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**No Expectations No Disappointments through Social Welfare**

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*“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”* **Eleanor Roosevelt**

Present time where everyone encounters some social problems, as people have become so busy in their lives that nobody is unconditional to assist anyone. Moreover, the business minded nature of people has made them competitive in terms of money. With the increase in effort to earn more money there is an increase in social efforts being conducted by different institutes, organizations and individuals. Normally organizations arrange funds that are aimed to help those who deserve monetary help. These organizations have increased their various activities due to the number of people needing help.

Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and indigenous knowledge social work engage people societies to address life challenges and enhance wellbeing.

Social workers work in a variety of settings: family services agencies, children’s aid agencies, general and psychiatric hospitals, school boards, correctional institutions, welfare administration agencies, federal and provincial departments. An increasing number of social workers work in private practice. Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being. It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social work is concerned with individual and personal problems but also with broader social issues such as poverty, unemployment and domestic violence.

The purpose of social work is to enable children, adults, families, groups and communities to function, participate and develop in society. Social workers practice in a society of complexity, change and diversity, and the majority of people to whom they provide services are among the most venerable and disadvantaged in that society. Social workers are employed by a range of statutory, voluntary and private organizations, and work in collaboration with colleagues from allied professions and departments, as part of a network of welfare, health, housing, education and criminal justice provision.

**Commitments of The social worker**

- Upholding people’s interests and rights
- Working with individuals, groups and communities in the pursuit and achievement of equitable access to social, economic and political resources
- Providing assistance to improve the well-being of clients. (Clients are individuals, families, groups, communities, organizations and societies, especially those who are neglected, vulnerable, disadvantaged or have exceptional needs)
- Raising awareness of structural inequities

- Promoting policies and practices that achieve a fair allocation of social resources
- Acting to bring about social change to reduce social barriers, inequality and injustice.
- Promote opportunities for people to use their own strengths and expertise to enable them to meet responsibilities, secure rights and achieve change.
- Contribute to the work of organizations.
- Communicate and engage with organizations and people within communities to promote opportunities for children, adults, families and groups at risk or in need to function, participate and develop in society.
- Social work and criminal justice agencies are given specific responsibilities and powers through statute and social workers and probation officers have to practice within legislative frameworks and organizational policies and procedures. They have to balance the needs, rights, responsibilities and resources of people with those of those of the wider community and provide appropriate levels of support, advocacy, care, protection and control.

Youth are the backbone of the country. But why is India is still lagging behind and is still a developing country? The reason behind this is that there are so many social, economic and political barriers which prevent youth to participate in the development. The youth are not guided properly by their parents, teachers, and relatives due to which they turn towards drugs, alcoholics, and violent activities. Today's youth are also brain drained by western countries. Western education gives knowledge about their own culture and values which may not be accepted in developing countries like India.

Social workers also should work to promote the social, emotional, spiritual and mental well-being of youth. Lacking these, youth cannot work and think properly. Social worker also should focus on generating opportunities for youth development as well as opportunity to express themselves. Youth are not getting too much opportunity to express themselves and in the context of developing country youth should work under the elders and there they do not get chance to use creativity, they cannot use their potential. So, social worker should provide opportunity to the youth to express and show their potentiality.

The social worker should conduct research and survey to find-out the needs of youth and the necessities of youth for development and then they should formulate programs which are really relevant with youth.

To sum up, Serenity comes for within, it's not anything external. Apart from the stress relieving methods like meditation, prayer, yoga, social service can be a source of achieving serenity if done unconditionally not by force.

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