

## **First Prize**

### **Volunteerism as a factor for a positive change in human beings**

“To show great love for good and our neighbour we need not do great things. It is how much love we put in the doing that makes our offering something beautiful for good.” Mother Teresa is correct in saying that love makes all the difference in our conscious doing. The more love a person provides towards a good deed will make the deed more beautiful and will correct volunteerism.

According to the oxford dictionary, volunteerism is to offer one’s own accord to do something without pay to a social agency or a charitable organization or a special purpose. What volunteerism means to me is : It’s a way of giving back to society a helping hand to the less fortunate. Volunteering not only benefits the person who is being helped, but also the volunteer, by offering social skills development and it’s a learning venture.

In wider society today there are many less fortunate individuals who could not go day to day without the help of a volunteer. In my perspective, it give you a feeling of well being and purpose; knowing that you’re not just living for yourself and for a few minutes or hours you can stop and take the time to appreciate what you have and how you can use your abilities to lend a helping hand or to give back to society or community. This may be in the form of helping with community activity, co-ordinate visiting nursing homes and offering assistance where possible, or just helping a child or an elderly. Volunteering is generally considered an altruistic activity where an individual or group provide services for no financial gain. Volunteering is also renowned for skill development and is often intended to promote goodness or to improve human quality of life. Volunteering may have positive benefits for the volunteer as well as for the person or community served. It is also intended to make contacts for possible employment.

Hence, it involves working without pay, though making choices to do things to help society beyond ones basic obligations.

No doubt, it definitely brings positive change in human behaviour.

#### **Develops dignity**

When a volunteer works for the betterment of society, it develops a sense of dignity within that individual.

Volunteers work against injustice and intolerance, which makes our society clean.

As it is well said “A better world was not a mansion with fancy car in the garage but a world free of poverty, hunger and violence”. In other words, this work of

volunteer brings positive change in his/her behaviour as he is doing a noble cause, he is working for justice.

#### Develops love for others

There is no doubt that volunteers develop a sense of love and affection for the people for those he/she is working for those who are unprivileged.

#### Become inwardly and outwardly strong

It is observed that volunteers become mentally and physically more strong than other people. They rarely fall ill. Their mind, body and soul become stronger than others. They get supreme satisfaction in their services.

#### Develops companionship

Volunteers work together for a cause and all become comrades as their goal is same. They work together and become companions of each other. They develop a sense of oneness in themselves.

#### Develops self efficacy, self actualization and self transcendence

Working together and working for a supreme cause needs efficacy in deeds which brings self actualization and self transcendence within the volunteer.

#### Learn new things feel helpful and needed

People receive assistance from volunteers, benefit from the services and from knowing they are important enough for others to care about. Volunteer learns values which are of great importance for the development of human breed.

Working for a cause brings more and more people come forward for the fulfilment of the cause. And this also strengthens and unites the society. Participating together for the cause brings empowerment among humanity.

#### Develop generosity

As it is truly said by Germany Kent "You don't have to be a billionaire to believe you can make a difference. Give your resources to a charity and volunteer in your community".

#### Become self determinant\

Volunteers never leave the work they take in their hands until they get the success so it brings self determination in them. They work according to the plan, their actions are full proof and they do not believe in spontaneous actions. Their actions need longevity, till they get success.

Today the global community faces a myriad of challenges to make a better world. We need volunteers who creatively, with engagement and partnership and solidarity prepare us to face the challenges.

In contrary the volunteerism bring positive change within themselves.

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## Second Prize

### Volunteerism as a force for a positive change in human behaviour

Volunteerism refers to volunteering for help. It implies doing something for others with no expectation of any returns. How many times has it been that you've done something for others and it has given you immense content or satisfaction? or perhaps how many times has this been that you were cribbing over the fact that no one was around for you?. Case one, reminds a great saying, "Greatest way to help yourself is by helping others". While in the second case, we see the benefits of volunteerism. Volunteerism, however, is beneficial in every possible way and it is a very important aspect of a human's life. Being human refers to being helpful and understanding, therefore volunteerism is pretty basic foundation of being human. 'Volunteerism' or 'Volunteering' also means standing up for a cause or to come forward as a leader to make a difference, either way it is still a linked to doing volunteer work that is beneficial for the society. It does act as a positive force for society but what does it do for a person's behaviour. It promotes a healthy lifestyle where selfishness is ruled out. It inculcates value of life skills like that of being helpful, selfless and caring. It is a great way to change people's perspective and mentality and it promotes a healthy, friendly society. Volunteers are greatly responsible for change, they lead and help spread a message giving us a new perspective to look at things from volunteerism provides us with a common vision i.e. to look after one another. It rules out social isolation, as I mentioned earlier the feeling of being left out or unwanted often arises in a hard situation where no one is around, which results in negativity. Negative thoughts flood in one's mind is such a case causing serious mental damage or a lifetime of depression. Volunteerism rules out such effects. Hence, spreading positivity. It passes on a positive influence on people.

Volunteerism can also be termed as a long term lay off. It enhances a healthy environment, result in empowerment and a productive adulthood. It gives self confidence to people by improving their personal efficiency and encouraging them to come and make a difference. Young minds are the developing ones and such activities ensure a productive adulthood. When care and hospitality will meet the active minds, it would ensure development as a whole. As is said 'when action meets compassion, lives change.' Volunteers are the givers of service. They have a positive attitude and lead a healthy life giving inspiration to many. When one does things for himself, it goes as he dies but a service for others is immortal. Volunteerism makes people pure hearted humans. Volunteers don't necessarily have time but they sure do have a heart. Volunteers are ideal humans that provide us with a subtle life and define humanity.

Volunteerism helps us grow as a person, giving us a lifetime of experience and that most humble life. It helps us frame a positive

lifestyle that yields achievement and success. Volunteerism helps us become noble and pure providing us with life lived for others at some point and is, therefore a definite force for a positive change in human behaviour.

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## Third Prize

### **Volunteerism as a Force for positive change in Human Behaviour**

Volunteerism, volunteer, voluntary are the words that we come across frequently in our day to day life. In simplest terms, volunteerism is a philosophy that advocates free will of individual or individuals in any sphere of life. Voluntary provision of services to religious, civil, medical, educational and environmental and other private or governmental organizations, doubtless, has a long history. Such volunteer efforts keep expenses down for non-profit and philanthropic organizations, empower individuals and groups to help others.

Volunteerism, in fact, is much more than mere working without pay. It involves people making choice to do things to help society in ways that go beyond any personal or legal obligations. It is also an agent or force that can bring a sea change in the personality or behaviour of human being.

#### **Volunteering helps make new friends and contacts**

It is one of the best ways to make new friends and strengthen existing relationship and to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties with the community, broadens your support network, exposes you to people with common interests, neighbourhood resources and is, over all, a satisfying experience.

#### **Volunteering increases social and relationship skills**

While some people are naturally outgoing, others are shy and have difficulty in meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with group of people with common interests.

#### **Volunteering increases self confidence**

Volunteering can provide a healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

### **Volunteering combats depression**

A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which, in turn, protects you against stress and depression when you're going through challenging times.

### **Volunteering provides a sense of purpose**

Older adults, especially those who have retired or lost a spouse, can find new meaning and purpose in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated and add more zest to your life.

Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favourite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills.

In short, it can play a pivotal role in the formation of a sound personality and positive human behaviour by providing various opportunities to an individual in almost every sphere of life.

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