



Values become real when we practice them.
A small act of kindness makes a big difference in someone's life.

It was the day of the annual village fair. The fairground was alive with bright lights, food stalls, music, games, and happy families. A fourteen-year-old boy had come with his parents and friends to enjoy the evening.

As they walked through the crowd, the boy noticed an elderly man standing alone near the temple gate. The man looked anxious and trembling, searching in every direction.

Many people passed by without stopping. For a moment, the boy thought about continuing with his friends. Then a thought arose within him: *"Values are not tested when life is easy. They are tested when we have a choice."*

He remembered what his SSSSB Guru often said: *"Helping others does not require a special occasion. It only requires a willing heart."*

The boy walked over and gently asked, "Grandfather, are you alright?"

The old man explained that he had become separated from his son in the crowd. He had no mobile phone and no way to contact him.

The boy decided to help. He guided the man to a nearby bench, offered him water, and asked for details about his son. Then, remembering a safety lesson from school, he took the elderly man to the fair's help desk and requested an announcement.

A few minutes later, a man came running through the crowd. "Father!" he shouted. The old man's face lit up. Father and son embraced with relief and gratitude.

The son said, "Thank you, brother! My father cannot hear or see very well. Because of your kindness, he is safe."

That evening, the boy realized something important: helping someone had cost him only a little time, but it had made a huge difference to another family.

True values are not just words we learn. They become real when we practice them. Every day brings opportunities to help others, and a small act of kindness can make a big difference in someone's life.

Question: Can you remember an occasion when your small act of help made a big difference to someone else? How did it make you feel?

Heart-Work: Have you ever received unexpected help from someone? How did it make you feel? Find one opportunity to pass that kindness forward through a small act of service.