



daily GOOD

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy. --Rabindranath Tagore

She Transformed Her Trauma into a Path of Service

Arranged marriages can often throw up surprises. Out of the shadows of Uma Preman's traumatic youth and unhappy marriage she crafted a life that has touched thousands of others -- her difficulties forged within her both the skills and motivation to help disadvantaged Indians gain access to medical treatment.

This inspiring BBC story shares more.

Be The Change:

Learn more about Uma Preman's work [here](#).