



Sahyoga (Cooperation): An Overview

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ABSTRACT

Helping others is an act of kindness that can have a powerful impact on both the giver and receiver. The concept of helping others has been deeply ingrained in our society for centuries, as it is seen as a crucial aspect of human morality. It involves selflessly offering assistance to those in need without expecting anything in return. There are different ways one can help others, whether it's through volunteering at a local charity, donating to a cause, or simply offering a listening ear to a friend in need. Helping others can also extend beyond material assistance and include emotional support and guidance. Not only does helping others bring joy and fulfillment to the person being helped, but research has also shown that it can have positive effects on the helper themselves. It has been linked to improved mental and physical health, increased happiness, and a sense of purpose in life.¹

KEYWORDS :- Cooperation, Help, Philanthropy, Charity

INTRODUCTION

The literal meaning is the action and effect of cooperating. This verb means working together with another or other people to perform a task.

Etymology - The word cooperation is made up of the combination of two words (Sah + Yog).

Importance –

Man is a social animal. Without society, he remains a beast. Society is formed by the mutual cooperation and love of human beings. Today, the development of the field of science is not the result of any one person but the cooperation of many men and women. Cooperation increases the power of human beings manifold. Just as a straw is weak, but the combination of many straws forms a strong rope to bind a mad elephant. All the organs of our body run the body with cooperation. If there is an injury to any organ, the brain is immediately there. Then the eye looks there and the hand reaches there for help. Just as the organs cooperate with each other to keep the body healthy, in the same way the mutual cooperation of individuals is essential for the development of society. Cooperation is the mercury by which even iron becomes gold.²

Benefits –

Do not do anything that will hurt the neighbors. So, if you cooperate, they will not lag behind. There is a need for cooperation in every family, neighbourhood, school, village, institution etc. From the biggest to the lowest, from the officer to the peon, everything is part of the institution. Everyone does their own work in their own place. With the mutual cooperation of "One and One Eleven", each institution grows fourfold day and night. With cooperation, man can make every impossible task possible. Cooperation is the drop that falls into the oyster and becomes a pearl.

Relationship to Dosha - When you see the physical and mental effects of cooperation, the emotion "Kapha" located in it takes precedence.

Relationship to Deha Prakriti – Kapha – Pittaj

Relationship to Manas Prakriti – Sattvik Prakriti

Relation to Triguna – Sattva – Raja

Hormonal Relatedness – Oxytocin, Dopamine, Serotonin

DISCUSSION

Importance of Cooperation on Achaar Rasayan –

It is helpful in keeping a person healthy from mind and body. Increases the rejuvenating components of the body. Increases the life elements in the body and fills the person with strength, semen, energy, and Oja. The life of a person increases, life is long and he always leads a healthy life. It helps in keeping a healthy person healthy and the person remains disease-free for a long time by following it. Increased rasa (an essential liquid formed when food is

digested), juice provides nutrition, strengthens the defense system and maintains vitality. Giving strength in the form of chemicals, strengthens the body's defense system, retains the oja, strengthens vitality, will power and determination so that you do not fall sick and disease stays away from you. Provides mental health by motivating the mind and soul in its good matters. According to the *Sushrutokta Sutra* 15/41, the definition of healthy is "*prasannatmendriyamanah swasth ityabhidhiyate.*"³

Story related to Cooperation –

There was a small village near the city. Due to the river on the way, the villagers had to face a lot of difficulty in commuting. At last they all worked together to build a small bridge. It was very narrow. Only one person could come and go at a time. Once upon a time, two men, one from the east and one from the west, came to it. They both wanted to cross the bridge. The two met in the middle of the bridge. The two clashed over the matter. No one wanted to turn around. Neither were willing to give way to each other. Tensions increased among themselves. There was abuse. A scuffle also started after the war of words. In a few moments of fighting, both of them fell under the bridge and both of them closed their eyes forever. When the people bathing on the river saw this scene, a natural voice came out of everyone's mouth, "Man does not want to cooperate with man." A few days later, two goats reached the same bridge. One was coming from the east direction and the other from the west direction. The two met in the central part of the bridge. They both wanted to cross the bridge. For a few moments, they looked at each other's faces. The goat coming from the west quickly lay down on the bridge. Seeing his sympathy, the goat coming from the east direction was very happy and slowly stepped forward by placing her feet on it. The two goats crossed the bridge and reached their desired place. People bathing there saw this scene. The same voice came out from everyone's mouth that in the absence of mutual cooperation, man lost his life and the goats crossed the bridge with mutual agreement and cooperation. Blessed is their sympathy. Cooperation and empathy are the key to success. It has the unfathomable power to connect a broken heart. Therefore, everyone should develop a spirit of cooperation and compromise.

Cooperation is the mantra of success.

Can democracy ever burn without friendship?

Importance of cooperation over social health -

Human life is not an easy life. Man has to face many difficulties throughout his life. It would not be wrong to say that human beings need someone's cooperation to make their life successful. The life of a human being is not short, but he has to travel a long journey of life to make his life successful. Whatever action is done by man in the life of a man, he gets success by that action. In whatever field a person works, he cannot achieve success without anyone's cooperation in that field. There are many people who do their work without any support, in which they have to face a lot of difficulties in doing the work. Some people get failure, the biggest reason for which is not to get support from anyone. If a person expects cooperation from others, he should also continue to help others. Cooperation is very much needed to achieve success by becoming a successful person in agriculture, business, education, knowledge field. Taking cooperation and giving cooperation is the biggest religion of human life because crisis can come on anyone and it is very necessary to take someone's help to deal with that crisis. If a person is in trouble, we must help him to get that person out of the crisis because maybe today he is in trouble; tomorrow we may also be in trouble. If we help him today and get him out of trouble, tomorrow he can get us out of the crisis too. In times of crisis, it is the first duty of mankind to support a person in crisis. When we take another person out of trouble, we help him. When we cooperate with him, we attain happiness. While cooperating with another person, we should not bring this thought in our mind that we should get something from him to get him out of trouble. We should cooperate with another person in a fair spirit. Many people make a person's life successful by collaborating with others. When a teacher teaches his pupil, he helps his pupil and cooperates with him. A disciple gets success in his life by getting support from his Guru. The secret of success in human life is cooperation. Man's life cannot be successful without giving and taking cooperation. After attaining the joy that comes from cooperating, it seems as if life itself has been blessed. I was travelling from one city to another at a time when my car broke down during the night and I got stuck midway. After which it started raining heavily. After this, I went to a person's house and started knocking on his door. After that the person opened the door, I requested that person that my car has broken down and it is raining heavily so that I can not go anywhere. So allow me to stay at your place for one night. After which the person said that it does not matter, this is my religion because today you are in trouble and helping you is my biggest religion. In the same way, the greatest religion of man is to cooperate with others.

Related Properties – Benevolence, Charity, Philanthropy

CONCLUSION

Helping others also plays a vital role in building strong communities. By lending a helping hand, we create connections with those around us and foster a sense of unity and compassion. It can also inspire others to do the same, creating a ripple effect of kindness that can make the world a better place. In today's fast-paced and often individualistic society, it's easy to get caught up in our own lives and forget about the needs of others. However, taking the time to help someone else can bring a sense of perspective and remind us that we are all connected. In conclusion, helping others is not only beneficial for those receiving assistance but also for the person offering it. It promotes kindness, strengthens communities, and brings a sense of fulfillment to life. So let's continue to spread acts of kindness and make the world a better place by helping others in need.⁴

REFERENCE

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