

The power of volunteering

In a world that's seemingly disconnected, volunteering proves to be a defining act of our humility, reminding us that compassion and love know no bounds. Even an infinitesimal act of kindness can go a long way and have an enormous impact. Volunteering to give back to others is a timeless practice and a testament to how we can express our kindness. It's not just about extending a hand in assistance, but an activity that unifies people and helps communities thrive.



The act of selflessness brings together people for one shared purpose — to uplift the underprivileged. It has visible benefits and also the sense of friendship and belonging can really enhance a society or community's image. This is even more important in our country, as there are a significant number of people who do not even have their basic needs met.

While the impact of volunteering on society in general is undeniable, its effects on the volunteers themselves are equally compelling. The mere act of giving back instils a sense of nobility and humility in a volunteer and opens the doors to self-discovery and personal growth. It gives a refreshing perspective on the blessings they enjoy in life. It also boosts self-esteem, as helping the community makes you realise how much of a difference one can bring as an individual.

One of the many positive effects of volunteering is how contagious it can be. When people see how hard volunteers strive, they appreciate their hard efforts and more often than not, they tend to join in and contribute. A volunteer cleaning program will encourage children to join and teach them the values of cleanliness. A community garden might inspire more people to grow their own fruits and vegetables. A volunteer-led reading programme could spark the love for books in young minds. It is all just a matter of starting something selflessly that benefits others and you automatically see people join.

Volunteering is also a good way to break down social walls by bringing people of all backgrounds to cohesively work together for a common, altruistic goal. All stereotypes dissolve and people put aside their differences to help others. This is evident in a



place like a community soup kitchen where people from different walks of life come together and serve the less fortunate. Doing these activities volunteers and recipients bond over breaking bread.

Although some acts of volunteering do not make headlines, their effect is irrefutable. Behind every social event, every neighbourhood watch, and every person lifted out of despair there stands a valuable volunteer who has given their undying efforts to breed positivity and sympathy everywhere. Giving back is not limited by age, skill, or circumstance. Each one has the qualities and potential to contribute to making society better by helping those less fortunate than us. No matter how small the commitment may be, it reminds us that we are part of something bigger than ourselves.

By Abdul Warith Khan
Photo: Collected

us on /Sandalina

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