

# THE UDAYANS

A bi-monthly newsletter written wholeheartedly by young people living in children's homes • Volume 1, No. 3, Aug-Sept 2015

Hello again. Are you ready for the third issue of The Udayans? This one is full of pure gems. Muskan wows us with her elegant language and depth of thought. Our hearts break as we read Pooja's ode to her late parents. And Suchita reminds us of how important it is to be kind as well as the great benefits it brings us. All of these pieces, including the artwork, are crafted from the minds and hearts of the girls living in Udayan homes. It's such a privilege to share these with you. Thank you for reading.



Sonal, 15

## Contributors

Pooja, 21 years – Features Writer  
Muskan, 15 years – Poet  
Sonal, 15 years – Artist  
Shucita, 19 years – Features Writer

## Poem: Was it my Ego?

An important conversation with my inner self by Muskan

I was walking down a silent road,  
Suddenly I stood erect,  
I heard a voice.  
A deep, sorrowful and lonely voice.  
I searched for it in the soft corner of the street,  
hoped I could find it...

I heard it again,  
several times.  
After a couple of seconds,  
I knew it was my heart that spoke to me,  
pleading for me to be back with you.  
I subjugated my mind and decided to come back,  
I left my ego,  
walked forward unhurt,  
and beseech you to forgive me.

## The importance of kindness

Why everyone should practice kindness to others by Suchita

To be kind is good. When you do something for someone it makes you feel good. Others feel good when they see kind people around them. When we focus on being kind our world becomes kinder. Kindness can lead us wherever we want to go. Help others and you will see others are there to help you. To have a full and satisfying life and to build a great future for yourself, it is important to be kind to others. Have you ever seen kindness in animals? Dogs and cats are kind to their owners and sometimes to others too. God has created animals, including humans, to be kind.

It makes others smile and be happy when you are kind to them. The smile makes you feel you've done something amazing. In order to be kind, we have to pay attention to what is happening around us. I'm always kind towards animals but I wouldn't be able to give them something to eat if I didn't notice them when they were hungry.

It is very important to be kind to everyone in life.

## I long to see them again

A true love story between mother, father and child by Pooja

Deep into his eyes, I saw the love he carried inside. A selfless love and care they carried until they met together. A tall, fair and handsome guy from Delhi, fell hard for an eccentric gal from Mahatashtra. He wandered as he wondered, about the special feeling he carried for her. He never felt this way before. It was all brand new for him. She was all he could see. He longed for her to notice him and wished she would ask him out. So this is what first love is like and what a crush is all about? Things went accordingly like any other stupid Hindi film, where parents play roles of villains. But their selfless love moved things aside and carried the happiness they were longing for. Now started the life of their dreams. They were blessed with three angels, turning their joy into perfect happiness. But unfortunately the clouds of Pall brought post-haste, the despondence they never deserved. His love left him all alone with three beautiful kids. His eyelids moved up and down trying to hide the mourning. But broken hearts do heal that's where the strength comes from.

So dear Dad,

Thank you for waking me up every morning when it was still dark outside and going to work while we slept in our warm bed. For teaching me how to pray. For loving my mom with all your heart. For cooking all that I desired. For giving me a hug when I badly needed one. For picking me up from school when i was afraid to walk alone. For smiling often. For helping me buy my first doll. For praying for my sibling and our future. For teaching me I can never say 'please and thank you' too much. For giving me a wonderful life even after I lost my mom at the age of two. For taking me outside in the night for an ice cream. For being my hero.

For being my happiness,  
For being my friend.  
For being my everything.

I keep looking in all the places where you're supposed to be but I never seem to find you. You both are all I long to see.

**If you are a young person living in institutional care and would like to contribute to this newspaper or have any suggestions please email us now at the\_udayans@udayancare.org**

'Out of suffering have emerged the strongest souls' Khalil Gibran

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