

# Offer a Helping Hand

*Helping others is a noble virtue that enables us to bring about a positive change in the lives of others and makes us feel good too!*

Arundhati Nath



Do you recall the last time someone was in trouble and you offered to help? If you do, it certainly means you are kind and helpful. Helping others is a timeless virtue that turns us into better human beings and, in turn, makes others want to help us as well.

Charles Dickens, the famous English novelist, is once known to have said, "No one is useless in this world who lightens the burdens of another." There is a very touching story about the virtue of helping others that some of you might have heard; let me share it with you.

Dr. Oliver Goldsmith was an Irish dramatist who studied to be a physician. It is said that, one day, a woman came to him and told him that her husband was very ill and could not eat. Dr. Goldsmith apparently accompanied her to her home and found that her family was extremely poor and had nothing to eat. The doctor is said to have asked her to visit him in the evening so that he could give her some medicine for her husband. The story further goes that, when the woman arrived, Dr. Goldsmith gave her a small sealed box. On opening the box a while later, she found that it contained money with these words written in it: "To be taken as often as necessity requires".

Helping others, indeed, can brighten up their lives!

There are various ways in which we can help others. At home, we can help our parents with the housework,



including dusting and laying out the dinner. On weekends, we can help wash the car and be part of the gardening. If friends need help in understanding a lesson they missed at school for whatever reason, we must be kind enough to explain it to them. Instead of selling our old textbooks, let us donate them to children who need them the most.



## BENEFITS OF HELPING OTHERS

- ★ **Tit for tat:** If you help others, they would surely help you too.
- ★ **Friendship:** By helping others, you can build lasting friendships; as the famous saying goes, a friend in need is a friend indeed.
- ★ **You will be loved:** Don't you love the people who help you? Naturally, we do not like people who are self-centred.
- ★ **Good personality trait:** Having a helpful attitude is a quality that naturally attracts people to you.

If each of us vows to help one another, the world will become a much more beautiful place to live in.

## QUICK TIP

Think of ideas to help people and everyone else around you. Some ideas are as follows.

- ★ Helping your younger sister with her studies.
- ★ Running an errand for your mom.
- ★ Feeding a hungry puppy.