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Are you thinking of getting into VOLUNTEERING?

ADRIN SARWAR

Many students have opted for volunteering as an activity to enhance their CVs and better equip themselves for securing future opportunities. Universities and employers value volunteer experience as it demonstrates commitment and a willingness to help others. However, many often jump at the first opportunity without considering whether it aligns with their goals and values. This is one of the reasons why many students are unable to make the most of their volunteer work. After all, it requires constant dedication and effort into a cause that a lot of people feel strongly about. So, finding a volunteering role that aligns with one's interest is important. Here's what you should know before diving in.

Find your passion

Volunteering entails that you aren't

bound to carry out any specific tasks. This means that there is a chance you may lose interest in the work over time. To prevent this, search for organisations that work towards a cause that aligns with your passions. Whether it's helping children, supporting environmental causes, or aiding disadvantaged communities, choose work that resonates with you. This alignment will keep you motivated and engaged for a long time.

Be ready to adapt

Most volunteering positions don't have rigid work hours. However, in crucial times, immediate action is required. In such situations, showing responsibility and dedication can be an opportunity for growth. Be prepared for challenges and for taking on an increase in workload as you become a more active member of the organisation.

Whether you want a small break or need to take on fewer responsibilities, communicate with the team and be sensitive about it. As a privileged member of society, you should acknowledge that you have the luxury of distancing yourself from these issues as opposed to entire communities who do not. And these very issues impact all facets of their lives.

Mind your mental health

A lot of volunteering work involves dealing with issues like humanitarian crises and social injustice. These are tough issues and have severe consequences on the people that it affects.

Even if it's an issue that you feel strongly about, you can feel emotionally drained from working around them. In such cases, consider what you need to do. Whether you want a small break or need to take on fewer responsibilities, communicate with the team and be sensitive about it. As a privileged member of society, you should acknowledge that you have the luxury of distancing yourself from these issues as opposed to entire communities who do not. And these very issues impact all facets of their lives.

Staying motivated

While public recognition of volunteers'

efforts is a huge motivation boost, it may not be enough to keep everyone incentivised. Oftentimes, there isn't any tangible recognition, which can feel rather demotivating. This is precisely why you should work towards a cause that you care about and spurs you on. There is no greater reward than striving to make a positive difference, especially when it involves a noble cause.

Understanding these aspects of volunteering will prepare you for what to expect and how to navigate the challenges that may arise. While volunteering can be emotionally taxing, it's also gratifying. Your commitment and dedication can make a real difference in the lives of others.

Adrin Sarwar is a writer, a student of Printing and Publications, and an illustrator

ADOPT, DON'T SHOP

The case against buying pets

A love that transcends language and understanding – sounds imaginary, but is very easily obtained when you have a four-legged best friend. There are hundreds of Facebook groups and resources promoting adoption, and it takes only one to realise Dhaka's massive problem of overpopulation of animals.

TINATH ZAEBA

Stray cats and dogs live a life marred by abuse and normalised cruelty, often passing away from extreme starvation and malnutrition. One adoption is one more animal saved from a short life and a painful death. Adopting a pet is the obvious choice in a city overpopulated by stray animals constantly looking for food and safety. After all, it could save their lives, and you have a loyal buddy for life. Yet, there are still uncountable families purchasing animals while adopting none – developing a new problem and leaving an old one unsolved.

A common reason for purchasing a pet is for the "aesthetics" – the claim that a foreign breed will look nicer. But it's important to realise that a living creature is not an accessory. A pet is a living thing, not a showpiece, and most rescue animals flourish under a caring hand. Each animal has its own unique beauty and personality when loved and cared for.

When it comes to affordability, adoption is entirely free of charge. It requires no payment to welcome a pet into your home, and in the long term, they require less maintenance as there is generally little to no need for professional grooming or fur maintenance. On



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the other hand, purchasing a pet, such as a Persian cat, could cost up to BDT 30,000-40,000 and in the long run, grooming and maintenance become a regular financial investment, as they are more prone to risks of developing fungal infections if not taken care of properly.

Additionally, adoption is the more ethical choice as well. The business of breeders in Dhaka is revolting. Breeders purchase kittens and puppies, and as soon as they are of age, they are forced to be in proximity to the opposite gender to produce litter as quickly as possible. After the offspring are

born, they only spend a few weeks with their mother before they are whisked away to be sold, and the cycle almost immediately repeats, disregarding any health concerns of the mother or their babies. Neglect of pets is ordinary and not even a secret in the breeding industry. When you adopt a

pet, you are not condoning this practice and ensuring that you are not contributing to the endless cycle of abuse that could be easily prevented.

We share the city with these animals. They are voiceless, subject to abuse, and yet have so much love to give. Choosing to purchase rather than adopt is choosing to abandon them when all they want

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is to be our best friend forever. It's time for us to start a new generation of compassion and adopt our new furry family member.

Tinath Zaeza is an optimistic daydreamer, a cat mom of 5, and a student of Economics at North South University. When she is not cuddling with her pets, you can contact her at tinathzaeza25@gmail.com