in this race. Often, they are not given the proper care, they are not given the basic education and they cannot afford the luxury to learn the
skills to earn them employment. Inclusion is the process of ensuring equal treatment and opportunities to everyone irrespective of their abilities, disabilities in the mainstream and give a healthy work environment for them. Today, many people come forward
and offer a donation for disabled people that makes it helpful for them to gain the necessary knowledge or skills that empower Disabled people 1. Foundation Skills that empower Disabled people 1. Foundation Skills that they wish to learn. Social Inclusive Education - These are the skills that a person learns in the primary stages of life. They pick up these skills
from their early school years. They learn about the basics of mathematics, learn to do reasoning and problem solving, and become literate. These basic skills are required in every field of work. 2. Professional, Technical, and Vocational Skills - These basic skills are required in every field of work. 2. Professional, Technical, and Vocational Skills - These basic skills are required in every field of work. 2. Professional, Technical, and Vocational Skills - These basic skills are required in every field of work. 2. Professional, Technical, and Vocational Skills - These basic skills are required in every field of work. 3. Professional, Technical, and Vocational Skills - These are the skills are required in every field of work. 3. Professional, Technical, and Vocational Skills - These are the skills are required in every field of work. 3. Professional, Technical, and Vocational Skills - These are the skills are required in every field of work. 3. Professional, Technical, and Vocational Skills - These are the skills are required in every field of work. 3. Professional, Technical, and Vocational Skills - These are the skills are required in every field of work. 3. Professional, Technical, and Vocational Skills - These are the skills are required in every field of work. 3. Professional, Technical Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills are required in every field of work. 3. Professional Skills - These are the skills a
carpentry, metalwork, shoemaking, tailoring, and weaving. There are more advanced technical skills like computer technology, engineering, medicine, and physiotherapy, these skills are also called professional skills. Such high-level professional skills require a higher level of education in technical institutions. They give formal training along with an
official certificate and provide equal opportunities to adults with disabilities. 3. Business Skills - Entrepreneurial skills are vital if a person is looking to work in a field that requires successful management of money and people, it also requires proper scheduling and administrative skills. Under these skills, there are several other aspects of being an
entrepreneur such as preparation of a business plan, the setting of achievable goals, analyzing the market, assessing the risk in the work and diligent solving of problems. These skills are about one's attitude towards others and his own life, basic knowledge
about everything around us, and about things that are an integral part of our life. Skills such as how one communicates with the customers, how he presents himself to them adapting to different situations, attentive communication and listening, thinking out of the box, analytical thinking, and maintaining proper discipline also fall under core life
skills. All these skills and many more are needed to be a proper gentleman, who is respected by all. Ways to ensure the inclusion of people with disabilities: With one's hard work. Learning from his family as parents are the biggest teacher in a person's life. Inclusive education Schools should provide employment skills by ensuring disability rights
Self-help groups in which people with similar deficiencies find a good teacher and learn the necessary skills. Learning about the job after one is selected for it. Colleges and universities must promote diversity and inclusion through various skill training courses. There are plenty of choices to choose from, these places take special care of the people
 with needs and provide the necessary tools so that the person can learn the required skills. But the most important attribute of all is determined, the fire in one's heart. And, with the donations for skill development that people offer for the disabled, it has become much more convenient to learn new skills nowadays. The brighter it burns, the better the
 person will do in his life as he will be able to burn away all his difficulties and keep on moving forward without caring for the shackles on his feet. At Narayan Seva Sansthan, we offer a skill training program for divyangs. We promote inclusion by providing people with disabilities with all the skills and tools they need to return in the normal path of
society. We ensure disability rights so that Divyangs become self-dependent and are able to find happiness in their life. These people with special abilities might have certain physical or psychological shortcomings, but these people with special abilities might have certain physical or psychological shortcomings, but these people with special abilities might have certain physical or psychological shortcomings, but these people with special abilities might have certain physical or psychological shortcomings, but these people with special abilities might have certain physical or psychological shortcomings, but these people with special abilities might have certain physical or psychological shortcomings.
they need to learn things about their surroundings, but there are plenty of things we as a civilization can learn from them. 17, Sun, May 16, Sat, M
Mon, Nov 27, Sat, Oct 12, Fri, Oct 11, Fri, Oct 11, Fri, Oct 11, Mon, Oct 25, Tue, Sep 20, Thu, Jul 13, Fri, Jul 10, Tue, 
with the problem. We tend to continuously keep thinking about the problem and we cannot seem to get our mind away from the problem even for a short time. This, in turn, often triggers a whole lot of negative emotions in us, like anger, fear, grief, sorrow, irritation, frustration, helplessness, angst, and depression. And with these thoughts and
emotions, we try to solve our problems, with varying effects. If someone is faced with a problem, and that leads to that person being extremely upset, angry, scared, panicky, or frustrated, common sense and logic tells us that this person is going to struggle to find a solution. Because to find a suitable solution to any problem, we need to be able to
think calmly, clearly and rationally. But when we are confused or upset, our thoughts are not in our control. Our thoughts become bizarre, often unreal or illusory, and tend to be scattered. And every negative emotions is us, leading to more confusion and helplessness. And as the
pressure builds up in us to find a solution, that pressure also adds to the stress. All in all, in the midst of a problem, we often tend to be our worst selves, and find that our problem becomes one, we become attached to our problem, and there is no
distance or separation between us and the problem. And to be able to think with clarity, and to come out with viable solutions, we need to have some distance. For example, because we are not attached to a problem which is faced by our friend or neighbor in the same way as they are, we can often give them very good advice about what to do,
provided they ask us and are willing to listen. If our neighbor's father or mother falls suddenly seriously sick, the neighbor might be frozen with fright or panic, and might not even have the presence of mind to call the doctor or take his parent to the hospital. But if we were called in, we, by virtue of the fact that we are not attached to the sick person
in the same way as our neighbor is, would be able to make quick decisions and would be able to shift the sick person to a hospital quickly. The only difference here between us and our neighbor is that he is closely and deeply attached to his parent and the sudden illness while we are not, and hence solutions are easier for us than for the neighbor.
Though this sounds easy in theory, to be able to detach ourselves from our problems and create a distance or objectivity between us and our issues. But if we are able to become aware, and are able
to, even a few moments, consider the problem to belong to our friend and not to us, we would then be able to see things differently, and would be able to give ourselves some excellent advice. Being deeply attached to the problem is often like going too close to the fireworks. It will most probably burn you. But if we are able to step back a little, we can
really enjoy seeing the fireworks without having to get burnt. Most problems we face are also like that. If we are too close, we get mentally and emotionally exhausted and burnt. But if we are too close, we get mentally and emotionally exhausted and burnt. But if we are too close, we get mentally and emotionally exhausted and burnt. But if we are able to introduce a slight distance between ourselves and our problems, we can definitely do a better job at problems we face are also like that. If we are too close, we get mentally and emotionally exhausted and burnt. But if we are too close, we get mentally and emotionally exhausted and burnt. But if we are able to introduce a slight distance between ourselves and our problems, we can definitely do a better job at problems we face are also like that.
middle of the problem. But for that to happen, we need to cultivate great awareness, then it becomes difficult to extricate ourselves from it. So, before the next big problem strikes, practice awareness, by sitting quietly for a few minutes daily, focusing on your breath, watching your breath, watching your
thoughts, while not getting attached to them and by recognizing your thoughts for what they are---just thoughts. And once you do this daily, you are ready to interject some awareness and stay a little unattached and distant, when your next problem strikes you. And that will help you tackle the problem much more effectively and positively and with
minimal stress. You may also like this Donate Money 26, Tue, Jun 21, Thu, Jun 19, Tue, Jun 21, Thu, Jun 19, Tue, May 21, Mon, Jun 02, Sat, May 21, Mon, May 19, Sat, May 21, Mon, Jun 02, Sat, Jun 29, Tue, May 21, Mon, Jun 02, Sat, Jun 29, Tue, May 21, Mon, Jun 04, Mon, Jun 19, Tue, Jun 19, T
is our free will, which is always available to us. In any given situation, we decide what is best for us, and act accordingly. These actions may or may not be in the direction of the flow of life. If our actions arise as a result of connecting to our inner being, as a result of intuition, and as a result of love, then it is likely that we are always with the flow of
the cosmos. If our actions arise from fear, jealousy, anger, guilt, shame or greed, if they arise from self preservation and safety, then it is likely to be against the flow of life. Giving up resistance for what we believe to be true, or what we believe to be
our right, or correct, is not easy. We are often compelled and forced from inside, as our ego-mind screams injustice, screams destruction, and forces us to push and resist, in an effort to survive and avoid discomfort. This invariably leads to draining of our energies, for we are but a small speck in the Universe, and we obviously cannot take on the
forces of Nature or the Universe. But our ego-mind does not think so, and we try and control and manipulate each and every situation, to our advantage. Whatever you resist, persist, is a well known dictum. As Pema Chodron says "Nothing will go away, unless you have learnt what it has come to teach you". With our resistance, we tend to block the
free flow of energy in many aspects of life. Life is flowing, energy is always flowing, but with our anxiety or greed ridden minds, we tend to become a barrier to the flow of life. "Get out of your own way" is another popular mantra that spiritual gurus give us. What it means, is that we have to soften or drop our resistance to the flow, and let things
happen. Why do we resist that unwanted things or situations, or situations, or situations, or situations, or situations that bring us discomfort? We resist because we don't want to have every sort of experience, not only the good or positive or beneficial ones. We are Source Energy which has
incarnated in this physical form, in order to experience and learn. We have chosen our lessons much before we were born. But having forgotten all that, we tend to resist in many situations, without realizing that resistance often means negatively engaging with the situation and going against the flow. And resistance or escape also means we lose a
valuable change to get a particular experience, which might hold great gifts or insights for us. Common sense tells us that navigating a river downstream needs no effort. In fact, it requires you to cease effort, and relax, and let yourself be carried by the river of life. Starting with
small things, try softening your resistance. Then your can do the same to the big things in life. And you will discover how life suddenly improves, becomes more interesting and how you find more joy and peace in your life. For Donate money, Click on: Online Donation 15, Tue, May 09, Wed, May 07, Mon, May 05, Sat, May 02, Wed, May 07, Wed, May 08, Wed, May 09, Wed, Ma
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