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What is true heroism?

T. T. SRINATH

A trusted friend and mentor described the concept of heroism, not as an instinctive demonstration of bravery, but as an unselfish act performed even when aware of danger to self, through surmounting the fear by acting with courage.

It reminded me of a true story recounted often, about a war hero, who, when he realised that his colleagues were facing enemy fire and one soldier was wounded badly, disregarded his superior's command and went to the front and carried back the wounded soldier.

True heroism is when I stand for what is right, fair and correct in spite of the possibility of being exposed, not because it is demanded of me but because that is what integrity means.

Finally, true heroism asks me to answer, "Will I commit an inappropriate act when no one is watching me or will I be true and desist?"

Integrity and heroism are two sides of the same coin and I am called to demonstrate them consistently when I am actually vulnerable, perhaps being challenged by what is right, fair and just.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@vsnl.net)