

परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः ।  
परोपकाराय दुहन्ति गावः परोपकारार्थमिदं शरीरम् ॥

paropkaraaya phalanti vrikshaha  
paropkaraaya vahanti nadyaha |  
paropkaraaya duhanti gaavaha  
paropakaraartham-idam shareeram ॥

Trees bear fruits for others to eat; Rivers flow for others to use; Cows yield milk for others. Similarly, our body is also meant to serve others.