

5 ACTS OF KINDNESS TO PRACTICE REGULARLY

NAZIBA BASHER

PHOTO: KAZI TAHSIN AGAZ APURBO

One thing that hurts me very much, almost to a physical extent, is how much of a commodity kindness has become. I rarely see people do nice things for each other without expecting something in return, whereas in every religion, in every class, in every country, in every sect- kindness matters more than anything else (yes, even money). Nothing can bring a smile to one's face as instantly as a random act of kindness can, and the best part is, they will smile whether they are the giver of kindness or the taker. In a capitalist world like today's, it may be hard to do something without expecting something else in return, but kindness shouldn't be one of them. Kindness is the easiest to give, the easiest to take. Here are 5 acts of kindness you can practice regularly:



1

Help the poor- Our country is poverty-stricken- there is no escaping that. But there is something we can do to help, isn't there? Don't just throw your money at them- sometimes speaking a few nice words with them can make their day. Buy your rickshaw puller a bottle of cold water in the raging heat. Ask a little girl on the street what her favourite fruit is; buy a dozen of that for her and her family.

2

Help someone be employed- Poverty begins with unemployment. To make sure that more people don't have to resort to the streets to live, help a struggling person find a job. That person's whole life can change for the better because you referred them to a good company. And if you really want something in return, know that you will forever be in his/her good thoughts. What can be a better way to pay you back for your help?

3

Rescue an animal- There are abandoned kittens and puppies scattered almost in every corner of the city. If they have their mothers, there is no need to separate them. But if you see an injured or abandoned animal, you can always pick it up, nurse it back to health and find a loving home for it. Of course, it is best to consult experts when doing so and the internet and Facebook are filled with them. But once you realise that you have just saved a life, you will feel amazing about yourself. Kitten, puppy, or human- a life is a life, and when one is in danger, it is our duty to help them out of it.

4

Cook a meal for your parents- It feels most rewarding when you can bring a genuine smile to your parents' face, especially through kindness. Your mothers and fathers have worked all their lives to get you where you are, sacrificing so much more than you can think of. Repay them with kindness; repay them with a heartfelt effort. Instead of just buying them things, cook them a hearty meal with their favourite foods- and watch their faces light up with love!

5

Compliment a stranger- More often than not, you will meet people on the streets everywhere who have had a bad day. Traffic, competition, chaos, stress, work, and school- all of these things affect our minds and moods. You can turn things around for them by just a kind smile or a few nice words. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.

It is, as I have observed, more difficult for us to appreciate kindness given to us than to give kindness to others. So before we begin our life-changing journey to become a genuinely kind person, we may want to begin appreciating. Thank people, appreciate kindness, appreciate your family and friends, appreciate where you are and who you are and you will see how easy it becomes for you to be kind. Hope you have a wonderful Friday!

আরো উন্নত ও সম্পূর্ণ প্রাকৃতিক
Sandal Wood Oil এর মৌরভে

স্যান্ডালিনা
স্যান্ডাল সোপ

রূপচর্চায় আন্ডিজাত্য...