

## **A Step towards Many Firsts**

(Original)

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This middle aged man was lying on the street and groaning in pain. Several people were standing around that poor soul quietly. The man was explaining what his problem was however those infirm words could not move a muscle of those by watchers. Even some people left the place leaving the ailing person. I just got out of my home for my class and that incident drew my attention at the first sight. So I approached the man and asked what his problem was. The man has sudden testicular pain on the street and that was why he could not move a bit. So I asked him if I could do any help right at that moment. He said just getting him to his home would be just fine. I requested the people around to find a rickshaw (a local vehicle) and they brought one. I lifted the man and some other people gave their hands of help by picking up the baggage he was carrying with him. I paid the rickshaw fare and instructed the rickshaw driver to take the man to his destination. Other people also gave some advice to that rickshaw driver. After the rickshaw left I asked a person beside me how long did the man remained like that there. He answered about half an hour. I nodded and left the place for my class to attend.

To me, kindness means an act of empathy and cooperation towards any other living being without any expectation of getting acknowledgement in return. Kindness can be expressed in a lot of forms of actions. The experience I shared above is quite common in our country. Generally when a person gets in trouble for instance accident, sudden illness, mugging or inappropriate behavior from others, people do nothing but watch the incident without helping the person in need. They just watch until a Good Samaritan walks in to help the person. "Why should I care for someone else when I have my own matters to take care of?" it is the thought of average person. It hurts me a lot to see my society like this. I always dreamt of a society where the philosophy "one for all and all for one" gets advocated and practiced. The way I figure out the solution is the lesson I learnt from the aforementioned incident I experienced one month ago. That is, somebody has to take the

first step to trigger the soft side of heart of other people. It is more of a psychological initiative than a social enterprise. Everybody has a kind heart yet what everybody does not have is the courage of taking someone else's responsibility on his shoulder. Just for this reason, a lot of people go unaware of the heavenly experience of helping someone out. So I, along with some of my friends took an initiative to make our society a kinder place not only for human but also for other living beings,

"The First Step Society." Here we share our acts of kindness that we did in the previous week with each other in a weekly session. And the feedback was enormous. Every week more and more people started to join us. Some of the noteworthy acts of kindness our members shared with us so far are giving water to policemen maintaining traffic in scorching heat of sun in busy roads, randomly pick up beggars or street kids on their way to restaurants to have lunch or dinner together, establishing a "Wall of Humanity" where people leave their things which they don't use anymore and those things are taken by those people who might find them useful, rescued and hospitalized an electrocuted person, setting up small pots of water at the edge of the windows of high storied buildings for birds in the hot summer days and many other wonderful experiences. These acts might seem small but remains as a strong icon of humanity inside our heart. People are overwhelmed and they come to our session to take light from other kind-hearted people and rekindle themselves with kindness for all living beings. A little first step for a better future!