



**K.R. MANGALAM UNIVERSITY**

THE COMPLETE WORLD OF EDUCATION

# Beyond Boundaries Lives Transformed by Care

2023-2024



Impressions by: NSS Volunteers, KRMU







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# WISDOM UNVEILED

## INTRODUCTION

### ABOUT BOOK

The book chronicles the heartwarming experiences shared by National Service Scheme (NSS) volunteers during their visits to old age homes. Through emotional narratives and personal reflections, it delves into the profound impact on both the volunteers and the elderly residents residing in old age homes. From moments of laughter and joy to instances of profound connection and empathy, the book captures the essence of human connection across generations. It highlights the importance of companionship, compassion, and the invaluable lessons learned through the exchange of stories and experiences by elderly people. Ultimately, it serves as a testament to the power of volunteering and the enduring bonds forged through acts of kindness and understanding.

### MISSION

Our mission is to interact with elderly people living in old age home, The Earth Saviour Foundation, to understand their challenges, and to uncover the reasons behind their residence here. This visit is not just a task; it is a heartfelt journey that aims to bridge the gap between generations and bring comfort, companionship, and a sense of belonging to our seniors.

For NSS volunteers, this mission serves as a guiding principle, inspiring them to engage with empathy and compassion. It is a powerful tool for communicating the purpose and goals of our visit to potential donors, highlighting the urgent need to support and uplift the elderly community.

We believe every elderly person deserves to feel valued, respected, and loved. By interacting with them, we hope to bring light into their lives, listen to their stories, and make them feel cherished. Together, we can make a difference, one visit at a time.



## FROM THE DESK OF EDITOR

**D**ear Readers, It is with great pride and profound respect that I present to you this collection of stories, crafted with dedication and care by our NSS volunteers. This book is a testament to the resilience, hope, and dreams of the residents of Earth Saviour Foundation, whose lives we have had the privilege to document.

Our journey in creating this book began with the simple yet profound goal of amplifying the voices of those who often go unheard. Each story in these pages reflects the unique experiences and personal journeys of individuals who have found support and community within the walls of Earth Saviour Foundation. Through their narratives, we hope to offer a window into their world—one filled with challenges, triumphs, and unwavering spirit.

Our NSS volunteers have played an integral role in this endeavor. Their commitment, compassion, and tireless efforts in gathering and documenting these stories have been nothing short of inspiring. They have worked closely with the residents, listening with empathy and respect, ensuring that each story is told with the dignity it deserves.

The process of editing this book has been a deeply moving experience. It has reinforced the belief that behind every story is a person with dreams, aspirations, and a profound capacity for resilience. We have strived to present these stories with authenticity and integrity, honoring the trust placed in us by the residents and the NGO.

As you turn the pages of this book, I invite you to immerse yourself in the lives of these remarkable individuals. Their stories are a reflection of the broader human experience—one marked by perseverance, hope, and the transformative power of community support. Thank you for joining us on this journey. It is our hope that these stories will not only touch your hearts but also inspire a greater sense of empathy and action towards creating positive change in our world.

**Warm regards,  
Mr. Nitin Yadav**

**NSS Volunteer, Editor**



## FROM THE DESK OF VICE CHANCELLOR

It gives me immense pleasure to convey my heartfelt congratulations to all the NSS volunteers for their remarkable efforts and dedication during their recent visit to the NGO. This book, capturing your experiences, stands as a testament to your commitment to community service, compassion, and the values of social responsibility that the National Service Scheme instils in each one of you.

Your time spent at the NGO has not only contributed significantly to the betterment of the lives of those you have served but has also enriched your own perspectives and understanding of the social challenges around us. The learnings you have gathered, the people you have touched, and the bonds you have formed are invaluable.

As Vice Chancellor, I am deeply proud of how our NSS volunteers continue to lead by example, reflecting the core ideals of selfless service, empathy, and leadership. Your experiences, captured in these pages, will serve as inspiration for future batches of volunteers and all students who wish to make a positive impact on society.

May this book remind you of the strength of community engagement and the transformative power of service. I encourage each of you to continue on this noble path, making meaningful contributions to society while evolving as compassionate leaders of tomorrow.

With best wishes and admiration,

**Vice-Chancellor**  
**K. R. Mangalam University**





## FROM THE DESK OF NSS MEMBER

It is with immense pride and a heart full of gratitude that I introduce the reflections captured in this book by our dedicated NSS volunteers after their profound experience visiting the NGO. This book is more than a mere collection of stories; it is a testament to the power of empathy, the strength of human connection, and the unwavering spirit of those who face adversity with resilience and courage.

This visit was not just an outreach; it was an awakening for many of us. It reminded us of the privilege we often take for granted and the responsibility we carry to make a difference in the lives of those who are marginalized or forgotten. Our volunteers have done more than lend a helping hand; they have brought warmth, kindness, and companionship to people who needed it most.

This book stands as a symbol of our commitment as NSS members to continue our mission of service, compassion, and social change. We hope that these stories inspire others to take action and contribute towards creating a more inclusive and caring society.

With gratitude and solidarity,

**Dr. Mina Kumari**

**NSS Member**

**K.R. Mangalam University**





## FROM THE DESK OF NSS PROGRAM COORDINATOR

It is with great pride and joy that I extend my heartfelt congratulations to our NSS volunteers for their invaluable contributions during the visit to the NGO. This book, which encapsulates your experiences, stands as a reflection of your selfless service and unwavering commitment to societal betterment.

The lessons you have learned, the compassion you have shown, and the connections you have fostered, are truly commendable.

As the NSS Program Coordinator, I am incredibly proud of your dedication, enthusiasm, and ability to represent the values of the National Service Scheme. Your experiences, shared within this book, will undoubtedly inspire and guide future volunteers, reminding them of the profound difference one can make through acts of service.

I encourage you to continue on this path of meaningful engagement, driven by empathy and a desire to uplift those around you. Your journey in service is just beginning, and by staying connected to the values of NSS, you will continue to make a lasting difference in the world.

With warm regards,

**Dr. Neeraj Kumari**  
NSS Program Coordinator  
K.R. Mangalam University



## ABOUT NATIONAL SERVICE SCHEME@KRMU

### NATIONAL SERVICE SCHEME

#### EMPOWERING COMMUNITIES THROUGH VOLUNTEERISM (EMPOWERING YOUTH, ENRICHING COMMUNITIES)

##### INTRODUCTION

National Service Scheme (NSS) launched on 24th September 1969 on the birth centenary of Mahatma Gandhi by Union Education Minister Dr. V.K.R.V. Rao in 37 universities covering all States and simultaneously requested the Chief Ministers of States for their cooperation and help. The motto of the National Service Scheme is aimed to involve the students at colleges and universities by inculcating the feeling of empathy and self-extension. The motto of the National Service Scheme is "Not Me, But You". It emphasizes the welfare of the whole society. It is one of the best platforms for the students where they can execute their selfless service for not only the community people but for the whole country.

##### NSS MOTO: NOT ME, BUT YOU

By participating in NSS, students not only contribute to society but also develop a sense of empathy, responsibility, and leadership, which are essential attributes for the overall development of their personality and the nation.

##### OVERVIEW

National Service Scheme (NSS) Unit has been allotted to K R Mangalam

University by the Department of Higher Education, Panchkula, Haryana in year, 2017. Dr. Chandra Mohan was the former NSS program coordinator of NSS-KRMU where he initiated various programs like legal awareness program, women empowerment, literacy program and many more. Every year more than 100 students register for NSS as volunteers from various disciplines and give their contribution towards social services.

K. R. Mangalam University always stands first to serve the nation not only in education but also in diverse work for society with the utmost integrity and honesty. By association with the National Service scheme programme of the Haryana Govt., KRMU gives their best contribution in social reform activities. NSS- KRMU team was awarded by the district legal services authority (DLSA) Delhi and Gurugram for their outstanding contribution towards social services and welfare activities. In a journey of last 5 years, NSS volunteers actively participated in various activities on national, state and district level such as National Integration Camp (NIC) and Pravasi Bhartiya Diwas, Swachh Bharat Summer internship (SBSI), National Youth Festival, Swachhta Pakhwada, State NSS Awards Function, Pre- Republic Day parade Camp, Adventure Camps, Blood Donation Camps, National Unity Day celebration, Legal awareness Programmes, Van Mahotsav and many more.





## THE EARTH SAVIOUR FOUNDATION

Since 2008, The Earth Saviours Foundation has been dedicated to rescuing and providing shelter to the less privileged. Founded by the late Karmayogi Shri Ravi Kalra ji, the organisation now operates under the leadership of his son, Sh. Jas Kalra. Currently, TESF's daily activities and functions are carried out through two shelter homes, one located in Bandhwari Village, Gurgaon, Haryana, and the other in Mandawar Village, Haryana. The shelter homes currently accommodate over 1200 individuals between the ages of 18-100 years old, including abandoned senior citizens, homeless mentally disabled people, deprived females, burnt victims, victims of domestic violence, rape victims, physically injured, and people suffering from incurable diseases such as HIV, schizophrenia etc. These people are brought to the NGO's shelter homes by the police, Govt. Hospitals, referred by Hon'ble courts and by social welfare departments. By the grace of God, all the facilities at the NGO are on a 24x7 basis and completely free of charges for the less privileged people such as accommodation, food, medical aid and every day amenities.

Founded with the mission of improving the

quality of life for marginalized communities and promoting environmental sustainability, the organization undertakes various initiatives to address social and environmental issues.

### Key Aspects of Earth Saviour Foundation:

**1. Mission and Vision:** The Earth Saviour Foundation is dedicated to creating a more just and equitable society. Their mission includes providing support to underprivileged individuals, including children, the elderly, and women, while also focusing on environmental conservation and awareness.

**2. Shelters and Care:** The foundation operates shelters and care facilities for various groups, including orphaned children, abandoned elderly individuals, and women in distress. These facilities provide not only basic necessities but also emotional and psychological support.

**3. Volunteer Involvement:** The foundation actively engages volunteers in its programs. Volunteers contribute to various activities, including outreach programs, events, and day-to-day operations at the shelters.













## MEMORIES WITH EARTH SAVIOUR FOUNDATION

**THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS**







## STORIES OF THE RESIDENTS RESIDING AT NGO

**B**orn in 1970 in Devai, Rumni is an elderly woman who has been residing in an NGO since October 2023 due to hearing loss, which has made communication difficult. She was found by the police in a state of distress, without food, and taken in by the NGO when all efforts to reach her family failed. Despite being married, her husband's whereabouts remain unknown, and the NGO is working tirelessly to locate him, though no progress has been made so far. Despite these challenges, Rumni is a gentle and compassionate person, always willing to lend a helping hand.

The NGO has provided Rumni with hearing aids and is teaching her sign language to improve her communication skills. The caretakers are dedicated to ensuring her comfort and well-being. She spends her time reading and socializing with others at the facility, gradually adjusting to her new life.



NGO staff are optimistic about reuniting Rumni with her husband soon. In the meantime, they are dedicated to providing her with care and support necessary for a joyful and meaningful life.







## 'Residents from Earth Saviour Foundation'

You're not alone in this journey, you're part of a family now, Bound by empathy and kindness, we'll help you somehow. In each smile, in every gesture, feel the warmth of our hearts, as we walk alongside you, playing our parts.



## GALLERY







## “A Tale of Resilience: How an NGO Transformed the Life of Suresh

In the rugged landscapes of Satna, Madhya Pradesh, a remarkable story of Suresh began in 1967. However, as age took its toll, his memory faded, and his knees weakened, causing life's simple joys to gradually fade. Despite the police's efforts, Suresh's family could not be located. Fortunately, a compassionate Non-Governmental Organization (NGO) stepped in, providing him with the care and guidance he needed. Under their nurturing support, Suresh's life blossomed once again, filled with warmth and happiness. Surrounded by a new loving family, he now enjoys three nutritious meals, a comfortable place to rest, and an abundance of love. His journey is a testament to the resilience of the human spirit and a



shining example of how hope and courage can overcome even the toughest challenges.







## Kundan Singh, born on November 22,

1970, hails from Jhajjar, Haryana. From past seven months, he is residing at Earth Saviour Foundation. He is suffering with both cancer and mental health issues. His family's decision to send him away under the guise of earning money elsewhere left him abandoned and vulnerable. Despite this abandonment, his family visits him regularly, offering a glimmer of hope amidst his struggles. The promise of being reunited with his family after completing his treatment serves as a beacon of light in his darkest days. The compassionate care provided by the NGO staff offers him solace and support during this challenging period. Kundan's resilience shines through as he



battles against both physical and mental afflictions, holding onto the belief that better days lie ahead. As he undergoes treatment, his determination to overcome these obstacles and reunite with his family fuels his journey towards recovery and restoration.











Anuranjan Kumar, born on August 5, 1988, and residing in Faridabad, has been under the care of an NGO for the past year due to health challenges. His impaired left leg and occasional hearing difficulties led his family to seek medical help. Despite their deep concern, financial constraints made it impossible for them to provide the necessary treatment, prompting them to seek support from the NGO. Anuranjan's family visits him regularly, offering unwavering support and hope for his recovery, eagerly awaiting the day he can return home. Meanwhile, the dedicated NGO staff ensure that Anuranjan receives the medical care and emotional support needed during his healing journey. Despite his challenges, Anuranjan's resilience shines, inspiring those around



him. As he continues his rehabilitation, he holds onto the hope of reuniting with his family, fueling his determination to overcome adversity and look forward to a brighter future.

Mitra Chamniya, born on August 14, 1964, and residing in Gharot, has been under the care of an NGO for the past 5 years due to health concerns. His persistent itching and allergic problems prompted his family to seek medical assistance, making the difficult decision to entrust his care to the NGO. Despite being informed about his stay, Mitra's family faces financial constraints that prevent them from taking him back home. This heartbreaking reality adds to Mitra's burden as he grapples with his health issues. Nevertheless, the dedicated staff at the NGO provide him with the necessary medical attention and support, offering him solace amidst his struggles. Mitra's resilience shines through as he navigates through adversity, his spirit undeterred by the



challenges he faces. Though the road ahead may be daunting, Mitra's unwavering determination to overcome his health obstacles fuels his hope for a brighter future ahead."





# INSPIRATIONAL MOODBOARD

Every Act of Kindness,  
every moment of  
solidarity and every spark  
of change is fueled by  
the tireless dedication of  
NGOs around the globe.







Asha, a 26-year-old from Bisua, has been battling a mental health disorder, leading her family to seek assistance from a non-governmental organization (NGO). Despite struggling with memory loss, Asha longs to return home, craving the comfort and familiarity of her family. However, her family's reluctance to welcome her back adds to her distress and sense of isolation. The NGO provides essential care, offering Asha the support and understanding she needs during this challenging time. Throughout her recovery journey, Asha's resilience shines through, despite the obstacles she faces. With the backing of the NGO and the hope for her family's love, Asha remains optimistic about a



brighter future where she can find peace and acceptance. Though the path ahead may be difficult, her determination to overcome her mental health challenges continues to fuel her efforts to reclaim her life and rebuild the connections that mean the most to her.



The Value of Life is not in its duration but its donation. You are not important how you live you are important because of how effective you live.

**MYLES MUNROE**







Bhupal, a 38-year-old woman from Haryana, has been living in an NGO for the past year due to health issues, suffering from frequent headaches and body pain. The police brought her to the NGO as she was unable to access medical care. Despite her strong desire to return home and reunite with her brother and sister, her family has remained unresponsive. Even after being informed of her condition, they expressed unwillingness to take her back. This has left Bhupal in a heartbreaking situation, caught between her yearning for family connection and the harsh reality of rejection. While the NGO continues to provide her with care and support, the emotional weight of being abandoned by her family



takes a significant toll. Bhupal's resilience in facing such adversity is admirable, though the longing for familial love and acceptance continues to be a deep, unresolved struggle in her life.

## Helping The Staff Members During Lunch Time





Usha Yadav, a 35-year-old from Haryana, has been living in an NGO for the past three years after her family, unable to care for her, left her during the pandemic. Adding to her challenges, Usha is currently pregnant, making it difficult for her to manage her own needs, let alone those of her unborn child. The unwavering support from the NGO staff has been invaluable, providing her with both physical and emotional assistance during this difficult time. Despite attempts to reunite her with her family, they remain unwilling to take her back, leaving Usha feeling abandoned and vulnerable. As she awaits the birth of her baby, she clings to the hope of a brighter future, one where she can find stability and



support for herself and her child. Though the road ahead may be difficult, Usha's resilience and determination to create a better life for her unborn child shine as a beacon of hope in her challenging circumstances.

Rubina Begum, a 55-year-old from Zamia, has found refuge in an NGO for the past two years after being abandoned by her brother and going through a divorce, leaving her with no place to turn. Struggling with emotional and mental fragility, her situation is worsened by memory lapses. Despite being informed, her family has shown reluctance to provide care or support, making Rubina feel abandoned and unwanted. The NGO has become her safe haven, offering stability and understanding in the midst of her turmoil. Unwilling to return to a life where she felt unloved and unhappy, Rubina finds solace in the



compassion and care of the NGO staff. As she continues her journey of healing and self-discovery, her resilience stands as a testament to the strength of the human spirit in overcoming adversity.





Here, we delve into the narrative of Kinni, a 44-year-old individual born on December 12, 1980, in Haryana. For the past five months, he has resided in an NGO.

In October, Kinni made the choice to seek refuge in the NGO due to his family's neglect. Opting for a fresh start, he decided to keep his whereabouts confidential from his family.



Ramayan Mishra, a resident of Uttar Pradesh, has found shelter in an NGO for the past 2 to 3 months due to a heart condition that his family was unable to manage. Tragically, his family abandoned him in front of a police station, leaving him in a vulnerable state. Fortunately, the compassionate staff at the NGO stepped in and have been providing him with the necessary care ever since. Despite his deep desire to return home, his family remains unwilling to take him back, adding emotional pain to his physical struggles. Ramayan's resilience shines through as he gracefully navigates this challenging situation. The NGO continues to provide him with essential support and medical



care, but the absence of his family's love leaves a profound void in his life. His story highlights the critical role of compassion and solidarity in society, especially for those who are vulnerable and marginalized.





**"The wrinkles on our faces are the etchings of our journey through life."**

## **REFLECTION & INSPIRATION**

### **Reflections from NSS Volunteers: A Visit to the Earth Saviour Foundation**

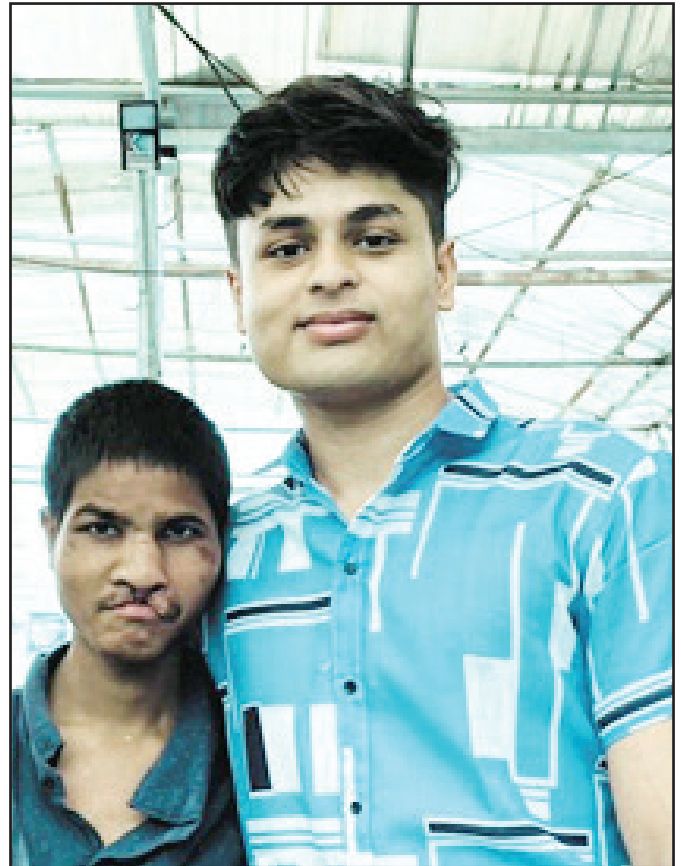
Our visit to the Old Age Home, The Earth Saviour Foundation has left an indelible mark on each of us. As NSS volunteers, we embarked on this journey with the intention of contributing and learning, but we returned with far more than we had anticipated—profound insights, emotional experiences, and a renewed sense of purpose.

### **A Heartfelt Connection**

From the moment we stepped into the Earth Saviour Foundation premises, we were greeted by a warmth that was both humbling and inspiring. The resilience and positivity of the residents, despite the challenges they face, were nothing short of remarkable. Many of us were moved by the stories of individuals who have found a sense of hope and family within the walls of foundation. The gratitude and smiles shared by the residents were a testament to the impact of the Foundation's work.

### **Emotional Realizations**

Interacting with the residents, particularly the old age people, was a deeply emotional experience. Their stories of overcoming adversity and their dreams for the future made us reflect on our own lives and the privileges we often take for granted. We found ourselves grappling with a mix of emotions—sadness at the hardships faced by the residents, but also immense admiration for their strength and resilience.



### **A Sense of Purpose**

Our time at foundation reaffirmed our belief in the power of community service. Seeing firsthand the difference that dedicated individuals can make in the lives of others was incredibly motivating. Many of us felt a renewed commitment to our own volunteer work, understanding more deeply the importance of empathy, compassion, and active engagement in social causes.

### **Inspiration to Act**

The experience has inspired us to think creatively about how we can contribute more effectively to our own communities. We are motivated to advocate for causes similar to those supported by foundation and to engage in projects that promote social





justice and environmental sustainability. The visit has also encouraged us to explore new avenues for volunteering and to foster a culture of giving and support in our own networks.

## Gratitude and Commitment

We are deeply grateful to the Earth Saviour Foundation for hosting us and allowing us to be a part of their incredible mission. Our time there has been a powerful reminder of the impact that one organization can have on the lives of many and the difference that volunteers can make. We left with a sense of fulfillment and a stronger resolve to continue our efforts in making a positive difference in the world.

In conclusion, our visit to foundation has been a transformative experience, one that has enriched our lives and deepened our understanding of the values we hold dear. We look forward to carrying forward the lessons learned and continuing our journey of service with renewed passion and dedication.

## INITIATIVE TAKEN BY NSS VOLUNTEERS

After visiting the NGO and listening to the stories of the residents, NSS volunteers initiated several impactful actions to make a positive difference in their lives:

- Volunteers organized regular interactive sessions with the residents, offering a safe space to share their thoughts, experiences, and emotions. These sessions fostered a sense of belonging and emotional connection among the residents.
- To improve living conditions and provide essentials, volunteers organized fundraising events and donation drives, collecting items such as clothing, blankets, and toiletries for the residents.

- The NSS team worked on advocacy efforts, trying to reconnect some residents with their families by counseling both parties and raising awareness about the emotional consequences of abandonment.

These initiatives helped foster a supportive community within the NGO and ensured that the residents received ongoing care and compassion.





## ISSUES AND CHALLENGES

### (Faced by the Residents of Foundation)

**S**tarting an NGO is an inspiring endeavor, often fueled by a passion to bring positive change and supported by resources, donations, and community backing. “Every NGO begins with a vision to make a difference, but the road to meaningful change is rarely smooth.” While these provisions lay a strong foundation, they are rarely enough to shield the organization from inevitable challenges. Despite the support, NGO is going through a lot issues and challenges whether being any internal administration problem or difficulties faced by the people. Every patient there has different challenge because of their age, disease, personality etc. and many of them aren’t able to cope up with them. The foundation face a variety of issues, many of which stem from broader social, economic, and health disparities. Here are some of the key challenges they encounter:

**Food insecurity and improper management-** Despite the best efforts of the NGO, some people still suffer from malnutrition. This can be due to a limited resources and kitchen supplies , supply chain disruptions, or logistical challenges such as, preparing and distributing meals to a large number of residents. Ensuring consistent quality and availability of nutritious food is critical for the health and well-being of the residents. Many of the residents have complained that they are forced to skip meals sometimes deteriorating their health.

**Negligence and Abandonment-** Many elderly people are abandoned by their families and are already going through emotional and physical neglect. When NGO fails to provide them this emotional support, they can go through depression and many other mental disorders. Also vulnerable populations including the elderly and mentally ill often experience social isolation, which can negatively impact their mental and physical health.

**Disabilities and Rehabilitation-** Patients with physical disabilities often lack access to appropriate rehabilitation services and assistive devices. Ongoing rehabilitation is essential for recovery and improvement the quality of life but resources are limited. With more advanced technologies the NGO can boost up its medical facilities.

**Lack of awareness and education-** Limited understanding of health issues and preventive measures leads to poor health outcomes. Insufficient awareness about available healthcare services and rights prevents patients from seeking help. Many of the people there being poor and uneducated doesn’t know about the proper medications they should get and hence are deprived of them.

**Managing Human Resource Management and Capacity Building-** Managing human resources and capacity building presents another major challenge for our NGO. Like many non-profits, we operate with a limited budget, which restricts our ability to attract and retain skilled personnel. Additionally, the high turnover of staff and volunteers can disrupt ongoing projects and reduce organizational stability. Capacity building is equally challenging, as providing training and development opportunities often requires additional funding and resources that aren’t always readily available. This can hinder the growth of our staff and volunteers, limiting their ability to handle complex issues effectively.



## ISSUES AND CHALLENGES

### (Faced by the NSS Volunteers)

**V**isiting an NGO and engaging with the individuals whose lives are touched by its work is an experience that is both humbling and eye-opening. It offers a window into the resilience of the human spirit and the profound impact of compassion and community. However, this experience also brings its own set of challenges. As we step into spaces where hardship and hope coexist, we may find ourselves navigating emotional, cultural, and communicative complexities. When they visit an NGO and engage with the people there, several challenges can arise, both for me as a visitor and for those being supported by the organization. Here are some of the issues encountered

**Unclear Expectations-** Sometimes, the students may not fully understand the purpose of my visit or the expectations the NGO has for their involvement. Without clear guidance, they might feel unsure about how to interact or what they should be doing. The individuals they meet at the NGO might also be confused about the role the students playing. If they don't understand they are there or what they can offer, it can feel awkward or unclear on both sides.

**Limited Time and Impact-** The time at the NGO is often short, and the students feel a sense of frustration knowing that they can't make a long-term impact in just a few hours or days. It's difficult to truly understand or connect with people in such a limited timeframe. For the people volunteers meet, they might feel that their presence is temporary and that they won't be around to offer continuous support. This could reinforce feelings of abandonment or a sense of impermanence.

**Logistical or Environmental Challenges-** The physical environment of the NGO—whether it's overcrowded, lacks resources, or has uncomfortable conditions—can sometimes make the visit difficult to navigate. It can be challenging to see people living in these conditions, and I may feel unsure of how to respond or help.

**Language and Communication Barriers-** If the individuals in the NGO speak a different language or dialect, communication can become a barrier. This might affect the ability to connect on a deeper level or fully understand the challenges they face. Some people may have difficulty expressing themselves, especially if they have experienced mental or emotional trauma. This can create misunderstandings or a lack of clarity about their needs.

**Emotional Overwhelm-** Listening to personal stories of hardship, trauma, or suffering can be emotionally overwhelming, especially when faced with the stark realities of poverty, abuse, or illness.

Visitors might struggle with feelings of helplessness or guilt about not being able to do more.

**The challenges faced**—whether emotional, communicative, or cultural—serve as both obstacles and opportunities for growth. These encounters offer valuable lessons in empathy, resilience, and the power of human connection. While the difficulties are real, they also highlight the strength and perseverance of those served by the foundation. Through thoughtful engagement and a commitment to understanding, visitors can bridge gaps, build trust, and contribute meaningfully to the work being done. Ultimately, it is through these interactions that





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These initiatives helped foster a supportive community within the NGO and ensured that the residents received ongoing care and compassion.

## RECOMMENDATIONS (To the community)

**"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi**

**S**mall gestures, while seemingly minor, can have a profound and lasting impact on the lives of individuals at the Earth Saviours Foundation. These acts of kindness and consideration not only provide immediate relief but also foster a sense of belonging, dignity, and hope. Regular visits and consistent interaction help build trust and reduce feelings of loneliness and isolation among the residents. Donating clothes, toiletries, and other personal items can significantly improve the daily lives of the residents by ensuring they have access to basic necessities. Volunteering to assist with medical check-ups or providing transportation to medical appointments can facilitate access to healthcare services. Offering to teach basic literacy, vocational skills, or other educational subjects can empower residents with knowledge and skills for self-sufficiency. Celebrating small achievements and milestones of the residents can boost their self-esteem and motivate them to strive for further personal growth. Participating in or organizing celebrations for festivals and special occasions can create a sense of community and belonging, making residents feel included and cared for. Assisting residents with daily tasks such as cleaning, organizing, or running errands can make their lives easier and less stressful. Providing guidance on accessing social services or advocating for their rights can help residents navigate bureaucratic processes and secure necessary resources.

Small gestures, though seemingly simple, can have a transformative impact on the lives of individuals at the Earth Saviours Foundation and other people in need. These acts of kindness not only address immediate needs but also contribute to the emotional, mental, and physical well-being of the residents. By fostering a sense of belonging, dignity, and hope, small gestures play a crucial role in improving the quality of life for the foundation's beneficiaries. This highlights the power of compassion and human connection in creating meaningful and lasting positive change.

**Conclusion:** Creating Tomorrow's Hope through Today's Actions

Let us stand united in this vision, steadfast and strong,





For a world of kindness, where all belong.

Through dedication and justice, we pave the way,

For a brighter, fairer, and more compassionate day.

In summation, the Earth Saviours Foundation stands as a beacon of hope, tirelessly forging a path toward transformation and progress. Through the careful and deliberate application of diverse strategies, the foundation is not merely navigating its way forward—it is reshaping the landscape of societal impact, creating a future that is brighter, more resilient, and more inclusive. Every effort, every tactic employed, is a brushstroke in the grand masterpiece of change that is slowly, yet steadily, coming to life. As we embark on this remarkable journey of transformation, it is crucial that we remain steadfast in our dedication to the cause. Let us continue to lead with compassion, embrace resilience, and champion social justice, as we pave the way for a tomorrow that is not only brighter but more just. A tomorrow where every individual has the opportunity to thrive, where hope is not a fleeting dream, but a lasting reality. Together, with unwavering commitment and collective strength, we are laying the foundation for a future where every soul finds dignity, every community is empowered, and the world shines with the light of shared humanity.

















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