



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.