

METROPPLUS >> HEALTH

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Keeping in touch

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We should remember and be thankful to the people who we have in our lives.

We are nearing the end of 2020 and I am reminded of a song my father used to sing when happy, 'Should old acquaintances be forgotten?'



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I recall the song and with several remembrances. The last many months have been tough for me and for several others. In spite of their personal challenges, friends and even acquaintances I may not have kept in touch with, unhesitantly called and enquired about me when they learnt about my recent setback.

My father, who served in the Indian army would often say, "If you invest in peace time, you bleed less in war." Investing in people, without agenda or expectation is one way of living through the quote my father shared.

We can draw on people without compunction, surely in a crisis, if we have invested in them in the past.

I have realised making a call, writing a mail, sending a text message to the many we know demands little of us, other than our willingness to do so.

My few attempts to keep in touch, I now know, are bearing fruit.

So resolved I have, to in some way keep in touch and stay connected with the many who have given me reason to feel thankful.

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