**Narayanan Khrishnan**

“The ultimate purpose of life is to give.” Altruism is a vital characteristic that should be practiced daily in our society. We chose to write about Narayanan Khrishnan’s remarkable video because he illustrates the true meaning of having an emotionally and spiritually satisfying job. It is not the lofty position and wealth we obtain in our occupations, it is the true satisfaction of our hearts when we work towards a project which benefits the community for the greater good. Narayanan Krishnan teaches us the true meaning of life: to give and to share with those who don’t have; whether it is love, food or water, a family, money, or simply a gesture of affection. Narayanan Khrishnaninspires everyone to contribute to our society; he represents life as a mission to reach equality, unity, and encourages everyone to give, help and support others. He portrays life as a mission of helping one another.

Although Narayanan Khrishnanbelongs to an elite level of society, where mingling with the poor was looked down upon, he disregards the elite people’s beliefs and follows his heart. The beauty of Narayanan Khrishnan’swork is that he initiated it on his own. He chose to step up to everyone and launch this campaign and help poor people instead of subconsciously acknowledging them as we go on with our daily lives. This teaches us to open our eyes to see the misfortunes of others around us, step up to help out all the helpless , and raise our chins up with pride and break through all the walls society may place against an idea we believe is right.

Many of us are blessed to live in areas where no starvation or poverty has stricken; this does not mean that we sit back and enjoy the luxuries life has given us. If one is suffering, it is as if the entire mankind is suffering with him/her as well. Life cycles in eerie ways; some people suffer from starvation; while others suffer from lack of physical and emotional needs or fatal diseases. We should be forever grateful for even the smallest and most insignificant things we possess; for there are millions of others who have never even dreamed of experiencing them. We pass by grief-stricken, desperate and innocent people who are starved of the meaning of living itself. It is our duty to befriend these lost souls and share our wealth, our prosperity, and our lives with them. We should practice Narayanan Khrishnan’steachings to flourish and mend our society. Narayanan Khrishnan has taught us to take initiative and work towards a goal that benefits our society.

To be the reason behind someone’s smile is priceless. Some things that may seem simple to us make a considerable difference to others. At school, for example, we can help someone, whether s/he be teacher or student, by carrying his/her books or befriending him/her if s/he is lonely and friendless. Outside of school, we can donate money, clothes, and other necessities to the numerous charities among our neighborhood, or give a meal to someone who is hungry and homeless on the streets. During the summer, a student in grade 10, Jawan Mhanna, Lebanese, from a small village called Rashaya Al Wadi, who always had a passion to help in all kind of ways, gathered all her friends in Lebanon to hold an event for charity, for the elderly that were left alone in Rashaya. The event’s theme was about the life cycle of life, as a child till they reach the elderly level. Tourists from all over Lebanon came to Rashaya to participate in this event. They gave them all their time, love and care. This event awakened a feeling of altruism; driving teenagers to care for the elderly. Knowing that this human cycle will arrive one day, and they too may request help and support during latest stages in their life.

***Valuable lessons:***

* Helping hand
* Caring
* Loving
* Random act of kindness
* Anti-racism
* Unity

**Challenge?**

* With Naranayan Krishnan as a role model stepping out of his comfort zone to help even the most destitute people, think of something or someone you can impact with one action. What will it be? Who will it be?
* Can you put a plan to make it happen? When will you make it happen?